

# 8 Days (7 Nights) Programme

REFRESH PACKAGE <i>Living Well Naturally</i>		RESTORE PACKAGE <i>Restoration</i>	
This residential programme is designed for those who prioritise their well being and consider themselves healthy but aspire to elevate their health to new heights through learning, refreshment, and motivation.		The Restore to Health package is specifically designed for individuals managing health conditions and on medications. It offers personalised support and guidance to navigate their wellness journey with health consultations, all therapies, supplements and take home health summary.	
<b>£1,225</b>	<b>£2,050</b>	<b>£1,675</b>	<b>£2,760</b>
<i>1 Person Single Room</i>	<i>2 Persons Double Room</i>	<i>1 Person Single Room</i>	<i>2 Persons Double Room</i>
Accommodation in East Wing		Accommodation in East Wing	
Ensuite Shower bathroom facilities		Ensuite Shower bathroom facilities	
Initial lifestyle Interview		Initial lifestyle Interview	
Succulent plant-based meals		Succulent plant-based meals	
Vegetable and fruit Juices		Vegetable and fruit Juices	
Herbal teas		Herbal teas	
Daily interactive health presentations		Daily interactive health presentations	
Take home folder		Take home folder	
Practical demonstrations		4 Practical demonstrations	
Guided exercise sessions		Guided exercise sessions	
		Health consultation with Naturopath	
		Daily body chemistry assessment	
		Daily health checks	
		5 Therapies per person	
		Supplements during programme	
		Final lifestyle Interview	
		Healthy lifestyle summary or protocol	

**BOOK NOW!**

<https://forms.gle/dWB6E7sRjgF34sNQ6>

