



The intention of a wellness retreat is to give you time to focus on yourself; to learn more about what it is that your body really needs. This is so that you can keep feeling your best self long after you've left the retreat. **The Detox Barn**, in Suffolk, UK, for example, offers clients an education on healthy whole foods, plant-based eating. In a *“supportive, down-to-earth setting,”* host Sharon Gavin speaks from experience after years of following a plant-based diet helped her recover from a rare auto-immune disease.



1. The Detox Barn, Suffolk, UK



This down-to-earth retreat is best suited for those looking for a “*gentle detox experience.*” Yoga, meditation, country walks, fresh air, and laughter are all on the table here. Guests can enjoy a whole-food, plant-based diet whilst on the retreat and will be entertained by comedy

