



**Booking your Metabolic Health Retreat**

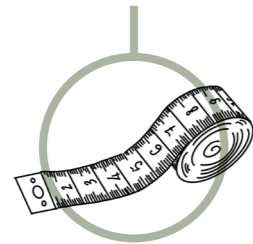
- Includes -
- Health Screening with a Nutritionist



**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



**1-2 weeks before your stay**

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



Health Checks



**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



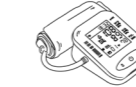
Health Checks



Health Checks



Health Checks



Health Checks



Health Checks



**Optional  
Return Visit**

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



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.