

TATLER

In association with
Cleveland Collection

The 101
best spas in
the world



The Camp LOSE WEIGHT!

DUMFRIESSHIRE, SCOTLAND

A seriously demanding mental and physical challenge made just about bearable by the men in uniform. Founded by two ex-Special Forces soldiers who came up with the idea when serving together in the Middle East (which has a certain frisson about it), the Camp is the most successful of its kind in Britain. It's a women-only programme, run from a stately pile near Dumfries, which combines fat-busting activities like hiking, abseiling and biking with frequent cardiovascular exercise. Be warned: there isn't much downtime – days start at 6am with boxing and finish with late-night yoga before bed at 10pm. Portion-controlled food is served in front of roaring fires and, after a wet day out on the hills, comfortable beds and blazing radiators are enough to make you disproportionately ecstatic – nearly as much as dropping a dress size in a week. **Tel** 0870 033 2375. **Website** thecamp.co.uk. **Rates** Single, from £1,450, for seven nights.

