

LOVE YOUR BODY, LOVE YOUR LIFE

Health & Fitness

Jan/Feb 2017 // £4.20

LOSE XMAS FLAB

Melt away fat and burn calories fast

UPGRADE YOUR DIET TODAY!

16 new ways to eat healthy in 2017

FIRM UP IN 10 MINS

Tone up all over without the gym

BAD DAY AT THE OFFICE?

Five ultimate mood-busting workouts

PLUS: COOL FIT-KIT BUYS • HEALTHY BREAKFAST BOWLS

**FIX
YOUR
SLEEP!**
The secret to waking up refreshed

**WANT
TO GO
VEGAN?**
Make sure you read this first

**A FIT
YOU
STARTS
HERE!**

10 hot trends for your best body ever

**A FLAT
TUMMY
in 1 move**
p110

**BE A
BETTER
RUNNER**
You *need* to try this training method!





Spa time

The latest pampering places, products and treatments



SPA OF THE MONTH

**Sun Gardens,
Dubrovnik**

Nestled into the hillside right on the Dalmatian coast, with a design inspired by traditional Mediterranean villages, Sun Gardens, Dubrovnik consists of a large, nine-storey, main hotel building and smaller apartment buildings, or Residences, scattered around the hillside, all with stunning views over the Adriatic Sea and Elafiti islands.

Dubrovnik is just a two-and-a-half hour flight away from London and its must-see old town is as every bit as photogenic and charming as the top Italian towns (it has been seamlessly rebuilt since it took a battering during the siege in the Croatian war of independence from the former Yugoslavia in 1991). Sun Gardens resort sits just to the north of the city and is a haven of calm, despite its ample size (it boasts several bars, cafés and restaurants, shops, four swimming pools, a spa, kids' club and sports centre).

THE HOTEL

Opened in 2009, and playing host to the likes of Brad Pitt, Tom Cruise and Gerard

Butler (keep an eye out!), the hotel complex has a peaceful, upmarket atmosphere. The large range of restaurants and cafés dotted around the grounds caters to all tastes and budgets – the ones I tried were all of an impressively high standard. A must-try while you're here is the top-notch

'I had a wonderful Spa Experience massage using an oil I selected from among the locally inspired Occo products'

seafood. The nearby area is famous for its delicious oysters, which we tried with a delicious basil, shallot and vinaigrette dressing in The Market restaurant one evening. The resort feels greener and more authentic than many holiday resorts, partly thanks to the beautifully landscaped walkways that meander through the grounds, flanked by mature olive, pine and citrus trees. Families are well catered for, thanks to the high-spec, spacious, well-equipped self-catering apartment buildings, excellent kids' club, swimming pools and play area.

THE SPA

The spacious, single-storey modern building sits unobtrusively at the foot of the main hotel, partly due to its green roof, and

shares the great views out to sea. It was named as the best Luxury Resort Spa in Croatia in the World Luxury Spa Awards 2016. And with good reason. It boasts several treatment rooms, an 18m indoor pool and a hydrotherapy pool with sea views, plus a tepidarium, coal sauna, salt

sauna, hammam and steam room. I had a wonderful Spa Experience massage (50 euros for an hour) using locally inspired Occo products (occo-online.com). The



TRY THIS...

Had a hectic day? Run a bath, light the Birch & Brook Limited Edition Evergreen Scented Candle (£38 for 235g; birchandbrook.co.uk), then lie back and imagine you're on a woodland walk on a crisp winter's day. Enjoy the top notes of fir balsam and crushed pine and the warm, woody base of cedar, musk and amber and leave your troubles behind as you lose yourself among mossy tree trunks and lush ferns – figuratively speaking, of course!

This candle helps provide a soothing antidote to a tough day at the office, when it's cold and dark outside and communing with nature is not an option...



WORDS: Emma Lewis

'IT WORKED FOR ME'

H&F beauty writer Yanar Alkayat tries a light-therapy facial

What? Light Fusion Facial, from £25 for 30 minutes.

Where? Karidis clinic, London; karidis.co.uk (for clinics nationwide, visit lightfusion.net).

'Not all anti-ageing treatments need to involve invasive procedures to be effective and not all facials are fluffy. This new light-therapy treatment is ideal for dull skin that needs some glow or if you're suffering from irritation, mild pigmentation or redness. The LED technology uses red light and near infrared light and is suitable for all skin types.

The therapist at the modern Karidis clinic (at the Hospital of St John and Elizabeth) first double-cleansed my skin using Vitage skincare products (vitage.co.uk). She then laid a two-part jelly-like sheet mask infused with marine collagen, probiotics and plant extracts onto my face – the cooling effect is very soothing.

Then came the main feature – the LED mask fixed on top for a *Star*

Wars stormtrooper look! It's the combination of light infusing through the gel-mask ingredients that helps to brighten and firm skin and that makes this treatment different from other light therapies.

Unlike laser that heats the skin to cause trauma and recovery, the type of light used in this treatment emits energy that doesn't harm skin and has been clinically proven to reduce inflammation, aid wound healing and even skin tone. There was hardly any sensation. It also increases blood and oxygen flow, for glowy skin.

As part of the treatment, I was given Vitage's oil-free Sleep Recovery Cream, which I applied for five nights for added moisture. Vitage Hydrating Mask (£22 for 75ml) works well too.'



therapist applied my chosen oil with just the right amount of pressure.

The Spa by Occo at Sun Gardens is the first spa in Croatia to use Occo's home-grown, natural spa products with ingredients that include active plant, herb, mineral and flower essences inspired by the diverse natural resources of the Dalmatian Coast. The spa's excellent treatment menu includes full-day packages; beauty treatments; couples' treatments and even treatments for teenagers. A Vitality bar serves healthy non-alcoholic cocktails, juices and snacks, and you can grab a sunlounger and soak up some rays (and views), post-treatment.

GET ACTIVE

You're spoilt for choice at the amazingly well-equipped sports centre with excellent gym where you can hire a personal trainer, climbing wall, tennis courts (why not book in for a tennis lesson?), exercise studios with fitness and yoga classes, and a five-a-side-football pitch.

Don't miss a dip in the sea in the lovely designated swimming area from the small shingle beach in front of the hotel – take a snorkel and mask to see the scores of pretty fish. Not a beach fan? Take your pick

from three outdoor swimming pools – including a quieter, adults-only one tucked away at one end of the resort, or a child-friendly one near a play area and café in the thick of things. You can even try jet skiing, waterskiing, diving and more from the marina area by the beach. Hop on the hotel's shuttle boat and be whisked to Dubrovnik in around 30 minutes – why not look around the town, then walk up the

steep hill behind it for amazing views? Cycle tours are also available from the hotel.

THE PRICE

A Residence apartment costs from 127 euros (approx £110) per night, based on two people sharing. A standard double room in the main hotel building costs from 110 euros (approx £95) per night. Visit dubrovniksungardens.com.



WORDS: Emma Lewis