

New You Boot Camp Launches Exclusive Boot Camp Spa Retreat In Portugal



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Forget the classic military, back to basics, bunk bed, communal showers, style boot camps that have become increasingly popular in Britain. Why train in the pouring rain when you can now 'Drop a dress size' in style on the alluring Algarve beaches of Portugal?



The stunning New You [Boot Camp](#) Portugal venue is based at charming boutique resort located near the picturesque fishing village of Carvoeiro. With

its moorish design, beautifully-landscaped subtropical gardens and majestic views, it is the perfect hideaway for a memorable week at New You Boot Camp.

The entire coastline of the province features a variety of seascapes including smooth, spacious strands; areas dotted with caves to be explored; and breathtaking rock formations to be enjoyed. The local beauty, the excellent climate and Algarve beaches make this the perfect location to discover your New You.

If you are looking for a week of fitness, health and well being in beautiful surroundings then the New You [Bootcamp](#) Portugal retreat is perfect for you.

A week at the Portugal Boot Camp Retreat will put you on the path to discover a New You, increase your fitness levels as well as develop confidence that you can transfer into all you do once you leave boot camp.

Days at the New You Boot Camp Portugal are broken up into hourly lessons and include sunrise run, walking, bike riding, abseiling, water activities and relaxation sessions to name a few. At the end of a challenging day, relax and unwind tired muscles at the beautiful spa on site with three treatment rooms.

The elegant spa is the Paradise in all senses, with panoply of body treatments, sauna, Jacuzzi and the indoor heated salt water pool. Among the various SPA Services, you can count on the different sorts of massages, baths and exfoliations.

Don't worry about going hungry on meagre rations or diet drinks at New You Boot Camp Portugal, the local chefs have worked with our Nutritionists to put together mouth-watering menus and meal plans using local ingredients and spices.

New You Boot Camp's website, listing full information, price lists and dates of upcoming camps can be found at <http://www.newyoubootcamp.com>.

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