Expert Services

Catering to your every need, we have an extensive range of services and expert support at your disposal. From health, fitness, nutrition and alternative therapies to recreational sport, injury rehabilitation, medical and holistic techniques, discover our unique collection of specialist offerings.

AT CHAMPNEYS, IT’S ALL IN THE DETAILS.

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
Recreational Services

SWIMMING LESSONS
Learn to swim, or improve your stroke, whilst gaining confidence under the expert tuition of our fully qualified swimming instructors. Our beautiful pools are a joy to swim in, no matter your level.

<table>
<thead>
<tr>
<th>RESORTS</th>
<th>DURATION</th>
<th>PRICE</th>
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<tbody>
<tr>
<td>SWIMMING LESSONS</td>
<td>ALL</td>
<td>25 MINS</td>
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<tr>
<td>SWIMMING LESSONS</td>
<td>ALL</td>
<td>55 MINS</td>
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</tbody>
</table>

TENNIS LESSONS
Come and improve your tennis game on our stunning courts, expertly guided by our Lawn Tennis Association qualified coach.

| TENNIS LESSONS | ALL | 55 MINS | £55 |

PERSONAL TRAINING
A fun, personalised one-to-one workout, that helps you focus on your health and fitness goals.

Our personal trainer can use a variety of training methods and equipment, including a gym workout, pool, personalised boxercise, yoga or Pilates class dependent on needs.

| PERSONAL TRAINING WORKOUT 5 SESSIONS | ALL | 5 X 55 | £225 |

YOGA
Enjoy the health and wellbeing benefits of yoga with a one-to-one session. They can give you a personal daily practice, or refine your postures to unify your mind and body, and coordinate and reenergise your system.

| YOGA PRIVATE SESSION | ALL | 55 MINS | £55 |

TAI CHI
Tai chi uses exercises and moved to enhance your life skills, boost your vitality and maintain your healthy and flexibility. This one-to-one session is ideal to get beginners up to speed with the moves, or to improve the technique of those who are more experienced.

| TAI CHI PRIVATE SESSION | SPRINGS & TRING | 55 MINS | £55 |

FITNESS PILATES
Helps to reshape and align, build true core strength, increase flexibility, improve posture and coordination and promotes a healthy, focused mind.

| FITNESS PILATES | ALL | 55 MINS | £55 |

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
Rehabilitation & Injury Prevention

FOOT & GAIT ANALYSIS
Our state of the art analysis tool GaitScan identifies what may be causing discomfort in your heels, knees, hips or back. We will assess and analyse your feet for abnormal biomechanics, and tell you if prescription orthotics can help.

| FOOT & GAIT ANALYSIS | TRING 25 MINS £50 |

HYDROTHERAPY
Hydrotherapy is just like physiotherapy, but in a pool. It helps boost circulation, relax muscle tension and alleviate pain, using buoyancy and resistance.

Your programme will be individually designed by our qualified physiotherapist, and can help treat a wide range of pains and injuries.

| HYDROTHERAPY 25MINS | TRING £50 |
| HYDROTHERAPY 55MINS | TRING £99 |

OSTEOPATHY
Osteopathy is a holistic system of diagnosis and treatment for a wide range of medical conditions from back pain to migraines.

Treatment is a hands-on therapy, using palpation, soft tissue massage, stretching and careful joint manipulation to reduce muscle tension.

| OSTEOPATHIC DE-STRESS TREATMENT | TRING 55 MINS £95 |
| OSTEOPATHY 55MINS | TRING 55 MINS £100 |
| OSTEOPATHY 25MINS FOLLOW UP SESSION | TRING 25 MINS £60 |

CLINICAL PILATES
Clinical Pilates uses gentle low-level exercises to help correct problems in the back and pelvis. Find out how to teach your brain to use the right muscle groups and find the correct pattern of movement to support abdominal stabilisation.

| CLINICAL PILATES | TRING 55 MINS £75 |

EXERCISE AND REHABILITATION
Our expert physiotherapists will help you build up strength, fitness and range of movement, with individually designed exercises to help rehabilitate you. Our well-equipped gym, hydrotherapy pool and vibrotherapy will help maximise the benefits of your rehab programme.

You’ll be set goals, and given motivation and support, including specialised consultants if required.

| EXERCISE AND rehab programmes 25 MINS | TRING £50 |
| EXERCISE AND rehab programmes 55 MINS | TRING £90 |

MOVEMENT SCREENING
The greatest cause of sports injuries is a previous history of injury.

Our integrated screening techniques find muscular imbalances, asymmetries and weaknesses, to discover the root causes of your injury and find the right corrective programme.

| MOVEMENT SCREENING | TRING 55 MINS £99 |

PHYSIOTHERAPY
If you’ve been injured or are recovering from an operation, our Chartered Physiotherapists will use the latest techniques and lifestyle advice to help restore your movement and help with pain relief.

| PHYSIOTHERAPY 25MINS | TRING 25 MINS £50 |
| PHYSIOTHERAPY 55MINS | TRING 55 MINS £99 |
| PHYSIOTHERAPY 25MINS FOREST MERE | TRING 25 MINS £45 |
| PHYSIOTHERAPY 55MINS FOREST MERE | TRING 55 MINS £90 |
Your medical health check will be conducted by a trained Nurse, who’ll provide an overview of your current health, and help you understand how this may affect your future. The following tests are included:

- Full cholesterol test profile
- Fasting blood glucose
- Blood pressure and pulse
- Height, weight with BMI assessment
- Body fat percentage
- Coronary heart disease risk assessment
- Urine analysis

**DIABETES SCREENING**

This already affects over 5% of the population and is occurring earlier in life and in increasing numbers. We identify those with a high risk and those who are pre-diabetic. We also look at how well an established diabetic is managing their condition and associated risks. This is done through a comprehensive history and examination including urine tests and blood tests. We offer dietary and lifestyle advice as well as constructing a plan for long term management. Fasting is required for this test. The first appointment takes place with the nurse for ECG, bloods and diabetes check (45 mins) followed by a doctors consultation (45 mins).

**HEALTHY HEART ASSESSMENT**

Comprehensive assessment that will evaluate and identify conditions such as high blood pressure and high cholesterol, as well as signs of diabetes and kidney problems. Learn about risk factors and how you can prevent developing heart conditions.

**HORMONE TESTING**

If your hormones are out of kilter, you can suffer from many different unpleasant symptoms. Our BER testing methods can detect any imbalances (high or low) of up to 30 different hormones. These imbalances are linked to associated problems, so our team can give you the right dietary advice to help you.

To book contact us on treatments@champneys.com
Medical & Health

WELL WOMAN AND WELL MAN HEALTH SCREEN
Our two-stage medical with a nurse (55 minutes) and a doctor (30 minutes) gives you a personalised health report, with final test results and an action plan.

We’ll factor in your lifestyle and risks to write a report that includes recommend treatment for your current state of health, and a unique health plan for the next 10 years.

Fasting is required. The following tests are included:

• Comprehensive blood tests for blood glucose (diabetes) and cholesterol • ECG • Lung function test • Breast check for women • Thyroid test for women over 50 • Prostate check for men over 50 • Body fat percentage • Urine analysis • Blood pressure • Cardiovascular risk score • Heart check • Review of health history

WELL WOMAN/WELL MAN HEALTH SCREEN TRING 90 MINS £550

BOOKING NOTICE 2 DAYS

RIVERBANKS WELLNESS AND ANTI-AGEING CLINIC
If you require medical expert advice for anti-ageing aesthetic treatments then we recommend the Riverbanks Wellness and Anti-Ageing Clinic – which has been named Best Cosmetic Clinic in the UK on three occasions. Founded by the renowned Dr Ravi Jain in 2008, the award-winning team offer the latest, safest and most highly effective treatments to revitalise the skin and reshape the body. Appointments are available between Monday and Saturday at Riverbanks Clinic in Harpenden and at Champneys Tring (subject to availability and pre-booking).

To speak to a member of the Riverbanks team please call 01582 762877. For more information visit riverbanksclinic.co.uk

SILMOBOOST SHOT
Designed to maximise metabolism and physique, the Slimboost shot can stimulate fat burning and promote natural weight loss. Also aids the detox process, boosts the immune system and helps regulate sleep and mood.

Delivered by a Nurse.

SLIMBOOST SHOT TRING 25 MINS £39

MEGABOOST IV – VITAMIN INFUSION
Reinstates balance to the body through the infusion of minerals, anti-oxidants and electrolytes. Also restores hydration, boosts the immune system, cleanses and improves energy levels to leave you to feel healthy and refreshed.

Delivered by a Nurse.

MEGABOOST IV – VITAMIN INFUSION TRING 55 MINS £199

VITA GLOW IV – ANTI-AGEING INFUSION
Using the master anti-oxidant, Glutathione, this infusion is designed to rejuvenate the skin by producing a warm, healthy glow. Prevents and reverses the effects of toxins, restores hydration and cleanses the body.

Delivered by a Nurse.

VITA GLOW IV – ANTI-AGEING INFUSION TRING 55 MINS £199

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
KICK START PACKAGE
A Personal Training Workout with a difference, our Kick Start Package includes a health appraisal (25 minutes), so your workout is optimised to your individual fitness goals and abilities. It’s the perfect way to start a new fitness regime.

FATBURNER PACKAGE
Our Fatburner Package is your first step to looking good and feeling great. It includes a Body Composition Analysis and a Personal Training Workout, giving you a realistic exercise programme to deliver results.

DNA FITNESS
We use the latest in genetic researching techniques to tell us what type of exercise best suits you, your risk of injury and how long you need to recover. Following the 30 minute consultation and saliva swab test at resort you will receive your personalised results and recommendations around 3 weeks later at home. A follow up call/consultation with the Wellbeing & Fitness Team can be requested to answer any questions and by analysing your unique genetic makeup our team of experts can devise a bespoke exercise programme to improve your training and optimise your results.

In addition to the DNAFit Fitness Test we also offer our DNAFit Diet Test that provides you with a route map to weightloss and tests up to 30 gene variants scientifically linked to a body’s capacity to respond to food and vitamins.

WELLNESS PROFILE
We’ll run several tests, including Body Composition Analysis, a Health Appraisal and a non-fasting Cholesterol Screen to help put your mind at rest, or highlight potential problems, giving you precious time to change your habits.

ULTIMATE FITNESS PACKAGE
Treat your body to a complete MOT and service, with our Ultimate Fitness Package. It includes a Body Composition Analysis, Health Appraisal, 55 minute Personal Training session, and exercise prescription, to help you keep motivated to improve your health and fitness. 

N.B Tests are delivered at separate times.

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
**BAREFOOT RITUAL**
A wonderfully relaxing therapeutic foot and lower leg massage, where your legs are also physically stretched to let the Sen (energy lines) to open.

Your aches and pains will be massaged away, leaving you truly relaxed, as a flow of positive energy runs freely through your body.

**CHINESE BODY THERAPY**
This unique combination of Tui Na massage and acupuncture will be adapted to suit your own needs.

This treatment is designed to help calm the mind, improve energy flow and rectify any imbalances within your body.

**TUI NA**
An ancient Chinese technique to help removed blocked energy from the body, using a mix of stretches, pushing and pulling techniques, and acupressure.

This relaxing treatment helps musculoskeletal problems, and helps you leave your stress behind you, for an uplifted feeling.

**THAI FOOT MASSAGE**
Your feet will be soaked and exfoliated, and your feet and lower legs massaged using an authentic wooden stick from Thailand.

Your feet and legs will feel energised and relaxed on the inside, and soft on the outside, after the stroking, draining and pressure techniques do their work.

**DEEP ENERGY HEALING**
This non-invasive therapy reconditions all aspects of your mind, body and spirit at profoundly deep levels, meaning the benefits will carry on long after your treatment.

You’ll experience a feeling of peace, serenity, balance and wellbeing, leading to an enhanced sense of your “self”, with profound shifts in both energy levels and consciousness.

**INDONESIAN MASSAGE**
A traditional Indonesian massage from Bali that uses acupressure points to de-stress, invigorate and improve well being.

Like a deep-tissue massage it works into the deeper layers of the muscles. It differs by working along the meridians of the body (our energy system), to restore, unblock and balance energy flow. The body is then massaged by applying pressure rhythmically and intuitively using acupressure points, palm pressure and stretches to balance and release tension, improving posture, mobility and relieving aches and pains. This massage will leave you feeling relaxed, yet energised physically, mentally and emotionally.

In the East massage is more of a way of life to restore and maintain health. This massage is both preventative and healing which improves health and overall wellness.

**TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM**
*To make sure your selected treatment is suitable for your needs/requirements please check when booking.*
Alternative Healing & Therapies

ACUPRESSURE
An ancient Chinese treatment, where your therapist uses their hands and fingertips to activate five key energy points throughout your body.
This wonderfully relaxing treatment helps promote good health, and relieves everyday stresses.

ACUPUNCTURE
Acupuncture has been used in China for thousands of years, with remarkable results. The body is viewed as a network of meridians, just below the skin’s surface.
This wonderfully relaxing treatment helps promote good health, and relieves everyday stresses.

ALEXANDER TECHNIQUE
A treatment that addresses neck, back, and shoulder pain, breathing problems, stress and general fatigue, caused by imperfect balance.
You’ll experience an enhanced feeling of wellbeing, and improved coordination, with pain diminished.

METAMORPHIC TECHNIQUE
A gentle, non-invasive therapy with light touch along the spinal reflexes of the feet, hands, and head for physical, mental, and emotional wellbeing.
It can act as a catalyst for change and transformation, helping you move forward and let go of feelings of limitations, towards your full potential.

HANDS AND FEET THERAPY
A focused, remedial massage, either gentle or firm, to relieve symptoms and conditions of the hands and feet, including carpal tunnel, Dupuytren’s contracture, hammer toe, and Morton’s neuroma.
Swollen, painful and stiff hands and feet will be relieved, tingling and numbness reduced and the pain associated with arthritis will be eased.

HOLISTIC HEALING/COUNSELLING
Working with colour, tarot and clairvoyance, Suneet brings much-needed messages of hope, comfort and reassurance. Suneet works with you to walk a happier path, by dealing with your present situation.
Suneet’s treatment sessions are tailor-made to your needs, to align the balance of your mind, body and spirit, leaving you feeling calm and reenergised.

To Book contact us on treatments@champneys.com
To make sure your selected treatment is suitable for your needs/requirements please check when booking.
SPIRITUAL HEALING
A simple, safe and supportive energy therapy that aims to bring balance to your mind, body and soul, as well as stimulate your body’s natural healing ability.

Healing is deeply relaxing, and you may experience warmth or coolness, tingling or pain coming to the surface and dispersing as the energy goes to work. You’ll feel peaceful and more positive.

HYPNOTHERAPY
Hypnotherapy is safe, gentle and releases stress promoting positive thought and behaviour. Hypnosis induces a gentle and tranquil state of total mental and physical relaxation, which allows one to access the knowledge and ability within the subconscious mind. During hypnosis it is possible to find the root cause of any problem, to reprogram unresourceful old programs and even rewrite personal history. Change your mind and change your life. Imagine if you made a change to live the life you truly want!

3-IN-1WEIGHTLOSS PROGRAMME
Combining Tui Na, Acupuncture and Hypnotherapy, with techniques you’ll be taught to use at home, this treatment is tailored to you but will typically focus on the energy streams of the stomach and the spleen.

You’ll leave with self-help techniques to help you keep the positive changes going at home, and you could see weight loss, and improvement in symptoms like IBS and water retention.

TENSION HEADACHE RELEASE
Using techniques from Cranial Osteopathy, this treatment gives a high level of relief to the neck and shoulders.

Tension is released from your shoulders, neck and head, helping to ease headaches and migraines.

HYPNOTHERAPY
Hypnotherapy is safe, gentle and releases stress promoting positive thought and behaviour. Hypnosis induces a gentle and tranquil state of total mental and physical relaxation, which allows one to access the knowledge and ability within the subconscious mind. During hypnosis it is possible to find the root cause of any problem, to reprogram unresourceful old programs and even rewrite personal history. Change your mind and change your life. Imagine if you made a change to live the life you truly want!

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To make sure your selected treatment is suitable for your needs/requirements please check when booking.
Alternative Healing & Therapies

PRESSURE THERAPY FACIAL
Help fight the ageing process with this natural alternative to a surgical face lift.

The combination of acupuncture and facial massage promotes wellbeing and muscle tone, for a younger look.

CARITA ELITE SKINCARE HOLISTIC FACIAL
This hands-on facial blends Swedish and lymphatic massage techniques with Carita’s famous anti-ageing products.

As the facial is personalised to your skincare concerns, results will vary, but all skin types will be stimulated and balanced, for a younger look.

HOT STONE REFLEXOLOGY
Hot stones are placed along your spine to warm your whole body whilst your lower legs and feet are massaged.

Because we work with your reflexology points to stimulate and balance, it helps your body’s natural ability to heal itself, leaving your deeply relaxed, rebalanced and revitalised.

BOWEN TECHNIQUE
This powerful hands-on therapy is wonderful for relieving pain, as the gentle rolling motion moves over strained muscles.

You may experience an improvement in hay fever, asthma, and migraine symptoms, or with digestive problems, back pain and stress. It’s a great all rounder. This treatment has limited availability.

3-IN-1 CHRONIC CONDITIONS PROGRAMME
Combining Tui Na, Acupuncture and Hypnotherapy, with techniques you’ll be taught to use at home, this treatment is tailored to your personal requirements.

You’ll leave with self-help techniques to help you keep the improvements going at home, and depending on your condition, you could see improvement in arthritis, skin problems and IBS.

CHIROPODY
Our chiropodist will diagnose and treat problems with your feet and its related structures.

You’ll leave walking on air, as discomfort from painful corns and calluses, hard dry skin or verrucae is removed.

To make sure your selected treatment is suitable for your needs/requirements please check when booking.

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
Alternative Healing & Therapies

**FRIGI THALGO WRAP**
This unique cooling treatment encourages the elimination of toxins and excess fluid from your legs.
It’s highly effective in the treatment of tired and heavy legs, and helps to slim and firm.

**HYDROTHERAPY BATH**
Just like physiotherapy, but using the warm water of a shallow pool to provide buoyancy and resistance. A physiotherapist will design a programme for your needs.
Hydrotherapy helps boost circulation and lymphatic drainage, relax muscle tension, alleviate pain, and can even aid slimming.

**IPULSE**
The ideal slimming solution, Ipulse uses electrical currents to help firm muscle tissue, burn calories and eliminate toxins.
You’ll see a sleeker-looking silhouette, as your muscles look more toned and your skin looks and feels firmer and smoother.

**NE QUI**
Step into a Vichy shower that mimics heavy rain, for an awakening massage.
This stress-relieving treatment helps increase blood circulation and flush away toxins.

**PRESSOTHERAPY RE VITA LEGS**
Our special detoxifying boots help remove toxins at a cellular level, so it’s the perfect treatment for varicose veins and compacted cellulite.
Tired, heavy legs will feel lightened, so you’ll feel as if you are walking on air.

**REFLEXOLOGY**
An ancient treatment that works on key pressure points in your feet, to relax and energise your whole body.
Relax whilst your skilled therapist helps bring back balance to your body and mind.

**SHIATSU**
A pressure point massage, where the therapist uses thumb, finger and palm techniques to correct the flow of energy through your body.
Your aches and pains will be eased, whilst fatigue and tension melt away.

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TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
*To make sure your selected treatment is suitable for your needs/requirements please check when booking.*
Holistic Services

**TAROT READING**
Tarot explores the past, present and potential future, offering insight into life patterns and helping solve issues that inhibit positive progress. Tarot can bring clarity and aid in positive decision making.

<table>
<thead>
<tr>
<th>Astrology</th>
<th>25 mins</th>
<th>£30</th>
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<tr>
<td>55 mins</td>
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**ASTROLOGY 25 MINS**
**ASTROLOGY 55 MINS**

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**CLAIRVOYANCE**
A balancing experience, tailored to your needs, which can help you find answers to who you are and where you are heading – physically, emotionally and spiritually.

You’ll receive positive insights into your life, to help reassure, bring balance and uplift your spirit.

<table>
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<tr>
<th>Clairvoyance</th>
<th>55 mins</th>
<th>£80</th>
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**EMOTIONAL FREEDOM TECHNIQUE**
A gentle tapping of key energy points helps to release negative emotions, in this psychological version of acupressure. Just one session can give amazing results.

You’ll feel ready to conquer your fears, cravings, and negative emotions, giving you multiple benefits throughout your life.

<table>
<thead>
<tr>
<th>Emotional Freedom Technique</th>
<th>85 mins</th>
<th>£100</th>
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**PSYCHIC HEALING**
This specialist treatment has been created to clear past hurts, events, traumas and feelings of anger. It explores what’s concerning you and why, in a completely confidential and secure environment.

Experience healing of the parts of your body that are storing the pain, and look at your emotional life in a new light, as you release the past to live in the future.

<table>
<thead>
<tr>
<th>Psychic Healing</th>
<th>55 mins</th>
<th>£69</th>
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**RAHANNI HEALING**
This hands-on, healing therapy connects to the heart’s centre, releasing negativity and bringing out our natural sense of love and compassion.

Even deep-rooted negative thoughts can change, as Rahanni brings you peace and healing at the highest level, leaving you incredibly relaxed.

<table>
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<tr>
<th>Rahanni Healing</th>
<th>55 mins</th>
<th>£80</th>
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MEDITATION
During your Meditation session, you will be taught techniques to practice at home, which will help your mind to become calmer and more alert.

Meditation helps you to develop your full potential, and can improve your health, confidence and clarity of mind, as well as treating stress, fear, panic attacks and insomnia.

TRANSFORMATIONAL ENERGY PRIVATE SESSION
Linking ancient knowledge with contemporary motivational tools.

This session will help you unleash greater freedom and improved consciousness of your own abilities and strengths.

VIRTUAL GASTRIC BAND HYPNOTHERAPY
You’ll work out why you eat so that our hypnotherapist can work on your subconscious mind to help your stomach feel fuller, on less food.

Your hypnotherapist will concentrate on re-patterning your mind, and motivate your body to desire healthy and nutritious food for steady, sustainable weight loss.

ANGEL CARDS
Clairvoyance refers to the ability to gain information about an object, person, location or physical event through extra-sensory perception.

Angel affirmation cards are positive healing messages, concerning various life challenges and personal issues.

COLOUR ANALYSIS
Our colour specialist will assess the colours, hues and tones that suit your complexion, in this scientific approach to finding the shades that flatter you.

Discover your perfect shades, for clothes and make-up, and even your house! You’ll leave with a collection of colour swatches to take shopping with you, ensuring you’ll never pick an unflattering colour again.

IRIDOLOGY
Your iris is totally unique, and can be ‘read’ to find constitutional weakness and emotional patterns, as well as identifying inflammation, acidity, toxic build up and tissue breakdown.

Once health or emotional problems are identified, you can work on solving them, to help eliminate toxins and increase wellbeing.
Nutritional Expert Services

**Food Sensitivity Test**
Our Bio-Energetics Resonance testing can detect sensitivities to around 70 common food and drink items. The test can help with problems including IBS symptoms, bloating, headaches and migraines, sinus issues, fatigue and skin conditions.
Results are instant and the procedure non-evasive. Our nutritionists will also help plan your actions moving forward.

<table>
<thead>
<tr>
<th>Food Sensitivity Test</th>
<th>Springs &amp; Henlow</th>
<th>25 mins</th>
<th>£50</th>
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</table>

**Complete Sensitivity Test**
Includes our bio energetics food sensitivity, chemical and environmental test, as well as a vitamin and mineral check.
We check for the causes of such problems like difficulty breathing, unexplained rashes and nausea to name but a few. Results are immediate.

<table>
<thead>
<tr>
<th>Complete Sensitivity Test</th>
<th>Springs &amp; Henlow</th>
<th>55 mins</th>
<th>£75</th>
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</table>

**Vitamin and Mineral Check**
Using bio-energetics testing, our experts check for potential deficiencies by focusing on more than 30 vitamins and minerals. We’ll also offer advice on how you can improve your overall level of essential nutrients.

<table>
<thead>
<tr>
<th>Food Sensitivity Test</th>
<th>Springs &amp; Henlow</th>
<th>25 mins</th>
<th>£50</th>
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**Cholesterol Screening**
Measuring your level of high and low-density lipoprotein cholesterol and triglycerides through a non-fasting blood test. Results will be discussed with a fitness professional and advice given to control and reduce cholesterol if needed or seek GP attention.

<table>
<thead>
<tr>
<th>Cholesterol Screening</th>
<th>Springs, Henlow &amp; Forest Mere</th>
<th>15 mins</th>
<th>£20</th>
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</thead>
</table>

**Digestive Health Test**
Provides important information about the state of your digestive health and the causes of problems such as constant bloating, stomach pains and indigestion. Our test evaluates digestion, absorption, levels of good bacteria and inflammatory markers that can distinguish between IBD and IBS. Sit down with our nutritionist to discuss diet, medication and lifestyle. Clients will need to give a stool test, with results provided within three weeks.

<table>
<thead>
<tr>
<th>Digestive Health Test</th>
<th>Tring</th>
<th>55 mins</th>
<th>£350</th>
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**Food Sensitivity Test 75 (Finger Prick Blood Test)**
A food sensitivity test can have a hugely positive impact on your life by identifying relatively quickly, whether there is a particular food or foods to which you react. This test includes an initial consultation with our Nutritionist to take a blood sample. Using a laboratory report detailing the 75 different types of foods with sensitivity markers our Nutritionist will formulate the most appropriate dietary and lifestyle advice.
Results will be sent to you within 10 days.

<table>
<thead>
<tr>
<th>Food Sensitivity Test</th>
<th>Tring &amp; Forest Mere</th>
<th>15 mins</th>
<th>£249</th>
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**Advanced Food Sensitivity Test (Finger Prick Blood Test)**
An extension of our Food Sensitivity Test that studies around 150 food and drinks for a more comprehensive insight into intolerances. We’ll help you understand those reactions, effects that they have on your wellbeing and how you can address them. On top of a 15-minute consultation, results and reports will be sent within 10 days. You’ll also get a 45-minute follow-up meeting.

<table>
<thead>
<tr>
<th>Advanced Food Sensitivity Test</th>
<th>Tring &amp; Forest Mere</th>
<th>£299</th>
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TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
WEIGHT MANAGEMENT MOT
Our experts will look at your current calorie and nutrient balance, provide a food sensitivity test and mini vitamin and mineral check to help understand your path to long-term health. Potential and existing dietary and nutritional deficiencies will be highlighted, while plans will be put in place to address and maintain healthy eating patterns. If dieting hasn’t worked in the past, find out why.

NUTRITION CONSULTATION 25 MINUTES
Programme tailored to each and every individual, taking into account current and previous diet, health and lifestyle patterns. Our nutritionists will educate by promoting healthy food habits and highlighting food that should be eliminated. Achieve your goals, let us help you strive towards optimum health.

DNA DIET TEST
Our Nutritionist will help improve your dietary intake as well as helping you to understand your genetic response to food and nutrients with a saliva test. We’ll explore a selection of genes to reveal what type of diet matches best with your genetic makeup. Your results and plan of action will be sent within three weeks, with a follow-up phone call also provided for additional support. This test reveals your personal sensitivity to refined carbohydrates and saturated fat, your lactose intolerance & coeliac risk, ideal vitamin & micronutrient intake and your salt, caffeine and alcohol sensitivity.

CHAMPNEYS DIETARY SUPPORT AT HOME
Following a visit to Champneys, the expertise and advice of our nutritionists is available from the comfort of your own home. The package includes a 55-minute consultation and then a remote dietary motivational support programme – including emails, phone calls and contact via Skype. Whether you’re seeking weight loss, improved health or increased energy, this is a fantastic opportunity to continue the progress you made in the resort after you leave.

COLON HYDROTHERAPY
A gentle and effective procedure that helps to eliminate waste and toxins from the body by infusing water. Designed to strengthen your immune system, detoxify and to hydrate. The service is provided by an independent therapist.

We would not recommend this treatment if you suffer from the following: Hiatus hernia, rectal prolapse, colon or rectal cancer, renal failure, aneurism, liver cirrhosis, severe anaemia, cardiac disease, recent colorectal surgery, active inflammation or acute pain in the abdominal area, colorectal surgery. We would also not recommend the treatment if you’ve had a child in the last eight months or are pregnant.
PERFORMANCE NUTRITION CONSULTATION
When recovering from injury or returning from a period of inactivity, it’s essential that the body receives the necessary nutrients to promote and maximise the process. Following a detailed analysis, our nutritionists will provide a thorough strategy for effective performance management.

HEALING FOODS
In a 55 minute session, a nutritionist can provide therapeutic recommendations for your health concerns including: arthritis, chronic fatigue and fibromyalgia, high blood pressure, osteoporosis, premenstrual syndrome (pms), high cholesterol/heart disease/lipid disorder, blood sugar disorders, optimal ageing, pregnancy and breast feeding, preconceptual care, skin conditions, migraines and thyroid dysfunction.

ADRENAL STRESS PROFILE
The taking of non-invasive saliva samples to assess the function of your body’s stress handling systems. Helps to uncover the reasons for underlying problems like fatigue, anxiety, depression, and blood sugar imbalances. A consultation and test are included, as is a subsequent report with personalised recommendations approximately 14 days later.

FOOD AND MOOD MOT
Does your mood affect your eating habits? In times of stress, do you turn to a pack of biscuits or bottle of wine? We know that food can play a big part in the way that we feel. Unfortunately, the food we often choose is the wrong one. Let our nutritionists guide you on what foods lift mood and promote general health and wellbeing. Your consultation will also include a vitamin and mineral check and mini food sensitivity test.
Alternative Services

**DETOX RITUAL EXPERIENCE**
Take five detoxifying steps, to help you slow down and cleanse your body from the inside out, using the wealth of minerals, vitamins and micronutrients in seawater and marine algae.

This revitalising treatment will help activate your circulation, reduce inflammation, help you slim down, relieve aches, and give you clean, smooth and toned skin.

**DRY FLOAT – MARINE G DETOX**
A delightfully warming, detoxifying treatment on a floatation bed, that allows your body to feel weightless. As it's a non weight bearing treatment, it won’t put any strain on your back.

Relax as the seaweed mask that coats your body gently warms up to help the detoxification process.

**DRY FLOAT – NATURAL MARINE MUD**
A delightfully warming, soothing treatment on a floatation bed, that allows your body to feel weightless. As it's a non weight bearing treatment, it won’t put any strain on your back.

Drift away to inner peace, with an uplifting feeling of total relaxation, as the mud mask that coats your body gently warms up to help sooth aching muscles and softening your skin.

**INFRARED CABINET**
Enjoy a targeted deep heat treatment that warms the blood vessels in the back. This heat goes on to be absorbed by the whole body.

Stressed muscles are relieved, and joint pain and stiffness are soothed. You can also expect feelings of wellbeing, mood improvement and boosted energy levels too.

**RASUL MUD SHARED CHAMBER**
Experience the combined benefits of mud and steam, in a specially designed chamber for two.

You’ll learn where the phrase ‘glorious mud’ comes from, as your skin will feel fantastic, whilst the minerals sooth aches and pains.

**CHAMPNEYS SHARED INDULGENCE**
A relaxing experience for couples, where you’ll each receive a relaxing back massage, head massage and body wrap.

Aching muscles are soothed, skin is made silky soft, and you’ll both feel utterly relaxed.

**THALASSOTHERAPY**
Relax in a mineral-rich warm pool, whilst hydrotherapy jets stimulate and tone tired, aching muscles.

There are many benefits, including treating arthritis and general muscular and joint aches and pains, and it can also help cellulite and eczema too.

**To Book Contact Us On Treatments@Champneys.com**
To make sure your selected treatment is suitable for your needs/requirements please check when booking.
AMANDA HAMILTON

Well-respected nutritionist, health expert, broadcaster, writer and consultant. Amanda is extremely passionate about nutrition and healthy living, and has been working with Champneys for a number of years. In fact, her Detox Retreat at Tring, is one of our most popular. Through her experience, expertise and personable nature, Amanda motivates and guides guests towards long-term health. Her workshops cover everything from general detox to stress and weight loss, with education at the heart of every class. She’s helped thousands of people lose weight, regain body confidence and find a zest for life.

DR PETER PETRIE

Has more than 30 years’ experience across Buckinghamshire as a General Practitioner, Dr Petrie (MBCH, DRCOG, MRCGP). He also brings a wealth of business development knowledge too. Dr Petrie is also an NHS GP appraiser for Buckinghamshire. He specialises in hypertension, mental health, preventative medicine, family medicine, care homes and corporate health.

TO BOOK CONTACT US ON TREATMENTS@CHAMPNEYS.COM
BECKI DOUGLAS
Senior Nutritionist at Champneys, where she has worked for more than 10 years. Having built up a wealth of experience, her expertise and work has taken her into many different fields of nutrition, including teaching, consulting, writing and presenting. Becki has also worked with international footballers, Hollywood film stars, celebrity chefs, a heavyweight boxing champ and one Miss England. Specialising in weight management, hormonal balance and food sensitivity screening, she believes that we should ‘eat to thrive, not to deprive’. 

EMMA JAMES PHYSIOTHERAPY
A Chartered Physiotherapy and clinical Pilates company specialising in the holistic treatment of all musculoskeletal and sporting injuries, as well as rehabilitation. The team at Emma James Physiotherapy also includes osteopaths, sports therapists and personal trainers. Emma James, herself, has more than 15 years’ experience and believes in treating the body holistically and addressing all aspects of an injury – including emotional and nutritional factors, not just the physical. All physiotherapists are State Registered and recognised by all major medical insurance companies, including BUPA and AXA.

For more information visit ejphysio.co.uk
Meet The Experts

RIVERBANKS WELLNESS AND ANTI-AGEING CLINIC

Featuring some of the leading cosmetic medical staff in the country, the award-winning team includes Dr Ravi Jain (Medical Director and Consultant Aesthetic Physician) and Dr Lori Nigro (Aesthetic Physician). Dr Jain is internationally renowned and specialises in aesthetic medicine for the face and body; he leads the medical team at Riverbanks Wellness. Formerly working in obstetrics and gynaecology, as well as time spent at a GP, his rise within the aesthetic industry has been rapid. He now stands at the forefront of VASER practitioners. His colleague Dr Nigro is also highly respected, specialising in skin damage from the result of acne, weight gain, the sun and smoking. Her approach to anti-ageing is renowned, as is her CO2 laser facial rejuvenation treatments.

LOUISE DAY

Champneys Wellbeing Director who oversees all of the resorts’ wellbeing programmes and specialist breaks. She also looks after the fitness department and its professionals, including the personal trainers, nutritionists and class instructors. Louise is a highly qualified fitness expert and has been working at Champneys for more than 20 years. An industry leader, her opinion and guidance is extremely sought-after – with regular correspondence found in national newspapers, magazines and websites.
Meet The Experts

PAUL HARMES
Having trained for five years at the British School of Osteopathy, considered one of the most challenging medical courses in the UK, Paul has worked extensively in a wide range of fields with patients ranging from celebrities, sports men and women to children, the elderly, HIV sufferers and expectant mothers. As Champneys resident Osteopath he can be found exclusively at the resort in Tring. He also works for one of London’s leading and oldest osteopathic practices, the Seymour Practice.

LORRAINE HATFIELD RN
NURSE ADVISOR
Qualified nurse with extensive experience - working for the NHS and Private Sector in a number of varied fields from orthopaedic, surgical and rehabilitation to wound care. Nurse Lorraine offers private consultation, health screening and blood testing. She also recognises the importance of working closely with our nutritionist, physios and fitness team – giving Champneys guests pathways to achieve optimum health and long-term wellbeing goals.

HEART REHAB AND PREVENTION SPECIALISTS - HEALTHY HEART
Multidisciplinary team of experienced cardiac health professionals, offering a unique, private cardiac rehabilitation and prevention programme. Aimed at patients with existing heart problems and those at risk, the friendly healthyheart team can help optimise recovery and provide education – working on key influences like diet, exercise, stress and medication. The programme is based at Champneys Tring, with the team made up of a cardiac nurse, dietician, physiotherapist, exercise specialist, occupational therapist, pharmacist and cognitive behaviour therapists.

For more information visit healthyheart.co.uk or email info@healthyheart.co.uk