

# Nutrition Guru Vivienne Talsmat at London's Mind Body Spirit Festival

Submitted by: Vivienne Talsmat

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With a clientele that reads like a celebrity guest list and a consultation waiting time long into next year, Vivienne Talsmat (<http://www.viviennetalsmat.com/>) is one of London's most exclusive and in-demand nutritional and wellbeing experts.

The health and beauty guru to royalty, sports men and women and celebrities such as Trinny Woodall and Alice Eve, Vivienne provides life changing advice on how to eat, look and feel better through her world class 28 Day Detox Plan.

Vivienne's ultimate aim is to help others reach optimum health and contribute to her client's happier lifestyles, and where better to express this mantra than at the Mind Body Spirit Wellbeing Festival (<http://www.mindbodyspirit.co.uk/>) at Olympia London, Hammersmith Road, Kensington, W14 8UX.

Vivienne Talsmat will be attending the show, which runs from Friday 29 April to Monday 2 May 2016, and will be launching her irresistible Rejuva Nutrition smoothie formulations.

With Vivienne's clinic remaining a private and exclusive retreat for VIPs, the Mind Body Spirit Festival will be a special opportunity to meet Vivienne, learn about her inspiring ethos and explore the Rejuva brand.

The Festival was the first exhibition in the world entirely devoted to the pursuit of healthier, more creative and fulfilling lifestyles and it offers a home for spiritual seekers and pilgrims, who like many of Vivienne's clients, travel from across the globe.

From extensive study in the areas of nutrition, kinesiology and herbalism, combined with her dedicated, passionate and vivacious personality, Vivienne developed the Rejuva Nutrition (<http://www.viviennetalsmat.com/rejuva-nutrition/>) smoothie formulations.

The one-of-a-kind formulations that are a complete food source, work as an activator and aim to rebalance the body when life throws hectic schedules, stressful situations and all the pitfalls in between. On top of this, the all-natural and ethically sourced ingredients help to aid amazing health benefits including enhanced energy, stamina and mental clarity.

Vivienne's bespoke 28-day program encompasses both a physical and emotional detox in line with an increased calorie intake of wholesome and nourishing foods that are good for both the body and soul.

The system is world-renowned and has been credited by weight-loss expert Professor Halmy for its revolutionary methods in promoting weight loss, well-being and a better adjusted body.

Dubbed as the "quintessential warrior princess", Vivienne herself practices what she preaches and embodies the holistic lifestyle approach; consuming the Rejuva smoothies and taking part in yoga, Krav Maga, Pilates and Tai Chi. Over the years Vivienne has since seen her energy levels and her positive

outlook on life increase overwhelmingly.

The Rejuva Nutrition (<http://www.viviennetalsmat.com/rejuva-nutrition/>) smoothie range is made up of four powders; Detox, Burn, Sport and Warrior NRG.

#### Links

Vivienne Talsmat <http://www.viviennetalsmat.com/>

Mind Body Spirit Wellbeing Festival <http://www.mindbodyspirit.co.uk/>

Rejuva Nutrition <http://www.viviennetalsmat.com/rejuva-nutrition/>

Rejuva Nutrition on Twitter <https://twitter.com/RejuvaNutrition>

Rejuva Nutrition on Facebook <https://www.facebook.com/rejuvanutrition>

Mind Body Spirit Wellbeing Festival Tickets

<http://www.eventbrite.co.uk/e/mind-body-spirit-london-wellbeing-festival-2016-tickets-16612171452>

Note to journalists: This is an ideal opportunity to meet and chat with Vivienne Talsmat face to face.

We are very happy to provide journalists with product samples of the Rejuva Nutrition smoothie formulations, on request.

ENDS

For further information, high resolution images or product samples please contact:

Kitty Robinson at [kitty@famouspublicity.com](mailto:kitty@famouspublicity.com) or on 0333 344 2341

Tina Fotherby at [tina@famouspublicity.com](mailto:tina@famouspublicity.com) or on 07703 409 622.

#### About Vivienne Talsmat

Vivienne Talsmat is a celebrity nutritionist and founder of Rejuva formulations. Vivienne's ultimate aim is to help people live life through vitality, and achieves this with a combination of nutrition plans, her own smoothie formulations and a selection of world-class treatments.

Vivienne's mission is to contribute to a happier and healthier planet through optimum nutrition, where people live more joyful, fulfilled lives and thrive to reach their maximum potential and contribute to the success and happiness of others.

What makes Vivienne Talsmat different is how she embodies the essence of what her products, treatments and teachings aim to achieve, which is vitality, youthfulness and optimal health. Consuming the smoothies and embodying the holistic lifestyle approach herself, Vivienne has seen her energy levels and her positive outlook on life increase overwhelmingly over the years.