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7 expert tips to help you totally switch off on holiday

Come back relaxed and rejuvenated

BY JOANNA BOOTH 17/09/2019



Those few golden weeks you get each year to laugh with loved ones, make memories and switch off from everyday life, are absolutely precious. Yet, how often have you found yourself tapping out emails to the office from your sun lounger?

To ensure you return mentally, physically and emotionally rested from your next holiday, we've quizzed travel and wellness experts to find out how they switch off and make the most of that valuable time away.

1. Put your phone away

Messages, emails, news alerts, app notifications – your phone is constantly screaming for your attention, which is why spending some time apart from it is key to successfully switching off.

"In order to truly relax and rejuvenate, you need to disconnect from your daily life," says wellbeing coach [Puja K McClymont](#).

"Leave your phone in the safe in your hotel room or, if you want to use it as a camera, switch it to airplane mode."

2. Use an expert travel booker

Forget any misconceptions you have about package holidays. An experienced travel booker can help you get more out of your trip and take the stress out of planning. Two adults, four cities, ten days? No problem. "If you want a relaxing travel experience - from start to finish - it's best to book a package," advises Barry Simmons, who manages Travelbag's new London branch. "When you book with [Travelbag](#), for instance, all your flights, accommodation and transfers are included. Everything is taken care of and, if you need any assistance while you're away, our team is just at the other end of the phone."

3. Make it easy on yourself

When it comes to the journey, don't be a hero. Cathy Winston, blogger at [mummytravels.com](#), says: "Book fast-track passes to speed through security, and treat yourself to lounge access as well, so that any extra time in the airport isn't spent hunched on uncomfortable seats but enjoying a bit of peace and a free glass of fizz. Consider an airport hotel if you've got an early flight or a late night arrival. The cost isn't always as high as you expect, especially if it includes parking, and avoids any fraught drives."

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4. Go slow

"Leave the FOMO at home and resolve to do less," says Cathy. "It's tempting to try to squeeze as much as possible into your holiday, seeing all the sights, checking out every fun-looking bar or restaurant. But, that approach is a recipe for coming home feeling like you need another holiday. Schedule in some downtime every day."

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5. Get the accommodation right

Where you stay can affect your whole holiday, so speak to someone who knows all the best places. "Finding the right place to stay is so important," says Ruth Downes, Sales Manager at Travelbag Knutsford. "Whether you want an adults-only resort or a hotel with loads of family activities, Travelbag's experts will help you choose the perfect place. Using our local knowledge, we'll make sure you're in the right location for you – whether that's on a quiet beach, or right in the heart of the action."

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6. Delay the display

Avoid the addictive quality of social media and be savvy about when you share your holiday photos, like Anna Hart, author of travel memoir *Departures, A Guide To Letting Go, One Adventure At A Time*. "While I'm away, I remove apps like Facebook and Instagram that I might be tempted to scroll through," she explains. "I'll still post pictures, but not in real time. Instead, I focus on being in the moment, and on the flight home I'll do a quick edit and then post my highlights when I land. This way, social media is an enjoyable way of reliving the best bits of my holiday, rather than something that's taking me away from it."

7. Pack smart

Planning your packing in advance will make your luggage lighter and take a weight off your shoulders when it comes to deciding what to wear each day. Plan outfits, bring hero capsule pieces, and don't pack anything that you haven't had the chance to try on. If you're flying hand luggage-only, dodge airport security fluid restrictions with solid products instead. "I love Lush's range of solid deodorants, toothpaste tabs, sunscreen and shampoo bars," says Anna.

For a stress-free holiday, where all the admin is taken care of, speak to the experts at [Travelbag](#)

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