

Whether you need reviving from the brink of burnout or you're after a fitness overhaul, these mind, body and spirit-restoring retreats will get you back on track in no time...

TRAVEL

I lit the reset button

THE INTENSIVE DETOX LEFAY RESORT & SPA, LAKE GARDA, ITALY

In need of a serious health overhaul? Then make a beeline for Lefay Resort & Spa (above), an impressive eco retreat high in the hills above glistening Lake Garda. Its five-night programmes help reverse the consequences of burning the candle at both ends. Working through your full history to provide insights on specific concerns, the wellness consultations are all-embracing, and the in-house experts, who favour an East-meets-West approach to medicine, put you at ease from the get-go. The spa is vast but cossetting, and treatment suites look out onto a private garden so you can drink in the views while therapists work their magic. Along with energy-focused reflexology, aromatic mud wraps and moxibustion heat therapy, the schedule includes guided garden walks and relaxing floating sessions in the saltwater lake. The results? You'll feel altogether perkier with a new level of respect for your insides.

STAR: Irina Shayk (right) has spent time unwinding beside Lake Garda.

BOOK IT: Wellbeing Escapes offers five-night wellness programmes at Lefay Resort & Spa from £1,095 per person, including breakfast, fitness classes, spa treatments and return flights from London to Verona; visit wellbeingescapes.co.uk.



At Lefay, magnificent views come as standard (and below)



THE FULL-BODY REBOOT THE BODY CAMP, IBIZA

Housed in a sleek villa in the White Isle's sunny south, The Body Camp's week-long fitness immersions deliver serious results. You needn't be a cardio warrior to get the most out of a stint here. Working up a sweat is a given, but the sparkly-eyed experts are full of encouragement, and the prospect of cookie dough protein balls post-workout will send motivation levels soaring. In between scenic clifftop hikes and HIIT circuits, there are life coaching and cookery workshops to take advantage of, along with tension-easing rubdowns from therapists. Largely plant-based, the dishes knocked up by the in-house chef are by no means punitive. Booze is off limits but you'll have forgotten all