

# Herb House

## Detox Thyme

2 night detox & purifying getaway

What could be better than 48 hours in the Forest to kick start your detox? Our Detox Thyme package combines detox treatments with fitness and purifying food to ensure you leave feeling cleansed of body and mind! It will help you to start as you mean to go on....or you can just keep coming back to the Herb House and we will help you stay on track!

With Detox Thyme, you can start the package any day from Sunday to Wednesday. You then have the flexibility to choose the classes from our schedule which you'd like to attend and we'll slot your treatments and food in around them (subject to availability of course!).

**Price:** £375 per person per night double occupancy

£495 per person per night single occupancy

**Time:** 48 hours in the forest (arrive am on Day 1, leave after breakfast on Day 3)

**Available:** Arrive Sunday to Wednesday – subject to availability

### **Includes:**

- Body MOT with our Fitness on arrival
- Unlimited access to all Herb House facilities
- Free to join any one of our fitness classes
- Voya pure elements wrap or deep tissue massage
- Tri Dosha Holistic Glow
- 45 minutes in our Mud House
- Detox breakfast daily at our Raw & Cured
- 2 course lunch at the Raw & Cured daily
- Unlimited soft drinks (alcohol, smoothies & Herb infusions will be extra!)
- Rejuvenating dinner daily at Scullery or Dining Room – order from Detox Thyme Menu (excluding all drinks)
- Staying in one of Lime Wood's cosy forest rooms