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### **Bikini boot camp - The A-list holidays that'll give you a beach-ready body in just a week**

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Every May it happens. Brave and foolish souls pull out last year's favourite bikini and pull it up over pasty wintered skin just to see if it looks as good as we remembered. It doesn't. Ever.

If the sight of your not-yet-ready for summer body is sending shivers down your spine, it may be time to consider taking a holiday the A-list way.

Celebrities don't have a lot of free time, and when they do, they like to multi-task.

Rather than simply lying in the sun with a good book, today's stars head for bikini boot camps, where masochistic regimes, involving strict diets and punishing exercise, guarantee they will look toned and slim the next time they are caught sunbathing by the paparazzi.

Renee Zellweger has done it. So have Gwyneth Paltrow, Cindy Crawford, Cat Deely and Patsy Kensit. Even curvy Catherine Zeta-Jones is rumoured to have given it a go.

Here's our guide to the holiday that sends you home looking even better than when you left.

#### **GOLDEN DOOR**

Think of it as the Rolls-Royce of bikini boot camps. Barbra Streisand, Oprah Winfrey and Martha Stewart have all checked in for a fitness holiday.

Set near sunny San Diego, California, it's famous for its opulence, with proven results which keep devotees coming back year after year.

The Zen-like spa offers low calorie, low-fat cuisine and is set amid Japanese gardens, trickling streams and waterfalls.

Each day begins at 6am with an invigorating mountain hike, followed by an intensive and customised physical training programme and daily in-room massage.

Guests like Laura Dern also enjoy a daily beauty or body treatment, herbal wraps, manicure, hair consultation and make-up lesson.

The Golden Door will pick you up from San Diego airport and provide a spa wardrobe of warm-ups, shirts, shorts, robe and slippers which make packing a breeze.

The Golden Door is what it sounds like: expensive. But you'll be unlikely to ever to forget it.

*Cost: One week costs \$7,995 per person (£4,000).*