

TREATMENT OF THE MONTH

IYASHI
DOME

Exercise and a healthy diet are of course integral to getting back into shape in the New Year, but you also need to get rid of all those nasty toxins that are now floating around your body. Food roasted in its own fat, copious amounts of alcohol and selection boxes eaten in one go put you on your body's naughty list if not Santa's. My Detox Diet offers bespoke detox plans with juices and treatments available. I tried out the Iyashi Dome treatment, the only one of its kind in England, although apparently its huge in other parts of Europe. To sum it up, I laid down in a pod in paper knickers, with just my head sticking out the top, while infra-red rays penetrated my skin and made me sweat like a pig, to be frank. The idea is that your toxins escape out of your body in your sweat and you are left with a cleansed system. Plus the 30-45-minute treatment is said to burn up to 600 calories and is the equivalent to a 20km run. I certainly sweated enough to verify that. You need a number of sessions to notice a physical difference (firmer skin, less wobble), but one is a good way to start your health kick off with a clean slate. **CG**

Cost: £35 or £165 for five, £300 for 10

Where: 20 College Approach, Greenwich, SE10 9HY

Transport: Cutty Sark DLR
mydetoxdiet.co.uk



Burn off that holiday chub

Wave goodbye to mince pies and say hello to thin thighs with these post-festive fitness classes

The average person eats 26 mince pies at Christmas time. 'I'm not average,' we hear you say, but don't kid yourself. Even if you weren't chowing down on mince pies, chances are you've been gorging yourself on festive food with the rest of us. It's just what you do in December. But not in January. January is the time for cleansing the soul, ridding yourself of Christmas party regrets and shifting those holiday pounds. Many of us also include 'meet new people', 'try something new' and 'look ridiculously hot' in our New Year's resolutions, so why not combine your goals? Here are our top class suggestions for 2014...

Join a sports team

Dodgeball: You can't go wrong with a game that consists of throwing giant balls at your opponents. You also can't go wrong with a game where short shorts, an '80s 'tash and a white headband is the norm. Gomammoth.co.uk run a city-wide dodgeball league

with teams based all over London. Seasons last 8-12 weeks and you can sign up as a group or as an individual. They also organise legendary costume weeks, after-parties and beer pong. Sorry, did we say exercise? **Details:** Dodgeball individual entry for eight weeks, £45. Team entry, £450-£495.

Get yourself some serious guns

Military fitness: Nothing says 'fitness' like a beefed-up drill sergeant barking commands at you as you buckle at the knee and barf up a lung. But pain is beauty and there's no better way for getting in shape stat. British Military Fit (britmilfit.com) runs outdoor classes at all the main parks in London (we know it's cold but stop whining, this isn't for wimps). Army personnel will give you a run for your money (literally) with a whole body workout that will "improve your speed, agility, strength and stamina". Basically you're gonna get big.

Details: £45 a month for four classes, £58 for



Cram it in your cramhole: Make friends (and enemies) at dodgeball



Kiss my guns: Get big with military fitness