



marie claire
LOVES

THE RETREAT

As if Daylesford's delights alone aren't enough to make it your next mini-break destination (think mineral-rich springs, paddock-to-plate fare and colonial charm just 45 minutes from Melbourne's Avalon Airport), there's now another reason to make that booking. The Lake House, a famed boutique hotel, has added The Retreat, an immaculately appointed two-bedroom cottage, to its bucolic setting. There, you can indulge in one-on-one yoga lessons, spa cuisine and activities that are sure to leave you relaxed and recharged. Visit www.lakehouse.com.au.



TOP
3

FOOD DELIVERY SERVICES: ROAD-TESTED

- 1 Dietlicious** (www.dietlicious.com.au, \$158.20 for seven days). "I've disliked frozen meals in the past, but Dietlicious's range (like the salmon with pesto crust) tasted like it had been prepared by a cordon bleu chef. Despite being less than 1675kJ per serve, each meal felt like an indulgence." – *Jenny, 37. Perfect for:* People who avoid "diet" food.
- 2 NuShape** (www.nushape.com.au, \$140 for seven days). "Wheat and dairy don't agree with me, so I loved the tasty gluten-free meals. At first I was hungry, but after a couple of days I felt fine, which made me

realise I've been eating too much. After a week, I felt less bloated and more in tune with how much my body needs." – *Jamela, 26. Perfect for:* Those with food intolerances.

- 3 EatFitFood** (www.eatfitfood.com.au, \$600 for 10 days). "The word 'detox' scares me a little, but this 10-day version is like a gentle steer in the right direction. With salads, stir-fries, frittatas and even some carbs, the experience was more personal chef than personal hell. After 10 days, my skin was glowing and I had lost weight." – *Naomi, 28. Perfect for:* A clean-living kickstart.



super food
in season

MACADAMIAS

THESE CREAMY NUTS ARE RICH IN HEART-HEALTHY NUTRIENTS, ANTI-OXIDANTS, VITAMIN E AND FIBRE. TRY 30-50 GRAMS A DAY.

Have this ...

1 bowl of pasta carbonara

3528kJ

45g fat



... or all this!

Pasta arrabiata + garden salad + small glass of red wine + 2 small gelato cones

2764kJ

19g fat



DANCE OFF

Dying to try Zumba, but too shy to shake your stuff in public? Be as uncoordinated as you like in the privacy of your living room with Zumba for Wii, \$69.95, and Playstation 3, \$89.95, an interactive and embarrassment-free version of the Latin dance class.



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