

NEW!

woman&home

SPRING £3.99

Feel Good You

**GET FIT
in 4 MINS!**

THE NEW AT-HOME
FAT-BURN WORKOUT

**AGE-PROOF
YOUR HAIR**

Shine + volume

**ALL DAY
ENERGY!**

Vitality snacks
and super
supplements

**HOW TO
bring yourself
GOOD LUCK**

Learn the trick, p136

10 SIMPLE MOVES
TO LIVEN UP
YOUR SEX LIFE

WIN A £1000 spa break
for you and a friend

**5 EASY!
A-DAY
DIET
PLAN**

DROP A
DRESS SIZE
IN 6 WEEKS



**EXPERT
ADVICE**

Reduce your risk
heart disease
cancer
diabetes

**Confused
about food
scares?**

Trust our guide



WELLBEING + BEAUTY + DIET + FITNESS + SELF + HEALTH

IT'S YOUR TIME OUT

Treat yourself to a fabulous short break and do as much, or as little, as you like. We've found stunning destinations, here and abroad, that offer a great base for a night or two away... what's more, they all have add-on experiences to try if you want to do more than simply relax



HEADING ABROAD

✦ LEFAY RESORT, LAKE GARDA

This two-night Lake Garda experience includes a private boat trip on the lake and two spa treatments. Just 45 minutes from Verona, Lefay is situated in a spectacular position above the town of Gargnano and has sweeping views of the Lake. A two-night stay at Lefay Resort & Spa in April, including the private boat trip, one full body massage, one facial, flights from Gatwick and return transfers costs £820 per person with Wellbeing Escapes (wellbeingescapes.co.uk, 0845-6026202).

MORE DETAILS Visit lefoyresorts.com.

SOMETHING EXTRA You will find various sailing clubs and schools located on the shores of Lake Garda, so if the sun's shining and the wind's right, you should have no trouble getting afloat. Europa Surf and Sail (europasurfandsail.com) is a Royal Yachting Association-recognised sailing school, open every day between April and October, where you can learn the basics of dinghy sailing or windsurfing in an hour, a morning or a full day. A six-hour beginner course costs around €200pp.

✦ SKIATHOS: WHERE THE MEDITERRANEAN IS YOUR YOGA MAT

Head for this stunning Greek island and enjoy seven nights' B&B at the five-star Skiathos Princess Hotel in Aghia Paraskevi, from around £765pp, including flights, based on two sharing. The beach is just a few steps away, where you can hire a sailing boat, try water sports, or just sip a cocktail and enjoy the sunshine. The hotel launches its Healthy Living Programme in May. Different daily activities are available, as are workshops for skincare and diet, plus a new, healthy menu.

MORE DETAILS See skiathosprincess.com and book with thomascook.com.

SOMETHING EXTRA YOGAaqua (yoga fused with stand-up paddle boarding) is a new fitness trend from LA, offered exclusively at the Skiathos Princess. It cost €20pp, for groups of five to six.

