

# Soulmate food.com

**Soulmate**food

URBAN RETREAT  
AT  
*Harrods*



# SOULMATEFOOD IN ASSOCIATION WITH URBAN RETREAT.

SOULMATEFOOD IS ABOUT BEING HEALTHY, INSIDE AND OUT. GOURMET, DELICIOUS, NUTRITIOUS MEALS AND SNACKS ARE TAILORED SPECIFICALLY FOR YOU AND DELIVERED TO YOUR HOME OR OFFICE FOR HASSLE-FREE HEALTHY EATING.

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This award-winning five star diet distribution service is more than just a diet; it's a way of life. Soulmatefood ensures you eat the foods your body wants in the right combination, portion size and balance. Three meals and two snacks per day are freshly prepared and feature a nutritionally balanced combination of protein, carbohydrates, fruit and vegetables whilst limiting saturated fats, salt and sugar.

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Whatever your goal, whether you want to lose weight, gain muscle or simply learn to establish more balanced eating habits Soulmatefood and Urban Retreat have the solutions. Create your dream body and sustain it.

EAT + BE 

# DIETS

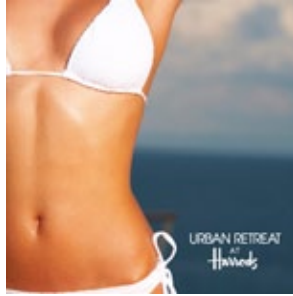
## HYPOXI®- THERAPY DIET



2 day trial £50  
6 weeks £300 per week

HYPOXI-Therapy enables the body to burn fat and cellulite in the most stubborn areas around the hips, thighs, buttocks and stomach. This specially-designed Soulmatefood diet can accelerate the body-shaping effects of HYPOXI-Therapy as the Timed Nutrition plan boosts circulation and the metabolism to offer all you need to shape up in no time.

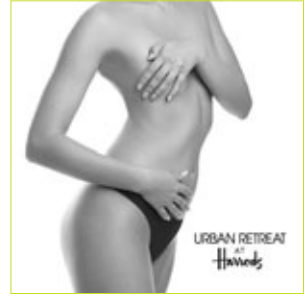
## LAZY LOSS



3 day trial £75  
6 weeks £300 per week

This custom made diet plan will make you super lively. It is designed to help you tackle cellulite and weight loss head on.

## DETOX DIET



3 day trial £75  
4 weeks £300 per week

To cleanse away toxins this bespoke plan is packed full of antioxidants, vitamins, minerals and detox supplements such as green tea extract and milk thistle. Meals can be specifically chosen to help you detox and encourage lymphatic drainage.

Week 1 — Cleanse  
Week 2 — Vegan  
Week 3 — Detox  
Week 4 — Detox

## ALL DIETS INCLUDE:

1 personal nutrition consultation in store and a weekly check up

Personalised Soulmatefood programme, 5 meals per day (inclusive of supplements)

6 days a week  
(Sunday is a rest day).

## DELIVERY & SUPPORT

Delivered anywhere in the UK

Crisis number in times of need, to coach you away from that cake!

Menu requests for your favourite dishes, but made in a healthy way!

Specialised dietary supplements to support your HYPOXI-Therapy

Programme or cleansing supplements for a detox programme

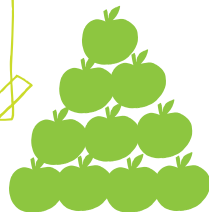
Specialist Timed Nutrition – meals that are appropriate to your treatment schedule i.e. carb-loading prior to HYPOXI-Therapy treatments

# OPTIONAL SERVICES INCLUDE:

URBAN RETREAT ALSO HAS  
A WEALTH OF SERVICES TO  
COMPLEMENT ANY CHOSEN  
DIET. WE ARE HERE TO  
HELP MAKE YOUR GOALS  
A REALITY...



- Inch Loss Wraps
- Lymphatic Massage
- Slimming & Toning Treatments
- The Body Clinic - HYPOXI-Therapy
- Accent - cellulite and re-shaping solution



**For bookings and enquires  
telephone 020 7893 8333**

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Recycled Paper: We care about the  
environment as well as your diet