Manna House

Health Education and Wellness

Additional Services

Short Stays and Kick Start Programme

At Manna House, we recognise that it is not always possible to join us for a full programme and that sometimes it helps to have a short stay experience before committing to a full programme For these reasons, we do consider a small number of short stays of 2 to 3 days throughout the year from suitable health guests.

Tailored Residential Programmes

Many people have expressed a desire for a programme specifically tailored to their health needs. These programmes tend to be longer than the standardised 7-10 -14 day programmes. Manna House is able to accommodate such guests. As such longer stays usually follow a Health Consultation and Lifestyle Protocol, which has identified the health tendencies and the deleterious habits that need changing. The Health Consultation will also appreciate that the health guest will require additional daily support to implement the recommended changes as well as provide supervised therapies and counselling. With a longer stay, the health guest will receive vital sign checks and body chemistry, sometimes up to 4 times daily. They also receive therapeutic nutrition, hydrotherapy, counselling or coaching and education in relation to their health condition.

JANUARY 2022 PRICES	
The price includes accommodation, daily health assessment and body chemistry analysis, herbal teas, gym and daily exercise, health presentation and folder for notes, plant based food, morning and evening manna and practical demonstrations. The Restore includes one therapy a day (except Saturday, arrival and departure) which is based on the daily health check. The Refresh programme excludes all therapies, supplements and daily assessments which can be purchased separately. Please see the price list below.	
Refresh (per day) excludes therapies, daily assessment and supplements	**Restore** (per day) includes all therapies
£155	£199

	Per Day (Max 3 days)	7 Day (Single person)	7 Days Shared room (2 people +)	Deluxe Room Per Day (Single person)
Bed and breakfast	£99.00			
Refresh Programme	£155.00	£1050.00	£945.00	£165.00
Restore Programme	£199.00	£1365.00	£1260.00	£210.00

These prices are for the Day Clinic and Refresh programme.		
Therapy	**Description**	**Price**
Body Chemistry Assessment and Lifestyle Protocol	Vital signs and body chemistry analysis is undertaken, discussed with health guest and Lifestyle Protocol is written. This is tailored to health conditions and sets out an hour-by-hour and day-by-day programme to help improve health. Health assessment and discussion 60 - 120 minutes.	£375
Health & Lifestyle Consultation Remote	If you are unable to attend a full Body Chemistry Assessment and Lifestyle Protocol at Manna House then we offer a consultation over zoom which is a maximum of 40 minutes.	£125
Lifestyle Protocol	Following a residential programme to help keep you on the path why not have your own tailored Lifestyle Protocol as a gentle reminder of what you need to do to keep on your health journey.	£125
Health & Lifestyle Protocol Review	Following a Lifestyle Protocol a health review is recommended to ensure that you continue your health journey. This can be done by zoom, phone or in person. 45 minutes	£45
Body chemistry Review	Body chemistry assessment is undertaken and compared with the progress that has been made since the last assessment. Advice and adjustments to the lifestyle protocol are recommended.	£175
Colon Hydrotherapy	Warm filtered water is infused into the colon to clear waste and toxins. Excellent for conditions such as IBS, bloating and constipation. This treatment is relaxing and often relieving and kick starts a detox programme. Approx 60 minutes including assessment.	£70.00
Life Coaching & Stress Management	Having positive emotions is a very important part of the healing process. Ongoing support enables people to maintain the good health practises started on the programme and to achieve other goals. This one and half hour coaching is taken over 3 half hour weekly telephone sessions. This effective coaching is delivered by certified life coaches and counsellors.	£95.00
Colon and Abdominal Massage with Castor Oil wrap	Helps to release twists and torsions and bring blood flow to the abdominal organs clearing toxins and waste products. It addresses a long list of problems from IBS, infertility, menstrual complaints, depression, thrush, weight gain and others.	£45.00
Back, Neck and Shoulder Massage with Essential Oils	Stimulating back and shoulder massage tackling problem areas using essential oils.	£35.00
Feet spa with therapeutic feet massage	There is a choice, depending on condition, of magnesium sulphate, Dead Sea salt or Sodium Bicarbonate or even essential oils in which feet are soaked in hot and cold water; followed by a deep foot massage with essential oils. Approx 40 minutes.	£40.00
Therapeutic Body Massage	Therapeutic massage is used to assist in the treatment of most musculo- skeletal problems, and regular massage therapy results in improved circulatory, lymphatic and neurological functioning. 60 minutes.	£55.00
Manual Lymph Drainage	Facilitates the removal of metabolic wastes, excess water, toxins, bacteria, protein molecules and foreign substances from tissue via the initial lymph vessels and the venous capillaries. It relaxes the sympathetic nervous system, reduces pain and enhances the activity of the immune system. Approx 40 minutes.	£55.00
Compresses	Helps to reduce inflammation and supplies heat or cold to a body part or the whole torso.	£15.00
Poultices	Poultices made from herbs, grains, charcoal, salts to aid healing and draw out infections. Price varies according to ingredients used in the poultice.	£5-£15