



Full Page for every Sign LUCK, CAREER, ROMANCE

Your Amazing In-depth Guide for August

* SPIRIT LADY * CLEAN LIVING * ORGANIC RETREATS

BLISSFUL Organic Organic

Holiday season is here again and whether you're looking for lazy days on a Greek island paradise, a week of healthy Italian cooking or an intense detox to kick your health into shape, Dawn Mellowship offers a selection of some of Europe's best organic retreats. Enjoy...





Prices: Rates per person per night (Bed and Breakfast) start at £57. For more information see Peny.co.uk, Tel: 01691 653 700.



Organic Tuscany - The Foodie Utopia

For breathtaking scenery, first class accommodation in a 19th will be cooking yourself, because this is a hands-on Italian cookery holiday), spend a week with Organic Tuscany. During your week-long visit to Villa San Giuseppe (three miles outside the and tiramisu. Four of the cooking courses offered are entirely vegetarian and you are free to skip slaving away in the kitchen

offer, or just to relax and unwind.

On arrival at your apartment you will be greeted by a basket of organic goodies - including fruit, fruit juice, honey, freshly baked bread, biscuits and fairtrade tea and coffee. Not only will you be creating appetising culinary delights, but paying a trip to a nearby organic farm (where you can indulge in some award-winning wines), as well as touring Certaldo, Florence and Siena. With great organic food, a beautiful location and an education in Italian cuisine, you won't regret visiting this little piece of paradise.

Prices: £1300 per person, based on two people sharing a bedroom with a private bathroom. For more information see Organictuscany.org, Tel: 0208 144 9164.



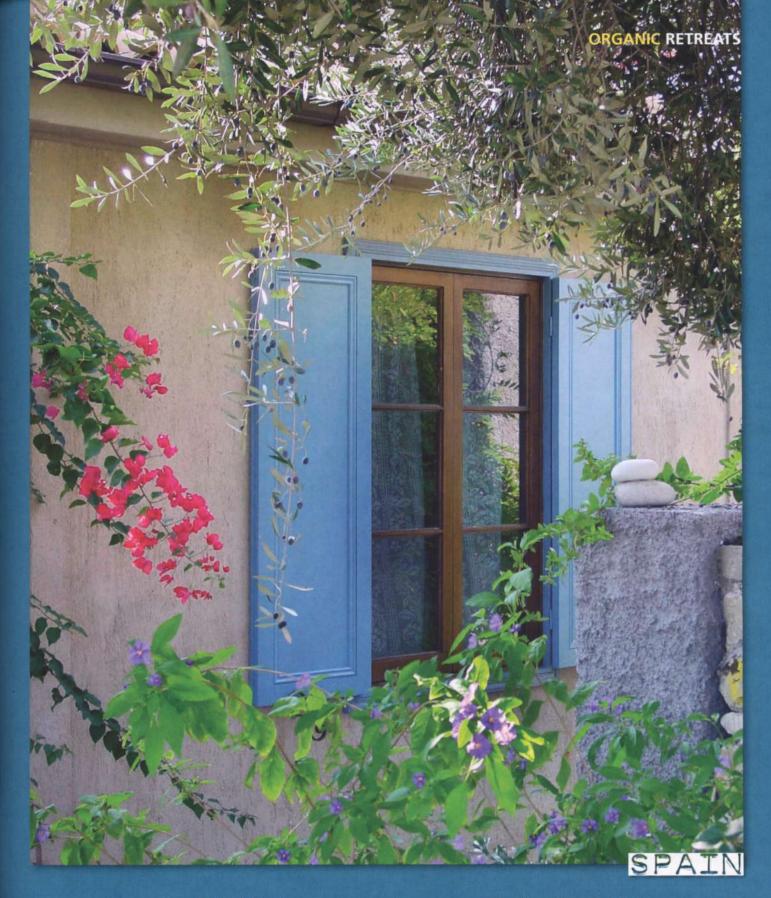
Levendis Estate -The Greek Island **Paradise**

estate, nestled on a hillside among olive trees, overlooking a pine forest surrounding by a stunning sea vista. You take a gentle walk, beyond the where hammocks and benches offer a secluded tranquil place to absorb the striking scenery. Feeling a tad an appetising healthy meal. Each

delight in the aroma and flavour of a freshly made expresso. This is not a dream, but the holiday of a lifetime in luxury Greek Island accommodation that awaits you, on the shores of the Ionian island of Ithaca, where you can stay in one of four traditionally styled houses, each surrounded by its own gardened terraces and sea views. The more-than-helpful owners of the 7 acre organic olive farm with vegetable gardens and fruit trees get most of the seasonal produce for your meals

(such as vegetarian or vegan). Once at the estate you are free to tailor-make your perfect holiday with available options including: a private crewed yacht, holistic massage pavilion,

Prices: From £2500 - £4950 per house per week (varies by season). For more information see Levendisestate.com or Responsibletravel.com, Tel: +30 6944 69 770.



Rumana Health - The Wellbeing Week

Feeling under the weather? A Rumana Health Retreat could be just the ticket. You will spend a relaxing week in the valley of Las Alpujarras surrounded by the breathtaking Sierra Nevada Mountains in Southern Spain. The venue, "La Cañada" ('the Gorge') is situated amidst hundred year old olive trees, and orange and lemon trees and this therapeutic retreat involves yoga, delicious organic cleansing foods, breathing and relaxation exercises, meandering walks in stunning locations and simply relaxing by the pool if you need a rest from it all! Be prepared for

a detox as the nutritional programme excludes wheat, dairy and sugar and nourishes your body with healthy raw food juices and specially selected herbs to cleanse the colon, liver and kidneys. Alongside the yoga and pranayama breathing techniques, additional therapies are available, including massage, shiatsu, reflexology and Reiki. Along with giving you a well-earned rest this health-focused retreat may well change your life.

Cost: £795 for the week, including accommodation, food, yoga, guided walks and herbal supplements (travel and additional treatments are not included).

See Rumanahealth.com, Tel: 0845 680 1418.