

Booking your Metabolic Health Retreat

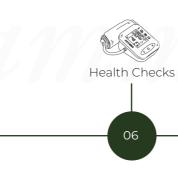
Includes -· Health Screening with a Nutritionist



1-2 weeks before your stay

Includes -· Webinar introducing the Five Roots · Treatments Booklet and appointment booking

Health Checks



Health Checks

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Health checks include measurements of bloods, blood pressure, waist, and Five Roots survey to help identify which of your roots are flourishing and which need more attention.

Health Checks

Pre-arrival 3-week pre-stay

Your welcome pack arrives 3 Weeks Before your Stay

Includes -

· Welcome booklet and an introductory video

· Resources to begin your lifestyle change · Your toolkit for health measurements



Arrival at Combe Grove

Your stay includes -

· ACCUNIQ body composition analysis

· All nourishing food

· Full access to the wellness facilities and 70 acre Estate

Your accommodation

· Five Roots workshops with our resident experts in health and nutrition

· Three credits towards specialist consultations, therapies or treatments

· A regularly updated timetable of mindful and inspirational educational activities



48-Weeks post-stay

Includes -

· Exclusive access to the Combe Grove Metabolic Reset Programme online portal

· Weekly access to new written articles, podcasts and videos

· Four 1:1 calls with a member of the nutrition team

· One year membership of the Club with full access to the Estate and health and wellbeing facilities

Health Checks

· Ask the Expert service



Optional Return Visit

Includes -· Repeat ACCUNIQ body composition analysis · Review of your time on the Metabolic Health Retreat

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