



Booking your Metabolic Health Retreat



1-2 weeks before your stay

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

Preparing for your stay

Information to help you get the most from your stay at Combe Grove

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



Optional Return Visit

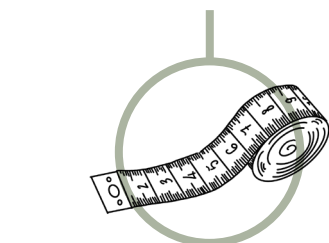
- Includes -
- Repeat ACCUNIQ body composition analysis
 - Review of your time on the Metabolic Health Retreat

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.

Metabolic Health Programme Graduation

48-Weeks post-stay

- Includes -
- Exclusive access to the Combe Grove Metabolic Reset Programme online portal
 - Access to podcasts and videos
 - Ask the Expert service
 - 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



Your welcome pack arrives via email and your Combe Grove Journey begins

- Includes -
- Introductory information about your programme and treatments and therapies
 - Tools to help you reflect on where you are now
 - Call from our treatment and therapies team to help you book appointments to suit you
 - Receive your timetable for your one week stay

Pre-arrival 3-week pre-stay

Introduction to The Five Roots of Metabolic Health



Health Checks



Health Checks



Health Checks



Health Checks



Health Checks



1:1 Nutrition Review



1:1 Nutrition Review



1:1 Nutrition Review



1:1 Nutrition Review

