

## Down on the health farm: the world of relaxation and fitness

Health farms by definition offer a haven of peace, quiet and the ultimate in relaxation and pampering. The concept of the health farms is nothing new; they have been around for many centuries, even the Romans enjoyed relaxing in large warm mineral baths which were renowned for their revitalising properties.

But health farms have come an extremely long way since the days of Caesar and most now offer state of the art leisure facilities, picturesque grounds and some of the finest body and beauty treatments available in the world. Health farms also offer personalised programmes for those looking to lose weight, kick start a fitness regime or undergo a detox.

For guests that are looking to lose weight, then a health farm can provide a variety of solutions; an in depth consultation can be arranged on arrival, when your blood pressure can be checked and a consultant can get a clear picture of the guest's requirements and just how much weight they are hoping to lose.

It is important to remember that the first three or four days of many [health farm](#) weight loss programmes consist of a special detoxing diet. After this, a guest would be placed on a calorie counted diet for the duration of their stay. You may be permitted to eat a more calorific treat for lunch, but if you do, you'll have to be more strict at your evening meal!

Diet is only one factor of a health farm regime; you'll need to compliment this with some cardiovascular training in the gym which is the quickest way to burn off those unwanted calories. Many health farms offer beautiful gardens too, so when you are not taking your treatments or eating your calorie counted meals, then take time out for a brisk walk around the grounds..

When combining a new healthy diet with regular cardiovascular exercise, many health farms also suggest weight loss treatments such as body wraps, some of which have been proven to lose inches around the waist, but of course - it's important to remember that health farms won't make any promises about how much weight you'll lose.

Health farms are an ideal place to kick start a lifestyle change as they provide everything you need to make the transition, all under one roof. Health farms offer fully equipped gymnasiums with the latest state of the art equipment, making your workout as easy and effective as possible. If you combine this with other facilities and classes on offer, a four day health farm break will give you the kick you require to start a new health regime, and more importantly continue it when you get home.

### About the Author

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