

HEALTHY BODY  HEALTHY MIND

# women's fitness

## 7 DAY DETOX PLAN

Your ultimate  
new year  
slim-down

## GO DRY FOR JANUARY

We show you  
how to go the  
distance

2017's BEST  
WEIGHT-LOSS  
HACKS

## YOUR BEST ABS

The workout to  
get this toned

## Saintly sweets

5 guilt-free  
desserts

Travel  
& tone up!  
8 must-visit  
fitness  
hotspots

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## Hit refresh

Feeling drained after a particularly heavy party season? Set your body and mind back on a healthy path at Italy's Lefay Resort & Spa Lago di Garda. The luxury eco-spa resort has devised a five-day detox programme to remove the toxins that have built up in your body over the past few months. This includes three detoxifying aromatic mud packs using clay mineral montmorillonite, two tui-na draining massages, two moxibustion treatments, foot reflexology and a nutrition consultation. Expect to feel refreshed, renewed and ready to take on all 2017 has to offer.

£1,929 per person based on two people sharing a prestige junior suite, including all meals, [le fayresorts.com](http://le fayresorts.com)

# travel diary

Your passport to dream destinations, suitcase essentials and active escapes

## Airport style

You'll turn heads on your travels with the new Atom suitcase from renowned British luggage brand Antler – just look at that hexagonal design! Constructed from a material often used in the automotive and construction industries, it's durable and lightweight.

£250, [antler.co.uk](http://antler.co.uk)



## Stay snug

Stand out on the slopes wearing this cosy cashmere hat from luxury British skiwear brand Snow Finel. Available in smoke or pale grey and in basketweave or cable knit, it has the added flourish of a playful oversized pom-pom. It's très après-ski chic, too.

£60, [snowfinel.co.uk](http://snowfinel.co.uk)

## Wellbeing on the go

There's so much to get done in the lead-up to a trip, you often forget to look after your health. Advanced Nutrition Programme's Travel Pack is a trio of supplements to support your immunity, aid your digestion and keep your skin glowing. Sorted.

£49.95 for a two-month supply, [advancednutritionprogramme.com](http://advancednutritionprogramme.com)

