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Detoxing in Sri Lanka at The Barberyn Reef Ayurveda Resort

As the Mail on Sunday Diary editor Charlotte Griffiths, 28, is forced to endure endless late-night socialising followed by early mornings as part of her job in showbiz reporting. With the party nights taking their toll, she headed to Sri Lanka for some Eastern medicine and rest and recuperation, Asian-style. The desk caught up with her on her return to hear all:

WHAT'S THE PROBLEM?

Being a diary girl may sound like an easy life of fun, but after five years, writing about parties had left me with a constant feeling of fatigue. I found myself losing my voice, had begun to develop cold sores and my general joie de vivre had all but faded away. To undo years of hard living, I needed a thorough detox.

WHERE IS THE SOLUTION?

The Barberyn Reef Ayurveda Resort, Sri Lanka.

WHAT'S THE TREATMENT?

An ancient holistic approach to medicinal detoxing. Treatments are tailored to your specific body type. Doctors in white coats gave the centre a reassuringly clinical feel. The owner, Geetha Karandawala, told me that she hates to hear her centre referred to as a 'spa' because it gives the impression that the doctors are prescribing little more than beauty treatments.

On the first day, I was given an assessment and provided with a timetable instructing me to take an assortment of lotions, potions, pastes and tablets at various times throughout the day. Food – free of all meat, sugar, dairy, oil and tomato – was served three times a day. It was always warm but not hot, and water was always served at room temperature. Alcohol was not permitted.

Every day started with a long therapeutic massage followed by a steam inhalation. After that my masseuse would usher me into a tranquil herbal garden where hot and cold compresses were applied to various areas of my body. A bright yellow one, which looked like mango, was wrapped around my throat to help my tired-out vocal cords. I was encouraged to take part in yoga sessions at dawn as well as meditation taught by a local monk. Sunbathing was discouraged.

By the end of my eight-day stay I felt truly healed and, for the first time in many years, I was able to wake up naturally at 6am with a spring in my step.

WHAT DOES IT COST?

An off-peak stay costs from £60 a night for the hotel and £60 a day for treatments. Flights with SriLankan Airlines are from £612.

barberynresorts.com

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