

Bikini Body Special!



Women's Health

JULY/AUGUST 2013 | £3.70

It's Good to Be You™

BEACH READY NOW!

- ✓ TONED BUM
- ✓ KILLER CORE
- ✓ LEANER LEGS

In your 20s, 30s and 40s+

OUTEARN THE BOSS
And Leave Work Earlier

WORK YOUR ABS
50% HARDER p77

BEAT STRESS IN
1 EASY MOVE

125
*Luxury Style
Pieces From
Only £12.99*



**DROP 4KG ON
YOUR HOLIDAY**
And still have the mojitos!

Summer
Slim-Down!

98

Fat-Burning
Foods

**AGE-PROOF
YOUR FACE**

*Get Flat
Like Cat!*
15 mins + 6 moves
= This Hot Body

**HAVE GREAT
SEX FOR LIFE**

CAT DEELEY, 36
Looks like the
yoga paid off

GUILT-FREE: ICE CREAMS / BURGERS / CUPCAKES!



THE SLEEP DETOX

Tired Deputy Fashion Editor Charlie Lambros went to Italy in search of better, deeper sleep



Plunge pool with a view



WHERE

Lefay Resort and Spa Lago Di Garda, Lake Garda, Italy

Beats counting sheep, right?

WHAT YOU GET: A bespoke sleep program that uses Western and Chinese medicine.

HOURS FROM THE UK: Flight takes one-hour and 45 minutes.

PRICE: £1,544 for a five-day programme, with treatments and consultations with a doctor and PT. le fayresorts.com

FLIGHTS: From £101.31pp. ba.com

You might not expect a sleepy village in Lake Garda to be a go-to destination for Chinese medicine, but this hillside resort overlooking Italy's most famous watering hole now plays host to a new sleep programme – 'sogni d'oro' or 'sweet dreams'. As a troubled sleeper, the idea of curing my ills with a bit of R&R in the sun appealed.

My trip began with a chat with the on-site spa doctor, Professor Corradin. He explained how different types of insomnia are linked with the body's 'meridians' – or energy lines. I wished I'd packed *Chinese Medicine For Dummies*. You might want to. Seriously.

The time you wake at night indicates which meridian needs work. Mine was 3-4am, so I worked on breath and energy. I was prescribed a personalised Chinese

tea to drink three times a day. It was made with angelica root, nettle, mallow and horsetail. The spa keeps your blend on file, so you can reorder your prescription.

Over the five days, I had daily Qigong classes – meditation that focuses your mind through a series of gentle exercises – and tried a Moxibustion treatment that applies heat to areas of the skin near acupuncture points. I spent the evenings meanwhile soaking in the indoor saltwater lake pool under a makeshift moon and stars. That, plus a few glasses of local Bardolino wine and, you know what? I had no trouble sleeping at all.

RESULTS: I drink my tea whenever I can and have a bath 90 minutes before bed to wind down. Waking up at 4am seems to be a thing of the past, fingers crossed.

WHAT YOU CAN TAKE HOME... Professor Corradin, resident sleep expert at Lefay, gives his fall-safe tips for deeper sleep

Just before bed, lie on your back and put your index fingers on your temples. Gently massage them with your eyes closed. Draw an imaginary line between your ears and another from the centre of the forehead meeting that line. Move left, right, back and forth from this point by one centimetre and massage with your fingers for 10 minutes. It's heaven!



The sunset relaxation room

WHAT I TOOK WITH ME...

1. Travel candles, £18, Green & Spring; 2. Pyjamas, £429, Equipment at Harvey Nichols



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