

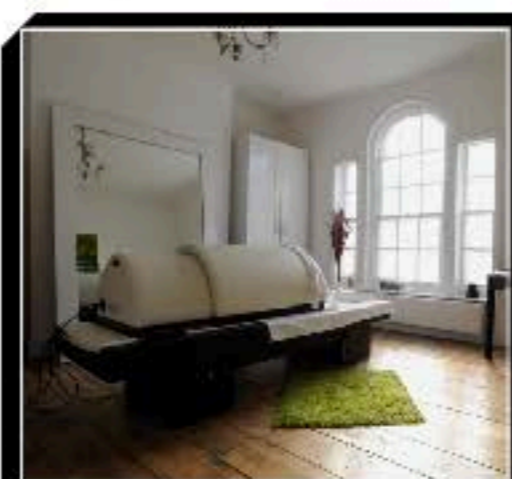
DETOX YOUR LIFE

Innovative ways to refresh your spirit



GO ON A NOSH DETOX JUICE DIET

It sounds scary swapping your meals for juices but in practice it really isn't that bad, especially when you drink the nutritious juices freshly made by Nosh Detox. Founded by Health Coach and Nutritional Therapist Geeta Sidhu-Robb, Nosh take care of everything for you. They will deliver you three-day juice detox's, where each bottle is handily labelled with the time of day you need to drink them. The detox is challenging but also surprising. First thing you'll notice is that the juices taste great. They're made from delicious raw, unprocessed whole fruits, boosted with the goodness of superfoods, with little philosophies which will inspire your day. Benefits of going on a juice diet include giving your digestive system a rest, increasing energy levels, releasing toxins and clearing your mind. After your three-day diet (which is recommended every two weeks) you'll feel healthier, revitalised and proud of yourself which, is a great state of mind to be in. • www.noshdetox.com



BODY: BOOK A SESSION INSIDE A JAPANESE IYASHI DOME

The Japanese have a traditional therapy of ridding themselves of toxins – the Suna Ryoho which they have been practicing for centuries. It involves burying themselves in sand on the beach near hot springs, in very specific places with very specific properties. Once they are buried, through sweating, these toxins are expelled. *The Iyashi Dome* was designed to imitate this practice. You lie down inside a dome where infrared rays penetrate your body, allowing you to sweat out toxins from your bloodstream. One 30min session burns up to 600kcal – all that for just from lying down and relaxing! Book a treatment at *MyDetoxDiet* and try it out for yourself.

• www.mydetoxdiet.co.uk

SOUL:

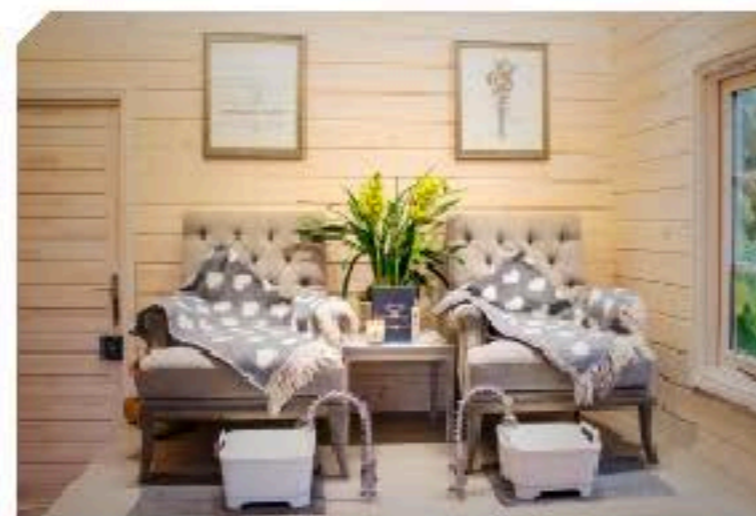


● Meditation & mantras with Vena Ramphal

A firm believer in putting yourself and your needs first, Vena is the Founder of the Centre for Yogic Living, an online space that provides education on yogic wellbeing in a way that is relevant to modern day life. Check out Vena's *Modern Mantras for Women*, a series of mantras to create wellbeing in all the main areas of your lives from sex and relationships to money and career, which you can download as pdfs and keep for inspiration. Vena also

runs lunchtime *Chakra Meditation for Plentiful Peace* sessions at new wellbeing centre *Bhuti* (www.bhuti.co), allowing you to fit in 'me time' amidst hectic schedules. It's a chance to lie down, ease your brain and nervous system allowing you to heal any emotional wounds you may have. Afterwards enjoy a delicious organic, vegan meal, the perfect way to get back in touch with your spiritual side.

• www.yogicliving.world



SHED HEAVEN: The Hart Spa, close to Birmingham, feels like stepping into a Swiss chalet



USHVANI SPA, LONDON

Ushvani is a hidden gem in the treasure troves of London spas. Its Malaysian inspired décor and artifacts are reflective of Ushvani's gratifying philosophies - nurture, total well-being, relaxation and healthy indulgence. Escape wedding planning stress at this tranquilising retreat which offers soul-soothing treatments in ultra-luxurious surroundings, including magical massages to ease away any woes, body scrubs and wraps leaving your skin

invigorated and supple, along with reviving facials and foot treatments. De-stress in the calming oasis of the spa pool and steam room, which is for ladies' use only, before unwinding in the beautiful relaxation room where you can sip an exotic elixir in the tearoom. For the ultimate indulgence book the private Asmara Suite which has an intimate Jacuzzi pool, complete with rose petals and candles, perfect for couples.

• www.ushvani.com

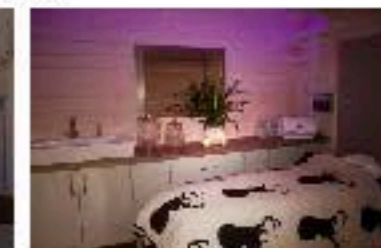
SPA PAMPERING

Unwind from the perils of wedding planning with some me-time bliss

The Hart Spa, Staffordshire

A joy to visit, *The Hart Spa* is a quaint, boutique spa based inside a Swiss style chalet, surrounded by beautiful blooms. Signature treatments have been developed by Founder Monique Hart that combine the benefits of meditation and mindfulness with soothing massages and effective facials. Monique has blended her own natural essential oils to create unique products which are used during your treatments, which makes coming here a real treat. There are two treatment rooms, a private hair salon and luxury nail bar.

Providing a peaceful retreat, *The Hart Spa* is a special place that has been developed especially for women. Whether you're having trouble sleeping or feeling the weight of wedding stress; whatever your complaints, they'll be eased away in no time. What's more, you can continue to enjoy the benefits when you get home as the spa sells their own range of luxurious products that you have to take home with you. • www.thehartspa.com



● Spa By Car, London

Imagine having a complete five star spa experience with soothing music, scented oils and an expert therapist without having to leave your bedroom...now how about making it reality? *Spa By Car* bring spa pampering direct to your home, bringing with them a choice of 50 treatments, a spa bed and all the trimmings: you don't need to supply a thing. Convenient and stress-free it's perfect for brides who don't have time to visit a spa. The team can also arrange hen parties and nail bars. • www.spabycar.com

