



Cheval Collection discovers space for health and wellness is the number one priority for guests

Cheval Residences launches exclusive partnership with LIFE Acrobat to encourage healthy living and headspace

March 2020 The increasing global focus on health and wellness means 70% of travellers no longer “let go” when travelling and now pay more attention to their mind and body on a trip than in the past. Although travel is currently restricted in many countries, many of Cheval’s guests are still looking for ways to stay active. In response, Cheval Collection and LIFE Acrobat have launched a series of exclusive workout videos, covering different focus areas from core to abs, legs and cardiovascular exercises. Accessible from Cheval’s mobile app, to enable guests to stay healthy in the comfort of their own apartment.

The results of a survey of over 1,000 global business and leisure travellers to London by luxury serviced apartment specialist [Cheval Collection](#) and health and wellness concierge [LIFE Acrobat](#) found that **48%** agreed they are more focused now on health and wellness than in the past. That manifests itself in **58%** maintaining a healthy diet when travelling, **46%** engaging in regular exercise, **88%** focussing on getting a good night’s sleep and **75%** taking time to relax and de-stress.

Cheval Collection has teamed up with [LIFE Acrobat](#), creator of bespoke health and wellness programmes, to offer guests of London based Cheval Residences properties access to tailored sessions with a health and wellbeing professional, a bespoke programme designed to suit guests’ needs, time and available space. The LIFE Acrobat programmes are developed around guests and their specific goals; from weight loss and managing stress levels, to learning how to exercise more efficiently and finding inspiration in the kitchen.

LIFE Acrobat works together with guests on areas of discontent that may be impacting specific areas of their life, or general well-being, and discovers the drivers behind these and how to establish new habits. All of this can be done online, so it will fit in with guests’ lifestyle, and can be accessed any time, any place, anywhere - particularly apt in a time like now, as guests can do this from their very own secluded apartment space.

Having space to exercise in-room or in-apartment came out as a primary requirement. **21.8%** of respondents claimed that when away from home, the spaces they value the most are spaces to exercise and **42%** of respondents claimed that the lifestyle service they would be most likely to use when staying in a serviced apartment would be in-apartment gym equipment.

54.7% (cook 37.7% + entertain 17%) claimed that a space to cook and entertain friends or guests is most important when away from home. Whilst there is still a preference for dining out, **29%** of respondents prefer to order in a cooked meal whilst travelling and **18%** prefer to have a meal cooked for them in their apartment or room. When questioned on amenities they would be likely to use when staying in a serviced apartment, **59%** responded to restaurant delivery service and **46%** to grocery delivery service. Cheval is committed to continuously improving the guest experience and food and dining is an important element of this. Cheval recently partnered with **La Belle Assiette**, the UK's leading chef service, to enable guests to book a private chef to cook for them in their apartment. With **Night Room Service**, guests have access to a vast array of London's best 24 hour and late night restaurants. Guests staying in each of the Residences can choose to order their food from a selection of top local restaurants and cafes and expect to receive their order within 30 minutes.

In-apartment spa and beauty is also of interest, with 46% saying they would be likely to use this service when staying in a service apartment. Cheval collaborates with **VIVA Therapies** to offer guests a range of treatments from massages to facials as well as hair and nail appointments.

For further information on Cheval's health and wellbeing offering, visit www.chevalcollection.com/health-and-wellbeing/. To arrange a consultation with LIFE Acrobat, guests can speak to the Concierge Team at each Residence

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About Cheval Collection

Cheval Collection has earned a reputation for exceptional service and quality and is recognised for being at the leading edge in the management of luxury serviced apartments and residences. The current eight Residences in operation include a total of 512 apartments, ranging from open plan one-bedroom layouts to grand penthouses, all situated in prime locations.

With over 35 years' experience of developing and managing luxury serviced apartments and residences, Cheval is recognised as being one of the most experienced luxury operators in the marketplace.

For more information, please visit: <https://www.chevalcollection.com/index-cc.html>

Twitter - @Cheval_Global

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About LIFE Acrobat

L.I.F.E stands for Living Intelligently, Food and Exercise. LIFE Acrobat offers scientifically supported plans that combine techniques to boost clients' mental and physical well-being. The LIFE Acrobat programmes are developed around clients and their specific goals; from weight loss and managing stress levels, to learning how to exercise more efficiently and finding inspiration in the kitchen.

For more information, please visit: <http://lifeacrobat.com/>

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