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## MY SUMMER DETOX



OUTDOOR  
GYM

Jun 14, 2013 2:42:00 AM / by [Pippa Vosper](#) / [add comments](#)

ROYAL  
BABYWATCH  
: WEEK 29



Regular *Bazaar* blogger Pippa Vosper undergoes a summer transformation in both mind, body and soul...

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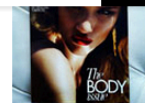
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My summer overhaul takes place part way between the end of cool May evening and the start of (hopeful) balmy June afternoon and consists of everything necessary to enter this most exposing of seasons; a wardrobe clearout, consideration for a face that is one year older, finding a perfect new hair shade (always lighter) and toning the parts of the body that are still relying on carefully concealing sweaters.

My first step was to book a week's intense fitness training at the luxurious [Sun Gardens](#) in Croatia. Sun Gardens is a rare destination in that the weather is guaranteed to be wonderful and joy of joys, any sport I wished to take part in was available within the perimeter of this five star resort.

Morning Tai Chi classes preceded my tennis lessons at the immaculate clay courts (with a coach waving his pupils off to compete at Wimbledon, no less) then down to the indoor climbing wall and a personal training session before lunch. A daily swim post-lunch and a Nordic walk into the hills at dusk ended each of my five days of training that surprisingly seemed far less taxing than anticipated, which was very likely due to the calming sea views always in sight.

Between workouts, visits were paid to the expansive spa where every level of detoxing, pampering and grooming was available. With my mind set on toning my body, I booked a course of Ionithermie, a treatment that involves the application of electrical currents to stimulate the muscles, combined with a thermal clay wrap to draw out impurities. There was no denying that my body saw obvious results after the first few treatments. Along with flawless manicures and expert massages, I left Sun Gardens feeling



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flawless manicures and expert massages, I left Sun Gardens feeling more determined than ever to maintain the results from this intense, but unquestionably uplifting week.

Following such levels of body conditioning, I couldn't ignore the fact that my hair needed a little attention; having heard so much about the exceptionally talented team at the **Josh Wood Ateliers**, there was no doubt this was the place to transform my borderline lacklustre winter locks into an altogether glossier, lighter summer look.

Along with the discreet Notting Hill mews location and an entrance that I can only describe as a cross between parts of my imagined Studio54 and a futuristic spacecraft, the interior of this Josh Wood Atelier, with its 'living wall', was like no other salon I had experienced; a very good thing.

Colour guru Leanne Galvin took charge of my transformation and with her A-list clients and a reputation for flawless highlights, I gladly left my hair in her very capable hands. Reemerging from a sea of foils later that afternoon, my striking, sunshine tones left me feeling a vast number of years younger and wishing I were hopping on a plane to a sunset party in the South of France.

Anna Tsankova and Dr. Uliana Gout of **Beautopia** were responsible for another crucial part of my summer-ready conditioning; freshening the appearance of my skin. Any treatments on the face should be met with caution; an overzealous therapist or a misguided injection can result in a spell of hibernation, but having so many perfectly groomed girlfriends recommend Beautopia, I was quite sure there would be no treatment disasters. Thankfully, I was right



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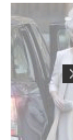
#### JUSTINE PICARDIE

If anyone's going to be given access all areas, it's Bazaar's Editor-in-Chief



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Gentle guidance followed initial consultations with two of the nicest, most talented names in the beauty industry and my chosen treatments left me looking brighter, younger and with renewed energy due to the very visible effects of their unrivaled facial treatments.

Light injections to release the hold certain muscles had on my aging frown lines and only the most discreet improvements left me in no doubt that I would be visiting Dr. Gout regularly for the foreseeable future, whilst the level of care and attention given to me by Anna at the luxurious, inviting VIP clinic was quite simply the most relaxing place to experience any kind of beauty treatment. Beautopia is essentially a mobile spa service, although certain clients have access to the VIP clinic.

Lastly, a summer detox is now underway with the health haven that is **The Detox Kitchen**. Deciding not to opt for my usual juice detox, I had heard so many great things about the Detox Kitchen's green plan, which consists of juices, snacks and a light meal; with the hours of training I have been covering, I needed at least some food to be included in this detox! Freshly delivered each night and waiting on my doorstep as the sun rises, each perfectly packaged box is a delight to open and to consume. Feeling fresher and far healthier already, I am looking forward to seeing this most easy and tasty of detoxes through to the end.



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