

GET BOARDING IN BIARRITZ
ECOLE DE SURF HASTE A

If catching a wave, a swell and a barrel all sounds more *Point Break* than the point of a memorable holiday, you might want to think again. Ecole de Surf HASTE A in Biarritz will not only teach you how to do all three, it's an invigorating way of reconnecting with your inner teen – and your inner cool. Biarritz, on the south-west coast of France, has long been the European capital of surfing and is also one of the chicest coastal cities. Euro surf boys trail past Galeries Lafayette, and the promenade typically glistens with ladies and their dogs.

Lining up on the sand for your lesson, you'll learn how to master basic surfing techniques before launching yourself into the Atlantic. The fantastic surf instructors spend time with each member of the class, adjusting your feet on the board, picking out waves and hauling you back into the surf. It's a heady adrenalin rush that's enough to peel back the years from even the most jaded city dweller and have you shrieking and giggling like a teenager. And yes, you'll find you can stand up! Which, frankly, is all the incentive you need to head to L'Arena Café on Place du Port Vieux and toast your new surf-chick status as you watch the world slip by... and gear up to do it all again tomorrow!

Lessons with Ecole de surf HASTE A from approx £30 per hour (www.hastea.com; 0033 6 8193 9866). A double room at the nearby Hôtel Edouard VII costs from approx £80 per night (www.hotel-edouardvii.com; 0033 5 5922 3980). Flights from £9 each way with Ryanair (www.ryanair.com) excluding taxes and extras. For more on Bearn-Basque Country, visit www.bearn-basquecountry.com.



Make like a surf chick in Biarritz (above). Left and below: take years off your biological age in just a few days at The Beach House in Goa

REWIND YOUR BODY CLOCK IN GOA
THE BEACH HOUSE

Perched on the edge of the picturesque Sernabatim Beach, The Beach House Goa is a new detox retreat that promises to take years off you in just a week. The split-level villas are typically Goan, with rainforest showers and floor-to-ceiling windows. Choose from several programmes, from simple weight loss to Total Body Rebalance, which addresses everything from hormonal imbalance to the emotional reasons why you overeat. The on-site team includes a nutritionist, life coach, yoga teacher and naturopath, plus a chef who creates bespoke meal plans.

You can lose up to a stone in a week as well as several years, too. On your first day, an expert works out how old you are 'biologically', then tests it again after a week of daily yoga, organic juices, massages, supplements and total relaxation. It's a small retreat (there are just 12 beach-facing suites), and Donna Air is booked to go in 2010. It's tough, but the results are well worth it...

The Beach House prices start from £685 for four days (www.thebeachhouse.goa.com). Packages include a Top-Up, Detox, Total Body Rebalancing and Weight Loss. Kingfisher flights from £520 off-peak (www.flykingfisher.com) ■

