

# COUNTRY & TOWN HOUSE

AUGUST 2013 £3.60

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GLOSS

*Where brains  
meet beauty*

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FOR A  
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BODY  
BEAUTIFUL

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# CALL IN THE SPECIALS

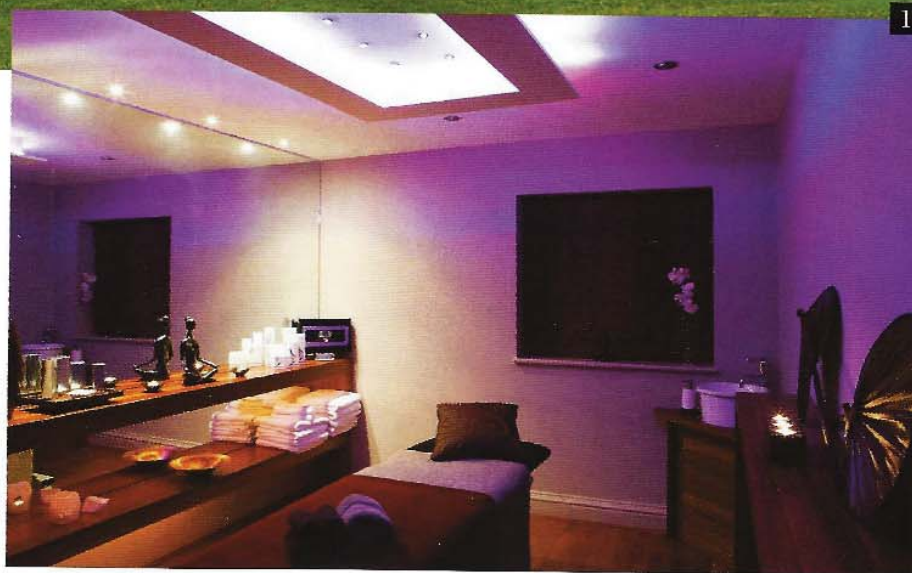
*Finding it hard to conceive or pole-axed by sleep deprivation?  
Check into a spa that deals directly with the issue at hand*



## ↑ SIMPLY HEALING DETOX RETREAT, *West Sussex, UK*

### FERTILITY

Hidden away down the windy lanes of West Sussex, this country-house retreat makes a welcome alternative to those who want to escape the sterility of medical institutions and focus on some serious 'me time'. The interiors are as you might expect to find in a 19th-century manor house; wooden floors, high ceilings and lavish chandeliers, welcoming log fires and flickering candles; not to mention ten cosy and luxurious bedrooms. And this is exactly what you want when you embark on this intense juice detox programme that has been specially designed by owner Vivien Kay to help boost natural fertility and to clean up the body before undertaking assisted conception. This original detox retreat opened in 2000 and can vouch for helping numerous couples achieve their fertility goals. In addition to freshly squeezed juice and warming soups, the tailor-made programme also features a host of award-winning treatments, from the powerful colonic hydrotherapy, reflexology, abdominal sacral massages and Indian head



and shoulder massages to 'mind, body and spirit treatments', such as hypnotherapy and naturopathic nutrition. Each treatment is personalised to your needs. It's all about you. It's the most nurturing space in the area by a mile (or ten). It's well hidden, so peace and long country walks are not difficult to find – plus there are two gadget-free living rooms for you to enjoy if you want to waste a few hours wrapped up in a blanket, immersed in a good book. It's certainly set up so you don't want to leave.

**DON'T MISS** The healing with magical owner Vivien, who is renowned for her healing and soothing hands. After just 20 minutes on the couch you'll instantly feel the benefits, inside and out.

**BOOK IT** The Fertility Enhancement Detox Plan starts from £1,615 per person and includes five nights' stay, freshly prepared juices and soups, colonic hydrotherapy, hypnotherapy, nutrition consultation and a selection of treatments tailored to your needs. 01403 822117; [simplyhealingcentre.com](http://simplyhealingcentre.com)