

# Independent TRAVEL

## Enjoy health, happiness and great holidays

**AFTER the excesses of the Christmas breaks, our thoughts often turn to exercise and diet in order to get back into shape in time for spring and summer and while this can sometimes seem like a penance, why not turn it into a pleasure by combining your new regime with a luxury destination?**

Made famous by the Duchess of Cambridge and her mother, Carole Middleton, the Dukan diet is now very popular and The Residence Tunis offers a week's diet programme including 2 medical consultations, 15 Body and Beauty Treatments and 11 activities to help you achieve your goal.

The hotel's four restaurants



**Kristina Hulme**  
Managing Partner  
Travel by Design

all offer a 'Dukan' menu which will keep you on the straight and narrow!

For those not looking to lose weight, but would like to enjoy a wellbeing experience The Residence Tunis

also has a wonderful spa and a treatment package can be designed to your specific requirements.

This hotel also boasts two swimming pools, a childrens club and an exceptional golf course designed by Robert Trent Jones II, so the whole family can be accommodated in one destination. Away from Tunisia, Travel by Design has a portfolio of similar hotels around Europe that we would be delighted to recommend.

Kristina has recently visited the Abama Hotel in Tenerife which has a fabulous Spa and hydrotherapy pool, a tennis centre with academy and a golf course with golf school.

One of the most popular destinations of 2011 at Trav-



el by Design has been India and located in the serene foothills of the Himalayas you will find Ananda, an award winning luxury spa destination with 24 treatment rooms with specialized areas for Ayurveda, Oriental and European systems of holistic health, a team of qualified nutritionists, Western & Ayurvedic physicians, spa therapists with knowledge of ancient Indian sciences and modern western treatments – all gently guiding you towards a better lifestyle.

For those who have made a New Year's Resolution to take up a new hobby or interest, we can match you to a specialist holiday and destination from our portfolio.

We have recently booked a family with grown up 'children' on a walking holiday in the Darjeeling area of India which they described as a fabulous experience for that last family holiday together.

Cycling around Sicily was another holiday we booked last year for two ladies looking for something a little different.

Other destinations are available and it is possible to book cycling holidays of



every grade and with every quality of accommodation from tents to hotels.

For those of a more artistic nature, an art and architecture tour in Europe can be a marvellous learning experience but if a group is not for you, we can arrange for a private guide to take you on a walking tour, for example in Florence, Venice or Rome.

These tours can be tailored to your group, for example if you have children with you an experienced guide can really bring the history of a destination to life.

Alternatively, a painting holiday to experience spring in destinations such as the Greek islands can be arranged and as these holidays are not intensive, usually a few hours each morning, non painting partners can still enjoy the holiday.

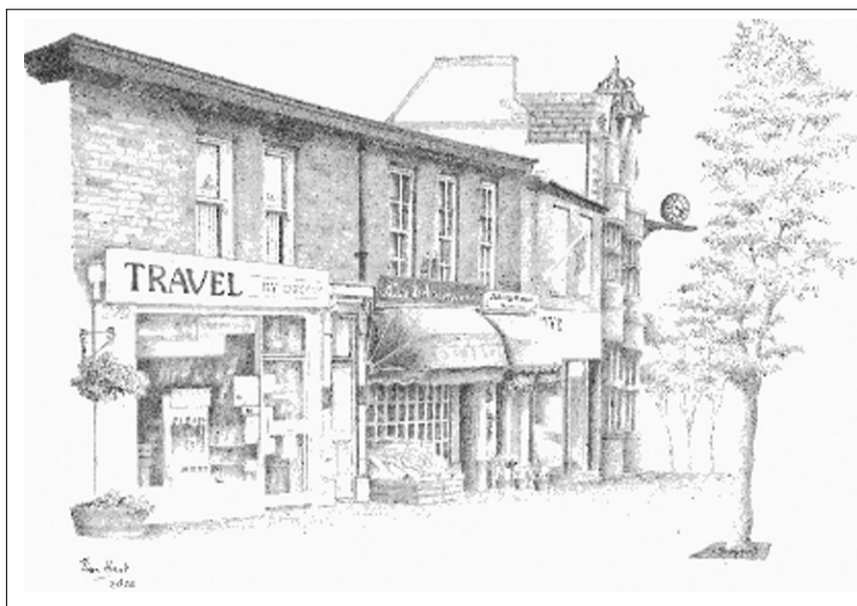
An active holiday is a great way to introduce children to new sports, and we have several recommendations we

can make. The Greek islands are the perfect destination for a watersports holiday and tuition in sailing and windsurfing is included in the cost.

Other watersports including wakeboarding, paddle boarding and kite surfing can also be tried out. For those who are a little more confident a flotilla holiday is great fun, or a two centre 'stay and sail' combination is just perfect!

PADI accredited scuba diving courses are great to complete on holiday in the warm waters of the Med, Caribbean or the Indian Ocean – again, much more of a pleasure than at the municipal pool!

**● So if your New Year's Resolution is to take up a new sport or interest, or would like to discover a more holistic approach to life, call into to Travel by Design and we can help to plan a life changing holiday for you.**



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