



Eco Friendly & Fabulously Fit - Whole Health Retreat

Vita Vie Retreat, formerly known as Bella Vita Retreat, takes their highly successful weight loss boot camp to a new level for a week of holistic health, raw food cooking lessons, fitness, weight loss and eco friendly education. Known for being a no-nonsense “get your butt in shape retreat”, Vita Vie Retreat aims to educate people on eco friendly practices, holistic health care and nutrition as well as stress management and complete rejuvenation.

Fort Lauderdale, FL, October 02, 2008 --(PR.com)-- Beginning December 1, 2008, the Whole Health Retreat will begin sessions for this all encompassing holistic retreat. 14 participants of this new wellness adventure will eat, sleep and breathe health and fitness, meditation, holistic nutrition and stress free spa treatments for six nights. Getting away from much of the conventional fitness classes normally offered at their retreats, Vita Vie Retreat will push clients with shallow water walking and running, pilates, sunrise beach yoga, body sculpting at the beach, classes on environmentally friendly practices for the home and the body, metabolic typing, holistic nutrition and disease prevention and more. “It's time for us to really start educating people on their bodies, their environments and what they can do to protect themselves from disease and how to promote long, healthy lives,” says retreat owner, Margot Rutigliano. Long days of hard work will be rewarded with healthy, gourmet spa meals, candlelit cobblestone walking at sunset on the rooftop, relaxation and meditation. “It will be the perfect combination of kick butt workouts and total relaxation,” adds Rutigliano. Spacious guest rooms boast fine linens, dark wood furnishings, granite countertops, in room refrigerators stocked with spring water, in room washer and dryer, view of the ocean, private balcony, complimentary coffee and tea and spa robes.

In addition to vigorous exercise and lectures, a full spa awaits with treatments ranging from skin care to sports massage. Fresh lemon water as well as fresh cut fruit adorn the spa's relaxation area. Five spa treatments are included in each package to ensure total rejuvenation. Also included in the package are hands on classes geared at teaching clients how to make fresh, organic body scrubs and treatments. A fully equipped fitness center, aerobics room and meditation room compliment the spa for fitness classes, early morning yoga and general relaxation. Also included are organic gift bags with any array of environmentally friendly and organic products.

The 6 night package includes accommodations, three healthy meals daily, all whole health retreat classes and lectures and five spa treatments per person. The rate is \$3250 single and \$2650 double per person. More information can be found at www.bvretreat.com/wholehealthweek.html.

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Contact Information:

Bella Vita Retreat
Margot Rutigliano, East Coast Coordinator
843.364.0790
info@bellavitaus.com
bvretreat.com

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