

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. RACHAEL  
OAKES-ASH EXPLAINS.

**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 24/7 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 of 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-

## 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.



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. Do your research first, not all retreats have the international calibre of hypnotherapist Orapin Spoon and wellness guru Roger Moore, both found at Six Senses.

For those looking for something more hardcore 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 of 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



## THAILAND DETOX RETREATS

✦ Six Senses Sanctuary, Naka Yai, Phuket, Thailand. [www.sixsenses.com/SixSensesSanctuary/](http://www.sixsenses.com/SixSensesSanctuary/)

✦ Absolute Sanctuary, Koh Samui, Thailand. [www.absolutesanctuary.com](http://www.absolutesanctuary.com)  
For more information on the spa industry in Thailand visit the Tourism Authority of Thailand website: [www.thailand.net.au](http://www.thailand.net.au)

**GETTING THERE:** Emirates Airlines fly from Sydney to Bangkok daily with the award winning ICE individual entertainment programs in every seat in every class. [www.emirates.com](http://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](http://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 ([activeoutthere.com.au](http://activeoutthere.com.au)). To enter, email 50 words or less to [editor@fitnessfirst.com.au](mailto: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.