

GET MORE FROM YOUR **Sun** WITH

PAPER

PERKS

10%
off at

PEACOCKS

QUALITY & VALUE

TREAT yourself and the family to some new threads with ten per cent off at Peacocks.

Whether you want to wrap up in some winter warmers or kit out the kids, get money off full-price items with our top deal.

You can check out the trends at peacocks.co.uk.

To enjoy this deal, just collect your code from the back page and follow the simple steps below.

1
CODE



Free family cinema trips

ODEON
FANATICAL ABOUT FILM

THE Sun has teamed up with Odeon to offer special kids' film screenings every weekend absolutely FREE.

With this great deal, you and the family can enjoy some of the latest movies on offer.

Once you have collected 15 codes from those being printed every day on the back page of The Sun, simply log on to thesun.co.uk/PaperPerks

15
CODES

and book up to FIVE free tickets for the family.

The movies showing are chosen especially with little ones in mind and they change every six to eight weeks.

You can also grab a Sun Meal Deal to really top off your weekend.

So, what are you waiting for? Start collecting your codes to enjoy this offer.

HOW TO GET YOUR PERKS

- Step 1. Grab your code from the back page
- Step 2. Enter your code at thesun.co.uk/PaperPerks
- Step 3. Get your Perk

YOU could win £5,000 with super Sun Bingo. Just check the numbers below against those on grids in play on your gamecard. Complete ONE grid of 15 numbers and you win or share the prize. Claim details are on your card.

THE Sun
BINGO!

13 58 78 86 21
30 74 31 77 79

Play more Sun Bingo at freesunbingo.co.uk

the **Saturday** Edited by Lisa Minot

HERTS SPA OFFERS PAMPERING AND FITNESS



CHAKRA THIS OUT . . . Enjoy yoga class at Champneys in Hertfordshire, left

Beaut camp

IN the bright summer sun, I contort my body at a funny angle and spy women giggling and sipping champagne.

While they are relaxing I am doubled over after a vigorous circuits session.

I had decided a boot camp at Champneys seemed the perfect way to shift excess baby weight, while ensuring a little peace for the week.

Set in 170 acres of rolling parkland in Hertfordshire, the spa brand's flagship resort recently celebrated its 90th year and now offers exercise and pampering.

But the boot camp was certainly no walk in the park.

In fact, an energetic 7am hike with super-fit instructor Pam, 60, left me embarrassingly short of breath.

And after a spot of breakfast, it was straight to a body sculpt and tone class.

Thankfully, we finished each day with a little pamper, like a session of thalassotherapy (deep pummelling with salt water).

The boot camps are for varying ability levels and everyone is encouraged to participate as much as they can.

You can even add extra sessions and this applies to beauty treatments, too.

But a full-to-bursting itinerary from 7am to 5pm will find you hard-pressed to fit any more in.

If you're nervous at the prospect of being overworked and starved, you needn't worry.

Meals might look smaller than you are used to, but the portions are normal-size in a healthy person's book, and all were delicious.

From turkey meatballs with courgettes and pasta to steak – yes, steak! – and raw chocolate



GO: CHAMPNEYS

STAYING THERE: Two nights' (calorie-controlled) full-board on a Champneys Boot Camp is from £350, including tailored exercise programme and nutrition plan, plus one 25-minute massage and one 25-minute thalassotherapy pool session. See champneys.com or call 0843 316 2222.

cake, you come away satisfied and re-educated on the way you eat.

You'll also be glad to know there's no military-style instructors, just encouraging men and women, who are fun to boot.

With my new-found fitness buds Hayley and Helen, we spent most of the week laughing, bantering and motivating each other.

While it's not easy, the buzz you get from completing each session makes you more excited and eager for the next.

Especially when you have your final weigh-in and find pounds have disappeared from your waist and hips.

And while you get fit, you

can also do your thing for charity. Champneys and the Pink Ribbon Foundation breast cancer charity have set up an Inspire the Nation campaign to motivate the country to get fit – and ten per cent of the boot camp revenue gets donated for cancer research.

The campaign is also being supported by presenter Melanie Sykes and ex-Emmerdale actress Roxanne Pallett.

Champneys' Tring retreat is launching a brand-new detox centre early this year – just in time for New Year's resolutions.

With yoga in the sun, daily hikes and circuits with ropes and sand bags, you won't find a better Beaut Camp.

LAUREN NAYLOR

FRED TARGETS 'YET TO CRUISE' MARKET

FRED OLSEN has launched a new brochure – all-inclusive holidays – aimed specifically at the “yet to cruise” market.

It contains simple, all-inclusive pricing, based on one cabin type, and tackles some of the perceived challenges of cruising head on using more mainstream holiday vocabulary, such as ocean view room, rather than outside cabin.

All the holidays featured in the new brochure – with prices starting from just

CRUISE NEWS

£76 per person, per night, include the following:

Ensuite accommodation, plus all meals on board – from five-course dining to casual buffets and snacks.

Selected beers, wines, spirits and soft drinks, tea and coffee throughout the day, including morning coffee and biscuits, afternoon tea with sandwiches and cakes and in-cabin dining.

Leisure facilities including gym, swimming pools and Jacuzzis.

Daily activities and lectures – all

evening entertainment, including dancing, cabaret shows and live music as well as the captain's drinks party and gala buffet.

Fred Olsen's Nathan Philpot, says: “The brochure gives a very clear picture of what you can expect from a Fred Olsen getaway, whether it is a scenic cruise through the Norwegian fjords or a voyage around the Caribbean – and, best of all, almost everything is included in the price!”

For details see fredolsencruises.com.