



LIMEWOOD

amelia freer
FdSc, Dip ION

Whole Body Wellbeing The Amelia Freer Retreat

Monday 28th - Wednesday 30th September 2020
or Monday 2nd - Wednesday 4th November 2020

Take some time to focus on yourself for a few days without having to stray too far from home. New for 2020, our wellbeing and nutritional expert Amelia Freer Dip ION FdSc will be hosting her first ever three-day retreat with us at Lime Wood.

Designed to really help you slow down, find sanctuary and balance, nourish your body and mind, and create your very own bespoke plan for long-term positive wellbeing.

Amelia brings with her a wealth of experience, working with clients to improve their health and wellbeing, and in this intimate retreat you will learn from Amelia and her team with over 8+ hours of varied and interesting sessions, including talks, interactive workshops and cooking demonstrations. Including -

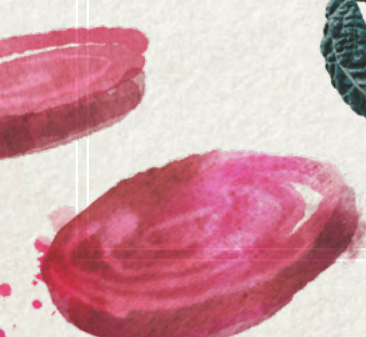
- **The foundations of a good diet**
- **Positive Wellbeing and 360-degree health**
- **How to eat well when you're always busy**
- **Stress reduction and healthy sleep workshop**
- **How to build a healthy lifestyle: Creating your personal wellness plan**



You will also have time to reflect on your own personal needs and goals, with relaxing and restorative yoga classes, forest walks and quiet down time. A deeply comforting massage in the Herb House, use of the calming Spa facilities and huge beds will all make for very peaceful sleeps.

All meals are included and will be a chance for you get to know everyone as well as to tuck into some seriously seasonal and nutritious food; menus have been created as a collaboration between Amelia, our Head Chef Luke and Raw & Cured Creative Chef Sheila, and are packed full of feel-good ingredients that will mean you never feel deprived!

With a focus on whole body wellbeing, deep relaxation and empowering health through knowledge, this a truly holistic and inspirational retreat.



The retreat includes:

- Pre-retreat questionnaire and advice to help you make the most of your experience
- 2 nights' stay in a double bedroom
- Delicious, nutritious and healthy meals
- 8+ hours of varied and interesting sessions with Amelia and her experienced team, including talks, interactive workshops and cooking demonstrations in HH&Co Backstage, the Cookery School
- 2 group yoga classes
- 1 60min Bamford Destress Massage
- Optional early morning meditation and stretch sessions
- Daily guided Forest walks
- Plenty of down time to rest, relax and catch up on restorative sleep
- Use of the award-winning Herb House Spa
- A room gift and information folder full of recipes and tips to take home
- Support to create a personalised lifestyle plan, to help guide you in the days and weeks to follow once the retreat is over.



*Monday - 10am arrival
Wednesday - 5pm departure*

What does the retreat look like?

DAY 1

Arrival and welcome
Group lunch
Workshop with Amelia:
The foundations of a good diet
Forest walk
Down time and use of the
Herb House Spa
Dinner

DAY 2

Optional early morning meditation
and stretching session
Group breakfast
Forest walk
Workshop with Amelia: Positive
Wellbeing and 360-degree health
Group lunch
Practical cooking demo with Amelia:
How to eat well when you're
always busy
Restorative yoga class
60-minute Bamford Destress Massage
and use of the Herb House Spa
Group dinner

DAY 3

Optional early morning meditation
and stretching session
Group breakfast
Forest walk
Workshop with Amelia:
Stress reduction and healthy sleep
Group lunch
Workshop with Amelia: How to build
a healthy lifestyle: Creating your
personal wellness plan
Restorative yoga class



What to bring?

- Trainers or good walking shoes
- Backpack or hip / bum bag
- Waterproof jacket – we will be heading outside even if the weather isn't great!
- Suncream
- Hat and clothes suitable for outdoor walks
- Yoga clothes
- Comfy clothes. We want you to feel as comfortable as possible throughout the retreat, so there is no dress code in the evenings. Just wear what you feel most relaxed in.
- Toiletries as required, although Bamford products are in the rooms and Herb House Spa showers
- Nightwear
- Underwear
- Phone and charger – likely a necessity, although we will suggest that this retreat is a lovely opportunity to switch off for a while

For more information or to book please call us on 023 8028 7177 or email reservations@herbhousespa.co.uk

Where will you stay?

EAVES AND COSY

Single Occupancy	£1,630
Double Occupancy	£2,560

SPACIOUS

Single Occupancy	£1,730
Double Occupancy	£2,660

GENEROUS

Single Occupancy	£1,990
Double Occupancy	£2,920

FOREST SUITE

Single Occupancy	£2,120
Double Occupancy	£3,050

FOREST HIDEAWAY SUITE

Single Occupancy	£2,320
Double Occupancy	£3,250

FOREST COTTAGES & CABIN

Single Occupancy	£2,830
Double Occupancy	£3,760

LAKE CABIN / THE PAVILIONS

Single Occupancy	£3,430
Double Occupancy	£4,360

