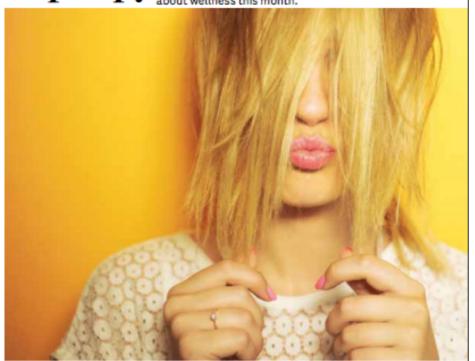


Spa Spy From epic hair fails to insider skin tips, here's all you need to know about wellness this month.







WINTER DETOX

ESCAPE TO AZERBAIJAN'S CHENOT PALACE FOR ONE SERIOUSLY INTENSE DETOX RETREAT. AKA NO SUGAR, 850 CALORIES AND PLENTY OF WALKS AROUND THE LAKE.

If you've ever thought to yourself, 'Well, I want to cut all sugar and caffeine out of my life, eat 850 calories a day, go for gentle walks in the morning and spend my afternoons getting intense detox treatments that involve mud wraps and electro-therapy', (and who hasn't, am I right?), then Chenot Palace is for you.

This serene, five-star retreat is nestled



in the quiet mountains of Azerbaijan, with a lake on one side and even more nature on the other. It's designed like a ski lodge on the outside - all large chunks of wood and peaked roofs - but inside it's super slick, modern and minimal. Downstairs is where the treatments happen. Here you'll pad from room to room (dressed in the allday outfit of bath robe and slippers) to be wrapped in mud, massaged with electricity, soaked in warm water baths and sat under pulsating light machines. When you're not embracing treatments designed to help you reduce inflammation, you can jog on a no-oxygen treadmill or rev your metabolism with a bit of ice-cold Cryo therapy. Food, while minimal, is exceptional given the many requirements: there's no salt, no added spicy flavours, nothing that will inflame your gut, and all kept under 850 calories per day. For drinks you'll have barley coffee and detox tea, all topped off with some vinegar-infused water. The retreat is seriously intense, but if you want one complete overhaul of gut and lifestyle, it might just be the place to start. Chenot.com