

GREED

ANGER PRIDE

Dropping a dress size doesn't have to be



BEST FOR BINGEING ON THE WORLD'S BEST SPA FOOD - AND STILL LOSING WEIGHT

CHIVA-SOM HUA HIN, THAILAND

Guests at Chiva-Som's restaurant are often found totting up numbers in a beatifically smug fashion. For not only is the food phenomenal, but a lunch of, say, peppered tuna with Thai mushroom salad, steak and chickpeas with green curry sauce followed by banana mousse comes in at under 500 calories. Yep. 500 CALORIES. The philosophy at this original Asian spa doyenne is that intense flavours are more satisfying – thus you eat less and the pounds drop off. The menu changes daily, and there are excellent naturopaths who advise on diet, supplements and exercise; a key component of the Chiva-Som methodology is not just to graze (and navel gaze) but to whizz up your metabolism too. A sample day could involve pilates, a Re-programming Signature Energy treatment with healer Danchai Chernprateep (lying down, fully clothed, while a wise man chants and plays music – strangely soothing), outdoor yoga, personal training, colonic irrigation and a massage. And for the first time you can have your own wacky Clooney/Bullock *Gravity* experience with Neurac, a newly developed suspension-based treatment. Performed by a physiotherapist, it's designed to reactivate muscular and nerve systems by suspending your body via a sophisticated rope-and-pulley system, creating a freedom of movement impossible to achieve while standing, lying or sitting. Rub shoulders with fellow Som'ers by the bookshelves in the library – e-readers and any mobile devices have been banned outside guests' rooms for years to both reduce digital dependency and prevent unwanted celeb snapping (the Beckhams, Elizabeth Hurley and Elle Macpherson are regulars). It's not a complete digital detox; in-room DVD players mean you can indulge in a BYO box-set lock-in.

TATLER OFFER HEALING HOLIDAYS (HEALINGHOLIDAYS.CO.UK/TATLERSPA; 020 7529 8551) OFFERS EIGHT NIGHTS FOR THE PRICE OF SEVEN, FULL BOARD, FROM £3,200, INCLUDING BRITISH AIRWAYS FLIGHTS, TRANSFERS, TREATMENTS, ACTIVITIES AND COMPLIMENTARY ROOM UPGRADE.*

Heads up Guests keep to themselves, reducing pesky small talk... it may be best to bring a companion if you're chatty