

Join me the nutrition guru
Tina Lond-Caulk
BSc, BANT, CNCH, FNCP
registered nutritionist,
wellness speaker, author

midlife reset health retreat

bodyholiday
bodyscience

1-5th November 2023
(5 or 7 nights)

bodyholiday
bodyscience



Changing People's Lives, One Person at a Time.



positive ageing & longevity midlife reset retreat

Slow time, destress, unwind, harness all day energy and learn how to turn back the clock with the latest science and lifestyle hacks for Positive Ageing and Longevity at The Nutrition Guru 'Midlife Reset' Retreat.



You'll learn how to;

- Slow down the ageing process
- Activate your immune system
- Improve insulin resistance and improved metabolism
- Learn how to achieve a healthy weight for life
- Support cellular longevity and reduce inflammaging
- Enhance stress management
- Increase your resistance to oxidative stress
- Strengthen your antiviral defences
- Rebuild the highest physical and mental potential



about Tina

Building on the extensive knowledge gained from years of clinical practice, and over a decade educating and presenting motivational wellness talks to companies all over the globe including Google, Investec, Trustpilot and many more.

I share my knowledge with you on the latest scientific evidence on improving longevity and your health span, using dietary interventions, the latest testing (genetic, gut, blood, urine) and explain how technology can help you achieve your health and wellbeing goals and literally turn back the clock from the inside out.



the power of
improved diet,
nutrition and
healthy hacks ...

I have dedicated the last two decades to learning the secrets behind longevity and wellbeing and have helped thousands of people transform their health. Their health transformations are lifechanging;

- weight loss (5 stone and more)
- reverse type 2 diabetes and metabolic disorder
- reverse a fatty liver
- reverse high cholesterol (no statins needed)
- improve skin conditions – psoriasis, acne, eczema
- significantly Improve energy
- improve sleep issues
- improve peri and menopause related symptoms
- improve mood, memory and motivation
- improve cognition and prevent dementia





the body holiday



Experience the profound wellbeing that comes with a Body Holiday experience and achieve total wellbeing with a revitalised body, destressed and completely energised to head into the winter of 2023, equipped with protocols that work for you to take home to optimise your day to day life not just for now but for the rest of your life.



A tropical resort scene featuring a swimming pool with a blue mosaic tile interior. In the foreground, there are two large, teal-colored beanbag chairs on a grey lounge mat. To the left, a white lounge chair with a person sitting on it is visible. In the background, there's a sandy beach with several pink umbrellas, palm trees, and the ocean under a clear blue sky. The text "what's included:" is overlaid on the right side of the image.

what's included:

- All food including breakfast, lunch and dinner
- Hotel's open bar with national and imported drinks and in all restaurants
- Hotel activities and guest events
- Water sports (sailing, water skiing, kayaking, off-shore scuba diving, etc)
- Sports offered at Hotel including tennis and golf.
- One daily wellness treatment at the Hotel spa per guest, excluding day of arrival and day of departure
- All wellness, recreational and entertainment activities programs



restaurant options

The Body Holiday is an all-inclusive holiday (food, drinks and wine) and offers 6 dining options including;

- Tao Asian - Condé Nast Traveller's list of the "60 Hottest Tables"
- Caribue Windows
- The Pavilion
- Afternoon tea
- I-Tal – organic treehouse plant-based dinner

Luxury Ocean View King or Twin:
US\$591.50 single occupancy/night
US\$754.00 double occupancy/night

Approx. £310/night/person for twin room

£1545 for 5 nights/person/twin room

You are welcome to arrive up to 3 days before
or stay 3 days longer at the discounted retreat
rates

Flights

- BA direct from the UK to St.Lucia
- Private Transfer cost approx. USD 90/person
(we may organize a large group transfer
depending on numbers)

**Feel truly rested, healthy,
recharged and energised**



discounted hotel fees for
the retreat

