

## EXPERIENCE WELLNESS YOUR WAY, ALL YEAR ROUND, IN COVENT GARDEN



Covent Garden is home to world leading wellness and beauty brands, offering visitors a myriad of ways to escape the winter blues and prioritise well-being and self-care all year round. From luxurious beauty treatments, nourishing food options, fitness experiences to suit all abilities and cultural activities, there is no other destination offering experiences to do wellness your way quite like Covent Garden.

As well as a shopping, dining and cultural destination, Covent Garden is a hub for wellness, where beauty, self-care, and fitness intersect, making it the ideal place to get the year off to a balanced start.

### Not Just for Dry January: Alcohol-Free

For those embracing Dry January or exploring sober-curious living, Covent Garden is a haven, offering an extensive selection of alcohol-free options. From the Everleaf Alcohol-Free Cocktail menu at **STEREO** to the tangy Orchard Lemonade mocktail at **The Ivy Market Grill**, and the refreshing Lychee-Lemongrass “Collins” at **SUSHISAMBA**, the area boasts an endless variety of delightful alcohol-free drinks. **Hawksmoor**, **The NoMad**, and **HENRI** are just a few of the many spots that are making sober nights out fun, with an elevated mix of no/lo-alcohol options on their menus.

### Community-Centred Fitness: Join in The Fun with Covent Garden’s Leading Performance Brands

Looking to mix up your fitness routine this year? Covent Garden is home to some of London’s top global fitness brands and studios, all offering a community-focused approach to wellness. **Hoka**, **Peloton Studios London** and the newly opened **Alo Yoga** all host free run clubs directly from their Covent Garden stores, providing a great opportunity to stay active and connect with others. **Hoka** hosts a weekly Wednesday 5k run which takes in all the sites on a loop around their Covent Garden store, and the recently opened **Alo Yoga** will be introducing their ‘Alo Runners Club’ to the neighborhood at the end of the month. For those seeking a unique way to celebrate the Lunar New Year, **Peloton Studios London** are hosting a 5k celebration run, encouraging attendees to wear their best red and gold apparel when taking to the streets from Covent Garden, passing through Chinatown, and finishing back at the Floral Street studio with some post workout tasty treats.

For those who prefer an indoor class experience, **Peloton Studios London** also offer live cycling and treadmill classes, whilst **Finisterre** offers a series of indoor 'Yoga for Surfers' classes that focus on mobility and strength, accessible for all levels of the city-surfer community. If hiking is more your style, **Gramicci** on Monmouth Street is

home to The Gramicci Library - a fully-functioning in-store library stocked with over 100 climbing guide-books covering the whole of the UK.

Whatever your wellness style you can shop the latest collections and get expert advice at one of the many specialist performance-wear brands based in Covent Garden, including **Arc'teryx, Carhartt, Lululemon, Peak Performance** and **Vivo Barefoot**,

#### **Elevate Your Self-Care: Discover Personalised Wellness Experiences in Covent Garden**

Covent Garden is at the forefront of the beauty and wellness movement in London, with world-leading brands calling the destination home for their innovative and immersive flagship stores. From Glossier to Charlotte Tilbury, Elemis to Neal's Yard Remedies there are over 30 destinations that offer personalised experiences, in store services and tutorials in spaces you immediately feel relaxed in.

Explore the new **Charlotte Tilbury** flagship store and experience the world-first Skin Spa, featuring four exclusive, results-driven facials. Or alternatively, book into the night-crimson Beauty Boudoir for make-up masterclasses where you can learn the latest beauty tricks during a 1-2-1 appointment. Start the year with tailored skincare at **Elemis**, where you can indulge in treatments like the Cryotherapy or Skin Sculpt Facial. At **Rituals**, unwind with a complimentary hand massage or skin consultation, or treat yourself to their exclusive Water Island Spa Experience. To truly relax and rejuvenate, finish your wellness journey at **Aire Ancient Baths**, where thermal baths like the Flotarium and Tepidarium detoxify and revitalize the body in a serene, candlelit environment.

#### **Nourish Your Body: Wholesome Dining in Covent Garden**

From casual meals with friends to embracing solo dining experiences, Covent Garden presents a range of wholesome dining options that are both flavorful and nourishing. Whether you're craving nutrient-packed meals or looking to try out vegan menus, Covent Garden has plenty to help you feel your best and try something new that's good for you. From **Sticks 'n' Sushi's** detox-friendly Sticks & Sea Menus, **Chestnut Bakery's** indulgent vegan **Choco-Coconut Pain Suisse** and **Jenki's** signature match menu including a Lavender and CBD Latte, there's something to satisfy every craving. Other healthy spots include **Abuelo**, **26 Grains**, and **Whitepine**, each serving fresh, wholesome dishes. Solo-dining can be an empowering experience, so if you are looking for the perfect spot for lunch or supper for one, counter dining is the way to go. Restaurants such as **Ave Mario**, **Barrafina**, **Bancone**, **Gaucha**, **HENRI** and the **Ivy Market Grill** offer fantastic settings to dine solo while watching the chefs at work.

#### **Escape the Winter Gloom: Enjoy World-Class Theatre in Covent Garden's West End**

Alternatively, escape the winter gloom with a visit to Covent Garden's world-class West End theatres. From dazzling musicals to thought-provoking plays, live performances offer a fantastic break from the cold dreary days. Whether you're celebrating Les Misérables' 25th anniversary or looking for a family-friendly show like Matilda, there's plenty to enjoy. Make a day of it by dining at one of the many nearby restaurants offering a pre-theatre menu including **Balthazar**, **Cinnamon Bazaar**, **Café Murano**, **Cora Pearl**, **SUSHISAMBA** and many more.

*For more information on wellness activities in Covent Garden, visit the official Covent Garden website or email [coventgarden@thebeaconuk.com](mailto:coventgarden@thebeaconuk.com)*

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*Notes to Editors*

**About Shaftesbury Capital PLC:**

Shaftesbury Capital PLC ("Shaftesbury Capital") is the leading central London mixed-use REIT and is a constituent of the FTSE-250 Index. Our property portfolio, valued at £4.8 billion, extends to 2.7 million square feet of lettable space across the most vibrant areas of London's West End. With a diverse mix of shops, restaurants, cafés, bars, residential apartments and offices, our destinations include the high footfall, thriving neighbourhoods of Covent Garden, Carnaby, Soho and Chinatown. Our properties are close to the main West End Underground stations and transport hubs for the Elizabeth Line. Shaftesbury Capital shares are listed on the London Stock Exchange ("LSE") (primary) and the Johannesburg Stock Exchange ("JSE") (secondary) and the A2X (secondary).

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Our purpose

Our purpose is investing to create thriving destinations in London's West End where people enjoy visiting, working and living.

**About Covent Garden:**

Covent Garden is a world-class global destination in the heart of the West End, including the iconic Piazza, Market Building and surrounding streets, together with Seven Dials. The portfolio is home to over 200 retail stores including global flagships, British and independent brands as well as 200 restaurants, bars and cafes. [www.coventgarden.london](http://www.coventgarden.london)