



6 THE TIME FOR CHANGE RIGHT WEIGHT DETOX PLAN, COMBINED WITH PERSONAL TRAINING SESSIONS FROM THE ORIGINAL FITNESS CO



NICK

GOAL

I want a general health overview and to effectively detox for the first time ever. If this also results in belly shrinkage, then that's a bonus worthy of a celebratory drink. Of green tea.

WHY: Because sometimes it's just easier to hand yourself over to the professionals. Combining exercise and a therapeutic approach, this is one detox plan that claims to do it all.

HOW: First, a trip to the Dubai Herbal and Treatment Centre for a Body Composition Analysis (BCA). Fairly simple – you just whip off your clothes off, put on a hospital robe and step onto a futuristic machine while holding two joysticks that look like they might electrocute you. In fact, what they do is calculate your total body water, soft lean muscle mass, fat free mass and overall weight. The analysis then breaks down your body fat mass and your skeletal muscle mass. It is your skeletal muscle mass that needs to be in the correct ratio for you to feel healthy and look 'in shape', as this is the type of muscle that we see and feel. My BCA showed I was overweight with low skeletal muscle and a high percentage of body fat for my age, height and gender. I needed to lose 8.2kg to be within normal parameters. The good news was that within two to four weeks on the Right Weigh Detox Plan, combined with some personal training with Original Fitness Co, I could shed half of that. But, as the age old fitness mantra goes... no pain, no gain.

Unsurprisingly, alcohol and dairy products have to go, as do sugars or refined carbohydrates – so forget white bread, cakes, biscuits and crisps. No processed foods or products using preservatives – so goodbye food in tins, packets and wrappers. And finally, no combining animal proteins such as beef, chicken or fish with starchy carbohydrates such as 100 per cent whole grain bread, brown rice, potato or pasta – so no sandwiches. Plus, you also take six herbal cleansing tablets daily and a daily fibre blend two hours before going to bed.

The guys at Original Fitness Co, meanwhile, are experts in improving the mental and physical fitness of their customers and my personal trainer was superb. No boot camp barking here – expect sensible, dedicated professionalism with friendly encouragement.



RESULTS: Although not immediate, after a week of food privation you may also feel alert and focused. No heavy belly after a stodgy lunch. The weight does come off and if you limit the prohibited food back into your diet, the results will continue. It might seem as difficult as trying to pin a badge onto a wet ferret, but you're sure to feel a comparable amount of satisfaction should you manage to do it.

COST: Time For Change one-hour consultation and BCA costs Dhs380. Supplements for one month, Dhs300. Pricing for one-on-one training starts from Dhs270.

Dubai Herbal and Treatment Centre, Zabeel 2, Oud Metha Road, Dubai. Tel: (04) 3351200. www.dubaihtc.com. Training available in affiliated gyms or in home, office or outdoor locations. Original Fitness Co, Level 41, Emirates Towers, Sheikh Zayed Road, Dubai. Tel: (04) 3132081. www.originalfitnessco.com



7 EMERALD CEREMONY



GARETH

GOAL

I would like healthier looking skin after a few too many afternoons in the sun – and losing a few inches from sitting in a seaweed bath wouldn't be bad either.

WHY: A treatment designed for people who want results, rather than spa goers looking for escapism – although Amara must be one of the most relaxing retreats in the UAE. It's best suited to those who are already following a healthy eating plan and exercising because it can assist with the removal of toxins – but can't do all the work for you.



HOW: Begin with a footbath in your private garden, before skin is prepared with a grapefruit body scrub. You then take an outdoor shower under the skies and kick back for 20 minutes in a foamy seaweed bath, full of nutrients and powerful jets to stimulate lymphatic drainage. After another shower (we were joined by a little lizard), hot mud infused with juniper, pine and rosemary is applied and you're then cocooned on a heated bed, while enjoying an acupressure scalp massage. Bliss.

RESULTS: We were surprised by how effective the treatment was, especially after only one session. Thighs felt firmer, skin was definitely smoother and we slept like a baby, waking up with a decidedly flatter stomach.

COST: Dhs750 for two hours.

Amara Spa, Park Hyatt Dubai, Deira, Dubai. Tel: (04) 6021234. www.dubai.park.hyatt.com

