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PARENTING MAGAZINE

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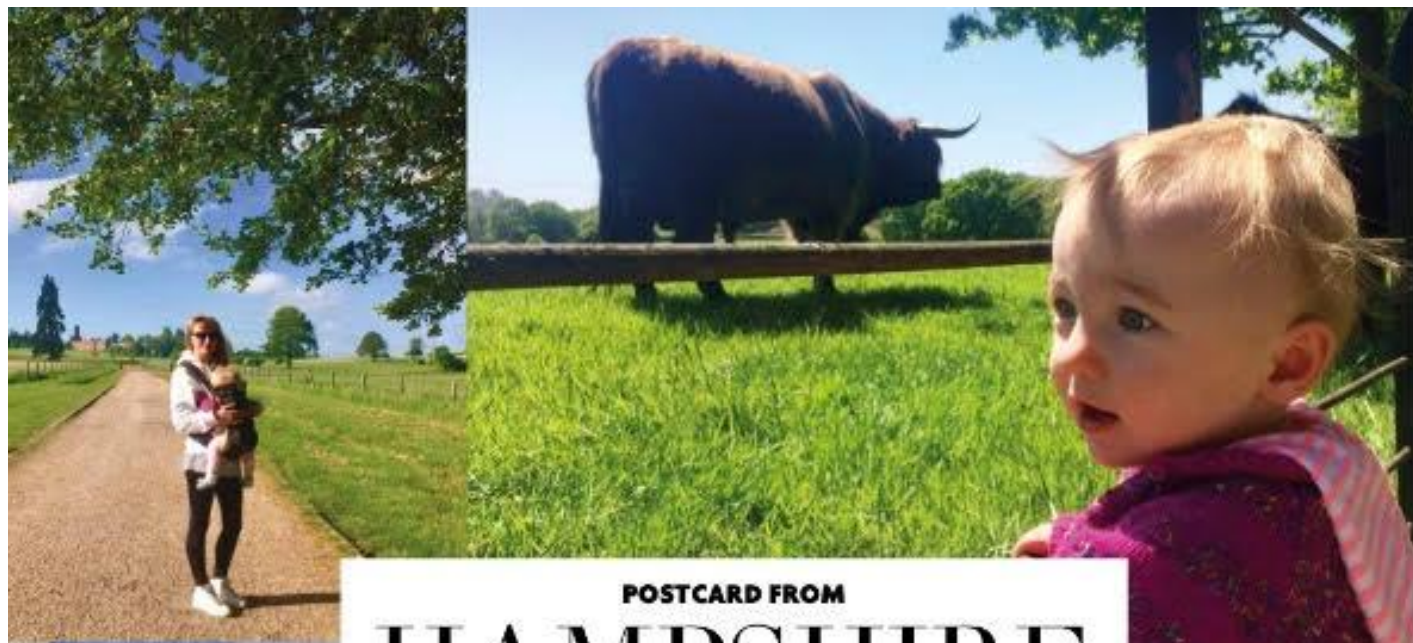
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£4.20



&Breathe retreats take place at the Four Seasons Hampshire

## POSTCARD FROM HAMPSHIRE

Zoey Goto AND HER NINE MONTH OLD ESCAPED TO THE COUNTRY FOR 24 HOURS OF RESTORATIVE SELF-CARE

**A**s a parent of two small children, I have first-hand experience of how easy it is to overlook one's self-care. So when I heard about the &Breathe retreats – which offer parent-and-baby minibreaks with a focus on healthy food, exercise and relaxation to help 'you be your best you' – I couldn't wait to sign me and my youngest daughter Indiana up.

Started by Clio Wood three years ago, &Breathe espouses the simple but powerful ethos that to look after others, we must first of all look after ourselves. The concept has proved so popular that they now run postnatal retreats in the UK, France, Morocco and US. The 24-hour retreat takes place at the five-star Four Seasons hotel in Hampshire, which may only be 45 minutes from London but feels a whole world away when you're surrounded by the serene rolling green landscape of the English countryside.

Arriving at the &Breathe retreat felt effortless, as the practicalities were swiftly taken care of – from nappies and children's toiletries to baby food and bottle sterilisers, everything is dealt with on arrival. Following a delicious three-course lunch in the private dining room, we spent the afternoon working with two personal trainers on rehabilitation exercises, reconnecting with our breath and core and using low-impact interval training to get our postnatal posture

realigned. Post-workout, Indiana and I enjoyed some precious mother-daughter time, splashing around in the pool.

That evening, babysitters arrived at our hotel rooms so that we could have an adults-only evening. It was the first time in ages that I'd eaten a meal without a baby attached to me, which in itself was rather liberating! It was also lovely to have the time to connect with the other mothers. We discussed the massive physical and emotional changes that parenting brings, and enjoyed dining in the company of other grownups. Amazingly, I returned to find that Indiana hadn't woken up for the babysitter, and even managed to catch up on some much-needed sleep in the hotel's sumptuous bed.

The next morning, us parents took advantage of the babies starting their day at sunrise by meeting as a group for a stroll around the grounds, followed by a healthy breakfast. We then dropped the babies at the crèche and spent a heavenly morning being pampered, with a spa treatment (included in the package), followed by some blissful me-time.

I came away refreshed, revived and feeling that &Breathe is more than a retreat. Next time, we'll be booking in for a week! 📧

Retreats from £495,  
[andbreathepostnatal.com](http://andbreathepostnatal.com)

Zoey realigned her postnatal posture with a rehabilitation session



Zoey enjoyed a healthy breakfast after an early-morning start



Indiana sampled her mum's sumptuous hotel bed

