



Kick start the New Year with a 'new you' on a wellness break in Pembrokeshire

20 December 2011, London: Professional health and fitness sessions, a luxury cottage, sea views, empty beaches and a national park on your doorstep- the perfect combination for a January wellness break. Pembrokeshire-based cottage resort, Celtic Haven, is offering three to four night breaks throughout January, helping guests to detox, relax and put long term health plans into action. The breaks cost £159 per person, including a £30 spa voucher and a dinner at the resort's restaurant.

Guests will be accommodated in one of Celtic Haven's 26 luxury cottages which sleep between two and 12 people. The fully-equipped cottages have cosy beamed ceilings, views over the sea or national park and have all been recently renovated.

Celtic Haven will offer bespoke sessions with Iân Morris, Celtic Haven's private fitness instructor who will tailor-make exercise and healthy living plans depending on each guest's fitness levels. Those who are new to exercise will enjoy his 'Gentle Gym' sessions and exercise enthusiasts will be talked through achievable fitness goals and regimes. David Zanato, Celtic Haven's head chef, will be on hand to talk through long term and attainable healthy eating routines.

Stress busting, detoxing spa treatments can be booked at Celtic Haven's Elemis Premier Spa which offers over 80 treatments ranging from body wraps to hydrotherapy, Reiki and reflexology. Guest's can unwind in the sauna, hot tub and indoor swimming pool or have a round on the resort's nine-hole headland golf course. Those wanting some fresh air can head to the nearby Lydstep Beach and the Pembrokeshire Coast National Walking Trail which runs past the cottages.

Philip Evans, managing director of Celtic Haven, comments, *"Our wellness breaks are designed for guests to bring us their problems and leave with solutions. We want them to go home with something, whether this is a long term health plan or just feeling refreshed."*

The price of £159 per person includes accommodation for a three night weekend or four night mid week stay, sessions with Celtic Haven's health professionals, a dinner on the night of arrival, a £30 spa voucher and use of all the resort's facilities.

For bookings: welcome@celtichaven.co.uk/ 01834 870000.

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Further Information

For more information on Celtic Haven, please visit www.celtichaven.co.uk or call 01834 870 000.

For media information, images and press trips please contact Jenny Groutage or Amelia Astley Birtwistle at The Saltmarsh Partnership on 020 7928 1600 or email jenny@saltmarshpr.co.uk or amelia@saltmarshpr.co.uk