

Lifesmart at The Albany - A unique new private health club in stunning London premises

Submitted by: Murray PR

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Lifesmart, London's most eagerly anticipated new health and fitness club has launched, following the comprehensive renovation of 'The Albany' near Regent's Park.

Boasting over 6,500 square feet of pure luxury, facilities include: stunning changing, shower and steam facilities; private hydrotherapy bath and massage rooms; three 'gyms' with state-of-the-art bespoke equipment; a beautiful bright studio; a penthouse style kitchen/living room; a plush drawing room; sleeping areas and more...

Offering its unique 'whole body approach' to health, fitness and wellbeing, in a uniquely warm and relaxed environment, Lifesmart will address all elements of your lifestyle, helping you look and feel great, and ensuring meaningful, lasting results.

Members can spend time relaxing in a hydrotherapy bath before receiving a rejuvenating massage, or be in the kitchen where nutritional cooking skills can be learned and adapted for use at home. The living and drawing rooms provide a serene location for one-to-one consultations, workshops and meetings. The Gyms are arranged, and sessions are scheduled, to provide relaxed privacy for training.

Clients benefit from a comprehensive consultation and assessment before a bespoke programme is created for them which may include: personal training, correctional exercise, nutritional advice, massage, relaxation, styling, bio-mechanical assessment, osteopathy, expert medical help, and more.

As well as offering its unique services to those who simply want to improve their health and fitness levels, Lifesmart's expertise extends to sports professionals, entertainers, business leaders and anyone who needs to maximise performance or address specific injuries or challenges.

Custom designed by health experts to fully compliment all areas of treatment, the fitness equipment is bespoke, Pure HO is used throughout the building, beauty products are bio dynamic, naturally chemical free and organic, anti bacterial towels are provided and onsite laundry uses chemical free products. The result is a striking, tranquil haven - a home from home and the ultimate environment for Lifesmart's unique approach.

Lifesmart at The Albany is supported by a number of top professionals who are experts in their field including: Dr Shamin Daya, a GP and expert consultant in complimentary medicine; Dirk Crafford, a top corrective exercise specialist; Nicholas Potter, revered osteopath and sports injury specialist; and Lyndsey Booth, homeopath are just some of the dedicated individuals involved. Health and fitness expert Carol Caplin is Lifesmart's Managing Director.

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