



The Londoner Announces Exclusive Wellness Package with Resident Nutritional Therapist and Certified Functional Medicine Practitioner Elena Rolt

Introducing the Stay & Rejuvenate package. A powerful start to the year: embark on a transformative journey for your health and wellbeing



The world's first boutique hotel, The Londoner, located in the heart of Leicester Square, has partnered with Nutritional Therapist and Certified Functional Medicine Practitioner, Elena Rolt, with an exclusive room and spa package available from Tuesday 2nd January to Thursday 29th February. This dedicated package will seamlessly focus on improving guests gut health and optimal sleep for enhanced mental and physical wellbeing.

The comprehensive room package includes one-night stay, refreshing Forever Young juice on arrival, a welcome letter and a complimentary 20-minute virtual consultation with Elena. Alongside the room, the package will also provide access to The Retreat and Refuel facilities with The Retreat Refresh body treatment, a combination of a body scrub and a relaxing scalp massage included. This treatment is designed to ease tension, support lymph flow, and activate the parasympathetic nervous system, introducing a state of tranquility for a restorative night's sleep. Guests who opt for this will also savour the privilege of indulging in Elena's specially crafted set menu, available in Refuel while relaxing on the cabanas.

The gut, often referred to as the "second brain," plays a pivotal role in overall health. Elena during her residency, unveils a specially curated menu at Refuel at The Retreat. Each item, from juices to warm salads, is meticulously designed to influence gut microbiota composition, promote a health intestinal lining, reduce inflammation, and support adrenal function crucial for restorative sleep.

Dishes at Refuel will include the *Ayurvedic Morning Ritual Bowl*, blending seasonal fruits with superfoods like turmeric and ginger, known for their anti-inflammatory and gut health benefits. The Essential Beauty Juices, shown by the *Forever Young* blend pomegranate, grape, and blueberries, are enriched with anthocyanins for a thriving gut microbiota. Purifying Smoothies, including *Cloud Nine* with avocado and Madagascan vanilla, prioritise fibre retention and Nourishing Body Wraps and Salads like *Mega Omega*, with paprika-spiced salmon and tahini yoghurt, showcase ingredients promoting gut

integrity and immune function. The menu will also feature juice recharges and Kombucha to enhance the overall health and vitality.

In response to the demands of modern life that often lead to stress and sleep disruption, this limited-time wellness package offers a unique opportunity for guests to immerse themselves in a world of rejuvenation and self-discovery – the perfect start to the New Year.

Ends

NOTES TO EDITORS:

Further information about the room package can be found [HERE](#)

Dates: 2 January- 29 February 2024

From £612 which includes:

- 1 x night B&B
- Refreshing Forever Young juice on arrival to be served in the room
- Welcome letter by Elena and The Londoner
- 20min virtual consultation with Elena (*once room booking has been made Elena will email the guest directly to arrange*).
- The Retreat Refresh Body Treatment (*to be booked with reservations at time of booking*)
- Access to The Retreat & Refuel
- Guests opting for this unique package will also have the privilege of enjoying Elena's specially crafted set menu, available in Refuel whilst relaxing on the cabanas

Website: <https://www.thelondoner.com/>

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EDWARDIAN HOTELS LONDON:

[Edwardian Hotels London](#) is one of the UK's largest privately owned hotel groups, which has been operating and developing its hospitality portfolio, including upscale five- and four-star luxury hotels, since Jasmin Singh OBE began his career within the hospitality industry in 1977; forming the beginnings of what would become Edwardian Hotels London.

The Londoner, Edwardian Hotels London's latest opening, is the world's first super boutique hotel in London's Leicester Square and incorporates 350 bedrooms and suites, six concept eateries and bars, The Residence, The Retreat, private screening rooms, seven inspiring meeting spaces and a stunning ballroom for 850 guests. It is a member of Preferred Hotels & Resorts' prestigious Legend Collection.

Edwardian Hotels London also owns and operates [The May Fair](#), [The Edwardian Manchester](#), both part of premium lifestyle brand Radisson Collection, 10 Radisson Blu Edwardian hotels across London and a range of luxury restaurant and bar brands, including the award-winning Kitchen concept restaurants; [May Fair Kitchen](#), [Bloomsbury Street Kitchen](#), [Peter Street Kitchen](#), [Leicester Square Kitchen](#), [Monmouth Kitchen](#) and [May Fair Bar](#), as well as [Steak & Lobster](#) and [Scoff & Banter](#).

About Elena Rolt

Elena Rolt is a Registered Nutritional Therapist, Certified Functional Medicine Practitioner, and the founder of Gut Philosophy—a data-driven functional nutritional practice specialising in gut health, female hormonal imbalances, and brain health. Empowering through education, Elena champions a holistic approach to health, highlighting the pivotal role of gut health in overall well-being. Elena leverages extensive functional and nutrigenomic testing, professional range nutraceuticals as well as wearable devices to deliver personalised recommendations fostering positive behavioural shifts. With a wealth of experience translating professional insights into actionable strategies, Elena imparts years of knowledge in easily digestible dietary and lifestyle practices.

Elena is a Member of the British Association for Nutrition and Lifestyle Medicine (BANT, UK), accredited by the Complementary & Natural Healthcare Council (CNHC, UK), and a Certified Functional Medicine Practitioner (Institute of Functional Medicine, USA). Trained in Walsh Nutrient Therapy for brain chemistry (Walsh Research Institute, USA) and completed multiple nutrigenomics training courses.