

WIN 7 DAYS IN FRANCE or a UK spa break!

Win a place for you and a guest on one of these fab spa breaks!

1st

One week in France!

Escape the hustle and bustle of the modern world for a week and celebrate the beauty of nature by entering our fantastic competition to win a place for yourself and a guest on a Rhythms of Nature retreat (worth nearly £1,400) in Brittany, France. Based in a quiet cottage, where you'll be the only people present, it'll give you the chance to leave all your everyday worries behind for several days.

Combining a range of self-healing techniques with morning meditation sessions and gentle yoga classes each day, it'll encourage you to work in harmony with the seasons and nature around you to create a greater sense of inner balance that resonates in accordance with the Earth. Tailored according to your personal needs and preferences, it'll invite you to reconnect with yourself on a much deeper level and utilise the energy of the beauty around you. You will also be given the chance to go on walks around the local forest – Brittany's renowned Merlin's Forest – lake and standing stones.

"The main purpose of the retreat is to deepen one's connection with nature, thus strengthening their sense of security and deepening their natural rhythms of life," says Sally Maloney, who runs the breaks. I also use essential oils and flower remedies – the healing and transformational properties of which are simply extraordinary."



Win!

A one-week break at the Rhythms of Nature Retreat for two (worth nearly £1,400) in France. (Flights not included), accommodation will be self-catering. To enter, email your name, number and address, with 'France break' as the subject header, to soulandspiritmagazine@aceville.com and tell us why you want to win. See below for terms and conditions.

PRIZES WORTH £2,000

2nd

A day at Champneys

Champneys is committed to providing a haven of relaxation and calm to encourage a more balanced lifestyle.

Offering you and a guest the chance to win a luxury one-night break at the spa in either Forest Mere in Hampshire, Modern Springs in Leicestershire or Henlow in Bedfordshire, each break provides luxurious accommodation, healthy cuisine, the latest fitness regimes, and a range of pampering beauty treatments. With a combination of leisurely exercise routines, peaceful relaxation, it's the perfect way to rejuvenate your mind, body and soul.



Win!

We've got a one-night break at the spa, worth £400, up for grabs for you and a guest. Valid for 12 months, the prize will be offered in the form of a gift voucher and is non refundable. Subject to availability, it's not valid at Champneys Tring or on Saturday nights. To win, email your details to soulandspiritmagazine@aceville.com, with 'Champneys' as the subject.

3rd

Ayurvedic heaven!

Treat yourself and a loved one to a day at the Ayurveda Pura Health Spa and Beauty Centre (worth £140) in Greenwich, and start 2012 feeling fab. Offering a range of treatments, including full body, abdominal and warm oil massages, it promises to leave you feeling totally revitalised. Qualified practitioners will be on hand to give you an assessment of your health, as will a number of experts dedicated to helping you achieve the healthiest body and mind.

Win!

A day pass for you and a guest, worth £140. To be in with a chance of winning, email your name, number and address to soulandspiritmagazine@aceville.com, with ayurveda spa as the subject.

TERMS AND CONDITIONS: This prize draw is open to all UK residents aged 18 or over, excluding employees or agents of the associated companies and their families. One entry per person per prize. The prizes detailed cannot be exchanged for goods, or towards the purchase of goods at any retail outlet. Entries must be by email only. Prizes cannot be exchanged for cash, or replaced if lost or damaged. Illegible entries and those that do not abide by these terms and conditions will be disqualified. Prizes must be taken as stated and cannot be deferred. The decision of the judge is final and no correspondence will be entered into. **CLOSING DATE: November 30th 2011.** Winners will be notified by December 1st 2011. A list of winners will be available in writing on request from Andrea Dickson, 21/23 Phoenix Court, Hawkins Road, Colchester, Essex, CO2 8JY.

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