

be €1,603 (£1,261) instead of the usual €2,290 (£1,801). That includes seven nights' accommodation and transfers (flights not included), all organic meals and drinks, group activities, one-on-one training, nutritional analysis, yoga, qigong and

a relaxing one-hour massage.

for less

Grazia deal: 30 per cent off. Book on 020 3239 9670 or via the website. www.purescapes.com (where you'll find details of retreat dates), quoting 'Grazia Summer Deal'.

Keeping fit by pounding away in the gym: boring. A fitness holiday on the Algarve: altogether more appealing. Purescapes offers week-long 'health retreats' on a lush 40-acre Portuguese farm estate, with a holistic approach that takes in everything from hiking the hills and cruising the coast to consultations with nutrition and exercise experts. For Grazia readers only, Luxe

> in a Dhoni Suite for the price of five - \$3,450 (£1,747) per suite for a week instead of the usual \$4,830 (£2,445), based on two sharing (including breakfast; excluding service charge, tax and flights). It will also throw in a free couple's massage worth \$240 (£122). Grazia deal: nearly 30 per discount + free massage. Valid for travel 1 July-31 August 2008. Book at www.cocoaisland.como.bz,