



Wellness Travellers flock to Europe for healthy holidays

Keen to enjoy the sunshine and return beach ready for spring

Health and Fitness Travel, Australia's leading health and wellness travel specialists has been inundated with requests for healthy European getaways over the Australian winter since opening locally just weeks ago, with travellers wanting to extend their summer and enjoy the sunshine of far off destinations including Spain, Malta and Turkey which are all quickly becoming favourite hot spots.

On offer; an excellent range of world class health and fitness retreats across Europe including 38 Degrees North Aguas de Ibiza, boasting an enormous spa set over 1500 m² and specialist fitness gurus including an ex-British Gold Medallist coaching their kickboxing classes, proving there is more to this beautiful Island than just nightlife. Or a luxury wellness retreat on the stunning Turkish coastline, The Gardens of Babylon resort is famed for delivering first-class health and fitness holidays tailored towards specific goals, including detox and weight loss. Both with beautifully decorated lodgings and top-class restaurants serving nutritious and delicious cuisine from all over the globe, it's easy to see the appeal and there's something to suit every taste.

Head of Health and Fitness Travel Australia; Samantha Lippiatt says "Australian's have never been afraid of a travelling to far off destinations and want to experience the best retreats on offer, so it's no surprise to see so many guests heading to Europe over our winter. It is the perfect time to escape the cooler months and kick start a fitness regime that will see them beach ready for spring"

Closer to home; Kamalaya (Destination Spa of the Year: Asia & Australasia World Spa awards 2014) and Absolute Sanctuary in Thailand (Winner: Best Value For Weight Loss at the Condé Nast Traveller Spa Awards 2014) remain top favourites, with guests are favouring the option to create their ideal program under the Fusion Fitness holiday collection that allows travellers to select from four fusion elements which include Cardio, Strength and Sport, Mind and Body and Renewal, created exclusively by Health and Fitness Travel.

Details of these retreats and more can be located on the new Winter Healthy Holidays Inspirations page
<http://www.healthandfitnessstravel.com.au/winter-healthy-holiday-ideas>

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