

38 Degrees North

IBIZA, SPAIN

Forget your one-size-fits-all personal trainer. The teachers at 38N, housed in the hip, minimalist and eco-friendly Aguas de Ibiza hotel, are unique forces of nature, every one of them. Some examples: paddleboarding sessions are guided by a tanned, Hawaiian-trained goddess; 'functional-fitness' lessons (a full-body workout that strengthens you for actual, real-life situations) are run by an ex-British Army instructor; and kickboxing is led by a British women's champion. And the yoga teachers? The very best that yoga-mad Ibiza has to offer.

The whole gang makes the most of the island's various spectacular landscapes, and never more so than with the retreat's latest programme: krav maga, Israel's famous self-defence system. It's taught by Dr Mirav Tarkka-Boulton, one of the few female instructors for the Israel Defense Forces, and she's all about mental as well as physical strength – which means push-ups, sit-ups and other military-fitness exercises (and might involve water being thrown at you too). But you soon learn to soldier on, ignoring distractions, battling away discomfort.

It's what makes these programmes ideal for life after boot camp, helping to prepare you for all manner of major challenges: a marathon, a mountain climb, a toddler... **HEADS UP** Pack at least two workout outfits per day. You'll be getting very sweaty. **BOOK IT** Healing Holidays (020 7529 8551; healingholidays.co.uk/tatlerspa) offers a six-night group Optimal Fitness programme from £1,420, half board, including flights, transfers and activities. **TATLER EXCLUSIVE** For the most up-to-date offers at 38 Degrees North, visit tatler.com/spaoffers.

