

PSYCHOLOGIES

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Gwen Stefani

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RENEW YOU

Entrust your travel arrangements to us – as our Travel Editor, and Spa.Kitchen founder, Daisy Finer, embraces the best offerings for anyone on the brink of burnout... it's time to relight that fire

When you're close to hitting rock bottom – and perhaps you've been down there a while – it is essential that you give yourself the nurturing you need to get back on track and feel your best self again.

How often do we dream of placing ourselves – fully trusting – into the hands of those who can understand and nourish us? Of setting sail for destinations where true healing, authentic wellness and world-class holistic health experts will fill that empty cup inside, and buoy us up once more? The very idea is (almost) enough to salve. But – if you're anything like me – once you start to feel better, you'll also feel that it's hugely

important to enjoy that other great medicine a bit more – life. So, why not seek out laughter, freedom, sunsets, beach yoga, and a shot of bloody good rum while we're at it? To this end, we have chosen something for everyone – whether you're seeking a long-haul restorative escape: the stuff of once-in-a-lifetime luxury and magic that blows the budget (see **RESTORE**); or you're hankering after a long weekend of delicious rest and spiritual refreshment, closer to home, and for less money (see **REFRESH**) – we have both boxes ticked. Even if you're just longing after a spot of armchair escapism, there is plenty on offer here to whet that wanderlust... **Eminé Rushton, Wellness Director**



Refresh

UPLIFTING CITY ESCAPE *The Sun Gardens, Croatia*

Escaping a city for another city may sound counter-productive, but Dubrovnik is the perfect place for burned-out urban dwellers eager to get back their gumption. On the doorstep of the UNESCO old town, The Sun Gardens has three pools, a private beach and rooms that offer sunset views of the Elaphiti islands. But the jewel in the crown is the spa. Using natural products made from plants, flowers and herbs from the Adriatic Sea, the rejuvenating face and body treatments will soothe the most addled of minds. Float between the thermal area (sauna, steam room and *hammam*) and the thalassotherapy pool. Fully refreshed, get out into the countryside to visit vineyards, or hop on a boat to the pretty island of Sipan. **Perdita Nouril**

Doubles from £96 per night, based on two sharing. dubrovniksungardens.com