

Slimme

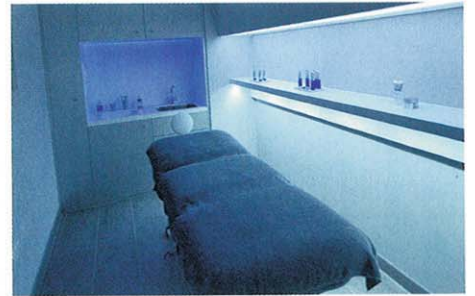
Forget fad diets and the Power Plate – beating the bulge while topping up your tan is much more fun. Tip the scales in your favour at one of these retreats



STYLE PICK SAVVY BEACH HOUSE, INDIA

Tackle all your vices at once at this swanky resort on a secluded beach in south Goa. The Total Body Rebalancing Retreat is the regime to go for if you want to feel less flabby in both body and mind. It starts with a full medical, checking everything from your bone density to blood-sugar levels, and seeking out any hidden reasons for weight gain. After you've been told your biological age (prepare for a shock), you can seek to reduce it with a combination of nutritional instruction, hypnotherapy, yoga and ayurveda – a 5,000-year-old technique designed to drag your body back into synch with its natural rhythms. This is posh pampering: each of the 12 palm-topped suites come with four-posters and a butler on call. **Guests claim to have lost as much as six kilos (a stone) in a week**, and you can also expect to claw back between six and 10 years on your body clock. To keep you on track, Savvy's doctors offer assistance via email or phone after you leave.

● *The Total Body Rebalancing Retreat costs £1,050pp for seven nights, inclusive of food and any treatments but not flights (020 8619 1234, www.savvyoflondon.com).*



IN THE UK NICKEL SPA, LONDON

Christmas can be dangerous for guys. Taking after-dinner strolls down Quality Street with a turkey sandwich in one hand and a sausage roll in the other can cause all that goodwill to become 'Good grief! Those scales must be wrong.' Fortunately, there's a solution – a **Love Handle Wrap at the men-only Nickel Spa** in London's Covent Garden. As you lie down in a blue-lit room, with tinkly sitar music playing in the background, your masseur begins a soothing and gentle exfoliation of the abdomen, followed by the laying on of warm towels. A gel (appropriately called Love Handles) is then vigorously rubbed in. You'll be pulled, pummelled, slapped, pinched and tweaked, front and back. The sensation is edging towards painful, but you're a man, you can take it – and the wonderful head, neck and shoulder massage afterwards soothes away any discomfort. You'll need to combine this treatment with exercise before you'll be gracing the cover of *Men's Health* magazine, but it's a fine way to start.

● *The Love Handle Wrap costs £60 for 60 mins (020 7240 4048, www.nickelspalondon.co.uk).*