

Wellness by the Lakes at the Lakes by yoo is coming back



March 2017 sees the return of the successful bespoke balancing and spiritual retreat in the Cotswolds, aiming to harmonise your diet and exercise

January 2017: The Lakes by yoo, THE exclusive and private villa rental estate in the Cotswolds, famous for its breath-taking design and picturesque outdoor scenery has once again teamed up with Bettina's kitchen, WelleCo.com's Super Elixir, the Bosworth Clinic, Spiezia Organics and Studio 13 to provide guests with a holistic wellbeing experience that brings together the pillars of Wellness, and equips guests with the learning to weave their newly learnt practices into their daily lives – after having a super boost of Wellness at the retreat of course. All of this will delivered in the ultra-luxurious Barn House – designed by Kate Moss – where the retreat will be hosted, and guests will call their home during their stay.

The bespoke retreat includes a private consultation with our Spiezia therapist, one exclusive Physiotherapy session with the Bosworth Clinic team, one bespoke treatment crafted for each guest individually, one personal trainer session, all meals and smoothies during the four day retreat, daily yoga, a Super Elixir started kit and Spiezia starter kit to take a bit of wellness back home.

Food will be prepared by Bettina's kitchen, whose founder Bettina Campolucci-Bordi is a pioneer of introducing plant-based eating and its benefits back into our diets. Meals prepared will be 100 % plant-based throughout the retreat with the opportunity to learn about the benefits of eating natural, plant based cuisine along the way. Guests will be able to pick up a few recipes and preparation techniques in order to include clean and energising meals in their daily schedule after returning home. Bettina has also used Elle MacPherson's "Super Elixir Alkalisising Greens" through her recipes. WelleCo.com is Elle's wellness nutrition company, whose organic products balance the pH in your body leading to healthier living the alkaline way – WelleCo also offer a range of delicious protein supplements, and are known as the world's best organic wholefood supplement company.

Highlights of the retreat will include a physiotherapy session with the Bosworth Clinic team – the team GB physiotherapists – as well as the individual treatments delivered by the Lakes Spiezia Organics trained team. Spiezia Organics is the first UK company to achieve a 100% organic accreditation and treatments will focus on creating a sense of balance within your normally busy schedule.

The retreat is hosted by yogi Clare Loughane, owner and founder of Studio 13, one of Cheltenham's most prestigious yoga studios. Clare's distinct vision, that yoga is for everyone, will create an atmosphere where beginners and experienced yogis can come together to experience a weekend of holistic wellbeing. She will nurture guests through their journey, and is a comforting and warm presence to have anchoring the retreat.

With architecture and surroundings playing a key role in wellness, the retreat will be hosted in the Barn House at The Lakes by yoo – the first property designed by Kate Moss. The house is the definition of super-luxe, with silk carpets, heated outdoor pool and an interior that blends rock and roll with high fashion.

With just a 2.5 hours' drive away from London, there is no excuse to not ditch the daily routine for a weekend of readjusting, balancing and revitalising yourself and your health.

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Notes to editors:

The retreat will be hosted from the 17th – 20th March 2017.

The retreat includes:

- Private consultation with a therapist
- One exclusive physiotherapy session with the Bosworth Clinic Team
- One bespoke treatment crafted individually for each guest by the Spiezia trained spa team
- One personal trainer session with master TRX trainer Matt Gleed (group)
- All meals and smoothies
- Daily yoga
- Super elixir starter kit (WelleCo)
- Spiezia starter kit
- Food by Bettina with master classes & recipes to take away

Transfers can be arranged upon request.

Cost: Prices start at £ 1,150 per person, based on 10 guests (double occupancy) staying in the Barn House, designed by Kate Moss. Single occupancy rates are £2,070.

The Lakes by yoo – Easy to reach, hard to leave

With interiors designed by Kate Moss, Elle MacPherson, Jade Jagger, Kelly Hoppen, Phillippe Starck & the Yoo Studio the Lakes by yoo are a gorgeous design-led holiday and weekend home destination within a spacious yet truly private countryside environment . Offering a full security and concierge service, events management, a bespoke activities team & access to a luxurious spa, The Orchard, with Bamford & Oskia therapies as well as a kids' club with plenty of outdoor and indoor activities, the Lakes by yoo are the perfect retreat for families, groups & couples alike. Zip lining, sailing, fishing, biking, canoeing are available on site with plenty of other activities such as golf, polo, water skiing, horse riding diving, knee boarding, wake boarding and rally driving available close-by.

Located in the glorious Cotswold water park, The Lakes by yoo is the ideal base for exploring the area, being 30 minutes from Cheltenham, Stow on the Wold & Bourton, & only 15 minutes from Cirencester and only 2.5 hours from London. It is the ideal base for a Cotswolds Spa Break.

Properties are arranged into 5 categories, depending on their size, facilities, features & finish, beginning with 'Special' and progressing to 'One of a Kind'.

Wellness by the Lakes has been running successfully in 2016.

Houses are available for rent or for ownership.

For media enquiries, images, press visits please contact

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More information on the The Lakes by yoo can be found here: www.thelakesbyyoo.com

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