

The best winter wellness retreats in the UK for a new year getaway

Let these holistic staycations help soothe your January blues

LAURA HAMPSON | 2 days ago | 0 comments



The Detox Barn, Suffolk

The Detox Barn in Suffolk, run by sisters Laretta and Sharon, holds a gentle detox weekend once per month to help kick-start a healthy lifestyle. During the three-night retreat, you can expect a digital detox with the mandatory no-phone on rule - to cleanse your mind as well as your body. While there, enjoy a combination of juices, smoothies and plant-based healthy meals with no sugar, dairy, fish or alcohol - with all the ingredients for the dinners being

