

## URBAN RETREAT AT HARRODS ARE DELIGHTED TO ANNOUNCE THE ARRIVAL OF EQVVS TO THE BODY CLINIC

## THE BODY CLINIC DESIGN YOUR BODY

Elite personal training studio, eqvvs arrives at Urban Retreat's Body Clinic ready to transform the shape of London in time for the party season!

**As Pioneers in luxury hair, health and beauty for over a decade, Urban Retreat** have chosen eqvvs as their exclusive partner to **cater and create bespoke offerings** to their customers' fitness and nutrition needs.

### GRAZIA

Celebrating their first anniversary eqvvs owner and Director, Nicola Addison appears in **Grazia this week** with top fashion icon Daisy Lowe, who shows off the stunning results of their signature training programme in the October issue of bestselling fashion magazine Grazia.

**Nicola Addison says** - "Urban Retreat truly understand that by incorporating any form of activity into their clients weekly routine will ensure they see enhanced, longer lasting results from their treatments. With this in mind, we are very excited to be Urban Retreat's health & fitness expert who are able to deliver the exercise element of their service menu."

You too can achieve the A-list shape you long for by choosing from the array of cutting edge packages now on offer within **Urban Retreat's Body Clinic**... Including an exceptional combination of body sculpting services from **HYPOXI® Method**, elite training regimes from **eqvvs**, bespoke diet plans from **Soulmate Food** and tailored beauty treatments from **Urban Retreat's championed brands** for targeted body shaping, inch loss and cellulite reduction to guarantee transforming results, all to suit you and your lifestyle.

**Body Clinic Manager, Dajana Prosnanova says** - "It is sometimes difficult to achieve the beautiful figure always dreamt of with just regular exercise and healthy diet. With Hypoxi Method you can change your body shape in less than a month AND lose almost one dress size! Hypoxi is a combination of vacuum therapy and gentle exercise that enables us to burn fat from parts of the body that are harder to banish weight from like stomach, hips and thighs. By combining exercise with healthy eating and Hypoxi we've found a formula that work wonders!"

### SHAPE UP

#### eqvvs15 £1,125

This package includes 15 one hour personal training sessions at eqvvs training, situated in the heart of Knightsbridge only 2 minutes walk from Urban Retreat. Whether you are new to exercise, have a specific body or lifestyle goal, or simply need to get more active, personal training could be an option for you.

#### eqvvs15 £1,575

With time being precious, many clients have difficulty in finding the time to come to the studio. eqvvs15 brings the studio to you. 60 minute sessions delivered in your space to fit around your lifestyle.

### SHAPE & SCULPT £2,000

Includes 12 sessions of Hypoxi

- **8 sessions personal training with eqvvs**



## **SHAPE REVOLUTION £2,500**

Includes 12 sessions of Hypoxi

- **8 sessions personal training with eqvvs**
- **4 weeks of Soulmatefood**

## **SHAPE & BEAUTY REVOLUTION £3,000**

Includes 12 sessions of Hypoxi

- **8 sessions personal training with eqvvs**
- **4 weeks of Soulmatefood**
- **8 beauty treatments\* – a choice of Guam, Murad, Mama Mio or Thalgo**

**In addition to the new packages above with your first Hypoxi course purchased receive a complimentary fitness consultation/training session at eqvvs.**

The Body Clinic is committed to delivering long term results to suit your lifestyle, offering not only improved fitness, weight loss, cellulite reduction and targeted body shaping but long term health benefits, advice and support. Put your body in the hands of their experts to plan and manage your new programme so you can see what can be achieved!

**For further press information about The Body Clinic, Urban Retreat at Harrods please contact Lucy Martin on: 07980758499 or email: [lucy.martin@urpr.co.uk](mailto:lucy.martin@urpr.co.uk)**

Notes to Editors:

### **SOULMATEFOOD**

Soulmatefood is the UK's only 5 star diet – delivered direct to you. This award-winning bespoke diet distribution service is more than just a diet; it's a way of life. Soulmatefood creates gourmet, delicious, nutritious meals and snacks, tailored specifically for you, and delivers them to your home or office for hassle-free healthy eating. Whether you want to lose weight, tone up or simply follow a more balanced diet, Soulmatefood has the nutritional wellbeing solutions for you.

Benefits of enjoying Soulmatefood include:

- Sustainable weight-loss
- Hassle-free healthy eating
- Delicious nutritionally-balanced gourmet meals
- All meals delivered fresh
- Boosted energy levels
- Affordable and enjoyable
- Balanced moods and mental clarity, no afternoon slump
- Regulated blood sugar levels
- Lowered cholesterol and blood pressure
- No meal planning, shopping, preparation, cooking or calorie-counting
- Nothing frozen, no colourings, additives or preservatives

### **THE BODY CLINIC, URBAN RETREAT AT HARRODS**

Everyone's body works differently, so your personalized regimen will be completely bespoke to you. From your nutritional plan to your HYPOXI® Method exercise routine all of your needs will be considered. The beauty of The Body Clinic...it's within Urban Retreat. So we can supplement your programme with a menu of decongesting treatments to detoxify your body.

Choose From:

- G5 Gyrotory Massage
- Aromazone Lymphatic Drainage
- Frigi-Thalgo Body Wraps
- Cellutron Treatment
- Guam Body Wraps
- Detoxifying Wraps
- Lymphatic Massage