



Round Hill Hotel and Villas Hosts Best Selling Wellness Author Tosca Reno's Healthy Living® Experience

Transform, Refuel and Restore on the Golden Shore of Montego Bay June 1-4 2017

Chicago, IL (March X, 2017) – Surrounded by a lush tropical hillside and overlooking the pristine turquoise waters of the Caribbean, [Round Hill Hotel and Villas](#) announces a unique departure from the traditional getaway with a bespoke wellness retreat featuring *New York Times* bestselling author and wellness expert, **Tosca Reno**. This is a once-in-a-lifetime chance to learn the secret to healthy, passionate living through a customized nutrition and fitness plan will take place June 1-4, 2017 at the resort.

Guests of this transformational retreat will receive a personalized guide to eating right for their body type, develop a stick-to-it fitness routine with visible results and gain insight into leading a positive and a happier lifestyle. Guest will also enjoy:

- Meditation and Group Activities
- Resistance training with weights, bands, or body weight
- Eating Clean® Demonstrations
- Down Time
- Signature Massage at Round Hill Spa
- Social Time
- One-on-one sessions with Tosca
- Emotional and Social Wellness Discussions

This retreat will provide guests with the space to gain mental clarity, set meaningful intentions, create a comfortable game plan, identify top priorities, and maximize overall health.

As the *New York Times* best-selling author of [Your Best Body Now](#) and the [Eat-Clean Diet® series](#), and [The Start Here Diet](#), selling more than two million copies globally, Tosca is the pioneer of the Eat-Clean Movement and one of North America's most renowned health and wellness professionals leading the pack in the battle against obesity.

Round Hill Hotel and Villas in Montego Bay, welcomes you with genuine Jamaican hospitality while captivating you at every turn. This beautiful 110-acre private enclave comprises luxury villas, boutique oceanfront rooms, award-winning seaside dining and an exquisite spa that lies nestled in a lush tropical hillside along a private bay of turquoise waters.

We are extremely excited to be partnering with wellness expert Tosca Reno to create a special retreat that represents our commitment to offering our guests a life changing experience," said Josef Forstmayr, Managing Director at Round Hill Hotel and Villas. "The panoramic views of the ocean at Round Hill provide an encouraging environment to inspire and motivate guests as they exercise and learn to eat right. The stunning location of our gym and yoga pavilion, combined with the positive energy that Tosca evokes through her exclusive wellness program, will make our guests leave the resort feeling completely rejuvenated both physically and emotionally."

The retreat package includes:

- 4 days/3 nights' luxury accommodation in an Oceanfront Room
- Modified healthy meal plan with breakfast and dinner (excluding beverages)
- Step-by-step guidance on how to visualize clear intentions and a game plan for improving overall health and wellness
- Simple meditation techniques that guests can apply in their everyday lives to reduce stress and increase energy and mental clarity
- Shuttle service to and from the airport
- All taxes and service charges at hotel restaurants and bars (excluding lunch & beverages)
- Retreats unlimited gift bag

Cost of this exclusive retreat is \$2,817/double occupancy – shared room (per person) and \$3,274/single occupancy. Bring a friend and save \$200.00 for every friend that you bring!

The retreat does not include airfare, but flights can be booked through Retreats Unlimited. For more information on the retreat, please visit <http://www.myretreatsunlimited.com/clean-living-experience-jamaica>

The Healthy Living ®Experience is curated by Retreats Unlimited. To make a reservation, review the detailed itinerary or for additional information visit Retreats Unlimited or call 312-961-3280. For more information, interviews or photos, please contact Tammy Petersen at tammy@myretreatsunlimited.com.

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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 or call (876) 956-7050.

Retreats Unlimited is a full-service retreat company offering fitness, self-improvement and wellness vacations. Unlike any other, our retreats and wellness holidays are in destinations that are unique. The resorts are luxurious and each retreat offers unique experiences. <http://www.myretreatsunlimited.com/>

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