

Women's Health

Middle East

Easy Yoga Now!

Moves To Find That Inner Zen

**No Gym?
No Problem**

SERIOUSLY STRONG

Abs!

TWO MOVES TO AN EPIC CORE



**Power Pasta.
Healthy.
Quick. Yum.**

Gbemi Giwa

This UAE Gal Opens Up On Bouncing Back Stronger

Your Best Hair Guide

Shinier, Healthier, Longer!

How To Bounce Back Stronger



ISSN 0950-4230

ISSN 0950-4230

7 712310 612033

0950-4230(201208)14:8:1-0

McGraw-Hill

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 all-day 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