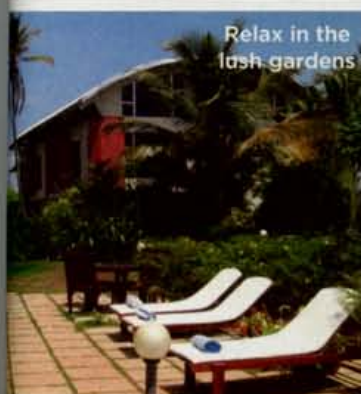


Now that's  
what you call  
a view

WIN!

# A DETOX RETREAT IN GOA



Relax in the  
lush gardens



Enjoy a little  
me time

**Want to get away from it all? You could win a five-day break at this luxurious retreat in India**

**T**ucked away in the south of Goa is a haven for all things healthy, offering yoga classes in the garden, nutritionally balanced food, as well as pampering massages in the lush surroundings. But you could try this for yourself as **The Beach House is offering one lucky SHAPE reader the chance to win its five-day Total Body Rebalance Retreat, worth Dhs8,897.**

With this top-to-toe package you'll be able to overhaul your mind, body and soul. From daily yoga and relaxation sessions, to dining on tasty nutritional foods, there's no doubt that you're going to come back from this luxury break as a whole new you.

From the moment you arrive at the resort they will create a bespoke wellness package just for you. The therapists will be on hand to give you tips on how to

live a healthy life, and if you still hunger for more information you'll be able to attend workshops and presentations too.

Then if you need a little time out you can also book into a meditation class or in for one of the pampering treats - such as a Balinese massage - that are available to you.

But you do have time to enjoy the glamorous surroundings too. You can kickback on a lounge in the garden or read your favourite magazine in your oh-so stylish room.

The team say that within just a few days you'll see a difference. So what's stopping you? Enter this competition now.

#### HOW TO ENTER

Log on to [shapemagazine.ae](http://shapemagazine.ae) by 31 August 2011 and answer this question:  
Where is The Beach House?

**TERMS AND REGULATIONS** 1 THIS COMPETITION IS OPEN TO ALL VISITORS TO SHAPEMAGAZINE.AE BY 31 AUGUST 2011. 2 NO EMPLOYEES OF ITP, OR THE BEACH HOUSE GOA ARE ELIGIBLE TO ENTER. THE PRIZE IS VALID FOR ONE READER. 3 EACH ENTRY MUST BE SUBMITTED WITH A VALID EMAIL ADDRESS, WHICH CAN BE USED TO NOTIFY YOU IF YOU ARE A WINNER. THE WINNING ENTRY WILL BE DRAWN AUTOMATICALLY ON THE CLOSING DATE OF THE COMPETITION. THE EDITOR'S DECISION IS FINAL. A LIST OF WINNERS WILL BE PUBLISHED ONLINE AND NO FURTHER CORRESPONDENCE WILL BE ENTERED INTO. 4 ONLY ONE ENTRY PER PERSON IS ALLOWED. 5 COMPETITIONS ARE OPEN TO ENTRANTS RESIDING IN THE UNITED ARAB EMIRATES ONLY. 6 ALL PRIZES MUST BE COLLECTED FROM THE ITP OFFICES IN MEDIA CITY. SHIPMENT OF PRIZES TO COUNTRIES OUTSIDE THE UAE IS NOT POSSIBLE. 7 COPYRIGHT ITP 2011. ITP IS A DUBAI MEDIA CITY COMPANY. 8 THE RIGHTS OF ALL COPYRIGHT OWNERS ARE STRICTLY RESERVED. 9 FLIGHTS AND VISAS NOT INCLUDED.

AUGUST 2011  
SUPPLEMENTARY

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