



GUNG-HO
GETAWAYS

PURIST VS

CHIVA-SOM, HUA HIN, THAILAND

The Fitness Challenger is just the ticket for a male midlife crisis. First up, an itinerary fit for Brad Pitt pre-*Fight Club*, with personal training, Gyrotonic and acupuncture a-go-go. Then punch your way through Thai boxing and cram in some serious bike rides or mega mountaintrekking. Nosh weighs in at a mere 500 calories – steak (man food) and chickpea curry (spa man food). Plus deep-tissue massages so strong *they'll* sort the men from the boys.

Healing Holidays (healingholidays.co.uk) offers seven nights at Chiva-Som from £3,695 a person (based on two sharing), including British Airways flights, transfers, full board, activities and consultations.