

DEBATE: DO HAPPY WOMEN PUT THEIR MAN FIRST?

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22 August 2011 www.graziadaily.co.uk



EXCLUSIVE INTERVIEW

**X FACTOR'S KELLY:**  
'I've got the hots for Gary!'



**VICTORIA**  
on the 'Five Hands' diet

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### 'Kate's too ordinary'

15 FASHION NAMES ON HER FIRST 100 DAYS



**IN**  
BLIRTS!



**IN**  
£4 DESIGNER BAG



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**IN**  
J BRAND JODHPURS



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SPAIN €0.90 GREECE €0.40 GERMANY €0.40

# NEW LOOKS ALERT!

The **TONE-UP** sleekend



**ASSOCIATE EDITOR LUCY DUNN BOOKED A FITNESS 12 BREAK AT THE LUXURY LA MANGA CLUB, SPAIN**

'When, a couple of months ago, I dug out last year's bikini and got the shock of my life, I decided that desperate measures were called for. So I took off on a Fitness 12 Break, a five-day stay at the uber-luxe La Manga Club in south-east Spain. The website calls itself a "posh bootcamp" – suddenly I had nightmares of clambering up a rock face at dawn, watching the rest of my group (SAS-trained, clad in lycra) disappear over the horizon. But as soon as I arrived at the resort, I was reassured. Steve Halsall, personal instructor and brainchild behind Fitness 12, tailor-makes each weekend depending on your fitness level and what you want to achieve. He's known as "The

Body Whisperer" for his ability to transform women's figures. The group (three of us, all girls) started each day with a brisk jog on a deserted beach, followed by short midday and evening workouts in the gym. And although this was more exercise than I have done in my life, it was all surprisingly achievable.'

**THE VERDICT:** 'Apart from the sheer indulgence of only having to think about myself for five days, the biggest highlight was losing 5lbs!'

**PRICE:** from £945 for four nights. Monarch offers flights to Alicante from Birmingham, London Gatwick, London Luton and Manchester airports, with fares including taxes, starting from £38.99 one way (£61.50 return); [www.monarch.co.uk](http://www.monarch.co.uk).

**BOOK IT:** call 020 7788 4087, or visit [www.fitness12retreats.com](http://www.fitness12retreats.com).



« WE STARTED EACH DAY WITH A BRISK JOG ON A DESERTED BEACH »



The uber-luxe La Manga Club in Spain calls itself a 'posh bootcamp'

The sleekend **FOR FOODIES**



**ENTERTAINMENT EDITOR HANNAH MARRIOTT WENT TO THE HENRI CHENOT WELLNESS WEEKEND AT L'ALBERETA, ITALY (RIGHT)**

If, like me, you love good food but not the resultant love handles, there is an answer. It's the Henri Chenot Wellness weekend, which promises to identify your body issues through good food and Chinese medicine-inspired detoxifying treatments. My sleekend began with a dietician using electrodes to find out my body fat percentage. Eek! I was advised to lose 2.1kg of fat. But how? The dietician recommended the Henri Chenot biolight plan: a big, healthy

breakfast (blueberries, a boiled egg, bran flakes, black coffee), starting every lunch with a fruit course, followed by salad with protein, then complex carbs. Evening meals should be carb-free – the seafood at L'Albereta is so delicious it's hard to believe it's diet food.'

**THE VERDICT:** 'After three days my stomach was flat, my thighs firm, my eyes bright. In the month since, I've lost 5lbs eating protein-rich but yummy foods like steak and omelettes.'

**PRICE:** from £1,008 for three nights. Alitalia offers flights to Milan from £108 return.

**BOOK IT:** call 00 39 030 7760 550, or visit [www.albereta.it](http://www.albereta.it). ■

