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# Zest

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SEPTEMBER 2012  
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## FAST NEW BODY FIX

*Zap holiday fat  
in just 20 minutes*

*Easy*  
AT-HOME  
WORKOUT

**BE  
HAPPY**  
every day

LOVE  
THE LIFE  
YOU'VE  
GOT

LEARN TO  
SEE THE  
SILVER  
LINING

WORRY  
LESS,  
SMILE  
MORE

NEW  
KIT ALERT!

112 Cool buys  
you'll love

{FLIP THE MAG}



10  
FOODS TO  
ALWAYS  
BUY  
ORGANIC

MORE ENERGY  
SAME SLEEP

*Re-set your body  
clock today*

HOW TO  
TALK GP  
4 TIPS TO  
GET YOUR  
POINT  
ACROSS

*"I lost  
4 stone  
reading  
food  
labels"*

SMART BEAUTY Teeth whitening on a budget ★ Toning body creams





# MOOD BOOSTING mini breaks

Need a new recipe for relaxation? From lakeside spas to magical islands, Zest's writers endeavour to leave the daily grind far behind



Lefay Resort's infinity pool overlooks the stunning Lake

## HOLISTIC HEALTH IN ITALY

*Kate Langrish learns to let go in luxurious Lake Garda*

These days, many places claim to be spa hotels when what they actually mean is they have a couple of treatment rooms in a converted basement. Not so Lefay Resort & Spa Lago di Garda. Here, the spa not only lies physically at the heart of the resort – you have to walk through it to get to the bedrooms or restaurants – it's also fundamental to the resort's ethos. Every aspect – from the food and the treatments to the architecture – is centred on the idea of wellness.

On my first morning, I have my 'energy consultation' with Dr Maria Manerba. The

resort has developed its own Lefay Method, which combines traditional Chinese medicine with western techniques to tailor various wellbeing programmes for guests. After checking my pulse, looking at my tongue and asking me a series of questions, Dr Manerba firmly announces that I'm 'very angry'. I'm a little taken aback, having expected the usual spa platitudes of 'tired, stressed, exhausted'. Besides, I've never shouted at anyone. But Dr Manerba (a medic, psychologist and specialist in acupuncture) explains I'm a serial over-thinker who bottles things up and revisits emotions. Shouting, she says, is something I should be doing more. Of course, she's absolutely right. I'm guilty of

biting my tongue whenever anyone is rude to me – then replaying all the witty retorts I *should* have said over and over in my head afterwards, which only winds my own tension up tighter.

Dr Manerba prescribes my de-stress programme: a number of treatments, including a massage and a facial, that work on specific acupressure points, and also a bespoke tisane of medicinal plants, which I'm to drink during my stay. This reminds me of the health retreats that ailing Victorians were sent to, to take in the mountain air, only in my case there's added luxe – plus an infinity pool offering spectacular views over the lake, a giant Jacuzzi and its very own salt-water cave.

My prescription also extends to my diet. Thankfully, the selection of fresh, local and seasonal food with a delicious Italian twist

– such as fresh fish from the lake and puddings made with the region's famous lemons – makes healthy eating here a cinch. And although Dr Manerba didn't specifically prescribe Prosecco on the terrace every evening, I'm pretty sure it's in the spirit of 'letting go'.

### Travel facts

The four-night Rejuvenating Spa Break at Lefay Resort & Spa Lago di Garda ([lefoyresorts.com](http://lefoyresorts.com)) with Wellbeing Escapes ([wellbeingescapes.co.uk](http://wellbeingescapes.co.uk)) costs from £1,299, including flights, transfers, half board, group fitness classes, facial, body treatment and massage.



The beautiful Turkish Med sea is just a stone's throw

## TRANQUILLITY ON THE TURQUOISE COAST

*Nicola Down relaxes on her own terms in Turkey*

I don't know about you but, in my experience, a hotel holiday can be less than relaxing – breakfast at a certain (ungodly) time, all the sunbeds snapped up by 9am. A villa holiday avoids all that. You can have a pre-breakfast dip in your own pool, eat whenever you want, or just stay in bed all day. And when it comes to truly tranquil boltholes on Turkey's stunning turquoise coast, Exclusive Escapes has the pick of the bunch.

We've booked the Villa Aurelia, a luxurious property in Kalkan with breathtaking panoramic views of the endless expanse of the Mediterranean. And, as well as having our own infinity pool, there's a private waterfront and beach terrace with a two-seater kayak, plus access to the Mahal Beach Club. It's a lazier's paradise – pass the days with a gentle swim, a potter in the kayak and maybe a massage in a cave near the water's edge and leave the active trips to others. There's plenty of things to do in

the area: water sports, escorted mountain trekking and biking, paragliding and canoeing tours – the list of options is exhaustive (not to mention exhausting!).

But the beautiful coastline eventually entices me off my lounge, and we set sail on an elegant Turkish gullet to explore the hidden bays. With the sound of the water slopping softly against the wooden bows and the rhythmic creak of the mast, it's blissful. We swim, snorkel and have lots of fun slathering ourselves with mud from the beach – apparently, its anti-ageing benefits are far better than anything you can buy from a beauty counter.

Our evenings in the local town of Kalkan are just as chilled. Little cobbled walkways lead down the harbour, filled with the chic rooftop terraced restaurants that this town is famous for. An unbeatable way to truly kick back and enjoy...

### Travel facts

Seven nights at Villa Aurelia in Kalkan costs from £1,050pp based on two sharing ([exclusiveescapes.co.uk](http://exclusiveescapes.co.uk)), including flights from the private jet terminal at London Stansted, transfers, seven days' jeep hire, a Turkish Bath, welcome hamper and maid service. →



The villa's loungers are towel-free zones!