

CUMMINGS-PALMER & PASSI

Time well spent



Karen Cummings-Palmer is a health and nutrition consultant working with clients all over the world – she knows that we really can feed our faces and fuel our bodies. Karen believes that ultimate wellness is ultimate beauty and that great nutrition is like great face cream, it should, hydrate, strengthen and get you glowing!

Following years of working with health and beauty brands and extensive study of integrative nutrition she has a finely tuned sense of what works from the inside out. Inspired by her own life-long struggle with Eczema, and a desire to maintain what she calls the ‘essence of youth’ without use of needles or knives while living and working in Los Angeles she specialises in ‘Ageless Beauty’, sustainable weight loss and energy.



Sunita Passi is a renowned complementary therapist, expert trainer and founder of Tri-Dosha, a luxury wellbeing brand found in notable hotels and spas such as The Scarlet, Cornwall and Herb House, Limewood, Hampshire. Sunita caters for a smart clientele who expect the best and takes great pride in offering her treatment and meditation services to

loyal and satisfied individuals who include therapists, medical professionals, actors, singers, artists, CEOs and lawyers.

Sunita is passionate that everyone should lead a more balanced lifestyle and approach their lives in a more holistic way. She explains: “In an age where people are time poor and anxiety and stress levels are rife, meditation keeps us in balance when the world around us is out of synch.”

Our approach

Learn from experts Karen and Sunita as they combine years of experience – from treatment rooms to board rooms – into inspiring seminars and workshops. Each session is supported by a guest speaker; a delicious and nutritious lunch and luxury wellness experience – from massages and hand and foot rituals to grooming manicures and pedicures – will ensure this uplifting day is also indulgent! This is a chance to rejoice in the possibility of change and unplug blockages that may affect your physical and emotional wellbeing. You’ll leave with a plan to develop and continue your new programme.

TRUTH · YOUTH · BEAUTY

Date: Saturday 27 February 2016 · 11.00am–4.00pm

If you are busy individual who cares about your health and wants to feel fabulous (but may not have the time!) this session is perfect for you. Re-discover your youth as Karen and Sunita explore what beauty means to you, dispel modern beauty myths and share their timeless natural beauty solutions.

Day of discovery

Time: 11.00am–4.00pm

Location: COMO Shambhala Urban Escape, Metropolitan by COMO, Old Park Lane, London W1K 1LB

Venue telephone: +44 (0)20 7447 1000

- Private executive day
- Guest practitioner
- 2 x 45 minute seminars · Karen – nutrition · Sunita – meditation
- Lunch by COMO Shambhala 1.5 hrs
- Break out sessions in the afternoon with Karen and Sunita
- Luxurious bespoke massages of 30 minutes by the holistic experts at COMO Shambhala Urban Escape
- Spa competition – the chance to win a spa day at deluxe Ayurvedic retreat The Clover Mill, Malvern, UK
- A gift of wellness from Tri-Dosha, Karen Cummings-Palmer and COMO Shambhala Spa
- An additional session with any wellness or meditation course and 25% off any COMO Shambhala treatment

A Cummings-Palmer and Passi event, 11.00am–4.00pm, price per guest: £199.00. VAT is not applicable

What to wear: *We encourage you to wear whatever makes you feel great and is comfortable.*

Contact for reservation:

t: Tri-Dosha office +44 (0)20 8566 1498

e: info@tri-dosha.co.uk

w: karencummingspalmer.com

sunitapassimeditation.com

IN PARTNERSHIP WITH



COMO SHAMBHALA