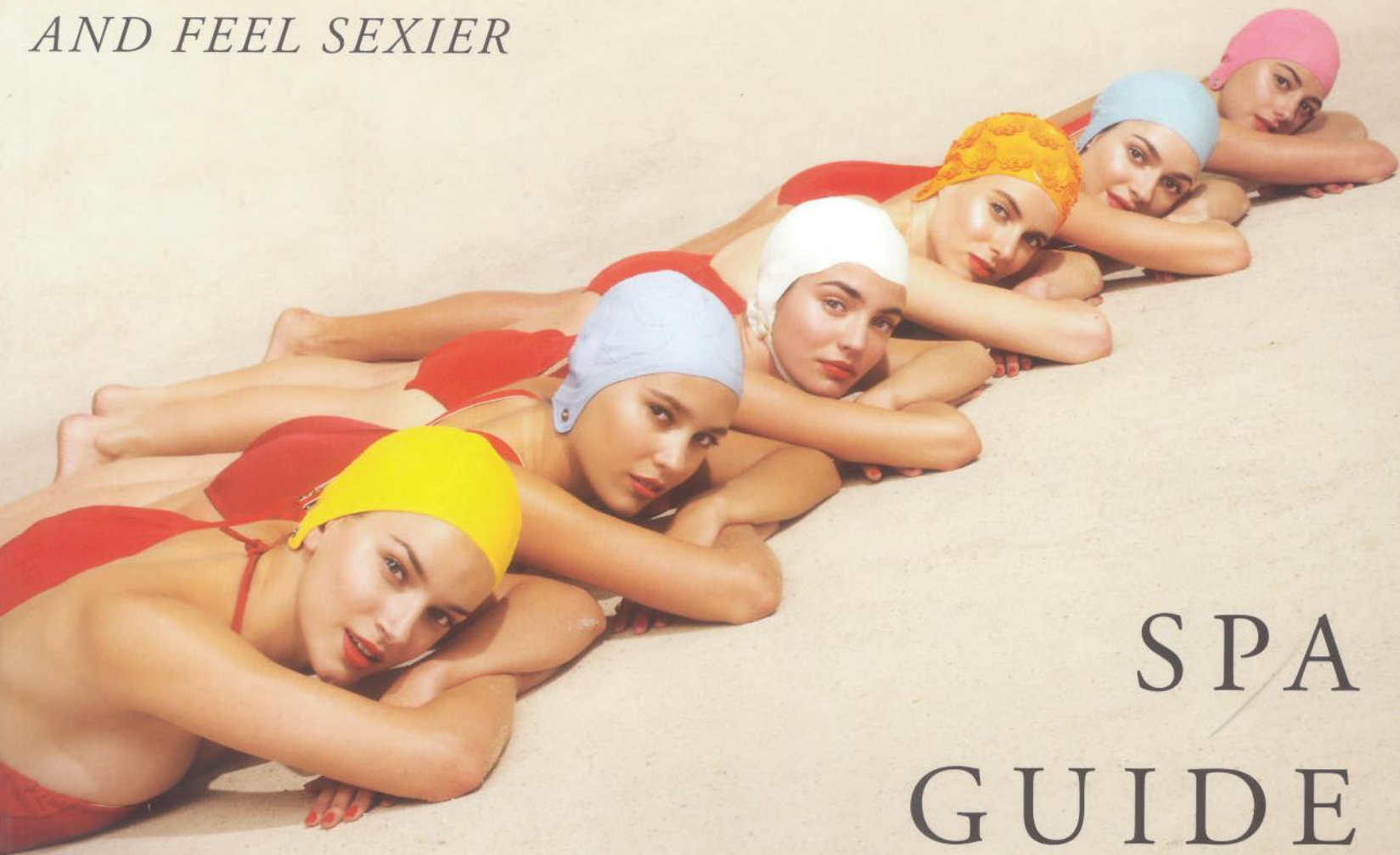


# TATLER®

IN ASSOCIATION WITH CLEVELAND COLLECTION

*WHERE TO GO  
TO LOSE WEIGHT,  
LOOK BETTER  
AND FEEL SEXIER*



SPA  
GUIDE  
2012

*(swimming hats not included)*

## WILDFITNESS

WATAMU, KENYA LOSE WEIGHT!

The trouble starts on day three: dawn is calm with a cool ocean breeze at Baraka House (plead for the Blue Room) but the body is spent and lifeless. Any intention of moving is met with concentrated aching; yet only hours later, limbered up and drinking your own body weight in water under the high sun, you restart the sweat-drenching primitive exercise. You'll become like some ancestral hunter on the run – sprinting, fighting and lifting through beach obstacle courses or over jungle-tree runs. The philosophy at Wildfitness, which also has an outpost in Greece, is staggeringly effective: move your body hard, fast and for short periods of time. Eat the food of the ancients and follow the simple rule: if it comes from a plant, it's OK; if it was made in a plant, it's not. The fruit is peerless – passion fruit, mango and pineapple are nothing like their namesakes back 'in the zoo', as you'll come to view city life. By the end of the week, you'll be completing unimaginable tasks – like a three-mile creek swim.

**Website** [wildfitness.com](http://wildfitness.com) **Tel** 020 3286 4886 **Book it** Eight nights from £2,250, full board, including transfers, all activities, massages and one-on-one assessments.

