

# FITNESS KICKS



## D-HOTEL MARIS MARMARIS, TURKEY

BEST  
SUNSHINE  
BOOST

**IN BRIEF** Super-nutritious retreat with low-tempo workouts

**THE LOWDOWN** Occupying a large slice of southern Turkey's Datça Peninsula and presiding over five spectacular white-sand beaches, this place is more *Thunderbirds* private island than posh hotel. Like Maldives on the Med with added elevation and pine trees. The spa isn't much from the outside, but once you're through the doors it's a high-styled haven created with perfectionists in mind. And now that James Duigan of Bodyism (the well-being movement *du jour*) has arrived, supermodels and starlets are flocking here, choppering in from Dalaman or breezing ashore on megayachts. This is Duigan's third hotel hook-up, alongside the Bulgari in London and One&Only Reethi Rah. His Clean and Lean Programmes, adored by the clear-skinned, chlorophyll-sipping crowd (Elle Macpherson, Rosie Huntington-Whiteley and Lara Stone included), combine high-nutrition diet plans with non-punishing exercise to strip fat, improve posture and help you live longer. In Turkey, two trainers are on hand for 60-minute, one-on-one sessions. Part-floorwork, part-waddling about with resistance bands and lots of plank poses, the workout is similar to Pilates but with gentle cardio drills thrown in. This all happens within the hotel's handsome grounds or at a feet-in-the-sand beach gym. No machines are involved; exercises are crafted so they can be easily repeated in your

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living room. Best of all, a chocolate-flavoured protein shake (made from rice milk) is served post-workout on a silver platter. The only downside to a fitness break here is food envy, which is unavoidable and agonising. With numerous restaurants serving everything from smoking mezze and dry-aged steak to grilled octopus and salty charred potatoes, it's hard to know which way to yearn. Hardcore dieters are looked after with a selection of low-calorie options designed by Duigan at three of the restaurants (raw carrot cake is a highlight) or a tailor-made diet plan put together by the Bodyism team. But with the recent addition of Zuma, an outpost of London's swanky Japanese joint, even the most steadfast of calorie-counters is sure to fall off the wagon. For further indulgence, head to the ESPA spa. All the usual treatments are on offer and there's a good-sized indoor pool, plus a sauna, steam room and hammam, but truthfully you'll want to be outside boosting vitamin D levels. Glorious beaches and a gaggle of yachts straining for open water are a 30-second funicular ride away, and with another colossal swimming pool overlooking the glittering bay, there's a different sunbathing option every day. Smart navy-hooded pontoon boats are laid on for flitting between coves but – in the unlikely event of your having to wait more than a few moments for one – count yourself lucky. A deckchair on the jetty provides a rare moment to sit back and drink in the views, which really are something.

**INSIDER TIP** Buy Duigan's book *Clean & Lean Diet* to continue the regime easily back home.

**BOOK IT** Doubles from £380 including breakfast. One-on-one Bodyism training sessions cost about £100 per hour. D-Hotel Maris (+90 252 441 2000; [www.dhotel.com.tr](http://www.dhotel.com.tr)) reopens on 29 April 2015. Monarch ([www.monarch.co.uk](http://www.monarch.co.uk)) flies three times a week from London Gatwick to Dalaman.



## HELLENIC HEALTHY HOLIDAYS KEFALONIA, GREECE

**IN BRIEF** Sports and healthy-living experts on tap

**THE LOWDOWN** Set up by London-based South African personal trainer Henlu van der Westhuizen and Australian chef Alan Wichert (who both used to work on In:Spa holidays), these week-long breaks offer an impressive range of activities and a schedule that can be as busy as you want. Choose from three early-morning activities: yoga on a terrace looking out to a violet sea; cycling on roads surrounded by forests; or a run to gorgeous Foki Bay (have a sea dip afterwards – you won't regret it). Late-afternoon group workouts include exercises to get your heart rate up – Pilates, ab-crunching Swiss ball sessions or old-fashioned circuits – followed by yoga with the very likeable Jacqui Porjes, who teaches a mix of Ashtanga, Jivamukti and restorative postures. She's also a personal trainer, so classes are tailored to sort out any sore bits. Your base is the Emelisse Art Hotel near the mellow town of Fiskardo on Kefalonia's northern tip. The group has its own private dining spaces, the stone-floored bedrooms are chill-out bubbles (if slightly too dimly lit) and owner Harris Tsimaras is very hands-on and efficient (he and his faithful dog Benny come along for the three-hour hikes through herb-scented cypress forests and along stone tracks graced by ancient ruins). Visiting specialists include charming Australian nutritionist and naturopath Max Tomlinson; Paul Hopkins, senior coach at Campden Hill Lawn Tennis Club in London's Notting Hill; and wellness expert Allie Walker, who offers sessions in Chi Nei Tsang abdominal massage on a fabulous private outdoor terrace. At the flower-filled Elemis spa, which has large candle-lit treatment rooms, the surprisingly strong Greek-American therapist Bessy Nikolopoulou is excellent, whether she's giving a facial or a deep-tissue massage. To ease the tightest muscles, book Sotiris Zaxaratos, who has big bear-paw-like hands. There's an optional weigh-in at the beginning and end of the week, but the focus is on changing your body composition (less excess fat, more muscle) rather than weight loss. Food is low-GI, dairy-, wheat-, salt- and sugar-free. Dishes such as Thai-inspired *tom yum laksa* with gluten-free soba noodles, locally caught seabass with slow-roasted garlic, and organic chia-seed-açai-and-coconut pudding are delicious. There are green juices and healthy snacks to ward off hunger. Funny and upbeat, Wichert runs healthy cooking classes – learn the benefits of steam frying and how to make sushi. There's plenty of laughter in the mix, too: a group quiz in the evening by a roaring fire; a (healthy) pizza night; a boat trip to Ithaca on Tsimaras's swish boat. What makes this recipe for fitness so great, though, is the team's good humour. You'll want to bottle up their witticisms and take them home.

**INSIDER TIP** Unlimited laundry is included in the price, so there's no need to pack masses of keep-fit kit.

**BOOK IT** Hellenic Holidays (+44 7970 008727; [www.hellenicholidays.com](http://www.hellenicholidays.com)) offers seven nights from £1,795 per person full board, including classes, activities, three bodywork and two one-to-one sessions.