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The 10 best detox retreats



The Sanctuary, Thailand

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Amanda Hamilton at Champneys, Hertfordshire

For those for whom time is short, Amanda Hamilton runs effective weekend detox retreats at Champneys' flagship spa in Tring. On days punctuated with four juices, specialist support supplements and a warming broth for supper, there are walks, accessible fitness workouts, educational seminars, treatments and the chance to use the extensive spa. Amanda is accessible and helpful throughout, and you'll get help planning healthy meals for three months after your retreat.

Details From £539pp for two nights, all inclusive (020 8012 8528, nourishholidays.com)

The Raw Retreat, Cornwall

For a private experience, these bespoke retreats are run by clinical nutritionist and raw foodist Beverley Bird, who tailors a retreat to your needs with massages, private yoga lessons, health and raw food workshops, hypnotherapy, lifestyle consultation and accompanied walks. Your

base is a converted barn with calming interiors and a cosy log fire in the rural hamlet of Polyphant.

Details From £1,975pp for single occupancy on a seven-night detox programme, all inclusive (01566 880090, therawretreat.co.uk)

Raw Horizons, Yorkshire

The women-only retreat programmes at this cossetting country house in the tranquil English countryside are designed by raw food chef Dr Claire Maguire to cleanse the body with delicious (and amazingly filling) gourmet raw food menus and transform your general state of mind with wellbeing coaching, Kundalini yoga and meditation. Choose from one of five retreats focusing on recurring themes in women's lives – find your life balance, access your inner confidence, rekindle your life passions, nourish your body or just relax.

Details Two nights' all inclusive is from £345pp (01845 597041, rawhorizons.co.uk)

Middle Piccadilly, Dorset

This is a simple, tranquil retreat in Dorset farming country, where you can come for the ongoing, affordable Live Smart Live Clean programme to help you change your diet and lifestyle and improve your energy levels and emotional wellbeing. A detox diet of raw food and green juices underpins your stay, which includes a lifestyle session to help you look at what is and what is not working. Treatments include a therapeutic massage and a Hungarian Moorland mud bodywrap and a session of Shamanic healing in the beautiful Star House, a wooden hexagonal-shaped building set on stilts in the gardens.

Details Four nights' all inclusive, with treatments, is from £685pp (01963 23468, middlepiccadilly.com)

Lanserhof Tegernsee, Germany

This exceptional glass and stone temple to wellbeing in the Bavarian hills is an über-cool place for a modern take on the traditional Mayr Cure, the famous health programme that focuses on cleansing the gut with things like well-chewed spelt rolls, clear soups, organic veg and sheep yoghurt (yum). You'll shed pounds and be able to clear up pretty much any irritating ailment from rashy skin to arthritis, all in superbly soothing surroundings. Book the Lans Med Basic and add onto it whatever you need.

Details Seven nights' full board is from £2,799pp including a Lans Med Basic programme and flights (020 7843 3597, healingholidays.co.uk)

Jiva Healing, Turkey

Jiva Healing runs excellent health retreats in southern Turkey including a juice fast and healthy eating retreat at the super comfy Faralya Hotel, in the hills with wonderful views out to the Aegean. You can choose a healthy diet with cleansing, gluten and dairy-free vegetarian fare, or just juice, or a combination of the two. Beginners are hand-held through the cleansing process with good yoga, massage and a warm climate.

Details A week, all inclusive, is from £700pp (07813 200123, jivahealing.com). Fly to Dalaman

Moinhos Velhos, Portugal

They've been running expertly managed juice fasts for more than 20 years at this retreat, which is set in pretty converted mill buildings in a magical valley. Cleanse with juices, bentonite clay and colonics, helped along by super therapists for deep tissue, reflexology and acupuncture. Yoga and meditation, a California style hot tub and a decent-sized swimming pool makes it easier.

Details Seven nights' all inclusive cost from £700pp, excluding therapies (00351 282 68 71 47, moinhos-velhos.com)

Chiva Som, Thailand

This trustworthy spa on Hua Hin beach is a pioneer of safe, effective detoxing, and makes the whole process very comfortable, from the superbly supportive nurse who performs your (optional) colonics to the exceptional Thai massages in the outdoor pavilions. Retreats last from five to 14 days; you'll be supported by a personal adviser, a daily treatment, a fabulous spa and delicious spa cuisine.

Details From £3,875pp for seven nights' full board with flights (01244 897515, elegantresorts.co.uk)

The Sanctuary, Thailand

An affordable alternative if your wallet doesn't stretch to Chiva Som, this tropical island hangout offers very thorough detox cleanses on the lovely Haad Tien beach on Koh Phangan. Stay in charming bamboo bungalows with hammock-slung balconies and relax into a daily programme of juices and shakes or opt to have more gently cleansing meals. There's yoga and Pilates classes, soothing spa treatments and a fabulous steam room nestled under a giant rainforest tree.

Details From £675pp solo occupancy for a seven-night night detox retreat (00 66 864 78 42 13, thesanctuarythailand.com). Fly to Koh Samui

Vana Wellness Retreat, India

For gentle, high-class detoxing, the world's newest dedicated wellness retreat a short flight from Delhi is set within 21 acres of mango and lychee orchards. Supported by highly trained and experienced doctors, you can do a full-on detox of 14 or 21 days following the traditional Ayurvedic Panchakarma programme, which includes therapies, supplements, cleansing meals, gentle yoga and meditation and regular consultations.

Details From £3,700pp for 14 nights' full board with flights and sightseeing (020 7819 9770, ampersandtravel.com)

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