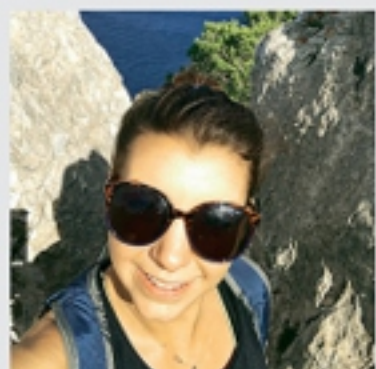# VITALITY VACAYS

Re(treat) yourself in style with a healthy holiday

THE FITNESS BOOTCAMP
Writer Becci Vallis worked up a sweat on the White Isle.

THE PAD Nestled in Ibiza's mountains, a world away from the San Antonio strip, you'll find Sermita – the luxury villa that's home to the No.1 Bootcamp. With an on-site gym, two outdoor pools, a sauna, a Jacuzzi and chill-out areas, it all feels very *Love Island*. Rooms are spacious and if you're lucky you'll bag one with an outdoor bath.
RECHARGE The setting may be gorgeous, but your bum won't touch a sunlounger. Mornings start at 7am and continue with a full schedule until dinner at 6pm. Luckily, the endorphins from all the exercise keep you feeling on cloud nine. Expect a programme that's split into HIIT sessions, hikes, boxing, weights, bums and tums classes and end-of-the-day yoga. The lion's share is done on site, but you do leave the villa for hikes and a couple of beach-side boxing sessions. There are weigh-ins at the start and end of the week but it still feels like a holiday!
REFUEL Most people here are aiming to lose a few pounds, but although you will eat fewer calories than normal, you'll never feel like you're lacking sustenance. Breakfasts revolve around eggs, salmon and avocado or protein oats, lunches are anything from chicken salads to brightly coloured veg and quinoa bowls, while dinners could be a curry or beetroot burgers with polenta wedges. All beautifully presented, it's restaurant-worthy cuisine – just don't expect dessert or a glass of pinot on the side.
DON'T MISS Make sure you take the time to snap the incredible views on the hikes. It's also a great opportunity to bond with fellow bootcampers, who will quickly feel like family.
BOOK IT No.1 Bootcamp runs breaks in various countries. A week's camp at Ibiza costs from £1,470 for a shared room, including all meals and training. Camps run in Ibiza from March 28 to October 17 (No1bootcamp.com). Return flights from London to Ibiza start from £68 with British Airways (Ba.com). 𝓕

From left: deeply dippy about the pool; the perfect sleep awaits