

● **LIKE** leaving it late? You're not alone. Cheapflights has seen a drop of 20 per cent on medium-term searches to airports serving ski areas due to the snow drought in Europe.

Booking four to six weeks ahead is common but hopeful skiers and boarders are now leaving it as late as possible to book. But Europe's loss is North America's gain – to guarantee

good snow, it could be safer to pay a bit more to go long haul.

What's looking tasty then? Manchester to Vancouver sounds sweet – £570 with Air France/KLM, departing January 12 and back on the 23rd. London to Denver is even better – from £351 on the same dates with Virgin Atlantic/Delta. Visit [cheapflights.co.uk](http://cheapflights.co.uk) for more.

● **ALL ABOARD!** Forget the high street and hit the continent with one of our favourite January sales.

Eurostar has one-way £29 fares to Lille, Calais, Brussels and Paris and £35 to any Belgian station. Or go further with Eurostar's routes to the south of France. Lyon is from £40 and Avignon or Marseille from £45 one-way. See [eurostar.com](http://eurostar.com) or call 08432 186 186.

**hot spot**

**IT'S 22C in ISRAEL** – seven nights' B&B at the 3★ Astral Palma hotel in Eilat on the Red Sea is from £360 per person, including flights from Luton on January 21. For more details or to book, see [monarch.co.uk](http://monarch.co.uk) or call 0333 777 4740.

**hot spot**

**IT'S 21C in FUERTEVENTURA** – seven nights' room-only at the 3★ Globales Costa Tropical is from £179 per person with Gatwick flights on selected dates from January 9 to 30. See [ba.com/fuerteventura](http://ba.com/fuerteventura) or call 0344 493 0125.

Edited by **LISA MINOT****travel**

● **KIDS** will not sugar coat things. So Al Fresco Holidays were brave when they filmed children giving their opinion at two of the 40 French parks – Domaine Des Ormes in Brittany and La Croix Du Vieux Pont, Champagne. Check them out at [thesun.co.uk/travel](http://thesun.co.uk/travel).

But don't just take their word for it. Seven nights' self-catering at Domaine Des Ormes is from £156, or at La Croix Du Vieux Pont from £289, both arriving April 2. See [alfresco-holidays.com](http://alfresco-holidays.com) or call 0161 332 8900.

**ICE** baths and iron discipline or a seaweed wrap and a nice massage? A new year detox could mean either – or both.

It might be time to tone up at a health retreat or treat yourself to a beauty regime. Here, **MATTHEW HAMPTON** and **LAUREN NAYLOR** find a spa break for every taste.

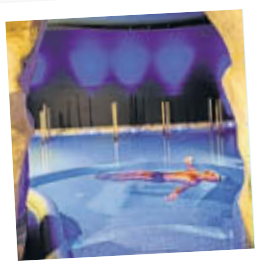
**10 new year detox breaks****1 ITALY**

**Adler Balance, Val Gardena:** Certified by the white-coated gurus at the Mayr Clinic, the Adler Balance puts as much emphasis on health as it does on relaxation.

And from their breathtaking base in the Dolomites comes an extraordinary claim – that a stay here could actually help reverse the ageing process.

A new anti-ageing package for women (costing £220) checks on chemical imbalances in the body and the in-house doctor may prescribe supplements of DHEA (a hormone also known as dehydroepiandrosterone which usually peaks in your twenties).

A Mayr-approved diet is devised and there is a full run of gym sessions, spa treatments and outdoor exercise to keep you busy and help keep those pesky wrinkles at bay. They



really have thought of everything and even the building is organic, with an eco-friendly untreated wooden structure.

Half-board in one of the resort's 31 junior suites is from £375 for three nights. See [adler-balance.com/en](http://adler-balance.com/en).

Return flights to Milan Bergamo are from £50. See [skyscanner.net](http://skyscanner.net).

**2 DENMARK**

**The Kurhotel Skodsborg, Copenhagen:** It's Scandinavian, so has to be good for you.

And it's in Denmark, therefore it must be cool.

The Kurhotel is only 20 minutes from Copenhagen's fashionable city centre – but do not let that distract you from the very serious business of shaping up.

Once the summer house of King Frederick VII, the Kurhotel was converted into a spa hotel more than 100 years ago by Dr Carl Ottosen – so it has a good track record on luxury and wellness.

These days, the focus is on fitness – team sports, CrossFit, yoga and cycling are popular, as is TRX training, a muscle-building system that uses your own body weight as the resistance element.

You can practise this at



home even if you don't have much space and can pick up TRX kits for less than £50 at [physioroom.com](http://physioroom.com).

Two nights' full board with gym, spa and fitness classes is from £560 for two.

Ryanair has flights from Luton to Copenhagen at £10 this month. See [Ryanair.com](http://Ryanair.com) for more details.

**3 MEXICO**

**Bikini Bootcamp, Tulum:** Want a bikini bod to compare with Cindy Crawford?

Then you might as well work out where she did.

The Bikini Bootcamp at Amansala on Mexico's stunning Yucatán Peninsula has hosted countless Hollywood celebrities.

And if you can put up with a regime of five hours' exercise a day, you could boast a toned torso just like Demi Moore or Cameron Diaz.

In between cardio workouts on the beach, yoga sessions on the beach and dance classes – yes, on the beach – you might even find time to go snorkelling in the Caribbean



Sea or look at the local Mayan ruins in Tulum.

Accommodation is in simple straw huts, yes, you guessed it – on the beach. The six-night programme is from £1,500 full-board including two massages and a spa treatment. See [bikini-bootcamp.com](http://bikini-bootcamp.com). Fly to Cancun with Virgin Atlantic from £480, [virgin-atlantic.com](http://virgin-atlantic.com).