8 Days (7 Nights) Programme

	REFRESH PACKAGE Living Well Naturally		RESTORE PACKAGE Restoration	
1 Person Single Room 2 Persons Double Room 1 Person Single Room 2 Persons Double Room Accommodation in East Wing Accommodation in East Wing Accommodation in East Wing Accommodation in East Wing 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 BOOK NOW! Mealth consultation with Naturopath Daily body chemistry assessment Daily health checks Strips://forms.gle/ S Therapies per person	prioritise their well being and consider themselves healthy but aspire to elevate their health to new heights		individuals managing health conditions and on medications. It offers personalised support and guidance to navigate their wellness journey with health consultations, all	
Single RoomDouble RoomSingle RoomDouble RoomAccommodation in East WingAccommodation in East WingEnsuite Shower bathroom facilitiesEnsuite Shower bathroom facilitiesInitial lifestyle InterviewInitial lifestyle InterviewSucculent plant-based mealsSucculent plant-based mealsVegetable and fruit JuicesVegetable and fruit JuicesVegetable and fruit JuicesVegetable and fruit JuicesDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrationsGuided exercise sessionsGuided exercise sessionsGuided exercise sessionsBOOK NOW:Succulerty assessment Daily health checks StherspirgF34sNO6	£1,225	£2,050	£1,675	£2,760
Ensuite Shower bathroom facilitiesEnsuite Shower bathroom facilitiesInitial lifestyle InterviewInitial lifestyle InterviewSucculent plant-based mealsSucculent plant-based mealsVegetable and fruit JuicesVegetable and fruit JuicesHerbal teasVegetable and fruit JuicesDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOWMealth consultation with NaturopathDaily body chemistry assessmentDaily health checksMWB6ETsRigF34sNO6S Therapies per person				
Initial lifestyle InterviewInitial lifestyle InterviewSucculent plant-based mealsSucculent plant-based mealsVegetable and fruit JuicesVegetable and fruit JuicesHerbal teasHerbal teasDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW:Daily body chemistry assessmenthttps://forms.gle/ dWB6E7sRigF34sNO6S Therapies per person	Accommodation in East Wing		Accommodation in East Wing	
Succulent plant-based mealsSucculent plant-based mealsVegetable and fruit JuicesVegetable and fruit JuicesHerbal teasHerbal teasDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW!Daily body chemistry assessmentDaily health checksDaily health checkshttps://forms.gle/ dWB6E7sRigF34sNO65 Therapies per person	Ensuite Shower bathroom facilities		Ensuite Shower bathroom facilities	
Negetable and fruit JuicesVegetable and fruit JuicesHerbal teasHerbal teasDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW:Daily body chemistry assessmenthttps://forms.gle/Daily health checksStips://forms.gle/5 Therapies per person	Initial lifestyle Interview		Initial lifestyle Interview	
Herbal teasHerbal teasDaily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW:Daily body chemistry assessmenthttps://forms.gle/ dWB6E7sRigF34sNOG5 Therapies per person	Succulent plant-based meals		Succulent plant-based meals	
Daily interactive health presentationsDaily interactive health presentationsTake home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOKNOW:Lealth consultation with NaturopathDaily body chemistry assessmentDaily health checkshttps://forms.gle/ dWB6E7sRigF34sNO65 Therapies per person	Vegetable and fruit Juices		Vegetable and fruit Juices	
Take home folderTake home folderPractical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW:Health consultation with NaturopathDaily body chemistry assessmentDaily health checkshttps://forms.gle/ dWB6E7sRigF34sNO65 Therapies per person	Herbal teas		Herbal teas	
Practical demonstrations4 Practical demonstrationsGuided exercise sessionsGuided exercise sessionsBOOK NOW!Health consultation with NaturopathDaily body chemistry assessmentDaily health checksMttps://forms.gle/ dWB6E7sRigF34sNO65 Therapies per person	Daily interactive health presentations		Daily interactive health presentations	
Guided exercise sessionsGuided exercise sessionsBOOK NOW!Image: Comparison of the	Take home folder		Take home folder	
BOOK NOW: https://forms.gle/ dWB6E7sRjgF34sNO6 Health consultation with Naturopath Daily body chemistry assessment Daily health checks 5 Therapies per person	Practical demonstrations		4 Practical demonstrations	
BOOK NOW https://forms.gle/ dWB6E7sRjgF34sNO6	Guided exercise sessions		Guided exercise sessions	
https://forms.gle/ 5 Therapies per person dWB6E7sRjgF34sNQ6	https://forms.gle/		Health consultation with Naturopath	
https://forms.gle/ 5 Therapies per person dWB6E7sRjgF34sNQ6			Daily body chemistry assessment	
https://forms.gle/ 5 Therapies per person dWB6E7sRjgF34sNQ6			Daily health checks	
Supplements during programme			5 Therapies per person	
			Supplements during programme	
Final lifestyle Interview			Final lifestyle Interview	
Healthy lifestyle summary or protocol			Healthy lifestyle summary or protocol	