

FEED YOUR BONES! THE EATING PLAN TO FUTURE-PROOF YOUR BODY

EAT CHOCOLATE, BOOST BRAIN POWER #WINNING



Women's Health

SEPTEMBER 2017 | £3.99

**STRONG,
FIT *AND*
LEAN**

**15 WORKOUT
MOVES YOU'VE
NEVER TRIED**

**DO WORRY,
BE HAPPY**
WHY FRETTING IS
GOOD FOR YOU

**THE GREAT A*SE
OR FACE DEBATE**
HOW TO BEAT AGEING'S
ULTIMATE CONUNDRUM

BETTER SEX

Coming second?

TAKE CONTROL OF YOUR ORGASM

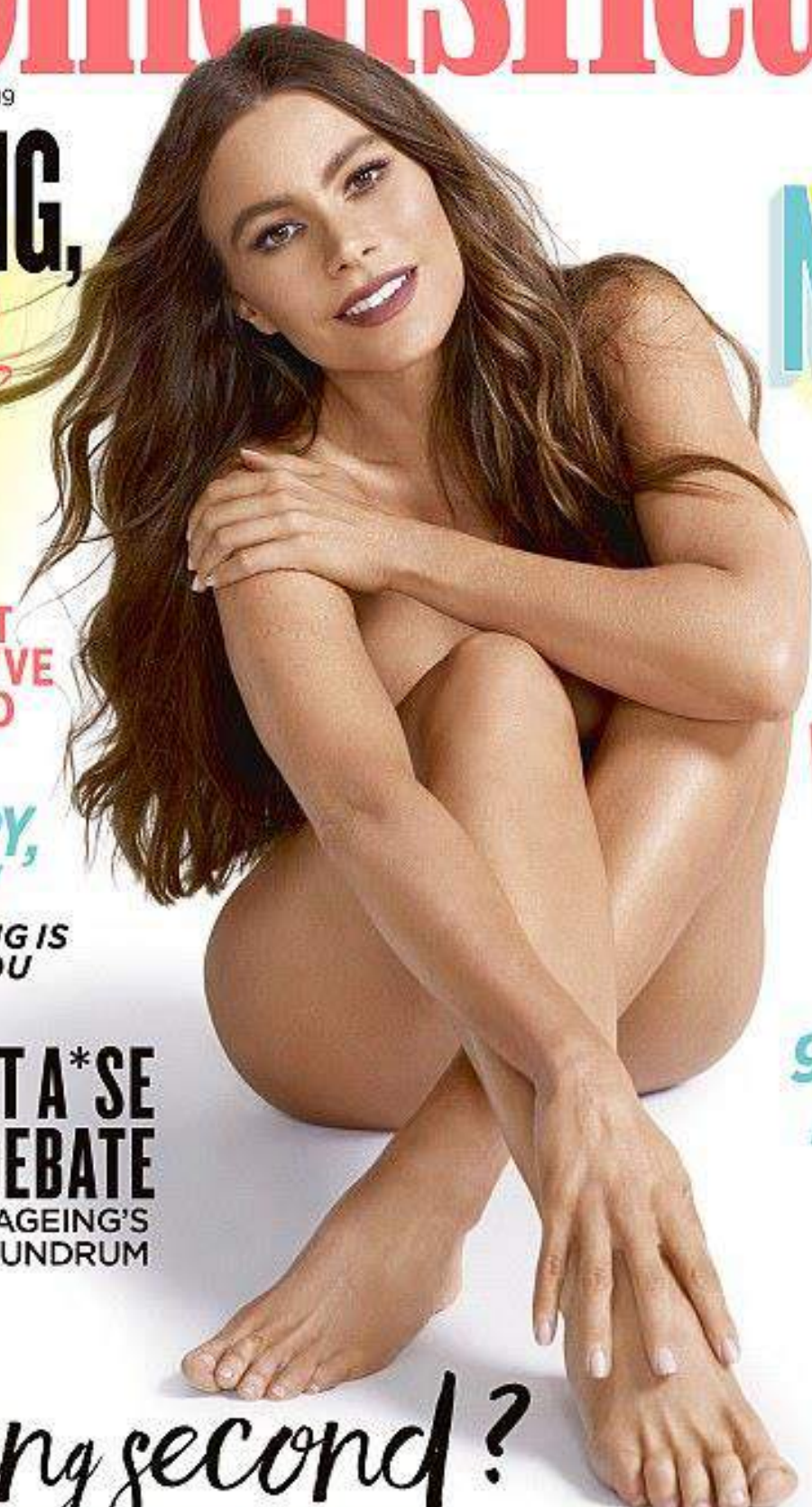
THE
NAKED
ISSUE

FEATURING
**SOFIA
VERGARA**
FIERCE AT 45

PLUS
**9 UK STARS
BARE ALL**

47

STYLE BUYS TO
ACE YOUR COMMUTE





WELL TRAVELLED

REJUVENATING RETREATS FOR BODY AND MIND

URBAN LEGENDS

Choose wisely and your quest for wellness and relaxation shouldn't require swerving the city altogether



**EXPERIENCE
SPA SHANGRI-LA IN...**

ZURICH



WHERE The Dolder Grand, Zurich

WHY For the ultimate in Swiss pampering
HOW MUCH? Double rooms from £435 per night; theoldergrand.com

Just 24 hours won't be enough to skim the surface of this sensory spa-in-the-city experience, so be sure to book in for at least a weekend. This is not your run of the mill 'we'll slap a few treatment rooms in the basement and call it a hotel spa' experience - the Dolder Grand's 2008 renovation added a super-modern arena of luxe

tranquility to the original 1899 fairytale building overlooking this ancient Swiss city. Inspired by its urban home, which is hailed as the cleanest city in Europe, the whole place is gleaming - from the glass lifts that deliver you to the spa reception, to the Zen-like pool (unless you decide to ruin it by thrashing out a new front crawl PB, of course). Not to mention the so-called Snow Paradise room, where the rugged walls are capped with real snow and the spottlit ceiling drips with icicles. There are few things more invigorating for your body than such a temperature drop,

especially if you've spent the previous hour in a steaming hot jacuzzi admiring the cityscape and taking in the fresh mountain air. Because why wouldn't you?

If this all sounds a bit, well, strenuous, there's no shame in camping out on the treatment bed. The Grand Body Ritual incorporates a custom massage and a detoxifying, body-buffing Eco Chic wrap, containing... spirulina. Yes, that superfood ingredient more commonly imbibed in a green juice is actually exceptionally nourishing when slathered over your body.

As the snowflakes fall outside (which is highly likely if you

visit in winter), you'll feel cocooned in a blissful warmth, thanks in part to the small fire burning in each treatment room. We recommend deepening the euphoric relaxation even further by embarking on one of the spa's meditation walks. Yes, you're required to remain upright for this, but the programme you'll be guided through is a pretty effective shortcut to inner harmony. Ideal.

Take it from us, when it comes to the Dolder Grand, one day just won't do - whether you end up stepping out and exploring any of the rest of Zurich is entirely up to you. ➤



A BOUTIQUE LATIN RETREAT IN...

CARTAGENA

WHERE Casa San Agustin, Cartagena, Colombia

WHY For a body (and view) beautiful
HOW MUCH? Deluxe rooms from £360 per night; hoteltacasaganustin.com

We're not suggesting there's no scope to relax your mind and restore your body a little closer to home, but if you're going to travel for luxe wellness, why not go all out? And by that, we mean Hotel Casa San Agustin in the walled city of Cartagena, a colonial treasure on Colombia's Caribbean coast. Slap bang in the middle of a traditional city packed full of kaleidoscopic colours, this boutique hotel is something of a contemporary hinterland -

all calming whites, mosaic-tiled freshwater pools and breathtaking frescoed walls.

So far, so relaxing. But if you haven't wandered barefoot from your private patio to the Aurum Spa, you haven't really got going yet. As local as the freshly caught ceviche (more melt-in-the-mouth than your average Malteser) served up in the colonial courtyard of the Alma restaurant are the body scrubs - you'll be buffed to within an inch of your life with Colombian coffee, sea salt and volcanic mud. Prefer a more gentle touch? Book in for a downright delicious full-body massage on the rooftop - just about firm enough to stop you dropping off completely. Totally worth the long haul.