



WORDS  
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# GOOD HEALTH AND WEALTH

YUP, IT'S THAT TIME OF YEAR AGAIN WHEN WE MAKE A DETERMINED EFFORT TO LOOK AFTER OUR HEALTH AND FITNESS. HERE ARE THE TOP TRENDS TO FOLLOW





*2017 is upon us, and with it, the rafts of new year's resolutions, promises to do things differently and vows to change ourselves for the better. So many of these pledges revolve around how we look: our style, our shape – and even the way we do our hair. To make it easier for you, we've taken a peek in to the future and found out the best ways to keep up with the latest health, fitness and grooming trends...*

## **KICK YOURSELF INTO SHAPE IN PARADISE**

It's one thing struggling to get to the gloomy underground gym after a long day at work, and another thing entirely when you've got the most beautiful surroundings in the world to motivate you. Wellness retreats are all the rage, because if you can escape for 10 days, complete with your own personal trainer, chef and spa room, why wouldn't you? One of the best has to be Amilla Fushi, an impossibly luxurious, stylishly designed Maldives resort in the Baa Atoll. They've paired with healthy living brand Bodyism to create bespoke fitness packages for the idyllic but active retreat. Living in wellness tree houses elevated 12 metres high above the serene island, you'll get a sense of tranquility and privacy with only the sea, sands and swaying palm trees sprawling ahead of you. With tailored packages including regular personal training sessions on the picturesque balcony, daily spa treatments (in your own personal spa, of course) and freshly cooked, nutritious food brought straight to your door, you'll be fighting fit – and super-relaxed – by the time you board the seaplane home.

[amilla.mv](http://amilla.mv)







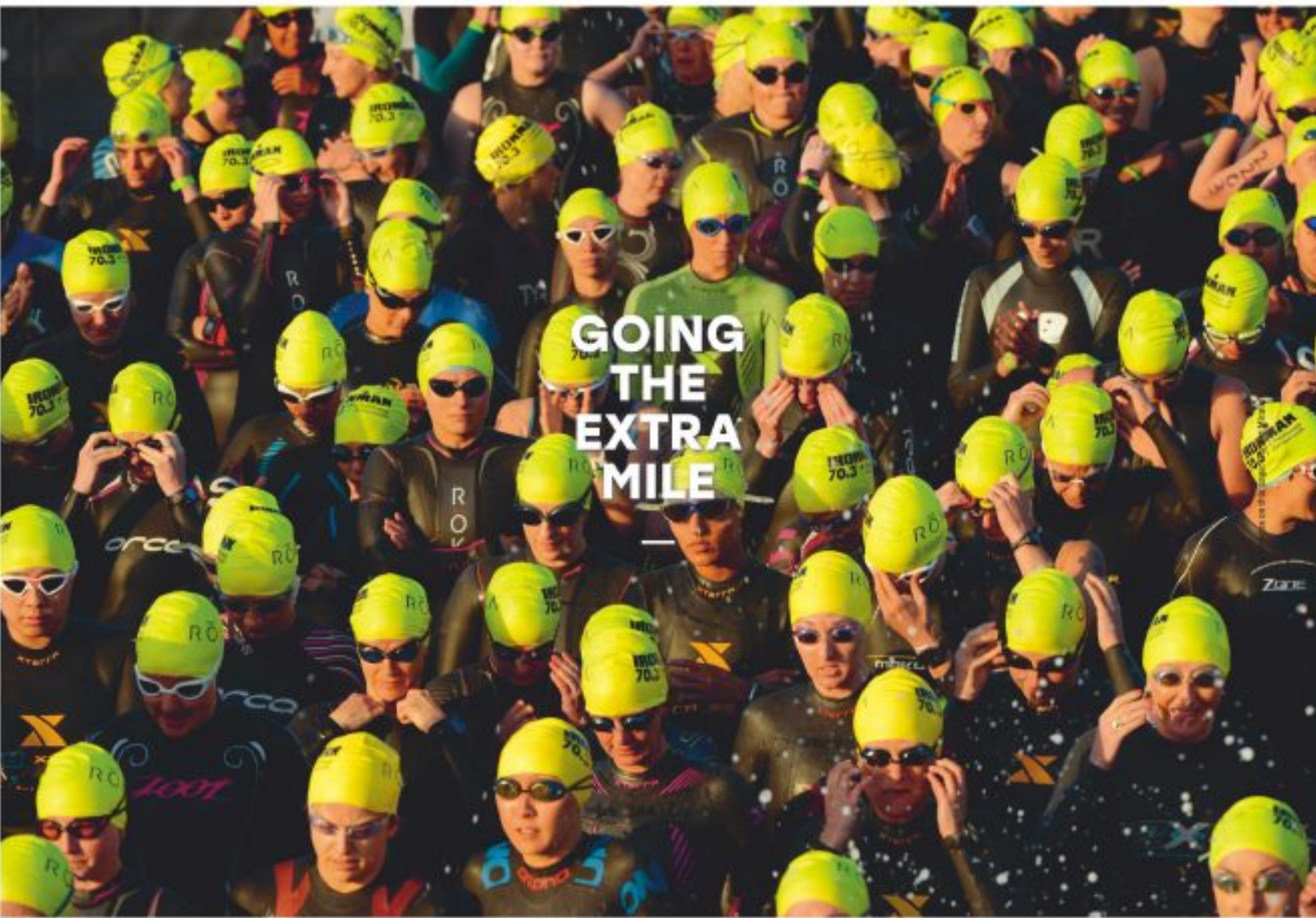
## THE BARBERSHOP REVIVAL

Looking sleek and sharp used to be all about the experience, as if the polished end look was a mere coincidence and the main goal was to relax at the barber, with soothing hot towels, dreamily cosy chairs and evocative scents. Thankfully, after a stroll through the back streets of Istanbul and a chance encounter at an old-fashioned Turkish barber, Ted Baker recognised the joy of old-school barbering and opened his Ottoman Empire-inspired Ted's Grooming Room, so we can all partake in the traditional Turkish experience. Available in select locations across London, the indulgent treatments on the menu are perfect for the modern man who knows that looking debonair is about so much more than a quick shave in the morning. With relaxing face massages, astringent cologne, ear flaming and, of course, close shaves in the best sense of the phrase, it seems the quaint joys of a retro barbershop are here to stay.

[tedsgroomingroom.com](http://tedsgroomingroom.com)







**W**ho'd have thought it? Once the preserve of the ultra-fit, of adrenaline junkies, of those who were perceived as a little bit mad, marathons are no longer seen as too much of a challenge. Far more people sign up for them than there are spaces, runners complete the distances in all sorts of wild costumes, and they're no longer seen as the pinnacle of sporting achievement – we all know someone who's done one. Now, it's all about the ultra endurance event: the ultra marathon, the Ironman, the double Ironman, the triple Ironman, even the Triple Deca Ironman (30 Ironmans in 30 days, which sounds painful, to say the least). With impossible-sounding feats taking place across the world (GODZone in New Zealand, Marathon Des Sables in the Sahara desert and Badwater in the US, to name but a few), endurance events are not only becoming the most popular way to push – or punish – yourself, but are also a remarkable way to observe the planet's most awe-inspiring landmarks. It's not quite the same sort of holiday as flopping on a beach, but it's infinitely more memorable.





LIFESTYLE



**CHEATING  
YOUR WAY  
TO A  
SIX-PACK**



*“By wearing TechnoShape’s special pressure chamber while working out on the treadmill or bike, you’re zapping fat in pesky stubborn areas like your stomach”*



**L**et's face it: we're all busy. Who has the time to spend hours on stomach crunches when you could achieve the same results in a fraction of the time, using a bit of extra help? TechnoShape is a celebrity favourite and for good reason – by wearing its special pressure chamber while working out on the treadmill or bike, you're zapping fat in pesky, stubborn areas like your stomach, which are usually tricky to target. It works by increasing blood flow to your midriff, which means that when you apply pressure therapy circulation is increased and fat becomes the primary source of fuel. With most people losing three inches from their stomachs in just four weeks, and celebrity fans including Simon Cowell and Rio Ferdinand, this is a quick fix we can definitely get on board with. Who said cheats never prosper?

[technoshape.net](http://technoshape.net)