

Our New Year's resolutions would not be complete without goals to better our health. A recent Nielsen study reveals that 'staying fit and healthy' ranks as top of our list followed closely by our commitment to weight loss[1]. Although we're seemingly all too eager to make that change especially this time of year, it doesn't happen overnight. To make healthy changes in our lives, we need space and support and what better place than a healthy getaway. Samantha Lippiatt, co-founder of Health and Fitness Travel, experts in bespoke healthy holidays worldwide, attests to the increasing demand in wellness focused travel since opening the business in 2014. "More than a luxury, wellness holidays are rapidly becoming a staple travel experience. [Guests] can learn how to have a less stressful lifestyle through educational health consultations, kick-start their fitness training, enjoy healing spa therapies and dine on healthy cuisine", she says.

Make 2017 the year to revamp your health as we uncover the most transformative and life-changing wellness retreats. Whether you're looking to get fit, detox, embrace mindfulness, or beat insomnia, welcome in a new beginning as you embark on a life-changing wellness journey in inspiring destinations around the world.

1. Healthy Weight Loss: Kamalaya Ideal Weight, Thailand

Journey to the stunning south coast of Koh Samui, Thailand for a wellness retreat designed to guide you towards achieving your optimal weight. Not to be mistaken for a 'fad' diet regime, this program provides long-term weight management solutions by identifying the root cause of your weight issues. This includes consultations from nutritionists and personal training backed by traditional Chinese medicine, and naturopathy, as well as therapies such as acupuncture and infrared sauna.

2. Natural Cleansing: Amatara Detox, Thailand

Go on a full body cleanse on at this luxury beach wellness haven in the idyllic island of Phuket. Enhance your body's natural vitality and glow with a reviving juice cleanse and healthy detox menu which will clear your system of unhealthy toxins. Complete your active body cleanse with soothing private yoga classes and lymphatic drainage massages. Participate in a complimentary cooking class to ensure that you have the right tools to continue a healthy and clean diet at home.

3. Stress Buster: COMO Shambhala Estate Stress Management, Bali

Combat the pressures of everyday life in the tranquil private estate of COMO Shambhala in Bali with the stress management program designed to make positive changes in your life. Addressing the depletion of mineral levels in the body caused by stress, engage in a range of wellness therapies complemented by yoga, physical exercise and the healing philosophies of Qigong and Tai Chi. Experts will guide you throughout your journey with consultations, well-being lectures and a full board of healthy cuisine.

4. Lifestyle Break: COMO Uma Ubud Lifestyle Retreat, Bali

Embark on a much needed lifestyle break in this luxury wellness haven in the rich rural corner of Ubud, Bali. Giving you the perfect atmosphere to relax and kick-start healthier habits, choose from an enticing spa menu with complimentary daily yoga classes and fitness activities before indulging in different healthy dining experiences. Sitting in the cultural hub of Bali, set yourself on an adventure as you explore Ubud through cultural discovery tours, biking through the lush rice paddies or white water rafting on Ayung River.

5. Back to Nature Fitness: MesaStila Fitness & Weight Management, Java

Let nature be your inspiration as you reach for your fitness goals in the midst of mountains and thriving vegetation at MesaStila in Java. Start your journey to fitness the right way with private consultations and proper nutritional guidance. Benefit from personal fitness training to tone up and learn which exercises suit your body, before indulging in spa therapies and massages. Stimulate your senses and enjoy complimentary wellness activities including yoga and TRX or hike through the jungle and coffee plantations.

6. Wellness Adventure: Aro Ha Wellness Retreat, New Zealand

Find yourself in a world of your own amongst the sub-alpine mountains as you centre in on the new you. With twice daily yoga, challenging guided hikes and functional training there's plenty of opportunities to ignite the inner power and develop a healthy lifestyle. Discover holistic wellness with daily therapeutic massages and contrast spa therapies designed to help you recover after a day of challenging activities. Learn healthy eating habits as you treat yourself with a rainbow of vegetarian cuisine for optimal well-being.

7. Active Mindfulness: Atmantan Yoga, India

Learn the art of inner peace with active mindfulness during private yoga and meditation sessions in the tranquil retreat of Atmantan. Away from the distractions of everyday life, find balance through yogic practices designed for both beginners looking for a spiritual awakening as well as current yoga enthusiasts looking to hone their meditative techniques amid the regal beauty of India. Incorporated in the program are Ayurvedic principles and pranic healing to ensure your body, mind and soul are realigned and ensure mindfulness becomes an integral part of your everyday living.

8. Healthy Ageing: Divani Apollon Rejuvenation, Greece

Revive your youthful glow on rejuvenation holiday at Divani Apollon set on the exquisite Athenian Riviera. Designed by beauty and health professionals, beat the signs of ageing as you combine restorative spa treatments and personal training sessions to lift your energy, leaving you more radiant than ever. Discover how you can maximise the beneficial effects of this program with a complete food plan based on healthy and energising nutrition allowing you to adapt a lifestyle that will reflect from the inside out.

9. Quit Smoking: Kurotel Anti-Tobacco, Brazil

Switch to a tobacco-free life the natural and safe way on a transformative retreat at Kurotel in southern Brazil. A perfect sanctuary for healing, begin your transition with an initial medical evaluation backed by psychotherapy consultation and physiotherapy assessment, before undergoing personalised medical spa therapies designed to prevent you from returning to your smoking habit. Combine inhalation therapy sessions and dental cleaning with stress relieving wellness activities like cooking classes and hiking to return home free from the bad habit of smoking.

10. Unplugged Wellness: SHA Wellness Clinic, Spain

Leave behind the demands of the virtual world and enjoy a digital detox holiday at SHA Wellness Clinic set on the Spanish coast. Mobile devices are banned in public areas, so savour the tranquil surroundings before watching the sun set on a peaceful beach walk. Let go of worries and rebalance yourself both mentally and physically through yoga, fitness classes, spa treatments and time spent in nature in the beautiful Zen garden. Unplug completely and experience the world at your own pace.

For advice, guidance and booking visit www.healthandfitnesstravel.com.au or call 1300 551 353

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For further information and hi-res imagery please email raymond@healthandfitnesstravel.com.au or samantha@healthandfitnesstravel.com or call 1300 551 353 / +61 3 9021 0909

Notes to Editors:

About Health and Fitness Travel

Health and Fitness Travel is a global luxury wellness travel company that originated in the UK in 2010 and is committed to providing healthy holidays that enhance and change lives. Created by Paul Joseph, Adam Heathcote and co-founded in Australia by local Director Samantha Lippiatt as a result of their combined passion for health and fitness travel and offering bespoke holidays to improve people's well-being to lead happier and healthier lives.

Health and Fitness Travel offers clients a tailor-made seamless service with the very best health and fitness holidays, handpicked by its expert team, together with exclusive and added value packages with the best deals. As leading specialists, Health and Fitness Travel has also created their own collection of healthy holidays in various destinations which include Fusion Fitness, Discover Recover and Healthy Honeymoons, offering clients the best value and holiday experience. For more information visit: www.healthandfitnesstravel.com.au

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