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# Spas and Lifestyle

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Saturday, January 4 | London | Max 9C    

## 50 great spa holidays for 2014

Article

Getting away



Caroline Sylger Jones

Published at 12:01AM, January 4 2014


### 35. Shh . . . retreat

#### Dorset & Ibiza:

These rather marvellous “sensuality” retreats at an ultra luxury villa in Ibiza or a country house in Dorset are for women looking to improve their sensuality and find a healthier and happier life. Therapies such as transformational breathing, deep massage, emotional freedom technique, mindfulness meditation, t'ai chi and yoga are designed to enable guests to learn how to build confidence, release anxiety, overcome trauma and explore their sensual potential. The next retreat is from March 24-31 in Dorset.

**Details:** From £2,900pp for weekend retreats, including all meals, treatments and a three-month aftercare package ([shhglobal.com](http://shhglobal.com))


2. Fast Diet at  
Constance Le Prince  
Maurice Mauritius

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