



## EPIC SANA

WEIGHT  
LOSS

ALGARVE, PORTUGAL

### WELL-CRAFTED PROGRAMMES IN A MOST UNPUNISHING SETTING

When you're looking for somewhere hot and close to home to fire up a healthy new lifestyle, this Algarve hotel on the cliffs above Falesia beach ticks all the right boxes. If the knockout setting isn't motivation enough to get you packing your bags, the purse-friendly prices are a deal sealer. The five- or seven-night retreats – there are six to choose from, including results-driven fitness, re-shape and yoga – cost less than many set-ups in the UK. And of course, here you get an almost guaranteed feel-good sunshine fix, plus early-morning runs along the 5km stretch of sand, mountain biking through woodland trails and cosmic yoga under the Love Tree to unlock your energy channels as the waves crash nearby. You can sign up for as many extra activities as you like from the Epic Vital Plan, meaning fitness levels can be pushed even further. This packed programme of daily classes includes Pilates, boot-camp circuits and spinning, led by instructor Patricia Inácio who somehow persuades jelly-like legs to keep pedalling faster, as well as brisk nature walks around the grounds. Those who don't have the time to commit to a full retreat, or who simply want to take life a smidge easier, can alternate one-on-one personal training sessions and Epic Vital Plan classes with games of tennis and sipping protein shakes by the pool. Specialists including nutritionists and

### SPECIALISTS WORK WITH THE ON-SITE TEAM: THE MINDFULNESS RETREAT WAS ADDED AFTER REPEATED ENQUIRIES FROM LONDONERS

osteopaths are brought in to work closely with the on-site team; the mindfulness retreat, which was added 18 months ago after repeated enquiries from Londoners, focuses on how using the right emotional tools such as active listening and learning to communicate better can benefit our relationships with others. To ensure a balanced approach to wellness, each retreat also incorporates complementary spa treatments, whether it's reflexology and a hot-stone relaxation massage (for mindfulness) or a body mud wrap and purifying facial to help oily skin (cleansing detox). If you're not on a personalised meal plan, tuck into ricotta-and-spinach tortellini at Italian restaurant Lima or the seven-course tasting menu with wine pairings at Al Quimia (the executive chef is Luís Mourão, who appeared on *Portuguese Top Chef*), where it's refreshingly normal to eat solo. Contemporary rooms are mostly white with splashes of lime; ask for an ocean view with a balcony, or for added privacy, a deluxe garden suite away from the main building which comes with its own deck for post-workout sunbathing. The beauty of this place is that it cleverly combines a happy-go-lucky holiday vibe with a serious roster of programmes so you get fit while having fun – no mean feat.

**INSIDER TIP** If you're visiting during the summer, time your stay to coincide with a full moon when a live band plays anything from reggae to Eighties disco classics at the Moonlight Beach Party on the sand.

**BOOK IT** Healing Holidays (+44 20 7843 3592; [healingholidays.co.uk/condenast](http://healingholidays.co.uk/condenast)) offers a five-night yoga programme from £1,099 per person, full board, including flights, transfers, six yoga classes and two relaxing massages.

**HEALING HOLIDAYS EXCLUSIVE** Book before 25 March 2018 and quote CNEPICSANA to receive a complimentary room upgrade.

