

## The Hunt is Over: Healthy Easter Breaks for Everyone

Ditch the Easter eggs in favour of one of these luxury wellness breaks, as Health and Fitness Travel, the leading experts in tailor-made wellness holidays worldwide, round up this year's best Easter getaways offering something for everyone. The 2017 Easter break is a good time to venture abroad with two consecutive four day weeks; from short haul to further afield and from budget-friendly to ultra luxurious, find an Easter break that's perfect for you. From a wellness adventure in New Zealand to finding your inner Zen on a yoga retreat in Thailand, this egg-stensive guide has a healthy holiday to meet everyone's wellness needs this Easter.

### The Easter Detox Bunny

Thailand: Amanpuri Cleanse

Detox from the inside-out this Easter with a cleansing immersion at the luxurious Amanpuri resort on Thailand's lush tropical island of Phuket. Banish those toxins through a range of spa treatments and a structured nutritional plan which includes the recommended raw and liquid based meals. With a rounded approach, this program targets the root causes of any health issues put in place by high-stress environments and improper diet through a combination of specialist therapies and movement sessions designed to clear you of stress and boost your immune and lymphatic functions.

Health and Fitness Travel (1300 551 353 [healthandfitnesstravel.com.au](http://healthandfitnesstravel.com.au)) offers 3 nights at Amanpuri from \$4,405pp or \$4,950pp for single occupancy. Price includes full board and transfers.

### The Easter Fitness Bunny

New Zealand: Aro Ha Wellness Retreat

Give the Duracell bunny a run for his money as you embark on a fitness adventure on the beautiful Sub Alpine region of New Zealand. Discover the great outdoors through challenging hikes and a variety of fitness classes, from yoga and Pilates, to TRX strength training and cardio. Put the Easter eggs aside as you learn to prepare healthy meals from the informative 'un-cooking' classes, teaching you a rainbow of raw vegan cuisine to help you adapt a nutritious and enzymatically rich diet. Unwind after an energetic day with healing spa treatments, and contrast therapy pools.

Health and Fitness Travel (1300 551 353 [healthandfitnesstravel.com.au](http://healthandfitnesstravel.com.au)) offers 4 nights at Aro Ha from \$4,050pp or \$4,350pp for single occupancy. Price includes full board and transfers.

### The Easter Yoga Bunny

Thailand: Kamalaya Yoga Synergy

Perfect for the discerning yoga bunny looking for a further-flung escape this Easter, this award-winning luxury wellness resort is a tropical paradise that will improve your health and well-being through a variety of yoga sessions and holistic spa treatments. Based on the beautiful coast of Koh Samui, the comprehensive yoga retreat offers daily private and group yoga sessions, suitable for beginner and expert yoga bunnies alike. Compliment your training with traditional Ayurvedic therapies and enjoy local excursions, such as a monk's cave visit and temple tour.

Health and Fitness Travel (1300 551 353 [healthandfitnesstravel.com.au](http://healthandfitnesstravel.com.au)) offers 7 nights at Kamalaya from \$3,940pp or \$4,555pp for single occupancy. Price includes full board, daily private yoga sessions, a range of spa treatments, complimentary spa access, and return transfers.

### The Easter Spa Bunny

Vietnam: Fusion Maia Natural Living

Awaken your senses at the luxury beachfront retreat of Fusion Maia in Da Nang, Vietnam. Experience a true sense of tranquillity with a range of healing massages, facials, body wraps and yoga and meditation classes. Choose from a tantalising menu of treatments, including aromatherapy sessions, mind-energy therapy and body wraps. From bespoke massages to healing treatments, de-stress and rejuvenate your weary body to return home from your spa break feeling refreshed and energised.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Fusion Maia from \$3,325pp or \$5,115pp for single occupancy. Price is all-inclusive with a range of spa treatments, complimentary spa access and group classes, and private transfers.

#### The Easter Adventure Bunny

Oman: Zighy Bay Sense of Adventure

Thrill-seekers need look no further than Oman this Easter. Get your adrenaline-fix through an extensive range of activities which include water sports, mountain trekking and biking. For extreme adrenaline junkies, witness jaw-dropping views by trying tandem paragliding, or make a splash during kayaking and diving excursions. Wind down from your daily adventures with restorative massages and relaxing spa treatments, and enjoy refreshing, healthy drinks from the onsite juice bar. The perfect pairing of adrenaline-fuelled fun with peaceful natural surroundings will certainly leave you feeling reenergised.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Zighy Bay from \$4,060pp or \$5,375pp for single occupancy. Price includes daily breakfast, a range of activities and treatments, complimentary spa access and group classes, and private transfers.

#### The Easter Sports Bunny

St Lucia: BodyHoliday Fusion Fitness

Sporty-types should make a break for St Lucia this Easter on an action-packed sports holiday. Improve your swing with private golf lessons or ace that forehand as you serve up a storm during private tennis sessions. Whatever your choice of sporting activity from abseiling and mountain biking to ocean kayaking and paddle boarding, improve your skill and physicality through sports-specific weight training and beach boot camp workouts. After a day of sporting fun, unwind with a yoga or Pilates session, and treat aching muscles to an extensive range of soothing spa treatments.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at The BodyHoliday from \$3,670pp or \$3,700pp for single occupancy. Price is all-inclusive, with a Fusion Fitness program, and return shared transfers.

#### The Easter Weight Loss Bunny

India: Atmantan Weight Management

If you've overdone the Easter eggs (again) this year, shed the excess pounds on an energising weight management retreat in India. A tailored weight loss plan alongside personal training sessions will ensure you trim down as you tone up, helping you to reach your optimum body weight. Fun group classes such as TRX training and laughter therapy will keep you motivated, while yoga sessions will stretch tired muscles and enhance the mind-body connection. Don't forget to reward yourself with a variety of traditional Ayurvedic treatments and therapeutic holistic remedies available.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Atmantan from \$4,810pp or \$6,570pp for single occupancy. Price includes full-board, a comprehensive weight loss program, and return private transfers.

#### The Easter Beauty Bunny

Spain: Marbella Club Beauty

Be the fairest one of all and restore your glow on a rejuvenating Easter escape to Marbella in southern Spain. On this beautifying luxury spa break, specialist treatments aim to boost radiance and prevent the signs of aging. For the ultimate beauty-boost, you'll be treated to a variety of personalised facials, massages and therapies, in addition to specialist water treatments such as Thalasso Vichy Detox and Thalasso spa sessions. Combine this with healthy Mediterranean cuisine, yoga and Pilates classes, nutrition support and you'll be sure to return home glowing inside and out.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Marbella Club from \$4,215pp or \$5,860pp for single occupancy. Price includes daily breakfast, a range of beauty treatments, complimentary spa access and group classes, and return transfers.

#### The Easter De-Stress Bunny

Greece: Divani Apollon Anti-Stress

Have the summer months left you feeling burnt out? Unplug and recharge on an Easter de-stress holiday on the glorious Athenian Riviera. Restore the balance between your body and mind as you engage in the healing power of yoga and meditation, whilst a series of soothing spa treatments ensure total stress-relief and relaxation. Specialist therapies include full-body exfoliation, energising massage and silk body wraps. Take advantage of the anti-stress nutritional programme to restore hormonal balance and take part in a variety of group classes to boost your overall well-being.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Divani Apollon from \$4,400pp or \$5,245pp for single occupancy. Price includes full board, a range of treatments, complimentary spa access and group classes, and return private transfers.

#### The Easter Mindfulness Bunny

Portugal: Longevity Mindfulness

Give your mind a complete re-boot this Easter on a healing mindfulness holiday on the tranquil Algarve coastline. Escape the stresses and distractions of everyday life as you learn to understand the nature of your mind through daily private mindfulness sessions with Longevity's resident teacher. Learn the skills of mindful movement to enable you to incorporate mindfulness into your daily routine, making lasting changes that will transform your life. The healing botanical gardens and close proximity to the ocean will increase your sense of well-being and bring you closer to nature.

Health and Fitness Travel (1300 551 353 [healthandfitnessstravel.com.au](http://healthandfitnessstravel.com.au)) offers 7 nights at Longevity from \$2,810pp or \$2,490pp for single occupancy. Price includes accommodation, half board, complimentary spa access, and return private transfers

For advice, guidance and booking visit [www.healthandfitnessstravel.com](http://www.healthandfitnessstravel.com) or call 0203 397 8891

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For further information and hi-res imagery please email [raymond@healthandfitnessstravel.com.au](mailto:raymond@healthandfitnessstravel.com.au) or [samantha@healthandfitnessstravel.com.au](mailto:samantha@healthandfitnessstravel.com.au) 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.healthandfitnessstravel.com.au](http://www.healthandfitnessstravel.com.au)

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