



**COMBE
GROVE**

Metabolic Health Retreat

Thank you for taking an interest in joining
the health revolution at Combe Grove

FIND . KNOW . HEAL YOURSELF .

METABOLIC HEALTH RETREAT



Why Combe Grove

Settled in 70 acres of mature woodland with inspirational views across Somerset and Wiltshire, Combe Grove is situated within an Area of Outstanding Natural Beauty in Bath, a double listed UNESCO World Heritage City.

Combe Grove is a part of a charitable trust dedicated to the natural and informed enhancement of human wellbeing through advanced medical practice and holistic integration. Every aspect of your experience at Combe Grove has been expertly curated to provide you with the tools, environment, knowledge and support to activate and realise a profound and sustainable reset in your life.

RECOMMENDED FOR PEOPLE:

- that want to achieve measurable improvements in their current and future health outcomes
- that want to experience genuine influence and control within their own wellbeing and happiness
- with lifestyle and stress induced medical conditions
- with a diagnosis of Prediabetes

Metabolic
Health

The Metabolic Health Programme

Developed in association with leading medical, nutritional and movement specialists, the Metabolic Health Programme asserts that most lifestyle diseases are preventable, treatable and in many cases reversible without resorting to traditional medical intervention.

The Programme is supported by Dr Campbell Murdoch, a leading advocate of metabolic health with a specialism in Type 2 Diabetes.

From high blood pressure to Type 2 Diabetes, fertility issues, fatty liver and musculoskeletal conditions, improved metabolic health allows the body to heal in a natural and enduring way, and the Metabolic Health Programme provides a medically proven pathway to refresh and revitalise your current and future wellbeing.

It is a personalised journey towards enhanced wellness from the moment of first contact with Combe Grove, each Programme is tailored to individual health requirements and ambitions, each outcome built on strong, sustainable foundations of metabolic health and achievable steps towards measurably improved and a fully optimised you.



The Five Roots of Metabolic Health

Central to the journey advocated at Combe Grove is the intention and ability to refresh and rebalance the Five Roots of Metabolic Health. In recalibrating your relationship with these key aspects of the human experience, you present your mind and body with the optimum conditions to thrive.

1. NUTRITION

In-house nutritionists and experienced chefs create seasonal menus that draw upon the principles of metabolic health to deliver deliciously nourishing meals throughout your time at Combe Grove. All dishes are prepared using produce grown on the Estate or sourced locally, ensuring that the freshest and most nutrient-dense food is served every mealtime. Expert nutritionists and dietitians guide you through workshops designed to enhance understanding of metabolic health, allowing you to create meaningful change through a deep appreciation of how the body processes and responds to the food that we eat.

2. MOVEMENT

Daily and regular movement is essential for maintaining and supporting metabolic health. Benefitted by advanced facilities and highly qualified movement specialists, we make it easy to take a new position on how and why you move. From the nature-inspired gym, yoga studios and swimming pools to the tennis courts and woodland walks, our approach to fitness and physical development combines state of the art equipment and ecologically conscious spaces with expert workshops and personal tuition to ensure a perfect environment to grow.

3. SLEEP

Often overlooked as an essential component within physical and mental health, sleep is where we increase our body's natural ability to repair, and to restore energy for a full and active day when we wake. The Metabolic Health Programme delivers dedicated sleep workshops, meditations and relaxation sessions that will change your relationship with enhanced quality sleep and the wellness benefits that it brings.

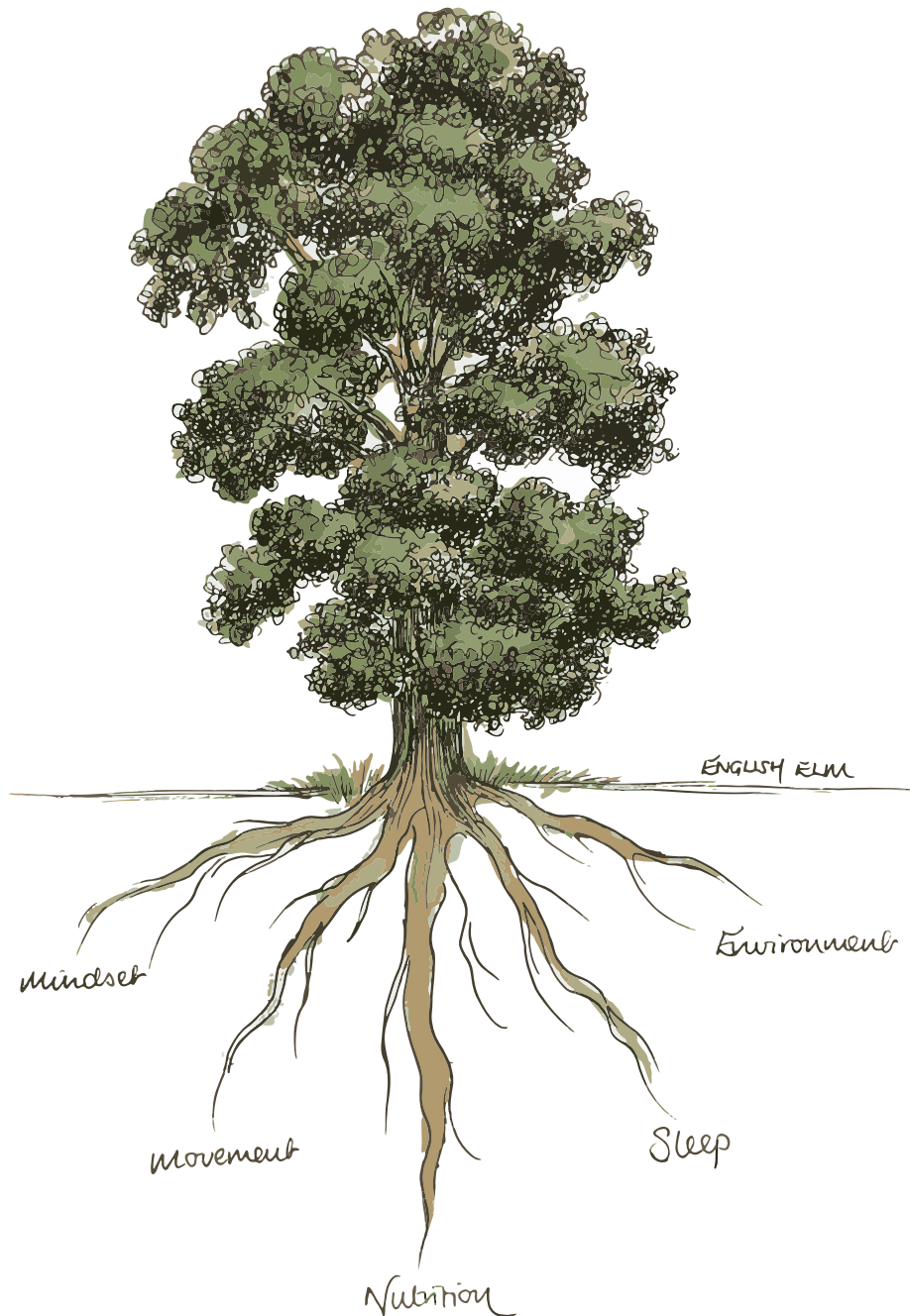
4. MINDSET

Frame of mind is the window by which we perceive and receive the world, and it is our mindset that provides the key to sustainable progress in the fulfillment of all of life's aspirations and goals. How and what we think is reflected in our physical health, our communication with others, our ambitions and our ability to wind down, let go and relax. Dedicated mindset workshops provide powerful insights within a supportive and nurturing environment, allowing you the space to develop fresh perspectives and approaches towards a happier and healthier life ahead.

5. ENVIRONMENT

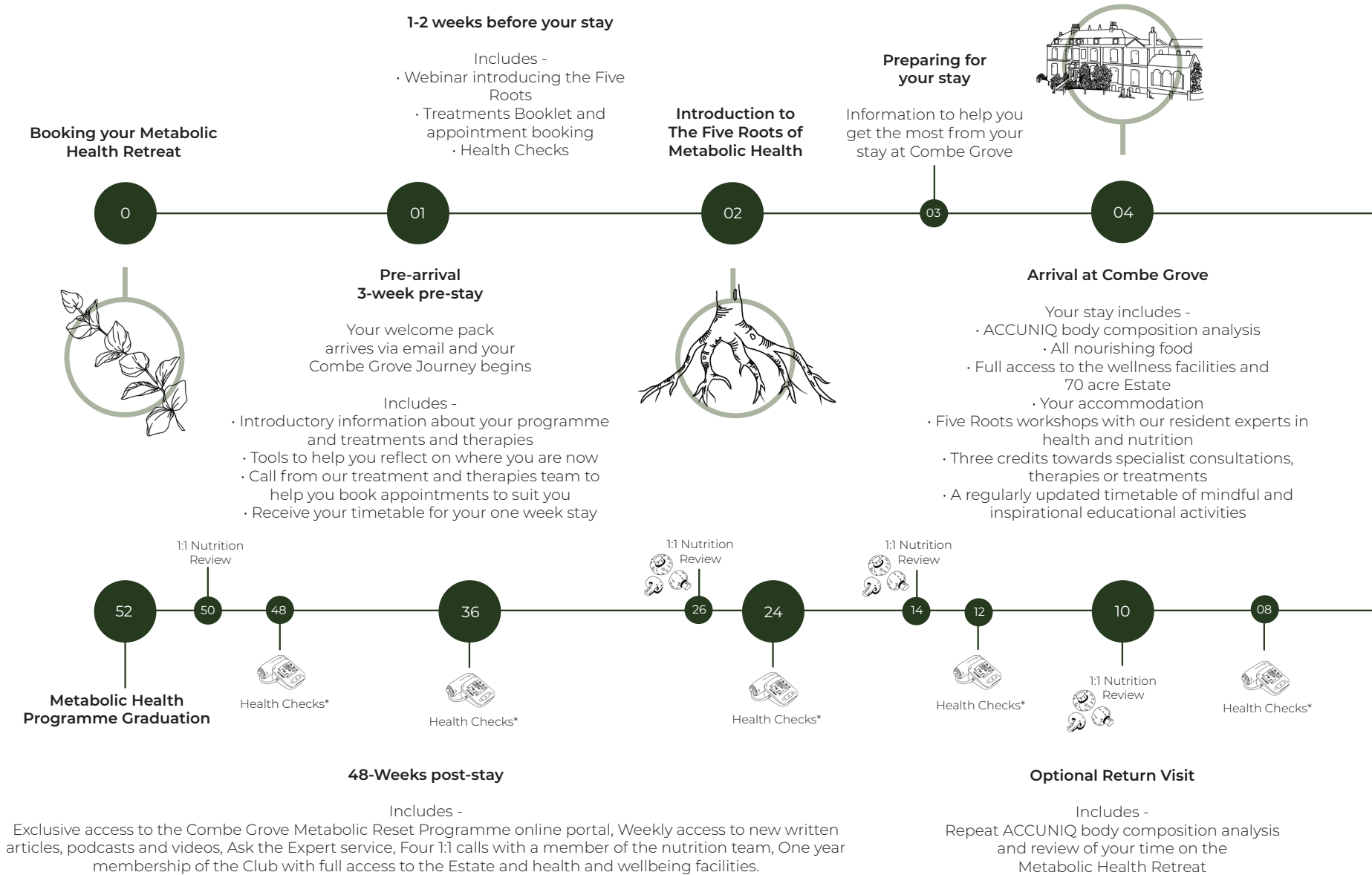
Environment has a profound yet undervalued effect on mood, energy levels and habitual behaviour. In changing our environment, we experience ourselves differently and create new opportunities to explore and flourish. The beautiful natural environment at Combe Grove presents a unique context to focus on the improvement of health and wellbeing. The 70 acres of valley woodland is cultivated to work in harmony with nature and increase biodiversity.

Jane Alexander, Journalist
Conde Nast Traveller, Spring 2023



“This brand new centre for health and wellbeing has an ambitious and heartfelt purpose.”

“Its heartbeat is metabolic health – the ‘engine of life’ Sort this out and the vast majority of illnesses right themselves.”



*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.



Included in your stay

PRE-STAY

To give you the most benefit from your time at Combe Grove, the journey begins three weeks before you visit us. To begin your journey, you will receive a welcome pack filled with valuable information about the Combe Grove and the Five Roots of Metabolic Health and an online welcome webinar hosted by a Combe Grove Nutrition Expert. You will also receive your toolkit for health measurements and your first health check.

SIX DAY RETREAT

- A range of tranquil and consciously designed bedrooms for you to choose from when you book
- A full and varied daily programme of workshops, talks and activities
- Two meals each day, beginning with dinner on the day of arrival
- Three credits that can be used towards a
 - Consultation with a Nutritionist
 - One-to-one movement session with an Exercise Coach
 - A treatment with one of our experienced Practitioners, you can choose from the following
 - Acupuncture
 - Cranial Sacral Osteopathy
 - Emotional Freedom Technique
 - Myofascial Release
 - Psychotherapy
 - Physiotherapy
 - Reflexology
 - Shiatsu
- Introduction to the health benefits of time-restricted eating
- Unlimited use of Combe Grove facilities and the extensive range of mindset and movement classes
- See page 15 for the facilities included

POST-STAY

- For 48 weeks following your stay, to support sustained change, you will receive invaluable online support, accessed via the online Portal. This includes
 - Regular scheduled consultations with our Practice Team to discuss your progress and plan the next phases of your health journey
 - Five Health checks including measurements of bloods, blood pressure, waist, and Five Roots survey to help identify which of your roots are flourishing and which need more attention
 - Video archive and documentation of all presentations and workshops featured in your stay
 - A one year membership of the Club with open access to the Estate and health and wellbeing facilities
 - Our online Ask the Expert service to share experiences and gain advice from our consultants
 - Access to regular articles and videos ranging from delicious recipes with seasonal ingredients to mindset motivation or gentle activities to keep your body moving
- Access to return to the Estate for a minimum three night stay at a special rate including full health assessment and all nutritious food and use of the health and wellbeing facilities

Stay



Advanced Process, Holistic Treatment

Advanced

The Metabolic Health Programme at Combe Grove combines comprehensive medical assessment and regular measurement of core health metrics with an array of therapies and treatments designed to fully address the holistic promotion of wellness within you.

From first contact to full health audit to programme completion, qualified nutritionists will discuss and advise on options and personalised approaches within the Programme, ensuring that your experience is optimised to your specific needs.

IR HEALTH CHECK

Combe Grove GPs and registered Nurses are present at every step of your journey towards improved metabolic health and optimal wellness. All guests receive comprehensive health assessments that feed into the personalised Programmes developed at Combe Grove.

Our Insulin Resistance Health Check is designed to assess key signals of metabolic health.

HBAIC AND CHOLESTEROL BLOOD CHECKS

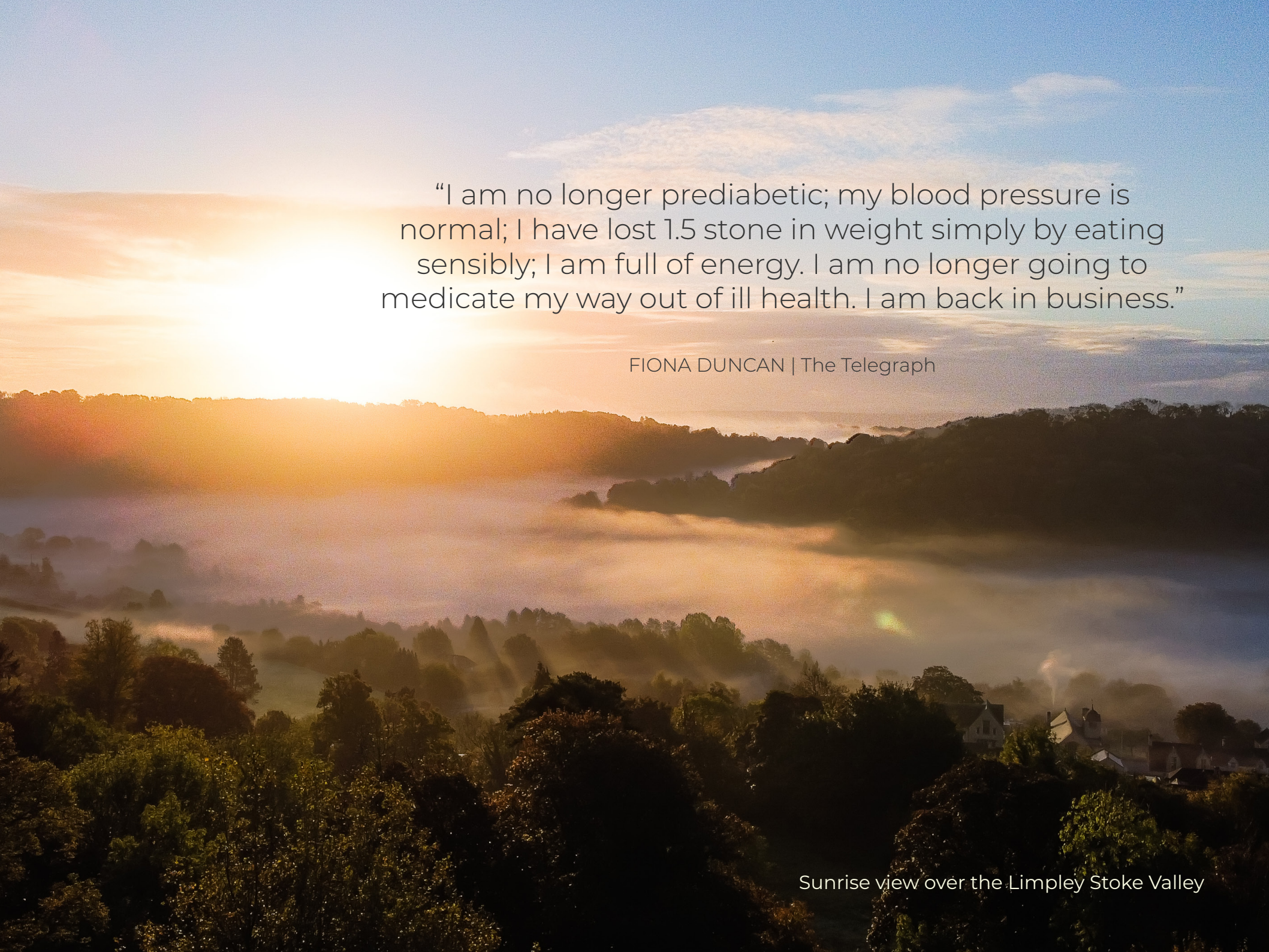
Each guest has their blood tested for a series of predispositions, from Diabetes to critical aspects of heart health and performance. Our checks also monitor Cholesterol levels, providing vital information that is precise.

ACCUNIQ

The AccunIQ is a state-of-the-art, comprehensive body composition measurement tool that delivers a full and accurate profile of skeletal mass, lean muscle mass and fat mass. Through a series of one-to-one consultations, our expert nutritionists use these measurements to guide and support you in reaching your body composition goals.

PERSONAL SESSIONS

From weight loss to core strength, our team of expert medical professionals, dieticians, nutritionists and movement specialists will identify and develop bespoke approaches to assist physical and mental development towards achieving enhanced wellness.



“I am no longer prediabetic; my blood pressure is normal; I have lost 1.5 stone in weight simply by eating sensibly; I am full of energy. I am no longer going to medicate my way out of ill health. I am back in business.”

FIONA DUNCAN | The Telegraph

Sunrise view over the Limpley Stoke Valley

Treatments & Therapies

Complimenting the Five Roots, our selection of Treatments and Therapies exist to alleviate and treat a wide range of ailments. Highly qualified Practitioners are available throughout the Metabolic Health Programme to provide the following therapeutic treatments. To see the full range of treatments please visit our website at www.combegrove.com/wellness-treatments/.

ACUPUNCTURE

Acupuncture balances energy and can stimulate self-healing. It helps with embedded long term physical and emotional issues. Symptoms commonly eased include fatigue, headaches, fertility issues, hip and back pain, tennis elbow, sciatica, irritable bowel syndrome (IBS) and hay fever. Using very fine needles the treatment helps to rebalance and improve energy in the body. Moxibustion uses dried herbs to heat and stimulate points and channels in the body and helps the acupuncture treatment to work more effectively.

KINESIOLOGY

Muscle testing is used to balance the body physically, emotionally, energetically and nutritionally. Imbalances are identified and corrected using nutritional supplements, emotional stress release techniques, acupressure, reflex massage and expert guidance on sustainable lifestyle change.

REFLEXOLOGY

The relief of pain through stimulation of predefined pressure points on the feet and hands. Reflexology is effective for promoting good health and preventing illness in addition to treating and relieving symptoms of stress, injury and illness.

REIKI

An ancient Japanese healing technique, Reiki realigns the body's natural energies in ways that are deeply conducive to wellness. Gentle and non-invasive, it aids relaxation, assists the body's natural healing process, relieves emotional stress and benefits overall wellbeing.

BODY THERAPIES

BESPOKE MASSAGE

A free style full body massage created to suit your needs and designed to ease aches and pains and to cleanse the lymphatic system using a blended oil of your choosing from massage specialists Made for Life Organics.

SWEDISH MASSAGE

This therapy uses long strokes and kneading to encourage and improve blood circulation. It also relieves muscle tension, stretches tight ligaments and eases emotional stress.

DEEP TISSUE MASSAGE

Applying firmer pressure and slower, more concentrated strokes alleviates chronic aches, pains and stiffness, noticeably improving tight joints and muscle movement.



Therapies

The Team at Combe Grove

The Metabolic Health Programme has been constructed from the knowledge and expertise of medical professionals in the field of metabolic health, to provide a unique reset opportunity for guests at Combe Grove. Our team of GP's, registered nurses, dietitians, nutritionists and movement experts deliver medically comprehensive assessments and experienced personalised guidance towards natural wellness for every guest at the Estate.



Cristy Dean
Practice Manager and Registered Dietitian



Dr Campbell Murdoch
GP with a special interest in metabolic health



Dr Rebecca Hiscutt
Practice Manager and Registered Dietitian

The Team



Ruth Gretton
Practice Manager



Chris Spreadbury
Coach House Manager



Jules Lowrie
Coach House Studio Manager



Felicity Morgan
Practice Operations Manager



Oliver Pratt
Nutritionist



Emma Patch
Dining Room Team Leader and Nutritionist



Adam Johnston
Nutrition Team Leader



Sarah Bayliss
Nutrition Team Leader



Anna Markussen
Nutrition Team Leader



Carly Jones
Nutrition Team Leader



Facilities

Our state-of-the-art indoor gym is equipped with innovative equipment selected for its sustainability and eco-credentials in support of our wider ambitions to become net zero.

- Two indoor Astro tennis bubbles, newly resurfaced and floodlit enabling year-round play
- One outdoor hardcourt, newly resurfaced tennis court
- The Oak Room, a designated studio for workshops, presentations, yoga and meditation
- Light and spacious yoga studio
- Numerous woodland walking and running trails
- Spin studio
- Indoor and outdoor swimming pools

Facilities

Indoor & Outdoor Pools

Enjoy our steam room or sit back and unwind on one of four Hydro therapy beds, designed to relieve muscle and joint pain using water jets that target the muscles along the back and legs.

The indoor pool is 16.6m in length, 7m wide and 1.5m deep. Not only ideal for a leisurely swim, but is also used for classes including Aquarobics.

The outdoor pool is kept at a temperature of 29° Celsius, warm enough for a relaxing dip with stunning natural views or, if you're feeling more energetic, an invigorating swim.

- Four Hydro therapy beds
- Steam room
- Two saunas
- Indoor pool is 16.6 metres long, 7 metres wide and 1.5 metres deep

Facilities



Time In Nature

All Combe Grove rooms are consciously curated to ensure that all attributes create a naturally restful space.

Personalised welcome packs benefitting to your health journey are included in your room, and every attention to detail has been considered in aid of restorative wellness.

We believe that sleep is fundamental consideration for sustained wellness and so, to support this, Combe Grove sources bedding from Woolroom. All bedding by Woolroom is crafted from soft lowland UK fleece wool. The comforting feel of the bedding is supported by strong ethics, local materials and craftsmanship.

Each room has its own Fern Forest aroma diffuser which releases a calming aromatherapy mist with your chosen essential oil blend. This addition to your space is designed to create serenity and improve your mood.

For some guests it may be both enjoyable and helpful to be accompanied by their life partner and this option is offered at a reduced rate for both occupants upon request.







METABOLIC HEALTH RETREAT

About the Estate

The serene, wooded Combe Grove Estate provides guests with the perfect retreat from everyday life, allowing you to fully focus on your recalibration of health and wellbeing.

As custodians of the land, we are mindful of the vital role we have in conserving and enhancing the landscape and its development. Since arriving in 2017, we have embarked on a journey to intimately learn about the land, its inhabitants and its history so that we may better understand and respond to the needs of the Estate accordingly.

The rewilding programme has been a great success, bringing roe deer, rabbits, badgers and foxes to the Estate, alongside a wonderful variety of native insects and birds. This abundance of wildlife is supported by a mosaic of woodland, scrubland, grassland, edible hedgerows and a large spring that feeds several rivulets into the Limpley Stoke Valley.

From drystone walls to the planting of medicinal herbs, from keeping goats to the incorporation of traditional and sustainable agricultural practices, every effort is made to harmonise and achieve true symbiosis with nature.

Estate

FIND . KNOW . HEAL YOURSELF .

See you Soon

The Metabolic Health Programme is a naturally transformative process for mind and body, restoring personal control and creating clear paths to the achievement of measurably improved health and wellness outcomes.

Our expert Doctors, Practitioners and Therapists aim to move the dial on how individuals and institutions perceive and engage with wellbeing, and how the Five Roots of Metabolic Health represent the keys to positive, informed and sustainable life change.

Combe Grove is a place of purpose, beauty, learning and nourishment. A place where individuals feel held whilst they rest, restore and reset.

Please ring 01225 834 644, Monday to Friday 8 am to 5 pm, or email welcome@combegrove.com to speak to a member of our Team. We are excited for your journey and look forward to welcoming you soon.



See you
Soon

Combe Grove is a centre for integrated health and wellness located in the Bath countryside, overlooking the Limpley Stoke Valley. We are committed to providing our clients with the opportunity to rest, restore and reset in an area of outstanding natural beauty in Bath, a double listed UNESCO World Heritage City.

01225 834 644

WELCOME@COMBEGROVE.COM

COMBE GROVE BRASSKNOCKER HILL BATH SOMERSET BA2 7HS

