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FOUR SEASONS HOTEL LOS ANGELES AT BEVERLY HILLS LAUNCHES A WELLNESS CAMP DURING LABOR DAY WEEKEND FEATURING CELEBRITY EXPERTS

Health and beauty tips with live recipe demo from celebrity nutritionist and *New York Times* best-selling author Kimberly Snyder; yoga with Steve Ross of Maha Yoga and author of *Happy Yoga*; hike through LA's celebrity-filled Runyon Canyon with Blue Clay Fitness; and BioMeditation spa session led by specialist Jeannette von Johnsbach

August 5, 2013, Los Angeles at Beverly Hills, U.S.A.

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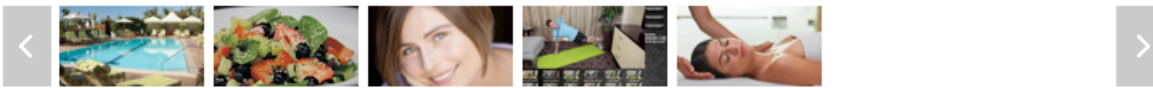
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FOUR SEASONS HOTEL LOS ANGELES AT BEVERLY HILLS
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The first **Wellness Camp** at Four Seasons Hotel Los Angeles at Beverly Hills is set to take place Labor Day Weekend, beginning on Friday, August 30 through Sunday, September 1, 2013. This offering is part of the Hotel's Camp Beverly Hills program, which features a series of themed weekends led by the property's all-star team of A-list experts, initially launched with [Culinary Camp](#).

This summer Wellness Weekend begins with a unique [BioMeditation](#) session from Jeannette von Johnsbach. Four Seasons Hotel Los Angeles at Beverly Hills is the only [spa](#) in North America to offer BioMeditation, which is based on the Andreas Method, meant to alleviate anxiety and energy blockages. The evening concludes with dinner at [Culina, Modern Italian](#) restaurant, featuring seasonal cuisine made with ingredients from local farms, created by Culina Chef and Food Network's *Chef Wanted* champion [Mette Williams](#).

On Saturday, participants will enjoy learning about health and beauty with Hollywood's go-to nutritionist Kimberly Snyder, author of the *New York Times* best seller *The Beauty Detox Foods* and founder of LA's hot new juice bar Glow Bio. A recurring health and beauty expert on the *Today Show*, *Dr. Oz* and *Good Day LA*, Snyder has worked with many of the entertainment industry's top celebrities including Drew Barrymore, Fergie, Kerry Washington and Channing Tatum.

Campers will then enjoy a healthy cooking demonstration and lunch at [Cabana Restaurant](#) by Four Seasons Executive Chef [Ashley James](#). Later that afternoon, guests will enjoy a yoga session by Steve Ross, owner of Maha Yoga. Steve Ross has been an instructor for more than twenty years. Author of *Happy Yoga* and recently featured on *Dr. Oz*, Steve combines upbeat, inspirational music with a relaxed, easy spirituality that make his classes at Maha yoga among the most popular in Los Angeles.

Day three will begin with a hike in Runyon Canyon led by celebrity trainers from Blue Clay Fitness, who have also created [exclusive, customized digital fitness programs](#) on the in-room iPads in all [285 guest rooms and suites](#). The hike will be followed by the Hotel's famous [Sunday Brunch](#), featuring a farmer's market salad station, sushi, dim sum, sinless eggs benedict, and a range of indulgent options for those who prefer.

The Wellness Camp is USD 450.00 per attendee for all the activities. A special room rate of USD 345.00 per night is available for Camp attendees wishing to make it a weekend vacation. Taxes and other applicable fees will apply and upgraded room types and suites are available at higher price points.

For reservations, call the Hotel's Marketing department at 310 786 2217.
