

JUNE 2013

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MAGAZINE

Do it now

Your 1-hour antidote to procrastination

Charm vs graft
– what gets results?

'I finally found myself at 70'

TEST: discover why you didn't get that job

18-PAGE SPECIAL

Wake up happy!

- Why pleasure matters
- Learn the art of contentment
- 5 creative ways to cultivate joy right now

THE SPA EDIT
12 ultimate healing destinations

THANDIE NEWTON

“Growing up as the odd one out made me who I am today”



12 ultimate health & healing destinations

Welcome to this year's health and healing special, where the focus is on destinations that really deliver on their wellbeing promise. Every year, Psychologies sends a team of reviewers out to test a host of wellbeing and beauty destinations. This year we tested more than 20 – and only 12 have made our final cut. What are we looking for? A place that is memorable and unique, where meticulous attention is given to every detail – it needn't be pricey or luxurious, but it has to feel special and staff must be knowledgeable, committed and supportive. There's something here for everyone – with the focus always on time to oneself; time to rest, recuperate, breathe and get excited about life again. EDITED BY EMINÉ ALI RUSHTON

>> TO DISSOLVE STRESS

Lefay Resort Wellness Spa, Lake Garda, Italy

The anti-stress programme here is unique to each individual, but always begins in the same way. My consultation with the doctor turned out to be much more – part medical check-up, part alternative health assessment and, even, part therapy session. Using the teachings of Chinese medicine, doctors aim to determine which type of stress – there are five – you're affected by, so that they're better able to help. Psychology is an integral part of Chinese medicine, focusing on the relationship between emotions and organs and their effect on our health.

I left the room in tears, having learned a lot about what triggers my stress and how I react to it. When you beat yourself up over life not going your way, your body and subconscious pick up on that. Would you help someone who wasn't nice to you?

No. So how can I expect my body to play ball when I don't 'love' it? This made so much sense to me. The doctor told me that once I start to think and react in a loving way towards myself, I could expect my stress levels to abate and weight loss to be a lot easier to achieve. This breakthrough was crucial in determining what my treatments should focus on. With massage, reflexology, energy-boosting baths, facials, yoga, Pilates, aqua-fit, qi gong, tai chi, guided walks and the unusual 'moxibustion' – which uses heat to stimulate certain acupressure points – I started to feel calmer and more in control than I'd done in ages. This is truly healing stuff – not just a pummel here, or dip in the pool there.

Prices from £2,669 pp, including return flights and transfers to Verona. Visit wellbeingescapes.co.uk; 020 7644 6120.

WHO WENT:

Beauty and wellbeing associate Amerley Ollennu

KNOW BEFORE

YOU GO: Build some time into your itinerary to visit the surrounding area – there's a complimentary daily shuttle to and from the nearby lakeside village of Gargnano.

THE LESSON I TOOK WITH ME:

'The journey can be emotional – it's hard to face up to things about yourself that you've denied for some time. But then acceptance is key to making changes – and change is good!'

