

CHEWTON GLEN

NEW FOREST

FOR IMMEDIATE RELEASE

JULY 2023

CHEWTON GLEN PARTNERS WITH THE BEAUTY TRIANGLE FOR WELLNESS RETREAT



London, July 2023 - On Friday 22nd September 2023, [Chewton Glen](#) will partner with [The Beauty Triangle](#) for the inaugural Chewton Glen x The Beauty Triangle Wellness Retreat, a one-day immersion into the world of holistic health and wellbeing. A member of Iconic Luxury Hotels, Chewton Glen is a quintessential English country house hotel, with an award-winning spa acting as a tranquil oasis on the edge of the enchanting New Forest. The inaugural Beauty Triangle Wellness Retreat is an exciting extension to Chewton Glen's existing roster of deeply nurturing spa and wellness offerings, catering to guests looking for a total reset in the heart of the British countryside.

Designed to educate and empower guests, the retreat will offer a range of intelligent panel-led conversations from some of the UK's leading wellness practitioners, moderated by The Beauty Triangle's founder Francesca Ogiermann-White. Throughout the day, guests will have the opportunity to join three panel sessions, including:

- **Skin Confidence:** as autumn begins, this session will focus on how to best replenish skin from the inside out, examining the latest methods that promise to brighten and energise complexion, from hands-on treatments to next-generation tech.

Panel: *Dr Joanna Christou, aesthetic doctor + non-surgical expert; Professor Jonathan Roos, ophthalmic + oculoplastic surgeon; Nataliya Robinson, facialist + Traditional Chinese Medicine practitioner*

- **Women's Wellness:** bringing together experts in women's health and wellbeing, this panel will focus on empowering women with the tools to navigate changes to their bodies as they enter new life stages, whilst maintaining a sense of calm, control, and inner confidence.
Panel: Dr Shirin Lakhani, aesthetic doctor + menopause advocate; Jennifer Harper-Deacon, nutritionist, and naturopath; Fiona Arrigo, psychotherapist + intuitive healer
- **The Power of The Mind:** equipping guests with several safe, sustainable routes to help enhance self-esteem, this session will delve into the factors influencing our day-to-day disposition - from mindset, to hormones, to sleep - and how to best regain a sense of balance.
Panel: Dr Sohère Roked, integrative health GP + BHRT expert; Laura Mellor, reflexologist; Katie Brindle, Traditional Chinese Medicine practitioner and meditation coach

Embracing the healing powers of nature and immersing guests into the great outdoors, the retreat will also include a variety of soul-replenishing activities throughout the day. Guided sound healing sessions will be led in the hotel's lush walled garden; al fresco yoga will take place on the terrace of the newly renovated Lake Suite, whilst a mindful coastal walk across to sandy Highcliffe Beach allows guests to explore more of the incredible natural surroundings Chewton Glen is privileged to have on its doorstep.

Ensuring guests leave feeling rejuvenated for the weekend ahead, the day will be powered by a selection of healthy snacks, juices, and teas. A nutritious sharing-style lunch will offer guests the chance to embrace The Beauty Triangle's ethos of open dialogue, meeting like-minded individuals and connecting over shared experiences.

Tickets for the Chewton Glen x The Beauty Triangle Wellness Retreat cost £215 per person, with a member's discount available. Overnight prices starting from £810 per double room/per night and includes accommodation, breakfast, use of the spa and leisure facilities and all element of the Wellness Retreat. Further details are available on the websites below:

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About Chewton Glen

Chewton Glen is a five-red star privately-owned luxury country house hotel, located on the edge of the ancient New Forest National Park in Hampshire and just a few minutes' walk from the sea. A member of Relais & Châteaux, this family-friendly resort features an award-winning restaurant, world-class spa and leisure activities, luxurious accommodation and modern meeting facilities and a Childrens Club. The hotel has 72 individually designed bedrooms and suites including 14 tree-house suites, a nine-hole par three golf course, croquet lawn, indoor and outdoor tennis courts, a spa which has been voted the best in Europe and a purpose-built cookery school, bakery and informal restaurant opened in association with James Martin.

About Iconic Luxury Hotels

Iconic Luxury Hotels was founded in December 2016 and is part of L+R Hotels (landrhotels.com) - a highly motivated family-owned global hotel investment and management company - who have an extensive portfolio of over 105 hotels, with approximately 21,000 bedrooms. Iconic Luxury Hotels is an expanding collection with an international focus. The collection is comprised of an eclectic array of properties each of which celebrates distinct architecture, cultural heritage, and natural surroundings.

Each property has its own character, traditions, and stories but they share a common commitment to delivering outstanding experiences. The current portfolio includes some of the world's most famous hotels from Cliveden House, one of England's finest country estates, to the Hotel Excelsior in Italy which is the home of the Venice International Film Festival. The other UK hotels are comprised of Chewton Glen an English estate on the South Coast, The Lygon Arms a 14th Century Coaching Inn in the Cotswolds, 11 Cadogan Gardens in Chelsea, one of London's most prestigious residential areas and The Mayfair Townhouse, London which opened in December 2020.

About The Beauty Triangle

The Beauty Triangle was founded by Francesca Ogiermann-White, a writer, speaker and consultant specialising in aesthetics and cosmetic surgery, and Health & Beauty Editor-at-Large of Tatler. The Beauty Triangle brings together the most sought-after practitioners in their respective industries, creating monthly discussions that are relevant, reactive and reflective of current developments in the wellness space. Events cover a variety of topics: from menopause management and mental health; to cultivating skin confidence and preparing for a surgical procedure, always inviting dialogue and further debate.