

NEWS RELEASE

February 2018

ROSEWOOD LONDON DEBUTS NEW FITNESS RETREATS FOR 2018

*Introducing London's new destination for health & fitness with The Jameson Retreat
at Sense, a Rosewood spa*

Rosewood London has appointed elite lifestyle coach Harry Jameson as the hotel's Personal Trainer in residence, effective from February 2018.

A new destination for health and fitness in the city, Harry Jameson will be launching The Jameson Retreat at Rosewood London - a new series of fitness workshops throughout 2018. Optimising personal practice and promoting positive lifestyle changes, the highly targeted three-stage programme goes beyond the physical performance of fitness combining training, treatments and nutrition, to set a new standard for residential health retreats.

Led by Harry Jameson, Personal Trainer and health and fitness expert in residence, The Jameson Retreat is a complete departure from the recent glut of more trend-led workouts, and will mark a return to the gym's core values: simple, unpretentious and above all, invigorating.

Having worked with a high-profile client base, plus physiotherapists and naturopaths for over 10 years, Harry is now able to utilise this knowledge to achieve unrivalled results for his clients. Joining him will be a handpicked team of some of the most educated and experienced performance specialists from around the world, schooled in a variety of one-to-one training methods.

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Prior to the retreat, guests undergo an initial pre-treatment assessment that sets the blueprint for a personalised retreat programme. The assessment is designed to access problem areas through full body biometric and physiological testing, determining nutrient deficiencies, sleep problems, stress and foods which may be preventing the body from achieving optimum health. Each assessment is exclusively created to focus on a guest's specific needs, providing an entirely individual experience.

From there, a tailored programme is created for the retreat incorporating:

- Daily personal training sessions with Jameson's team of Performance, Yoga and Pilates specialists
- Morning fitness, yoga or meditation classes
- A healthy eating plan designed by Jameson, based on individual needs. This will include Jameson approved dishes from the Mirror Room such as *Grilled organic chicken breast, aubergine, peppers and patipans and Scallop carpaccio, pomegranate and chervil*
- Sense, a Rosewood spa's Maison Caulières calming treatments

Unlike other retreats, guests of The Jameson Retreat at Rosewood London will be able to enjoy the most scenic parts of London. Designed as the perfect workout to energise, Harry will guide guests on a jogging route by London Bridge, Houses of Parliament, London Eye, Sommerset House and St Pauls before returning back to the hotel leaving guests feeling strong, toned, stress-free and ready to tackle the day.

Following the retreat, guests will remain in close contact with their assigned trainer as they are guided through the 5-week aftercare-training package.

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Rosewood London Debuts New Fitness Retreats For 2018

Page 3

The Jameson Retreats will run at Rosewood London across 13 – 15 April; 10 – 12 August; 23 – 25 November.

A sample daily programme:

- 7:30am Morning meditation, Pilates or PT session
- 8:45am Jameson Retreat breakfast
- 11:30am Assessment
- 3.00pm Afternoon session with a Jameson fitness expert
- 6:30pm Room service or early dinner at Mirror Room

The results? Not only a lean, toned and strong physique but also build unparalleled levels of fitness and stamina.

Prices from £2,399 for The Jameson Retreat and includes accommodation at Rosewood London plus all meals, training sessions, pre & post testing and aftercare package (for single use) and £1,999 per person for a double use.

In addition to his retreat, Harry is also available for one-to-one PT sessions which can include boxing, yoga, stretching and strength training. This unique fitness offering at Rosewood London is tailor made by Jameson himself to promote better health, increased energy and serenity from the outset.

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Harry Jameson:

Harry is an elite level personal trainer and health and fitness expert. Primarily based in and around Central London, Harry and his team provide the very best in personal training, strength and conditioning and health and lifestyle management services. Over the past 10 years Harry has built an impressive portfolio of clients; crafting the highest level of health and lifestyle management services available in the UK and worldwide.

A firm believer in training the mind as well as the body to drive maximum results, Harry's meticulous approach to training clients is based on psychological scientific foundations obtained through a degree in sports science and psychology alongside own personal research and development. Furthermore the Jameson concept is enhanced by their selection of handpicked health partners who join together to assess, create and facilitate life-changing results.

About Rosewood London

Rosewood London, centrally located in the heart of London on High Holborn and housed in the original headquarters of the Pearl Assurance Company, showcases a sensitive renovation of the 1914 Edwardian, Grade II-listed building. Combining English heritage with contemporary sophistication, the retained Belle Époque architectural features include the original carriageway entrance to the grand courtyard and a spectacular Pavonazzo marble staircase which rises over seven storeys. The hotel has the feel of a stylish London residence and houses 262 guestrooms and 44 suites including the Grand Manor House Wing, an exclusive six-bedroom suite with its very own postcode. Tony Chi and Associates created the interiors of the public areas including 11 event spaces and the Mirror Room, serving elegant, innovative cuisine and afternoon tea. The Martin Brudnizki-designed Holborn Dining Room and year-round outdoor terrace offer British classics with a twist whilst Scarfes Bar serves creative cocktails alongside live jazz and cabaret.

For more information: rosewoodhotels.com/London

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