

CHAMPNEYS



Champneys Tring Hertfordshire
Champneys Forest Mere Hampshire
Champneys Henlow Bedfordshire
Champneys Springs Leicestershire

www.champneys.com

Wellbeing Breaks

Exclusively for you...

	Pages
Choosing Your Stay	1
Payment	4
Be Relaxed Breaks	6
Be Revitalised Breaks	10
Be Rejuvenated Breaks	14
Be Active Breaks	18
Be In Shape Breaks	22
Cancellation Terms & Conditions	25

Protection Cover

We are pleased to be able to provide you (and your colleagues) with a Cancellation and Curtailment Protection Cover that can be applied to protect your monies paid, in the event of an emergency that may occur, when even the best laid plans go awry. In summary, our Cancellation and Curtailment Protection Cover refunds all your deposit or full payment made (except the protection charge) if you have to cancel or curtail your visit due to the causes mentioned below and you can provide written documents to support your claim.

- You or a member of your party, or close relative suffers a serious incapacitating (at the time of making your booking not pre-existing) illness, accident or death.
- You or a member of your party, is called for Jury Service or as a witness in a court of law.
- A fire, flood or storm occurs at your home or the home of a member of your party within 14 days of date of arrival or during the course of your visit, which makes your home uninhabitable.
- A burglary occurs at your home or the home of a member of your party within 14 days of date of your arrival or during the course of your visit.
- You or a member of your party serving in the HM Forces is subject to an unforeseen posting (other than arising from war or similar hostilities) and you are prevented from commencing your visit.

Welcome

In a world obsessed with doing, Champneys creates a haven where you can come and simply BE yourself. In the many different roles we play in our lives we can often forget who we are, what we need, and what is really important for us to achieve and maintain optimum wellbeing. With the help of our qualified practitioners we provide a variety of tools and techniques to help you create a balanced and healthy lifestyle. From expert nutritionists and fitness instructors to the latest must-have spa treatments, there's plenty to keep you feeling and looking your best. In addition there is of course the spa where you can indulge in some well deserved rest and relaxation to help you and unwind...

Choosing Your Stay

There are five themed breaks to help structure your stay:

Be Relaxed, Be Revitalised, Be Rejuvenated, Be Active and Be In Shape. For each break we have designed 2,4,6, and 12 night stays. We have included treatments and activities from each of our three wellbeing elements - spa, fitness and nutrition - which we feel will benefit you most. In this brochure we have also suggested other treatments and activities to complement your chosen break. In addition in-depth consultations are available, along with Personal Development Programmes to help you make permanent lifestyle changes and to target specific subjects. To help you keep your health in check a range of medical services are also available at Champneys Tring.

Spa

Our Spa philosophy is about complete relaxation, giving you the opportunity to reap the health and beauty benefits of the most pampering spa therapies to soothe mind and body.

Whatever your beauty needs you'll discover a spa menu with treatments ranging from gorgeously comforting body wraps to the latest anti-ageing facials - in fact you'll be spoilt for choice! A complete list of spa treatments available can be found in the Treatment and Services Brochure available from Reservations and Online. Please inform Reservations of any particular treatments or services you would like to choose as this could affect which resort you stay at.

Within the spa element of each break we've recommended treatments that may be particularly beneficial for you. If time allows you may add additional treatments and if appropriate you may have a favourite treatment more than once during your stay.

Fitness

Any form of physical exercise will increase energy levels and improve your overall health. Exercise also plays a vital role in promoting a sense of mental and emotional wellbeing.

Whatever your fitness level, regardless of age or ability, we've developed a wide range of activities to help you achieve your optimum fitness level. With the knowledge of the UK's leading fitness experts we can show you how to improve your health, along with ways to incorporate exercise into your daily routine.

We aim to make fitness fun so you can enjoy its many benefits without feeling you are working too hard. Within the fitness element of each theme we've suggested activities to enhance your workout and help you achieve your goals.

Nutrition

You are what you eat! A balanced diet is essential for inner health and outer beauty. At Champneys we show you how to incorporate healthy eating into your lifestyle.

Whether you want to boost energy levels and vitality, manage a health concern or control your weight, we provide nutrition advice to help you reach your personal goals. We show you how to balance your meals and how eating well can improve a variety of ailments.

The nutritional element in each theme offers you a choice of personal consultations to help you become more aware of what works for you, and to help you make the best nutrition choices for optimum wellbeing.

Personal Development Consultations

Our health, fitness and wellbeing are affected by everything we do. We want to help you gain a new perspective on your lifestyle to encourage you to make positive changes to your actions, feelings and thoughts. To achieve this we have created in-depth consultations for you to really get to grips with things that are going on in your life.

And Finally...

To help you choose your stay and location we have specified when treatments and services are only available at certain resorts. The information was correct at the time of going to print, but we are continuously developing our team to bring you the very best of what is available in the UK and internationally. If there is anything you are particularly interested in and it is not listed at your first choice of resort, please check with reservations as our options may have already expanded to suit your needs.

Choose The Length Of Your Stay...

2 nights

Whatever your chosen theme the 2 night stay provides an introduction to the many ways in which you can improve your health and wellbeing.

Arrival 10am

Departure 4pm

(Saturday night stay not available)

4 nights

With all the benefits of a 2 night stay but without committing to a week, this option is ideal if you want to enhance the benefits of a short break.

Arrival 2pm

Departure 4pm

(Saturday night supplement £29.95 per person. Be Rejuvenated and Be In Shape Breaks not available for Friday or Saturday arrival)

6 nights

Offering support and motivation, our team of professionals will provide you with a thorough insight into how to achieve and maintain a balanced lifestyle within your chosen theme.

Arrival Sunday 2pm - 4pm

Departure Saturday 11am

12 nights

Whether you want to lose weight, de-stress or simply need to take time out, this break gives you a real opportunity to transform your life, whatever your needs. Time away from daily demands will give you the chance to focus on who you are and discover how great you can look and feel on the inside and out.

Arrival Sunday 2pm - 4pm

Departure Friday 11am

Your Stay Includes

All stays include a choice of room, delicious meals including a fresh breakfast buffet, a hot and cold buffet lunch and a three course evening meal, inclusive treatments, the use of the resort's extensive facilities and a daily programme of fitness and relaxation classes and activities.

Residential Guest Payment

Bookings made less than 30 days prior to date of arrival require full payment at time of booking. Bookings made more than 30 days prior to date of arrival require £100 deposit per person to secure the booking. Full payment is required 30 days prior to arrival. Full payment is required for on-line bookings.

NB: No reminders are sent. In the event of non-payment for whatsoever reason, the Company may refuse admission and the deposit will be forfeited. Cheques and all major credit cards are accepted. Payment by credit card will incur a £2.50 transaction fee, there is no fee on a debit card. The Company will require a credit card imprint on arrival to guarantee any monies due. Accounts will only be forwarded if arrangements are made in writing before arrival. No refund will be given for early departure unless caused by significant acts of negligence on the part of the Company or its employees.

Residential Guest Cancellation

All cancellations must be made in writing by post/fax/e-mail. Date of arrival at the Company will be the accepted date. The Company will apply the following charges per person for cancellation/amendments:

- Cancellation within 30 days of arrival date: £100.
- Cancellation more than 30 days prior to arrival: £25.
- Alteration to bookings: £10 administration fee.
- Non arrival without notice: Full payment for the first day plus 50% of fees for subsequent days.
- Cancellation of additional treatments/wellbeing services within 24 hours: 50% of cost of treatment/service.

Be...Relaxed Break

Stress is a general term that we all understand and have had some experience of. Although it sometimes motivates and challenges us, it all too often overwhelms us.

It is a major contributory factor in the depletion of energy reserves, with symptoms including anxiety, irritability and fatigue. Through nutrition, exercise, massage and different relaxation techniques we can help you maintain effective stress management, giving you a better understanding of how to de-stress.

Making simple changes to your lifestyle can play a vital role in stress management. For example, your eating habits significantly affect the way you feel as stress is very expensive in terms of the nutrients required to sustain balanced energy levels. Fitness through physical activity can reduce stress and provide a long-lasting feel-good factor, while spa therapies are the perfect way to switch off and relax, soothe away tension and ease your mind.

The following suggested spa, nutrition and fitness services are ideal for alleviating stress...

Spa

Facials

Personalised Facial, Relaxing Facial, Ultimate Age Excellence Facial

Massage

Champneys Massage, Elemis Deep Tissue Massage, Head in the Clouds, Thai Royale Ritual, Sports Massage, Aromatherapy

Wraps

Spa Heaven Cocoon, Aromatherapy Wrap

Spa Treatments

Dry Floatation, Thalassotherapy, Rasul (Forest Mere, Henlow), Aromatherapy Floatation, Kriotherapy (Tring)

Specialised Therapies

Indian Head Massage, Reiki, Reflexology , Bowen Technique (Tring, Forest Mere), Acupressure (Tring), Hot Stone Massage (Tring, Forest Mere), Acupuncture (Henlow, Tring), Shiatsu, Hypnotherapy, Bach Flowers (Forest Mere, Tring), Infrared Therapy (Henlow and Tring), NLP for Stress Management (Tring, Forest Mere)

Fitness

Group Classes/Personal One to One Sessions

All classes including Meditation, Relaxation, Healing Circle (Forest Mere), Yoga, Tai Chi, Stretch & Relax, Pilates, Alexander Technique (Tring), morning and afternoon walks

Fitness Services

Personal Flexibility/Stretch Programmes, Personal Aquatic Programmes, Massage and Stretching using Vibrotherapy, Altitude Training (Tring)

Nutrition

Personalised Consultations

Fighting Stress with Food, IBS & Digestive Health, Vitamin and Mineral Testing

Services

Food Sensitivity Testing, Cholesterol Screening

Personal Development (Resort specific, subject to availability)

Personalised Consultations (Call Reservations for prices)

Stress Management (1 x 2hr consultation)

An in-depth consultation addressing the causes of stress. This session helps you identify thoughts and behaviours that hold you in stress, and solutions to help you manage stressful situations effectively.

Choose the length of your stay..

Be Relaxed (2 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)

Massage (55 mins)

Aromatherapy Floatation (55 mins)

Thalassotherapy Pool Session (25 mins)

Be Relaxed (4 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)

Massage (55 mins)

Aromatherapy Floatation (55 mins)

Thalassotherapy Pool Session (25 mins)

Be Relaxed (6 nights)

Personal Yoga, Pilates, Tai Chi or Meditation Session* (55mins)

Massage (25 mins)

Aromatherapy Floatation (55 mins)

2 x Thalassotherapy Pool Sessions (25 mins)

Personalised Facial (55 mins)

Champneys Massage (55 mins)

Be Relaxed (12 nights)

Pre-arrival call

Consultation on arrival with Programme Advisor

Personal Yoga, Pilates, Tai Chi or Meditation Session* (55mins)

Massage (25 mins)

Thai Royale Ritual (1hr 25 mins)

2 x Thalassotherapy Pool Sessions (25 mins)

Personalised Facial (55 mins)

Champneys Massage (55 mins)

Reflexology (55 mins)

Aromatherapy Wrap (25 mins)

Health Appraisal (25 mins)

4 x Personal Training Sessions (25 mins)

*Class/Session choice subject to availability. Please select one preferred choice when making a reservation.

Be...Revitalised Break

When your energy levels are flagging it affects all areas of your life. Suffering from fatigue not only has a terrible affect on your physical ability to cope, but also turns the pleasurable aspects of life into exhausting duties.

Fatigue is an indication that something is out of balance either physically, mentally or emotionally. You may not necessarily think of yourself as stressed, but stress is a major contributory factor in the depletion of energy resources. Other energy sappers include lack of exercise, which causes the metabolism to become sluggish, and a poor diet which fails to provide the nutrients you need.

Our fitness experts can show you how exercise maximises your energy levels. Our qualified nutritionists inspire healthy eating, providing quick and easy tips that allow you to continue your new healthy eating plan at home. Our gorgeous spa treatments recharge you and encourage you to look after your body. Through healing and personal development you can also learn how to take better care of yourself.

The following suggested spa, nutrition and fitness elements are ideal for revitalising tired souls...

Spa

Facials

Personalised Facial, Elemis Tri Enzyme Facial

Massage

Elemis Deep Tissue Massage, Head in the Clouds, Thai Royale Ritual, Champneys Massage

Wraps

Aromatherapy Wrap, Spa Heaven Cocoon

Spa Treatments

Bright Eyes, Rasul (Forest Mere, Henlow), Aromatherapy Floatation, Wax Bath (Henlow), Thalassotherapy, Kriotherapy (Tring), Full Body Exfoliation

Specialised Therapies

Reflexology, Acupuncture, (Tring, Henlow), Shiatsu, Aromatherapy, Ayurvedic Treatments (Springs, Tring), Acupressure (Tring), Hot Stone Massage, Hypnotherapy, Indian Head Massage, Reiki, Reflexology, Bach Flowers (Forest Mere, Tring).

Fitness

Group Classes/Personal One to One Sessions

All classes including Meditation, Relaxation, Healing Circle (Forest Mere), Yoga, Tai Chi, Stretch & Relax, Pilates, Alexander Technique (Tring), morning and afternoon walks

Fitness Services

Personal Training sessions for home, gym or outdoor use, Ultimate Wellbeing Package, Wellness Profile, Altitude Training (Tring)

Nutrition

Personalised Consultations

IBS & Digestive Health, Healing Foods

Services

Food Sensitivity Testing, Cholesterol Screening, Vitamin & Mineral Testing

Personal Development (Resort specific, subject to availability)

Personalised Consultations (Call Reservations for prices)

Work Life Balance (1 x 2 hr consultation)

Learn how to make work just a part of your life, rather than all of it. This session helps bring a balance to health and relationships, which in turn can improve your efficiency at work.

Choose the length of your stay..

Be Revitalised (2 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)
Back Massage (25 mins)
Spa Heaven Cocoon (55 mins)
Thalassotherapy Pool Session (25 mins)

Be Revitalised (4 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)
Back Massage (25 mins)
Spa Heaven Cocoon (55 mins)
Thalassotherapy Pool Session (25 mins)

Be Revitalised (6 nights)

Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)
Back Massage (25 mins)
Thalassotherapy Pool Session (25 mins)
Personalised Facial (55 mins)
Champneys Massage (55 mins)

Be Revitalised (12 nights)

Pre-arrival call
Consultation on arrival with Programme Advisor
Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)
Back Massage (25 mins)
Spa Heaven Cocoon (55 mins)
2 x Thalassotherapy Pool Sessions (25 mins)
Personalised Facial (55 mins)
Champneys Massage (55 mins)
Reflexology (55 mins)
Aromatherapy Wrap (25 mins)
Health Appraisal (25 mins)
2 x Personal Training Sessions (25 mins)
2 x Relaxing Dry Floatations (25 mins)

*Class/Session choice subject to availability. Please select one preferred choice when making a reservation.

Be...Rejuvenated Break

Inner health is essential for looking good and feeling great. To address your body's needs we will help you follow a cleansing regime to flush out toxins. Symptoms of toxicity can be as variable as dull sluggish skin, fatigue or an ability to concentrate. We'll introduce you to fresh new ways to 'spring-clean' your body, not just through an intensive one-off detox programme, but with invigorating body scrubs and deep cleansing body wraps, detoxifying water therapies, Tai Chi and Yoga classes and much more.

For effective body cleansing our nutritionists will tempt you with fresh zesty ways to filter toxins from your diet, cleanse your digestive system and help you make the right diet choices. Remember, detoxing isn't just about ridding your body of toxins and losing weight, it's about boosting vitality, making you feel great on the inside and looking radiant on the outside.

Exercise will kick-start your cardiovascular system, thereby boosting the lymphatic system responsible for flushing out toxins. For a more pampering approach we've developed some of the best detoxifying spa treatments. For example you can reap the health and beauty benefits of Thalassotherapy, a wonderfully relaxing treatment that stimulates the circulation and helps to eliminate toxins. Simply lie back and let the warm mineral rich water bubble around you!

The following suggested spa, nutrition and fitness elements are ideal for rejuvenation...

Spa

Facials

Personalised Facial, Elemis Visible Brilliance Facial

Massage

Body Radiance, Elemis Body Sculpting Cellulite & Colon Therapy

Wraps

Elemis Aroma Spa Ocean Wrap, Detoxifying Seaweed Wrap

Spa Treatments

Thalassotherapy, Detoxifying Seaweed Floatation, Full Body Exfoliation, Kriotherapy (Tring)

Specialised Therapies

Acupuncture (Henlow, Tring), Reiki, Reflexology, Hypnotherapy (Forest Mere), Manual Lymph Drainage (Tring), Rasul (Forest Mere, Henlow), Colon Hydrotherapy (Henlow & Tring)

Fitness

Group Classes/Personal One to One Sessions

Meditation, Relaxation, Healing Circle (Forest Mere), Yoga, Tai Chi, Stretch & Relax, Pilates.

Fitness Services

Anti-Cellulite Programmes using the Vibrogym, Body Composition Analysis, Wellness Profile

Nutrition

Personalised Consultations

Detoxing, IBS & Digestive Health

Services

Food Sensitivity Testing, Cholesterol Screening, Vitamin and Mineral Testing

Note: It is not advisable for anyone on medication, pregnant or has been recently unwell to follow a detox diet.

Personal Development (Resort specific, subject to availability)

Personalised Consultations (Call Reservations for prices)

Multi-Level Detox (1 x 2hr consultation)

Although we are use to working with toxicity on a physical level, what we think and how we feel can be equally as damaging or 'toxic' to our health. In this session you will have the chance to explore the source of toxicity on all levels in your life and design your own detox programme. You will be advised on how you can implement this programme to keep you clear and strong, physically, mentally and emotionally.

Choose the length of your stay..

Be Rejuvenated (2 nights)

Detox Guide

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)

Detoxifying Seaweed Wrap (55 mins)

Relax Facial (25 mins)

Thalassotherapy Pool Session (25 mins)

Be Rejuvenated (4 nights)

Detox Guide

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)

Nutrition Consultation (25 mins)

Detoxifying Seaweed Wrap (55 mins)

Relax Facial (25 mins)

Thalassotherapy Pool Session (25 mins)

Be Rejuvenated (6 nights)

Detox Guide

Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)

Nutrition Consultation (55 mins)

Personalised Facial (55 mins)

2 x Detoxifying Seaweed Wraps (55 mins)

Thalassotherapy Pool Session (25 mins)

Be Rejuvenated (12 nights)

Pre-arrival call

Consultation on arrival with Programme Advisor

Detox Guide

Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)

Nutrition Consultation (55 mins)

Personalised Facial (55 mins)

3 x Detoxifying Seaweed Wraps (55 mins)

Reflexology (55 mins)

Massage (55 mins)

4 x Thalassotherapy Pool Sessions (25 mins)

*Class/Session choice subject to availability. Please select one preferred choice when making a reservation.

Be...Active Break

Motivation is the hardest step towards regular exercise. It doesn't have to be a punishing regime, but regular activity of 30 minutes a day is all it takes to help improve your body and overall health. This can help to prevent the ageing process by retaining muscle and bone density. A little exercise goes a long way towards leading a full and active life, as well as keeping you looking and feeling younger for longer. Regular exercise keeps you flexible and trim and provides a long-lasting feel-good factor!

With all the latest workouts and the best fitness experts, we'll show you how easy it is to incorporate physical exercise into your daily routine, enhance your workout, and help you devise a plan that is specifically suited to your body's needs and lifestyle. Within this break we've scheduled a number of optional classes into your stay to incorporate the three important components of fitness: cardiovascular exercise (Healthy Heart Classes), resistance training (Body Shaping Classes) and flexibility (Yoga, Tai Chi etc.). There's plenty to keep you active, simply add as many classes as time allows.

The following suggested spa, nutrition and fitness elements are ideal for boosting both energy and fitness levels...

Spa

Facials

Elemis Tri-Enzyme Resurfacing Facial, Ultimate Age Excellence Facial, Carita 'Pro Lift Firming Facial (Tring)

Massage

Thai Royale Ritual, Elemis Body Sculpting & Colon Therapy, Sports Massage

Wraps

Elemis Aroma Spa Ocean Wrap, Detoxifying Seaweed Wrap

Spa Treatments

Kriotherapy (Tring), Mens Grooming Experience, Aromatherapy Floatation, St. Tropez Airport Spray Tan

Specialised Therapies

Indian Head Massage, Reflexology, Reiki, Ayurvedic Treatments (Tring, Springs), Emotional Freedom Technique (Springs, Tring), Alexander Technique (Tring), Bowen Technique (Tring, Forest Mere), Bach Flowers (Tring), NLP for Sports Performance (Tring)

Fitness

Group Classes/Personal One to one Sessions

All activity classes

Fitness Services

Fitness Evaluation, Personal Training for home, gym or outdoors, Vibrotherapy Training to improve fitness, bone density, posture, fat loss, strength, energy gain, heart health, toning, flexibility, general health or sports ability. Body Composition Analysis, Ultimate Wellbeing Package, Kick Start Fitness Package, Exercise Prescription For Home, Chartered Physiotherapy (Tring), Swimming Lessons, Tennis Lessons, Kriotherapy (Tring), Altitude Training (Tring), Corrective Exercise and Movement (Tring)

Nutrition

Personalised Consultations

Eating for Energy, Eating for Exercise, Anti-Ageing, Performance Nutrition

Services

Food Sensitivity Testing, Cholesterol Screening

Personal Development (Resort specific, subject to availability)

Personalised Consultations (Call Reservations for prices)

Lifespace (1 x 2 hr consultation)

Our Lifespace session aims to help you to understand how you can integrate the essence of wellbeing into everything you do. Through trouble-shooting your current lifestyle, it shows you how you can improve your overall health by the choices you make each day. It offers support and advice to help you beat both mental, emotional and physical fatigue, and shows you that it is possible to restore positive health and vitality to your life.

Choose the length of your stay..

Be Active (2 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)
Body Shaping Class (45 mins), Healthy Heart Class (30-45 mins)
1 Treatment of your choice**
Health Appraisal (25 mins)

Be Active (4 nights)

Yoga, Tai Chi, Pilates, Stretch or Meditation Class* (30-55 mins)
Body Shaping Class (45 mins), Healthy Heart Class (30-45 mins)
1 Treatment of your choice **
Health Appraisal (25 mins)
Personal Training Session (25 mins)

Be Active (6 nights)

Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)
Body Shaping Class (45 mins), Healthy Heart Class (30-45 mins)
1 Treatment of your choice**
Health Appraisal (25 mins)
Personal Training Session (55 mins)
Exercise Prescription For Home (55 mins)
Massage (55 mins)
3 x Lifestyle Talks (55 mins)

Be Active (12 nights)

Pre-arrival call
Consultation on arrival with Programme Advisor
Personal Yoga, Pilates, Tai Chi or Meditation Session*(55mins)
Body Shaping Class (45 mins), Healthy Heart Class (30-45 mins)
2 x Treatments of your choice**
Health Appraisal (25 mins)
3 x Personal Training Sessions (55 mins)
Exercise Prescription For Home (55 mins)
Massage (55 mins)
3 x Lifestyle Talks (55 mins)
Thalassotherapy Pool Session (25mins)

*Class/Session subject to availability. Please select preferred choice when making a reservation.

**Choose from the Be Active spa menu on the previous page. Please select preferred choice when making a reservation.

Be...In Shape Break

At Champneys we are realistic about what we can help you achieve. There is no magic formula for losing weight and weight that is hard to shift is often due to more than just lifestyle habits. We take a look at your lifestyle choices and if you want to, address the mental and emotional reasons that may be hindering weight loss. It is essential that the body, mind and emotions are balanced when dealing with weight matters.

Our nutrition consultants will help you explore your relationship with food, offer advice to encourage the necessary lifestyle changes, and help you solve any diet dilemmas such as food cravings. They can also check for food intolerances and vitamin and mineral deficiencies - common triggers of weight problems.

Within this theme we'll also devise a workout plan especially for you, combining different types of activity ideal for achieving and maintaining a healthy body weight. For example, aerobic exercise can increase the cardiovascular system and stimulate the metabolism, and muscle-toning exercise can improve body shape, posture and strength. Our Be In Shape programme will provide you with an opportunity to understand the essentials you need to manage your weight permanently.

The following suggested spa, nutrition and fitness elements are ideal for keeping you in great shape....

Spa

Massage

Elemis Body Sculpting, Cellulite & Colon Therapy, Body Radiance

Wraps

Detoxifying Seaweed Wrap, Elemis Aroma Spa Ocean Wrap

Spa Treatments

Purify & Slim - Vibro Tone (Tring), Thalasso Circuits, Rasul (Forest Mere, Henlow), Detoxifying Seaweed Floatation, Kriotherapy (Tring), Full Body Exfoliation

Specialised Therapies

Emotional Freedom Technique (Springs, Tring), Manual Lymph Drainage (Tring), Hypnotherapy, Ayurvedic Treatments (Springs, Tring), Colonic Hydrotherapy (Henlow & Tring), Bowen Technique (Tring, Forest Mere), Bach Flowers (Tring), NLP for Weight Management (Tring), Acupuncture (Tring, Henlow)

Fitness

Group Classes/Personal One to one Sessions

All activity classes

Fitness Services

Fitness Evaluation, Fat loss and Anti-Cellulite Programmes using the Vibrogym, Fatburner fitness package, Exercise Prescription For Home, All Personal Training packages from Aqua to Yoga, Ultimate Wellbeing package, Altitude Training (Tring)

Nutrition

Personalised Consultations

Nutrition For Fat Loss, IBS & Digestive Health, De-Toxing, Eating For Energy, Healing Foods

Services

Food Sensitivity Testing, Cholesterol Screening, Vitamin and Mineral Testing

Personal Development (Resort specific, subject to availability)

Personalised Consultations (Call Reservations for prices)

Mind Over Weight Matters (1 x 2 hr consultation)

We look at how emotional factors influence your relationship with food and your body and examine the physical, mental and emotional issues that can lead to weight problems.

Choose the length of your stay...

Be In Shape (2 nights)

Weight Management Guide

Health Appraisal and Body Composition Analysis (55 mins)

Personal Training Session (25 mins)

Detoxifying Seaweed Wrap (55 mins)

Be In Shape (4 nights)

Weight Management Guide

Health Appraisal and Body Composition Analysis (55 mins)

2 x Personal Training Sessions (25 mins)

Nutritional Consultation (55 mins)

Massage (25 mins)

Be In Shape (6 nights)

Weight Management Guide

Health Appraisal and Body Composition Analysis (55 mins)

3 x Personal Training Sessions (25 mins)

Nutrition Consultation (55 mins)

Detoxifying Seaweed Wrap (55 mins)

Body Radiance

3 x Lifestyle Talks (55 mins)

Be In Shape (12 nights)

Pre-arrival call

Consultation on arrival with Programme Advisor

Weight Management Guide

Health Appraisal and Body Composition Analysis (55 mins)

6 x Personal Training Sessions (25 mins)

Nutrition Consultation (55 mins)

Detoxifying Seaweed Wrap (55 mins)

Body Radiance

2 x Thalassotherapy Pool Sessions (25 mins)

Massage (55 mins)

Reflexology (55 mins)

3 x Lifestyle Talks (55 mins)