



READY TO RENEW

If you're feeling the effects of new-mum fatigue, we may have just the prescription, and energetic little ones can come along, too. At the &Breathe postnatal retreats, parents will have personal trainer Caroline Bragg on hand to kick-start their fitness. Held at the stunning Manoir La Croix de la Jugie in France, there are en suite rooms set up for families, home-cooked meals, massages and even babysitting services. The next retreat is 25 June 2016, plus &Breathe also offers day retreats in London. andbreathepostnatal.com



Fitness sessions encourage new mums and dads to enjoy exercise again

travel NEWS

WHEREVER YOUR DESTINATION,
TRAVEL IN STYLE WITH BABY IN TOW

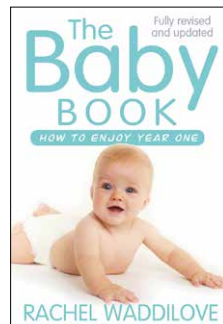


IT'S IN THE BAG

With a decade of aviation experience behind the brand, 00Babies London has launched a new travel bag for parents. Incorporating clear zipped pouches and travel-size formula tubes, plus all the standard changing accessories, this lightweight bag will make navigating airport protocols a breeze. £155, 00babies.com

GO-TO GUIDE

Celebrity parenting guru and maternity nurse Rachel Waddilove has revised her manual, *The Baby Book*, to include a chapter dedicated to travelling with your little one. Packed with brilliant tips to help your journey go as smoothly as possible. £8.99, Lion Hudson



JET, SET, GO

Staying closer to home this summer? FlyBe has launched its new faster planes, making it possible to fly from London Gatwick to Newquay in just 45 minutes – perfect for escaping the city without the hours of motorway traffic. For a range of idyllic properties on the Cornish coast, check out Beach Retreats. flybe.com, beachretreats.co.uk

THE NEWEST ADDITION TO THE CHIC PIG HOTELS CHAIN, **THE PIG AT COMBE**, IS SET TO OPEN IN JUNE. NESTLED IN **THE DEVONSHIRE COUNTRYSIDE**, THE SECLUDED MANOR BOASTS LUXE ROOMS WITH ORIGINAL FEATURES AND ROARING FIRES, AS WELL AS THE BOUTIQUE CHAIN'S SIGNATURE **KITCHEN GARDEN**. BOOK NOW! THEPIGHOTEL.COM