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****PRESS RELEASE****

**California Health & Longevity Institute Launches The Signature Retreat at
Four Seasons Hotel Westlake Village**

Los Angeles, CA (April 2017) — California Health & Longevity Institute and Four Seasons Hotel Westlake Village have partnered to launch an immersive four-day all-inclusive wellness experience created to help individuals achieve personal well-being and inspire lifestyle changes. Experts at California Health & Longevity Institute use the latest technology and scientific findings to curate workshop experiences, cooking classes and personalised workouts for optimal health and weight loss. This program provides guests with valuable tools and expertise to begin the journey to personal health and happiness.

The retreat is customised based on a pre-program phone consultation and assessments with California Health & Longevity Institute health experts to better understand and curate a personalised experience. Upon arrival, participants are invited to experience integrated group workshops led by highly trained and certified fitness, nutrition and life balance specialists. These workshops are designed to provide clients with the necessary tools to form positive, internal dialogues that will assist in making better daily decisions and creating lifelong health management skills. Sample workshops include “How to Walk Past Chocolate,” “Mindful Eating,” “Secrets to Metabolism” and “How Stress Affects Hunger and Cravings.”

A variety of cooking classes and nutrition consultations, led by Registered Dietitians, will provide insightful tips, strategies and recipes to ensure continued healthful eating once participants complete the retreat. Cooking classes and dining experiences take place at the Hotel’s beautifully designed open concept kitchen and adjoining Feel Good dining room. Retreat guests will not only learn concepts in nutrition and how to recognise foods that suit their specific needs, but also how to prepare delicious breakfast, lunch and dinner entrees. Additionally, guests will be served daily meals and snacks for the duration of their stay. Menus are crafted with a Mediterranean mindset, featuring plant-based dishes made with whole foods, sustainable fish, free-range poultry and locally sourced fruits and vegetables.

To round out the experience, guests will participate in group workout sessions led by expert exercise physiologists featuring high intensity interval training mixed with weight-bearing exercises. Additional group activities include yoga, Pilates and barre classes, along with indoor cycling in the facility's Spin Studio featuring the Activio System, which monitors individual heart-rate variability. Training occurs both inside the Hotel's state-of-the-art fitness facilities and outdoors among the surrounding Santa Monica Mountains.

The Signature Retreat costs USD 2,900 for one guest and USD 4,895 for two guests, and includes three-night luxury accommodations at Four Seasons Hotel Westlake Village along with all daily meals, workshops, cooking classes, fitness training and consultations. Also included are complimentary self-parking, Wi-Fi and an exclusive wellness amenity upon arrival.

To book The Signature Retreat, call 818 575 1119.

2017 Retreat Dates

July 20-23 (SOLD OUT)

August 17-20 (SOLD OUT)

September 14-17

October 5-8

November 9-12 (SOLD OUT)

For more information, please contact Kameron Nesen at (818) 575-1426 or email Kameron.Nesen@fourseasons.com.