

11 Days (10 Nights) Programme

REFRESH PACKAGE

Living Well Naturally

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.

£1,750

£2,890

*1 Person
Single Room*

*2 Persons
Double Room*

Accommodation in East Wing

Ensuite Shower bathroom facilities

Initial lifestyle Interview

Succulent plant-based meals

Vegetable and Fruit Juices

Herbal Teas

Daily interactive health presentations

Take home folder

5 Practical demonstrations

Guided exercise sessions

RESTORE PACKAGE

Restoration

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 and includes all health consultations therapies, supplements and take home health summary and a six week remote support group to help keep on track.

£2,390

£3,950

*1 Person
Single Room*

*2 Persons
Double Room*

Accommodation in East Wing

Ensuite Shower bathroom facilities

Initial lifestyle Interview

Succulent plant-based meals

Vegetable and Fruit Juices

Herbal Teas

Daily interactive health presentations

Take home folder

6 Practical demonstrations

Guided exercise sessions

Health consultation with Naturopath

Daily body chemistry assessment

Daily health checks

7 Therapies per person

Supplements during programme

Final lifestyle Interview

Healthy lifestyle summary or protocol

6 Weeks Post Programme Support Group which includes health presentation

BOOK NOW!

<https://forms.gle/dWB6E7sRjgF34sNQ6>

