

In surrounds like this
how could you NOT
feel rejuvenated?

RETREAT & DETOX

AT SOME POINT
IN TIME, STRESS
HORMONES WILL
IMPACT YOUR BODY
AND AFFECT YOUR
ENJOYMENT OF LIFE.
UNTIL NOW. RACHEL
OAKES-ASH EXPLAINS.

SIGNS OF ADRENAL FATIGUE

If you are suffering a combination
of the following then you may be
suffering from adrenal fatigue.

- + Overwhelmed by simple tasks.
- + A constant feeling of fatigue
despite hours of sleep.
- + Poor memory and inability to
retain simple information or
directions.
- + Brain fog or focus issues.
- + Anxiety or depression.
- + Sugar cravings and weight
increase.

IT IS ESTIMATED THAT ALMOST 80
per cent of adults in the Western world will
experience adrenal fatigue at least once in their
lives. Notice your adrenal levels rise as soon as
someone cuts you off at the traffic lights then add
mortgage payments, relationship negotiations
and constant work demands on a twenty four
seven schedule to the mix and most of us are in
a state of permanent chronic low grade stress.

When your body is on constant alert then too
much adrenaline can lead to excess cortisol,
a second stress hormone released to help the
overworked adrenals. Long term excess cortisol
can see you flat, unmotivated, depressed and
simply burnt out. This is adrenal fatigue and it
can take months to recover from.

An annual full physical and mental detox can
help balance adrenal levels but for stress addicts
this can be tough as the high of an adrenal spike
can be both addictive and long term lethal.
Thankfully the spa industry is taking adrenal
fatigue and burnout seriously.

The world's best destination spas offer

week long detox programs designed to rid the
body from additives, preservatives, caffeine,
nicotine, alcohol, refined sugars and wheat
products while also addressing the mental stress
created by juggling careers, finances, family and
relationships.

You won't find any mobile phones around
the pool at Six Senses Sanctuary on the tropical
fishing island of Naka Yai near Phuket in southern
Thailand. You won't find any televisions in any of
the 70 freestanding infinity pool villas either.

The theory here is that modern communication
technology only adds to stress. An unsolicited
email from work or a TV news bulletin about
the stockmarket can send guests here into a
head spin that takes another three hours in the
property's 30- treatment room spa to pamper off.

Six Senses Sanctuary is one of a growing trend
of dedicated health and lifestyle retreats that
specialise in providing the perfect environment
for urbanites to relax and reassess. Gone are the
days of carrot sticks and water and boot camp
style fitness training replaced by Michelin style



organic spa cuisine that looks good and tastes great with daily optional yoga, tai chi and meditation – all this on a white sand beach with azure seas.

If you want more intense exercise it can be done with kayaking, running tracks, a jungle training gym and Thai boxing or you can simply spend your time soaking up some touch therapy in the day spa or lounging by your personal infinity pool. Did we mention each guest receives a personal butler to take care of any requests, whims and desires? Guests here just have to concentrate on relaxing.

Six Senses Sanctuary are not alone in their dedication to holistic wellness. Thailand has long been spa central for those wishing to detox, lose weight and get fit and it attracts a world class crowd of visiting practitioners to the plethora of detox retreats on offer. But be warned, it also attracts twice as many unqualified practitioners hoping they won't get caught out. So do your research before booking into a spa.

For those looking for something more hard core then head to the east coast at Absolute Sanctuary on Koh Samui where solid foods are put on hold for three, five, seven or more days. Fruit and vegetable juices are mixed with toxin drawing bentonite clay and psyllium husk and served up every four hours alongside daily yoga, saunas, detox massage and colonic hydrotherapy.

The benefits for juice detox are many including increased mental focus, balanced blood pressure, weight loss, enhanced complexion and an internal cleanse that literally rids the body of toxins. It's tough going as the body can experience 'health crisis' points in a detox including severe headache, body aches, fatigue and insomnia but the detox is supported by an onsite naturopath for any help needed.

Hardcore exercise is not recommended as aerobic style exercises can increase cortisol output. It is considered better to rest around

the pool or in your suite to help balance the adrenal hormones and give the liver a rest.

If you can handle it then try to leave the computer at home before embarking on a retreat. Better still leave the iPhone behind too. Set up an auto response email message saying you are out of the office and do the same with your voicemail on the phone. You may think now that the office can't live without you but by the end of a full detox you will honestly wonder what you were stressing about.

THAILAND DETOX RETREATS

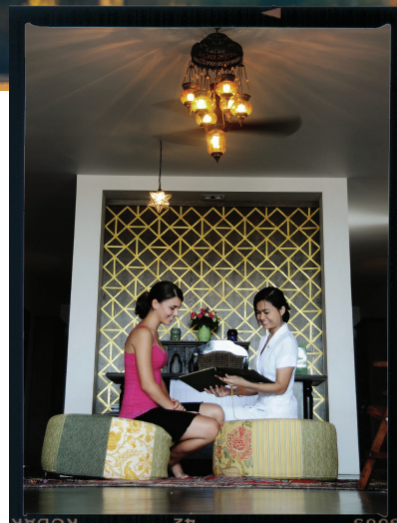
✚ Six Senses Sanctuary, Naka Yai, Phuket, Thailand. www.sixsenses.com/SixSensesSanctuary/

✚ Absolute Sanctuary, Koh Samui, Thailand. www.absolutesanctuary.com
For more information on the spa industry in Thailand visit the Tourism Authority of Thailand website: www.thailand.net.au

GETTING THERE: Emirates Airline fly from Sydney to Bangkok daily with the award winning ICE individual entertainment programs in every seat in every class. www.emirates.com
Online booking agency Zuji have internal domestic flights from Bangkok to Phuket and Koh Samui with no booking fees. www.zuji.com.au

RACHAEL OAKES-ASH

Rachael has the dream job. As a spa and travel journalist she travels the world in search of health and adventure. She pulled the short straw this issue to research adrenal fatigue at the most exotic spa location in the world, Thailand.



WIN IT FIRST!

WIN IT FIRST

Enjoy the view of Thailand from underwater with your very own pair of Liquid Image video camera goggles. To enter, email 50 words or less to editor@fitnessfirst.com.au and tell us what you want to see most under the sea with these goggles. Send your entry before 14 February 2011, and the best three submissions will win! Remember to include your postal address.