

Herb House

Detox Thyme Sample Schedule

Day 1

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| 9am | Arrival at hotel & welcome nutritious Smoothie in Raw & Cured |
| 9.30am | Mini Body MOT with one of our Fitness team |
| 10am | Revitalising 90-minute Yoga class in our Workout studio or on roof
(weather permitting) |
| 11.45pm | Workout in our rooftop Technogym |
| 12.45pm | Healthy, delicious lunch in Raw & Cured |
| 2.00pm | Forest cycling |
| 3.30pm | Swim in our Ozone treated pool & unwind in the Hydrotherapy area |
| 5.00pm | Voya Pure Elements 90-minute Seaweed Wrap - Treatment |
| 6.30pm | Unwind in our relaxation rooms with Herbal tea & fresh fruit |
| 7.30pm | Rejuvenating Detox Thyme dinner in the Scullery |
| 9.00pm | Fall into bed in one of our Cosy forest rooms! |

Day 2

- 7.00am Wakeup Helipad workout
- 8.15am Nutritious breakfast
- 10am Wriggle your hips in a Zumba class
- 12.00pm Hard Core Outdoor work out
- 1.00pm Delicious nutritious lunch in Raw & Cured
- 2.00pm Strengthen your posture in Core Balance
- 3.15pm 45 minutes in the Mud House - Treatment
- 4.00pm Tri-Dosha Holistic Glow - Treatment
- 5.30pm Pilates
- 6.30pm Relax in the outdoor steaming hot pool and sauna
- 7.30pm Dinner in the Dining Room
- 9.00pm Fall into bed!

Day 3

- 9.00am Lie in and late Breakfast
- 11.00am Checkout
- 11.30am Feel free to use the spa facilities before you return home.