

Sainsbury's

Magazine

JUNE 2010

FANTASTIC VALUE!

£1.40

The new cupcake!

Try a whoopie pie and join the latest baking trend

JAMIE'S TASTIEST SALADS EVER

31 fresh, healthy ways to feed your family

29-PAGE lifestyle section
SMOOTHER, FIRMER, SEXIER
Get your body ready for summer
CHIC EURO GETAWAYS
Holiday ideas that won't break the bank

BEAUTY + WELLBEING + HEALTH + HOMES + GARDENS + TRAVEL



Whoopie pies

SAVE £4.75 AT THE CHECKOUT

Smart entertaining ideas

- * Spanish sharing platters
- * Simple, stylish table settings
- * Easy World Cup party recipes



The great escape

Searching for a chic European getaway that won't break the bank? Look no further

WORDS FRANCESCA SYZ



HOTSPOT PÄDASTE MANOR,
MUHU ISLAND, ESTONIA

There is something utterly enchanting about Pädaste Manor, a 14th-century baronial pile-turned-hotel a two-hour drive (and short ferry hop) from Tallinn, Estonia's medieval capital. Set in parkland overflowing with wild orchids, and with meadows, forests and the Baltic Sea beyond, rooms are divided between the manor and four restored buildings. Each is uniquely decorated – think open fireplaces, antiques and very 21st-century Bose sound systems. Life here is all about the setting – whether in a rocking chair on the waterside sun deck, above, in the seawater hot tub or taking a dip in the bay. There are excellent local food options, too.

HOW MUCH? Doubles from €190 in June (00 372 454 8800; www.padaste.ee).



HOTSPOT LES JARDINS
DE SAINT BENOÎT,
LANGUEDOC, FRANCE

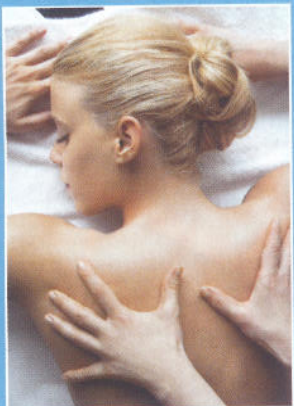
A fantastic family resort on a riverside estate in the southern Languedoc region. It's made up of 171 self-contained restored village houses on pedestrianised streets. While adults enjoy the restaurants, spa and even wine making, children over four will love the Kids' Club activities (complimentary this summer).

HOW MUCH? Two adults and three kids sharing a two-bedroom village house for seven nights in peak season costs from £1,535 (0871 218 7066; www.garrigaeresorts.com). ▷

**HOTSPOT KALIYOGA,
ORGIVA, SPAIN**

This intimate yoga retreat, in a restored farmhouse in the Alpujarra mountains, southern Spain, right, is guaranteed to revive even the weariest of souls. Enjoy a combination of massage, life-affirming Dynamic Yoga, holistic therapies, healthy-yet-delicious food, meditation, colonic cleansing, organic juices and lots of hanging out by the pool reading your book. Should you wish to explore, there are local markets, guided hikes and horse riding on offer.

HOW MUCH? One-week retreats from €495 per person based on two sharing (01373 814663; www.kaliyoga.com).



**HOTSPOT AMBER SPA
BOUTIQUE HOTEL, LATVIA**
Eastern Europe is famous for its very good, affordable spas; the intimate new Amber Spa Boutique Hotel, in a pretty seaside town near the Latvian capital of Riga, is no exception. Add to this new direct flights with Wizzair from Luton from just £15 and you've got a pretty good deal. The Amber Spa philosophy is that we need to replenish our health stores so the programmes combine nutrition (using fresh local produce), exercise and relaxing spa treatments.

HOW MUCH? Doubles from £70 (00 37 1677 5533; www.amberspahotel.lv).

**HOTSPOT HOTEL DESIGN
SORBONNE, PARIS, FRANCE**

In the heart of the Latin Quarter, this quirky 38-room hotel has emerged vibrant and highly original from a recent refurbishment. Bold Regency armchairs, claw-foot baths and botanical wallpaper, right, are offset by contemporary flourishes such as iMac computers and free internet in every room.

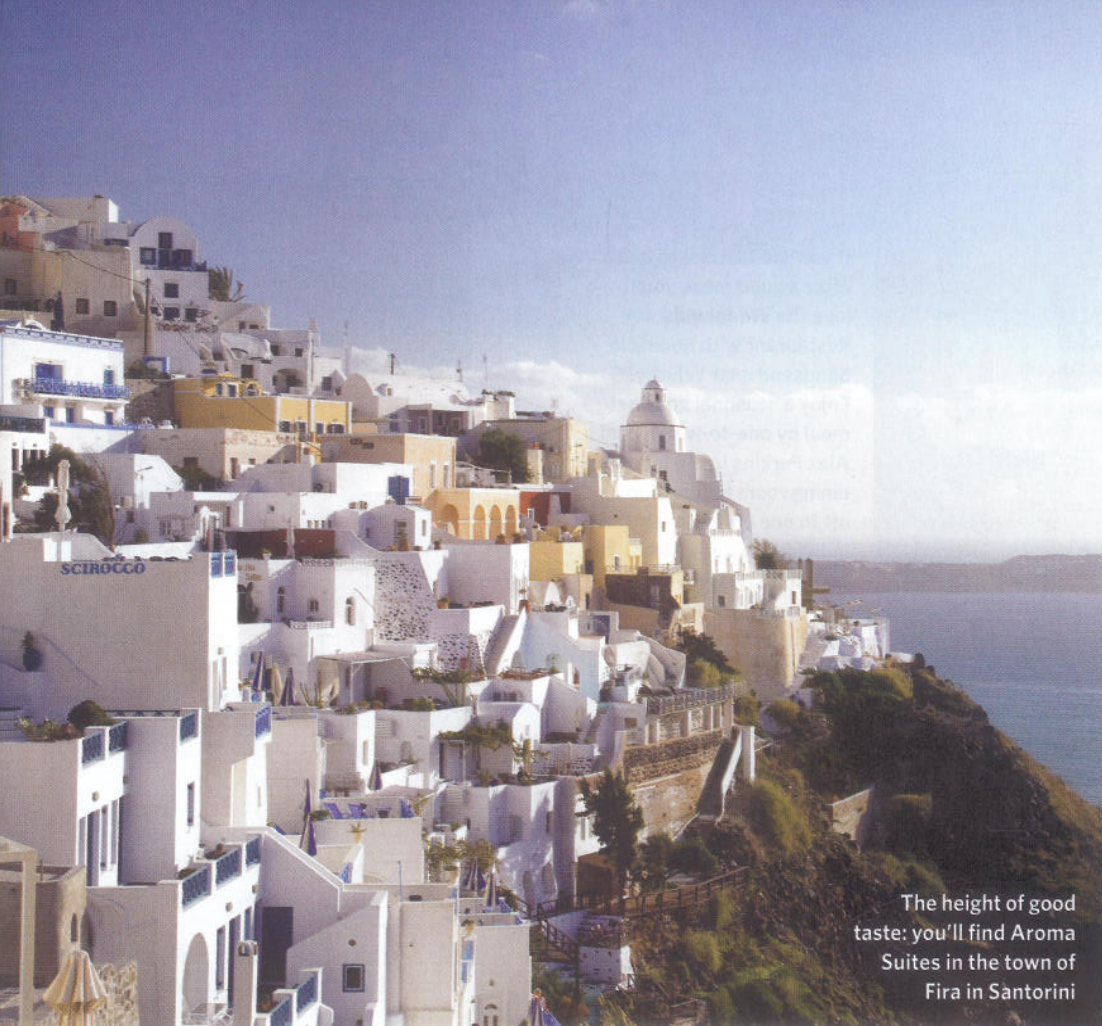
HOW MUCH? Design Classic rooms from €100 (00 33 143 545808; www.hotelsorbonne.com).



**HOTSPOT CASA DI PIETRA,
SICILY, ITALY**

One assumes that lovely villas come at un-lovely prices but this is often not true. Take Casa di Pietra, which sleeps 13 in seven bedrooms – even in August it's around £330 per person. The open-plan house has numerous lounging and dining areas, day beds scattered in the gardens and the most glorious pool, left. And a white sandy beach is just a 15-minute drive away.

HOW MUCH? Casa di Pietra costs from £4,290 per week in peak season (020 7377 8518; www.thinksicily.com).



The height of good taste: you'll find Aroma Suites in the town of Fira in Santorini

HOTSPOT AROMA SUITES, SANTORINI, GREECE

The Greek islands are not short of beautiful boutique hotels but finding affordable ones that feel luxurious is harder. Situated on the edge of Fira, the main town in Santorini, this lovely property offers personalised service, two suites, three apartments and three rooms, built in traditional style (asymmetric alcoves and curved walls) with spacious, lantern-lit terraces and a pool shared with its nearby sister property. All rooms have incredible views of the island's famously collapsed volcano.

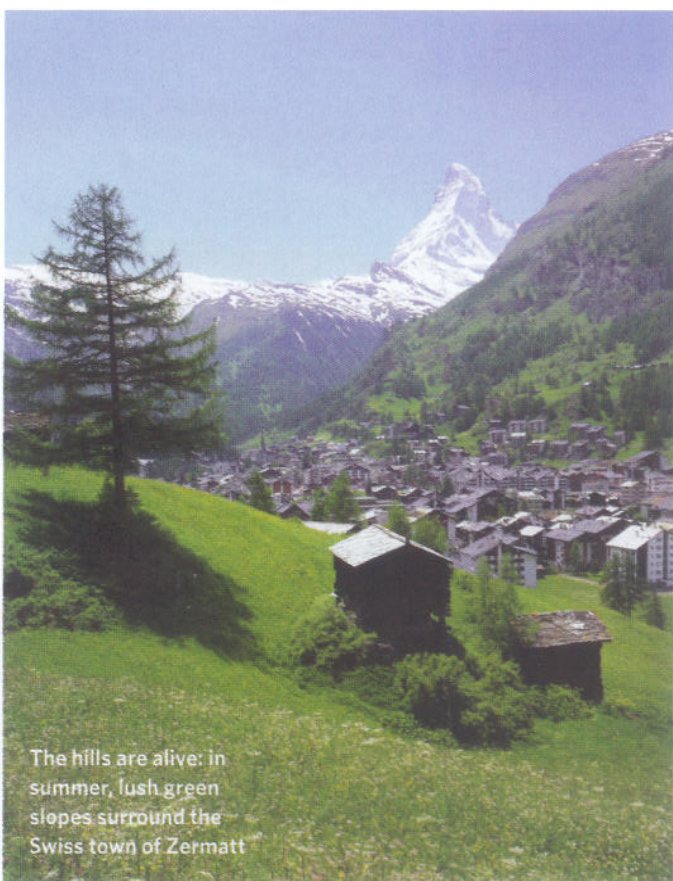
HOW MUCH? Doubles from €140 in June (00 30 22860 24112; www.aromasuites.com).



HOTSPOT CASAS DA LAPA, SERRA DE ESTRELA, PORTUGAL

This hidden gem of a hotel run by the charming Nuno and Maria Manuel is a series of renovated shepherds' cottages in the rugged Serra de Estrela National Park – perfect for trekking. Within the rustic exteriors are seven contemporary bedrooms, a chic dining room (serving excellent regional food all day), sauna, steam bath and cosy living rooms. There's also a lovely pool, above.

HOW MUCH? Doubles from €90 including breakfast and use of bikes (www.i-escape.com/casadalapa.php). □



The hills are alive: in summer, lush green slopes surround the Swiss town of Zermatt

HOTSPOT CHALET POLLUX, ZERMATT, SWITZERLAND

While ski chalets can cost an absolute fortune during the winter season, there are very often bargains to be had in the summer months – even the more luxurious can be found cutting their weekly rates by as much as half. Take the very gorgeous four-bedroom Chalet Pollux in Zermatt, which sleeps eight. During the ski season it would cost around £1,300 per person for a fully catered week but in summer it drops to £700 per person (or £400 per person on a self-catering basis). Its location is ideal for sampling the area's numerous hiking and biking trails, as well as glacier skiing, paragliding, ziplining, golf, tennis and more.

HOW MUCH? Chalet Pollux costs from £5,600 per week, fully catered, in summer and £3,200 self-catering (00 41 2796 74353; www.mountainexposure.com).