



ESSENTRICS®



### Round Hill Hotel and Villas to Host Age Reversing Fitness Holiday

**MORTEGO BAY, JAMAICA (June 2017)** – The luxurious [Round Hill Hotel and Villas](#) in Montego Bay, Jamaica has partnered with *The New York Times* bestselling author and television host, Miranda Esmonde-White to offer a six-night Age Reversing Fitness Holiday from 7 - 13 October 2017. Esmonde-White will incorporate elements of her revolutionary Essentrics® workout programme – favoured by the likes of supermodel Lily Cole and actress Naomie Harris – to offer a retreat that educates participants on how to rejuvenate and rebalance one’s body and inspire the mind with the perfect balance of relaxation, pampering, and fitness.

Resplendent in old-world glamour, history and style, Round Hill has welcomed a reputable list of guests over the last century; including JFK and Jackie Kennedy, Sir Noel Coward, Errol Flynn, Adele Astaire, Paul Newman and Ian Fleming. Surrounded by acres of lush tropical gardens and the beautiful Caribbean Sea, guests will also enjoy natural spa treatments, gourmet cuisine, daily afternoon tea, and ultimately the ideal atmosphere to relax amongst the beauty of Jamaica.

Led by Esmonde-White, the age-defying programme will include Daily Essentrics® Age Reversing workouts that comprise full-body, dynamic stretching and strengthening exercises proven to increase energy, assist with weight loss, improve posture, reduce joint stiffness and promote strength, flexibility and mobility. Participants will also discover the secrets of ‘healthy aging’ from Esmonde-White, and learn how to maintain a high-functioning quality of life well into the future using techniques fully supported by scientific analysis.

Created over 20 years ago by former ballerina Esmonde-White, the Essentrics® technique has helped countless women and men of all ages and fitness levels improve their health and combat aging on a cellular level. An advocate and educator of ‘healthy aging’, she believes that a proactive approach to health can in fact control the speed and degree of the aging process.

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**Round Hill Hotel and Villas** is situated on a lush 110-acre peninsula just west of Montego Bay, Jamaica. Boasting a guest list of world leaders, cultural icons and Hollywood A-listers, this classic resort continues to attract a jet-set from around the world who enjoy timeless glamour and understated luxury along with pristine natural beaches and the inimitable Caribbean waters. Accommodations include 36 Ralph Lauren-designed oceanfront guest rooms, 90 luxurious villa rooms and suites or a selection of 27 private 2 - 6 bedroom Villas – most with private pools. Other highlights include open-air terrace dining and The Grill at Round Hill, award-winning family programs, an infinity pool, tennis courts, and an Elemis spa located in a beautifully-restored 18th century plantation house. For more information, please visit [www.roundhill.com](http://www.roundhill.com) or call (876) 956-7050.

**About Miranda & Essentrics®**

Miranda Esmonde-White is a *New York Times* bestselling author and producer of award-winning documentaries (*Aging Backwards™* and *Forever Painless™*). She is also the host of the top-ranked fitness TV show on PBS/public television, *Classical Stretch™* (airing since 1999), which features the Essentrics® technique. Miranda's workouts are available on DVD and online streaming through [www.essentrics.com](http://www.essentrics.com); live classes and workshops are offered worldwide by a large network of Certified Essentrics Instructors.

[www.essentrics.com](http://www.essentrics.com)