

Keep up Your New Year's Resolution with Elegant Resorts

Keeping up New Year's resolutions is a challenge for the best of us, so leading luxury travel company Elegant Resorts has come up with a tempting selection of luxurious holiday ideas for 2012 that just might make those resolutions a little easier to stick to. Commenting, Alison Scott, Commercial Director, Elegant Resorts says 'However determined you are, we all know how hard it is to maintain the New Year's resolutions. By combining them with a holiday you can have the best of both worlds – time to indulge yourself and give yourselves a well deserved treat as well as helping to keep those promises you made to yourself for the year ahead.'

De-Stress

For those looking to de-stress, head to the magnificent Chiva Som in Hua Hin, Thailand. This world-renowned luxury health resort is dedicated to total wellbeing using a holistic approach, offering personalised programmes from stress relief and weight management, to detox and fitness. They offer a dedicated stress management programme, using a combination of meditation, exercise, massage and spa therapies to manage the short and long-term effects of stress. Included in each package is an individual consultation, spa meals, physical analysis and daily fitness ideas.

Chiva Som

Stay 7 nights from £3695 per person – saving of £1780 per couple. Price is based on two persons sharing an Ocean View Room, return economy flights with Thai Airways and transfers together with a resort credit, consultation, three spa meals per day and selection of daily massage & fitness programmes. Valid 06 Jan - 30 Apr 2012 inclusive.

Closer to home visit Grayshott Spa, a holistic health centre famed for its complementary approach. With a range of natural therapies including hydrotherapy, acupuncture, shiatsu, the Alexander technique, as well as wraps, polishes, scrubs and beauty treatments, there are also dedicated programmes on offer to target stress management.

Grayshott Spa – À la Carte Break

Stay 2 nights from £420 per person. Price is based on two persons sharing a Standard Room on a full board basis. Offer includes Grayshott Classic Massage, a choice of either a Refresher Facial or Back Neck and Shoulder Massage. Facilities include the use of the spa, gym, exercise classes, indoor and outdoor tennis courts, mountain bicycles, 9 hole par 3 golf course and supervised daily walks.

Detox

For serious de-toxers, LaSource in Grenada is an inspirational retreat centred around total body restoration, with a range of holistic activities including Tai Chi, meditation, yoga, life-coaching, and massage.

LaSource

Stay 7 nights for the price of 6 from £1925 per person – saving of £590 per couple. Price is based on two persons sharing a Luxury Garden View Room on an all-inclusive basis, return economy flights with British Airways including transfers.

Valid from 15 April – 31 October 2012. Must be booked by 29 February 2012.

Spend More Time with the Family

Mauritius is renowned as a family-friendly destination, and with a choice of world class hotels, some with villas attached, as well as luxurious villas in their own grounds, there is plenty of inspiration. Set alongside 6km of private shoreline, and with a range of luxurious villa style

accommodation to choose from, the Four Seasons Resort Mauritius at Anahita has perfected the family travelling experience with something to keep everyone happy. Children are welcomed with their own special gifts; there is plenty to do together as a family as well as a Club For All Seasons offering fantastic activities for children of all ages. With tailor made mini-menus serving nutritional cuisine to keep the fussiest of eaters well fed and even a mini-bakery for pizza making, herein lies the recipe for a happy family holiday.

Four Seasons Resort Mauritius at Anahita

Stay 7 nights for the price of 5 from £2160 per person – saving of £1830 per couple. Price is based on two persons sharing a Garden Pool Villa on a half board basis, return economy flights with Emirates including transfers. Valid 15 May – 15 October 2012. Must be booked by 31 March 2012.

Be More Romantic

The Maldives is synonymous with romance – an island hideaway where you can relax, unwind and indulge, with soft sand beaches and clear waters by day, and beautiful sunsets sure to inspire romantic evenings. An island such as the discreet Banyan Tree Madivaru makes the perfect setting, with just 6 luxury tented villas, each of which has three linked, African styled tents, providing sleeping, living and bathing areas, meaning you rarely need to leave your 'room'! All are just steps from the white sands and turquoise lagoon, and in room dining is included as standard, with a range of spa treatments which can also be enjoyed in the privacy of your villa.

Banyan Tree Madivaru

Stay 7 nights from £5995 per person – saving of £1400 per couple. Price is based on two persons sharing a Tented Pool Villa on a full board basis, return economy flights with Sri Lankan Airlines including transfers.

Valid from 28 January – 31 March 2012 and 16 April – 31 October 2012. Must be booked 60 days prior to travel.

Alternatively, try the new Constantinou Bros Asimina Suites Hotel in Cyprus – an exclusive adult only resort near the quiet town of Kato Paphos. With a peaceful beach-side location, it has all you could wish for in a relaxing, resort holiday for some time together, yet also with the choice of eating out in Kato Paphos' restaurants. Its beach is flanked by palm trees, with perfectly placed sun-loungers, and it offers a range of dining options including a romantic sea view restaurant and a number of bars. It is the perfect choice for those who are looking for couples-only option for a romantic holiday, but without being too isolated.

Constantinou Bros Asimina Suites Hotel

Stay 7 nights from £1425 per person – saving of £805 per couple. Price is based on two persons sharing a One Bedroom Suite Front Sea View on a half board basis, return economy flights with British Airways including transfers. Valid 01 Apr – 7 May, 15 Oct – 31 Oct 2012. Must be booked by 29 Feb 2012.

Be More Adventurous

With a range of tailor made itineraries throughout South America, Elegant Resorts has a great choice of holidays for those looking to try something a little more adventurous for 2012. Itineraries include a Brazilian Cross-country adventure, Luxury Boating Holidays up the Amazon in Peru as well as bespoke tours to Ecuador and the Galapagos Islands. In Canada, there are also some superb choices on offer, including the Canadian Wilderness Adventure, with its grizzly bears, white water rides and spectacular scenery of British Columbia. Choose from options including kayaking up the Inside Passage, white water rafting on the Nimpkish River, as well as hiking, salmon fishing and whale watching.

- Ends -

Elegant Resorts offers luxury beach, cruise, family, safari, sailing, spa, villa, and ski holidays worldwide, and is proud to be a UK accredited agent for Virgin Galactic Space Travel.

For bookings, or further information on planning your dream Caribbean wedding, please contact Elegant Resorts Reservations on **01244 897538** or visit www.elegantresorts.co.uk.

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