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Programmes

Spa Of Embarrassing Illnesses

As the Daily Telegraph put it, in the Spa Of Embarrassing Illnesses "they are dealing with woes that have touched all our lives: feelings of low self-esteem, and romantic heartbreak."

In this exclusive new show, we find out if detoxing can help a group of people who suffer from society's most embarrassing and intimate body "illnesses".

Nestling high up in Spain's beautiful Andalusian mountains, this unique centre is run by Amanda Hamilton. One of the UK's leading nutritionists, Amanda made her name on BBC1's Should I Worry About? and has since appeared as a regular contributor on everything from This Morning to Richard & Judy.

This inspirational and enlightening ten-part series follows the emotional journeys of eight people who check into Amanda's spa in an effort to finally rid themselves of their painful and socially embarrassing conditions. The aim in all cases will be to detoxify, rejuvenate and deal with the root cause of their ailments, rather than simply masking them with quick and easy remedies.

Jordine is a slim blonde 25-year-old whose attractive exterior hides the nightmare of living with hyperhydrosis, a condition that causes the body to sweat excessively. Then there's Tracy, who has suffered with psoriasis for 18 years. Psoriasis is a recurrent skin condition that affects around 2% of the UK's population. It often manifests itself in the form of red scaly patches that often itch and feel extremely uncomfortable. Such is the severity of Tracy's symptoms that she never leaves the house uncovered.

Meanwhile, Amie, an attractive 23-year-old make-up artist suffers from irritable bowel syndrome (IBS). The embarrassment, fatigue and pain that are the side effects of this condition have made everything from her work to her relationships hell.

Against a backdrop of some of the most stunning natural beauty and tranquillity found anywhere in Europe, Jordine, Tracy, Amie and their fellow residents begin their life-changing treatment. Each will receive a specially tailored



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programme that Amanda and her team of specialists, who range from homoeopaths to a yoga guru, have created for them. These individual plans will combine nutrition, therapy, detox, meditation, counselling yoga and massage together with specialist therapies as and when required. For more on hypnotherapist Ursula James visit her website www.ursulajames.com and for more on Yair, the therapist who carries out acupuncture and shiatsu at the spa visit www.tantrika.net.

As the days pass, we will see whether Amanda and her team can succeed in turning around these women's' lives leaving them fit, healthy and above all, to be able to face the world without fear or embarrassment.

Don't miss Spa Of Embarrassing Illnesses, weekdays from Monday 6th at 10pm

Related articles

Spa Of Embarrassing Illnesses: Episode Guide

Find out more about what goes on in each show.

Useful links:

- www.tantrika.net
- www.ursulajames.com

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