

LOVE YOUR BODY, LOVE YOUR LIFE

# Health & Fitness

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## SHRINK YOUR BELLY!

Lose weight fast with the new 5:2 soup diet

### LOSE WEIGHT FAST

## Your best body ever – in 4 weeks

The quick way to get back in shape

### WHAT'S YOUR FITNESS AGE?

High-tech tests you need to try

# 25

TOP EVENTS FOR YOUR GOALS

**HAPPY NEW YOU!**

5 steps to inner confidence

**BLAST CALORIES NOW**

Fat-burning running plan

**HOT FOR 2016**

The workouts coming to rock your world

**UPDATE YOUR PLATE!**

This year's healthiest food trends

**EAT SPICE GET SLIM**

Recipes that boost your metabolism

PLUS: FLAT ABS IN 10 MINS! | 20% OFF THE LATEST FIT KIT





## Spa time

The latest pampering places, products and treatments

Mountain  
spa

### SPA OF THE MONTH Nira Montana, Italy

Hitting the slopes once the snow has melted, for hiking, trekking, downhill-mountain biking and spa is a growing trend. In Italy's Aosta valley on the border with France and Switzerland, new five-star hotel, Nira Montana, in La Thuile, is setting a luxury standard.

#### THE HOTEL

After a two and a half hour drive from Geneva airport, we arrived at Nira Montana, which nestles in an old mining village with a Milka chocolate advert-style mountain backdrop. The 55-room boutique hotel, fittingly a member of Design Hotels, shows off a modern take on traditional alpine style.

#### THE SPA

After enjoying challenging mountain activities, Nira's restorative spa was just the thing. With four contemporary treatment rooms and a spa menu by Comfort Zone, you can ease away tension with a massage and follow it up with cold water, steam and sauna zones including an ice bucket challenge – if you dare. Even the sauna has a view here! The pool and small gym area

boast stunning backdrops too. The Nira SPA menu includes Swedish, full-body and deep-tissue massages to ease tired muscles. Try the Montana Experience, which features drainage techniques including hot pads and aromatic oils to aid the elimination of lactic acid after sport, or the Magnesium Sleep Therapy, which involves a full-body massage using a warm magnesium-infused herbal oil to help release muscle tension and leave you super-relaxed.

#### GET ACTIVE

Head out on the many trekking trails for all levels (the hotel can hire you a guide) and take in the stunning nature reserves – our walk featured spectacular waterfalls. Like a thrill? Jump on a cable car for downhill mountain biking. Don't worry if you're a novice; we booked an instructor and mastered a few techniques in no time.

#### COST AND GETTING THERE

It costs from £118 B&B per night with spa access in June; niramontana.com. Find out more on the Aosta Valley at aosta-valley.co.uk. Over 60 weekly flights go to Geneva from UK and Ireland with Swiss International Air Lines. Fares start from £34 one-way – book online at swiss.com.

### 'IT WORKED FOR ME'

**H&F's Lucy Pinto has a skin-brightening facial.**  
**What?** CosmeCutis Prescription Skin Treatment. £195 for 85 mins.  
**Where?** Gemma Clare facials available at Triyoga and CosmeCutis Advanced Skin Treatments available at The Food Doctor; thefooddoctor.com.  
'This advanced skin treatment promises to be a safe and non-invasive, anti-ageing, regenerating facial that instantly improves your skin's appearance and texture. After a thorough consultation from Gemma Clare, the mood was set and the treatment started with a soft cleanse to loosen any dead skin cells. After that, I was given a microdermabrasion treatment. This involves using a tool with a diamond-encrusted tip, which exfoliates your skin and stimulates its renewal process. It also claims to help reduce the appearance of hyperpigmentation, plump out fine lines and brighten your skin. It doesn't hurt – there's just a small stimulation from the probe. Finally, a bio-cellulose EGF (epidermal growth factor) mask was applied to stimulate my skin's regeneration and healing process. The mask works deep into your skin to provide lasting hydration. The result? My skin looked brighter instantly and was still hydrated and soft a week later.'



### TRY THIS...

Revitalise your tired skin with the **Aromatherapy Associates Rose Infinity Triple Effect Mask** (£69 for 50ml; aromatherapyassociates.com). Containing natural ingredients and hand-blended essential oils, the mask targets skin surface, fine lines and cellular turnover. Use two to three times a week for improved skin luminosity that will help you shine. Apply to your face and neck and rinse off after 10 minutes, or even leave it on overnight.



**'The cuisine is exceptional. Food is locally sourced with a hearty breakfast buffet and à la carte evening menu.'**