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WHAT'S NEW DESIGNERS CLOTHING SHOES ACCESSORIES WATCHES SPORT GIFTS GROOMING EDITORIAL

ON THE ROAD

SEVEN HOTELS THAT WILL GET YOU FIT IN 2019

The vacation spots promising you a beach body when you leave – even if you didn't have one when you checked in



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JOURNAL



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The Sanchaya hotel on Bintan Island, Singapore. Photograph courtesy of The Sanchaya

Words by Ms Gemma Bowes

Just look down. What do you see? A trim, toned body you are perfectly happy with, or a collection of disheartening bulges, the suggestion of a paunch

perhaps? And how've you been feeling recently? A little harried? Not totally tiptop? Stressed, exhausted, hungover and in dire need of a total overhaul of the whole shebang?

We do our best, of course, in these times when self-care, me-time and #goals obsession have become the norm. But rarely do we feel satisfied with the amount of effort and commitment, or the number of hours we manage to put in. And that's where an intensive retreat comes in: to kick-start a new regimen, or to ramp up your current training.

That doesn't mean booking into some dreary health farm. Boutique hotels are getting in on the action, hiring world-class personal trainers and athletes, running activities ranging from Muay Thai to stand-up paddleboarding (SUP) and engaging the latest bio-tech for guests.

So, why not check out, and maybe check into these hot hotels that promise to get you fit and make you happy.

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Photograph courtesy of Lanserhof Lans