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## Sun, sea and one of Europe's best spas at Sun Gardens, Dubrovnik

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In the weeks leading up to my detox break at Sun Gardens, Dubrovnik—a swanky five star resort in the picturesque country of Croatia—my body was beaten and in serious need of a restful, healthy break from day to day life.

A combination of intense working days, inertia and a few too many glasses of prosecco as I tried to give party loving celebrities a run for their money led me to the Radisson Blu Hotel's nurturing arms for some much needed rest and relaxation.

Thanks to their promise of quick figure-fixing results, detox holidays (a sunny cocktail of exercise, healthy eating and spa treatments, designed to give dramatic and often life-changing results fast) are on the rise.

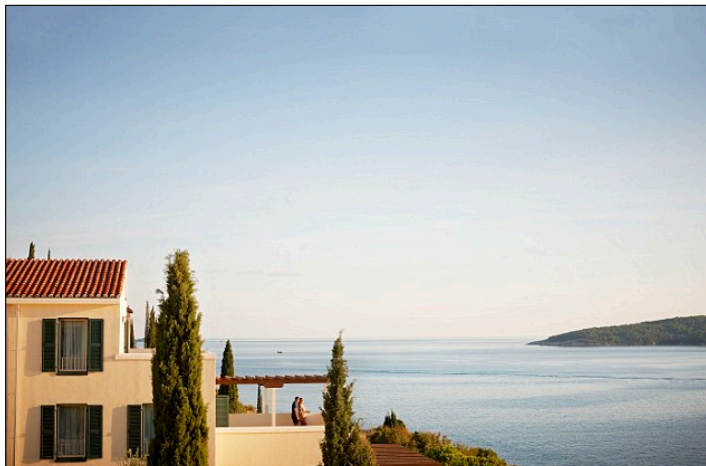
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Those in need of a serious health and fitness kick in plush surroundings should pay a visit to Sun Gardens, Dubrovnik

Adored by the likes of Kate Moss and Renée Zellweger, the modern day and oh-so-cosmopolitan answer to health farms promise to solve a whole number of health issues from insomnia to digestive problems.

A far cry from an intimidating juice-only-fuelled week of torturous treatments and misery, the detox package at Sun Gardens is blissful.

One could while away hours - even days- in the Spa by OCCO (no wonder it can boast Spa Traveller's best spa award for two years running as well as TripAdvisor's best spa award in 2010).

The treatment list is the most extensive I have ever set eyes on and completely blows the likes of The Sanctuary Spa out of the water.

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As the first spa in the whole of Croatia to use only products made with natural ingredients, such as local plants, flowers, herbs and mineral extracts from the Dalmatia and Adriatic Sea in its treatments, it is at the forefront of beauty treatments.

Offering classic treatments such as rejuvenating and nourishing facials, which I can assure you will leave your skin glowing, or an impressively thorough deep tissue massage and body wrap, the spa caters to the needs of each individual and Spa Manager Adriana Barfala is one of the best educated in the beauty business.

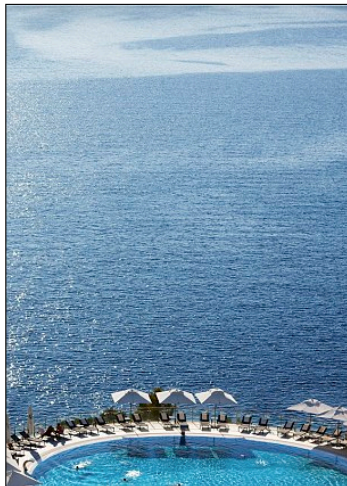
The more adventurous can opt for the spa's signature, brand-spanking new lonthermie treatment. The brainchild of French biochemist Olivier Fouche in 1979, the treatment, which involves the application of electronic stimulation, micronized algae, and conductive thermal aroma clay, promises to beat the dreaded cellulite.

Whilst around eight sessions are recommended, even after one hour in the treatment room, I practically floated out of the spa feeling lighter and much more refreshed.

Glamour girls will love the Spa Marine Privilege treatment, which quite literally coats your body in a gold or silver themed anti-cellulite treatment that works all sorts of magic to inhibit the formation of cellulite, activate lipolysis, and even initiate tissue reversal that transforms cellulite into firmness.

If the impressive array of treatments isn't enough to de-stress you, you can take advantage of the coal or salt sauna, cleanse and tone up with a Turkish hammam, take it easy in the aromatherapy steam room, or savour an invigorating soak in their Thalassotherapy Spa Bath, complete with 252 power jets.

As well as an impressive spa, the resort also offers sports facilities to give the Olympic park a run for its money.



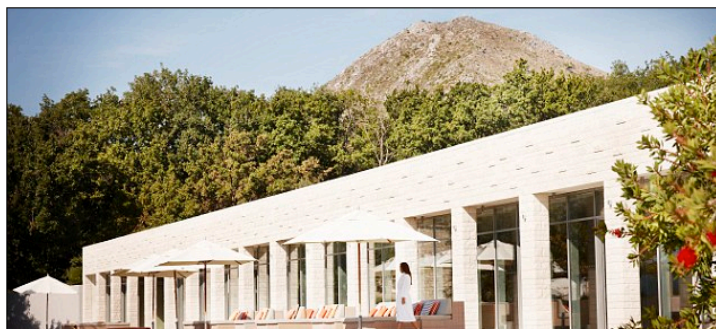
It's views like this that make oceanfront morning Tai Chi really something special

Avid sports types can work out at the fully equipped gym, complete with the most high-tech equipment to give your body a really intense work-out with the help of the dedicated personal trainers.

For those hoping to push their fitness to the next level, the Sun Gardens has also recently partnered with Sports Tracker, an online platform and app dedicated to providing safe and scenic exercise routes.

The app helps guests follow 4km jogging, cycling or walking paths around the resort or longer trails winding through the beautiful local areas- making exercise that little bit more fun, right?

There is even an indoor climbing wall, football pitches and immaculate clay courts with a coach who trains Wimbledon's budding young stars. For those who enjoy less strenuous forms of sport, morning tai chi sessions are the perfect way to tone up and chill out.



One could while away hours - even days- in the Spa by OCCO (no wonder it can boast Spa Traveller's best spa award for two years running as well as TripAdvisor's best spa award in 2010)

And those watching their waistline needn't worry about piling the pounds back on over lunch or dinner because each and every restaurant (there's more than ten across the resort) serve up deliciously light meals filled with fresh fish and seasonal vegetables.

Those going for the full detox programme can embark on a Rosie Huntington-Whiteley-esque full juice diet during their stay to give their body a real health kick.

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► **Berry nice:** Elizabeth Hurley makes her annual appearance at Elton John's White Tie and Tiara Ball in wine





If you can bear to tear yourself away from the spa, the hotel is situated just twenty minutes from Old Town Dubrovnik, a short drive to the historic town of Ston and a quick boat ride away from the Elafiti Islands, which all make for the perfect evening out.



You can even snap up a piece of the Sun Gardens for yourself. There are 207 plush residences on-site

The history, culture, and unspoilt nature that surround Sun Gardens, Dubrovnik, combined with the superb modern facilities, offer an unrivalled opportunity to experience the perfect blend of Croatia's past and present for couples, families and city girls in need of some serious rest and relaxation.

You can even snap up a piece of the Sun Gardens for yourself. There are 207 plush residences on-site (one bedroom residence prices start from €184,000) making it the ideal place to spend your summer months.

**A standard room in the Radisson Blu Hotel starts from €110 per night with breakfast included.**

**Spa by OCCO Prices for the seven-day detox programme at Sun Gardens start from €1887.**

coloured gown  
Spotted leaving home



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