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Check Yourself into Body Rehab

28/02/2009

If like most of us, your New Year's resolutions was to get that killer bikini body set for the St. Tropez beach, but things haven't quite gone to plan, fear not! Chuck that last praline chocolate from your Valentines into the bin, and check out **NuBeginnings**, for a health check that will literally revolutionise your life!



Depending on how you want to look at it, NuBeginnings is a boot camp, weight loss spa, or as we prefer, a 'boutique health retreat'!

We checked ourselves in for the week long package and were pleasantly surprised at the results. With a combined ingredient of confidence, self motivation, counselling, exercise and nutrition, we were shocked to learn that we could lose up to a stone in a week, and if you stay longer, as many had, the results were even more notable.

Set up by Victoria Wills in 2008, she created the concept after she became annoyed at quick fix SAS-style bootcamps where the weight came back on as soon as she came back home. Victoria wanted something to work, so she decided to launch her own version, a luxury 7 day residential body rehab course in Devon which focuses on using not just your muscles, but your mind to improve your body.

Rather than seeing it as a quick fix, the staff encourage you to see it as the beginning of a life change with an individually catered programme to target problem areas through structured classes and activities. Weight loss is never an easy thing! Circuit training, hiking and boxercise are excellent gruelling classes that will no doubt help you to build up a sweat, while the cookery courses and hypnotherapy are a great way to assess relationships with food.

If you think it is all pain pain pain, it is not! Guests at NuBeginnings are able to partake in as little or as much as they want, programmes are created for maximum results and the fitness coach will encourage you to push yourself. The resort also has a trained masseuse on hand, and within the week long programme, you are entitled to three deep body tissue massages (which are bliss), with an additional ones provided at a cost, and unlimited saunas.

There is also plenty of time for relaxation, whether this be within the beautiful grounds of the resort, a leisurely walk in the nearby seaside town of Ilfracombe, early morning yoga, or just lazing in the luxurious rooms of the Grade II listed mansion house. The removal of everyday things such as televisions, allow you to reassess your lifestyle and hopefully take home a new way of thinking.

The first thing you may want to do as soon as you get back home is to pig out with a pizza and chips in front of the television, however the follow up support is second to none, and we have found that not only do we make our own 'healthy' pizzas now, but we are still regulars at the gym!

NuBeginnings is definitely a new breed of fitness camp, it does more than make you eat lentils and hike 15 miles at 5am in the morning - it teaches you how to avoid slipping back into your old unhealthy habits with a variety of fitness, diet, counselling, psychology and hypnotherapy sessions.

Prices start from £1695 for a twin room, and £1995 for a single room for seven days.

For more information, log onto www.nubeginnings.co.uk

NuBeginnings, Westwell Hall, Torrs Park, Ilfracombe Devon
Tel +44 (0)1271 862792

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