

ONLY  
**£2**

## Good vibes only

YOUR GUIDE  
TO SMASHING  
IT IN 2020

+ Career + Body  
+ Travel + Mind

## BE A BASICS BITCH

ALL YOUR  
LINGERIE  
NEEDS  
SORTED

## THE NEW CHEAT SHEET

GET READY  
FOR THE  
FUTURE OF  
DATING

## Vanessa Hudgens

FROM  
HIGH SCHOOL  
MUSICAL TO  
HOLLYWOOD

*She's soaring,  
flying*

## THE WOMEN WHO CAN'T STOP LYING

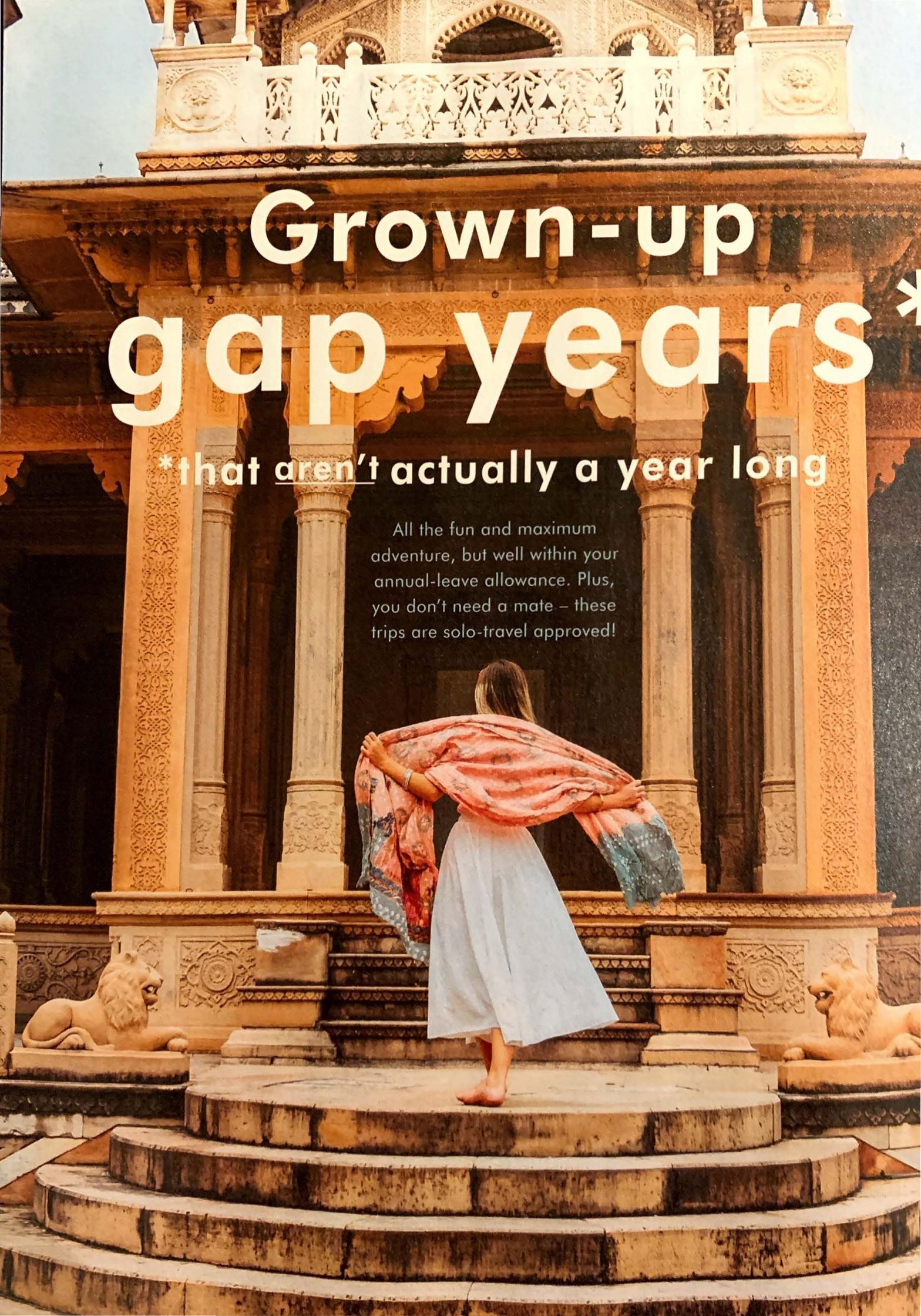
ARE YOU BEING  
SCAMMED  
BY YOUR  
BEST FRIEND?

## Ready, set, glow!

YOUR BEST  
SKIN EVER

(And it's all thanks to  
this one ingredient)

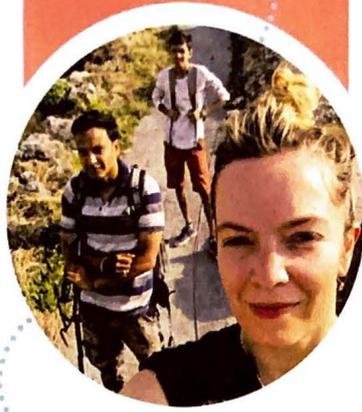


A woman with long hair, seen from behind, stands on the stone steps of an ornate Indian temple. She is wearing a white, flowing dress and a vibrant, multi-colored shawl (possibly a dupatta) draped over her shoulders. The temple architecture is highly detailed with intricate carvings and a balcony with a decorative railing above. Two lion statues are visible on the steps. The scene is bathed in warm, golden light, suggesting late afternoon or early morning.

# Grown-up gap years\*

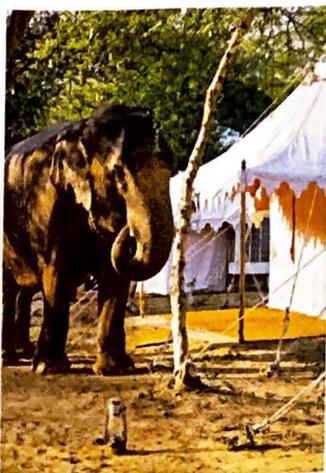
\*that aren't actually a year long

All the fun and maximum adventure, but well within your annual-leave allowance. Plus, you don't need a mate – these trips are solo-travel approved!



**AMY BANNERMAN**  
ATE BREAKFAST  
WITH ELEPHANTS  
AND HIKED TO  
TEMPLES ON A  
**SIX-DAY INDIAN  
ADVENTURE**

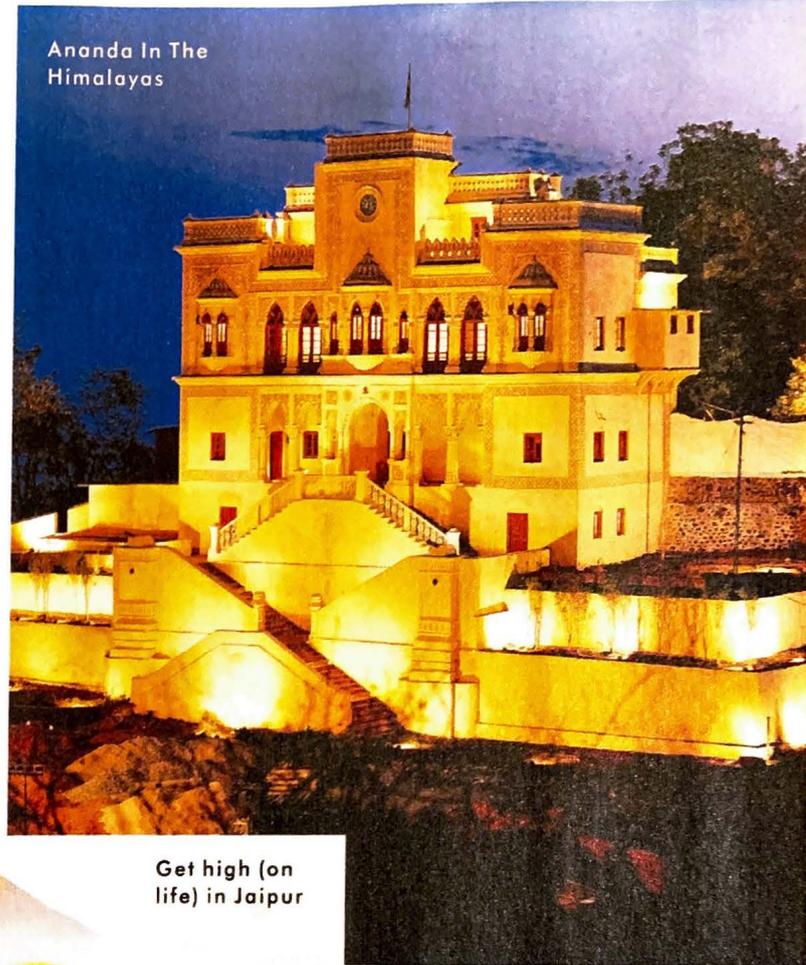
**DAY 1-2** First stop: Dera Amer Wilderness Camp in Jaipur. After an 11-hour flight, I crash out straight away, so it feels extraordinary to wake up in a Rajasthani tent in an elephant sanctuary set in 60 acres of protected wilderness. Ravenous, I tuck into breakfast, with Lakshmi the elephant opting for locally grown sticks right next to



me. Then, I help wash the elephants with, essentially, a big nail brush, and adventure through the surrounding dunes. Dusk is marked when the G&T bell rings and we sit down to an organic-farm-fresh dinner by a roaring campfire. I write a letter of wishes to the universe and let them go into the flames. Dera Amer is sustainability at its chicest.

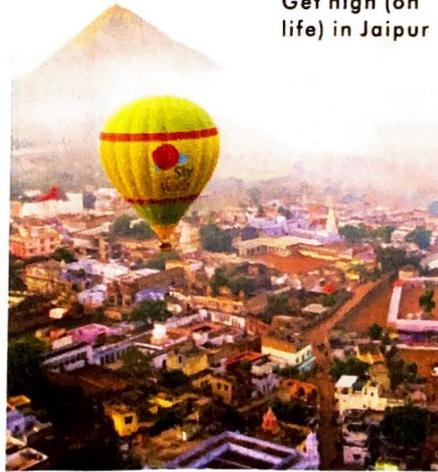
**DAY 3** Up at 4am (after another night in a tent, circled by leopards) to be chauffeured in a 4x4 for the ultimate Jaipur adventure. We arrive at the outskirts of the city and are served hot chai and breakfast as a SkyWaltz hot-air balloon is inflated against the pink and orange sunrise. Hopping aboard, we drift silently for an hour across countryside and rural villages while local kids chase the shadow of the balloon. It's something I know I'll remember forever, and should be on the must-do list for anyone visiting India.

**DAY 4-6** After nearly a day's transfer, I reach my final destination: Ananda In The Himalayas, which overlooks Rishikesh and the sacred River Ganges and is the ultimate wellness and yoga retreat. I wake up early, probably thanks to the 30 monkeys playing a game with a peacock outside my bedroom window. I slip on the white PJs supplied on arrival and immediately see why they are worn 24/7. My Ayurvedic and wellness



Ananda In The Himalayas

Get high (on life) in Jaipur



consultation reveals I am Vata (air), which apparently means that I have a rebellious streak and should avoid eating crackers. Who knew?

Next day, I have a life-coaching session with Jasrin Singh, who gives me a guided meditation for 90 minutes, putting all of my ex-boyfriends in a proverbial wooden box (more like a large skip actually, Jasrin). Very effective. My final morning is spent on a guided sunrise hike to Kunjapuri Devi Temple at 1,676 metres

and up 300 steps. I make my wishes and prayers and am blessed by the priest. It's the highlight of my trip and an utterly magical experience, as is Ganga Aarti, a ceremony that takes place daily at sunset on the banks of the River Ganges in Rishikesh. The air is filled with the sounds of holy chanting, and you can release your prayers with your candles into the current of the flowing Ganges. >



**GET ME THERE**

**Ananda In The Himalayas**, from £440 per night, includes food, spa and Ayurveda consultations; [Anandaspa.com](http://Anandaspa.com). **Dera Amer**, £260 per night, includes meals; [Deraamer.com](http://Deraamer.com). **SkyWaltz**, from £93 per person; [Skywaltz.com](http://Skywaltz.com)