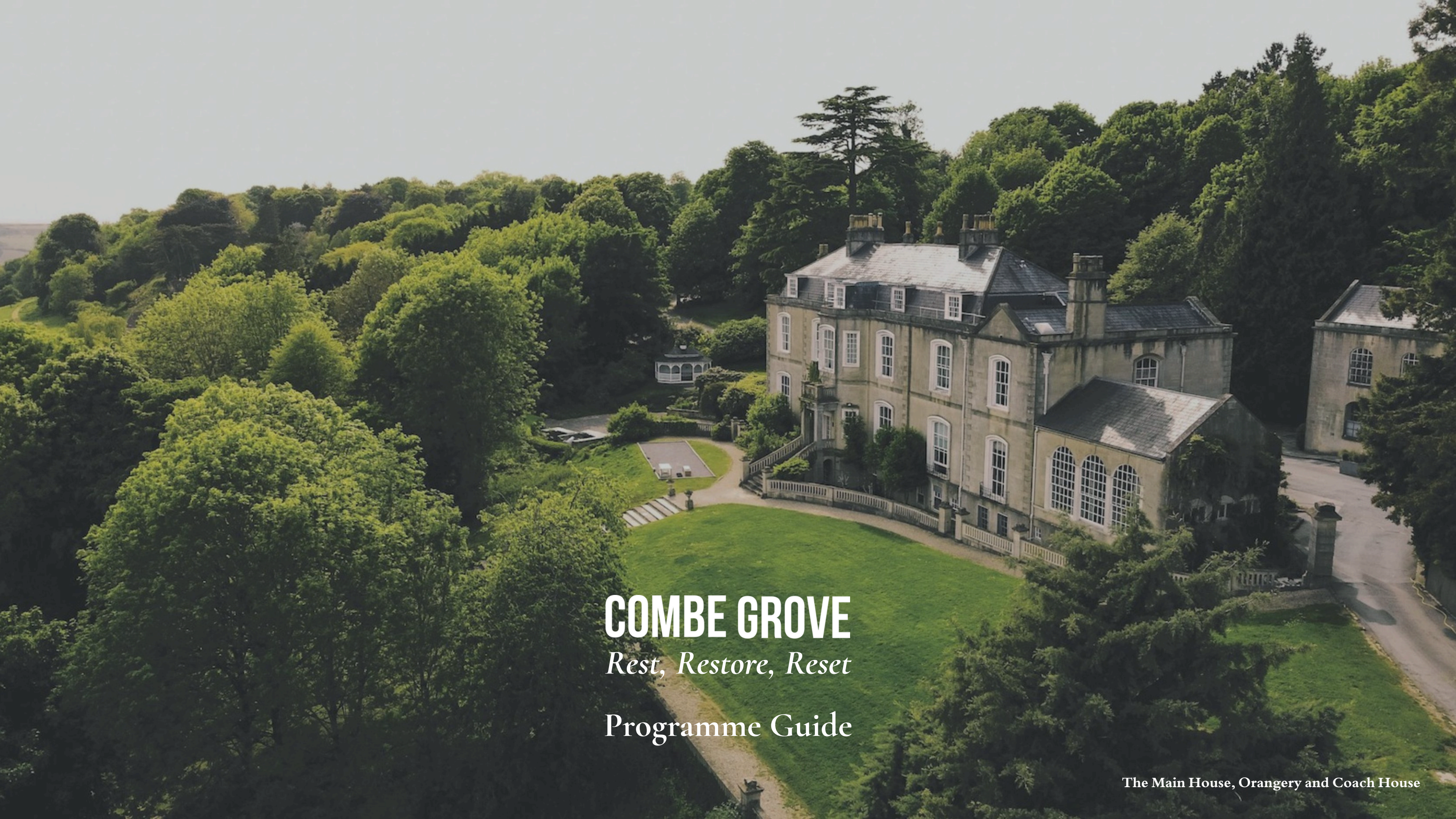


An aerial photograph of a large, multi-story stone house with a grey roof and numerous windows, situated on a hillside. The house is surrounded by lush green trees and a well-manicured lawn. A paved path leads to the house, and a small white gazebo is visible in the background. The overall scene is peaceful and scenic.

COMBE GROVE

Rest, Restore, Reset

Programme Guide

The Main House, Orangery and Coach House

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South facing view across the Valley.

ABOUT

Nestled in 70 acres of tranquil woodland and wildflower meadows, a stone's throw from the historic city of Bath, Combe Grove is the National Centre for Metabolic Health.

Under the stewardship of The Elmhurst Foundation Charitable Trust since March 2017, Combe Grove exists to make a lasting and meaningful contribution to individual and community wellbeing. With a mission rooted in three core objectives; to advance knowledge in health and wellbeing; provide high-quality apprenticeships for local residents and to open up access to facilities and expertise for the benefit of the wider community, Combe Grove is more than a centre; it is a place of purpose.

Once a country house hotel, the Estate has thoughtfully evolved into a dedicated Metabolic Health Centre that provides a range of programmes, wellness stays and local membership to the Club.

At Combe Grove, we believe in the power of prevention.

With 88% of the UK population experiencing poor metabolic health, linked to conditions such as fatigue, weight gain, cardiovascular disease, diabetes and chronic inflammation, our work is more important than ever. We support individuals to restore metabolic balance and to build lasting vitality, through evidence-based approaches and reconnection with the natural world.

Sustainability is woven into everything we do. Our land is managed using environmentally responsible permaculture methods to encourage biodiversity and we are nurturing the soil for future generations.



Horticulture Apprentices in the Kitchen Garden

Aligned with our vision of health, Combe Grove maintains a no smoking, no alcohol policy across the Estate creating a space where nature, nutrition, movement and mindfulness can truly take root.

Whether you're joining us for a programme, as a member or as part of our local community, Combe Grove is a place to **rest, restore and reset**.

WHAT IS METABOLIC HEALTH?

“Metabolic Health is the engine for life; the foundation of physical and mental health. It’s the ability of the body to use, store and access energy whilst maintaining stability and thriving. The key measures of Metabolic Health are blood sugar, waist circumference, blood pressure and blood fats (lipids). We are considered in good Metabolic Health when all the measures are in the normal healthy range”

Dr Campbell Murdoch, GP

Metabolic Health describes the internal workings of your body and refers to the overall state of various metabolic processes, including those related to energy production, utilisation and storage. It encompasses the efficient functioning of hormones, enzymes and other biochemical pathways involved in the breakdown, synthesis and regulation of nutrients such as carbohydrates, fats and proteins.

Insulin sensitivity is central to metabolic health and the prevention of inflammatory diseases. When cells respond properly to insulin, glucose is efficiently taken up from the bloodstream, maintaining stable blood sugar levels and limiting inflammatory responses. In contrast, insulin resistance leads to elevated blood glucose; contributing to chronic conditions such as type 2 diabetes and cardiovascular disease.

At Combe Grove, we address the root causes of insulin resistance through our **5 Roots to Metabolic Health™** Nutrition, Sleep, Movement, Mindset and Environment, supporting the body’s natural ability to reduce inflammation and restore metabolic function.

The **10 Markers of Metabolic Health™** are pivotal in our approach to measuring Metabolic Health.



Dr Campbell Murdoch, GP and Metabolic Health Specialist

THE 10 MARKERS OF METABOLIC HEALTH™

Throughout the Programmes, we focus on the following 10 Markers of Metabolic Health™ as a method of measuring your current state of health. These insights allow us to provide tailored guidance and support to each client on their individual journeys.

1.Waist to Height Ratio

A waist-to-height ratio gives an insight into body fat distribution and helps to assess and predict health risks, such as type 2 diabetes, hypertension or cardiovascular disease.

2.Blood Pressure

The term blood pressure refers to the force exerted by blood on the artery walls. While low blood pressure may cause dizziness, untreated high blood pressure can lead to severe cardiovascular issues.

3.Weight

Maintaining a healthy weight can lead to improved health and wellbeing. If we carry excess weight it means we are more likely to suffer medical conditions including type 2 diabetes, cardiovascular disease and certain cancers.

4.Visceral Fat

Visceral fat is the fat that surrounds the vital organs in the abdominal cavity. Research shows that even if your weight and body fat remain consistent, the distribution of fat changes as we age and is more likely to accumulate in the abdominal area, particularly post-menopause in women.

5.Muscle Mass

Muscle mass is essential for metabolic health for many reasons. Healthy levels can help moderate blood sugar and insulin levels, maintain and increase physical strength, and support individuals in reducing body fat levels.

6.Sit to Stand Test

Improving our strength and fitness levels can have profound positive effects on metabolic health, offering protection against various metabolic disorders and improving our overall quality of life. We can measure our overall strength and fitness levels by doing the ‘sit to stand’ test’.

7.HbA1c Glycated Haemoglobin

A HbA1C blood test tells us the average level of glucose in our blood by measuring the amount of glucose attached to our red blood cells over a period of time. As our red blood cells have a turnover rate of around 8-12 weeks, it is often suggested to check HbA1C levels at three-month intervals to get an overview of the impact of lifestyle changes.

8.Triglycerides

Triglycerides are a type of fat in our blood and an essential energy source in the body. If our levels become too high, this can increase our risk of developing cardiovascular disease and other metabolic diseases.



A Client having their blood pressure taken during the health assessment.

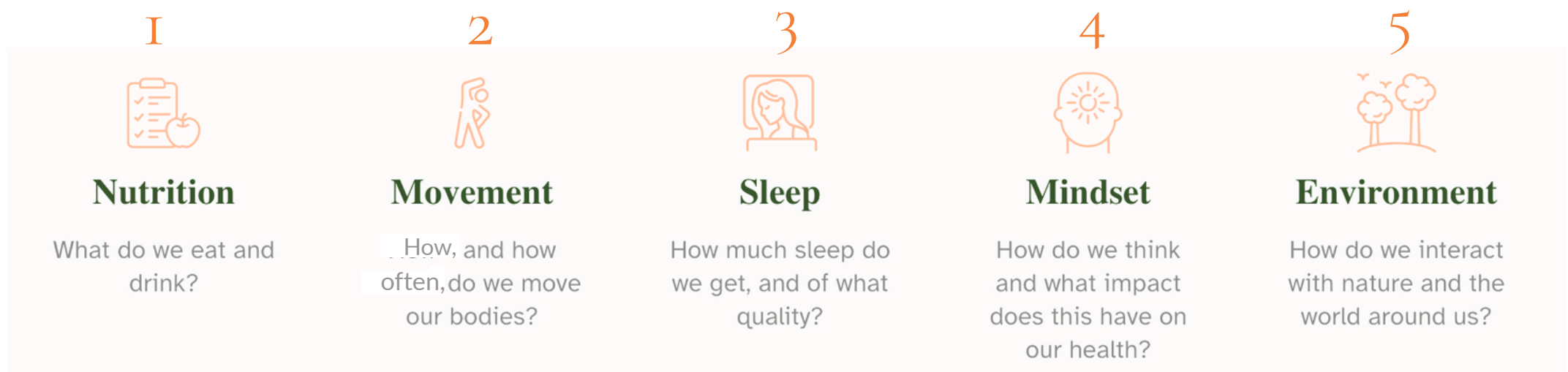
9.Triglycerides vs HDL C Ratio

HDL cholesterol (HDL-C) is often referred to as ‘good cholesterol’ as it is the particle that removes LDL cholesterol from the bloodstream and returns it to the liver. Measuring our Triglyceride v HDL-C ratio is a useful test as it can indicate insulin resistance which is one of the root causes of poor metabolic health.

10.Quality of Life Score

Quality of life varies in meaning for each person, but its significance is universal. The Quality-of-Life Score (QOLS) is a metric used to assess an individual's overall well-being across various categories including social relationships, physical health, and personal circumstances.

THE 5 ROOTS OF METABOLIC HEALTH™



The 5 Roots of Metabolic Health™ form the foundation of Combe Grove’s Metabolic Health Programmes, aimed at restoring, maintaining and enhancing metabolic balance. Our team will help you to identify the most powerful changes required to meet your personal goals.

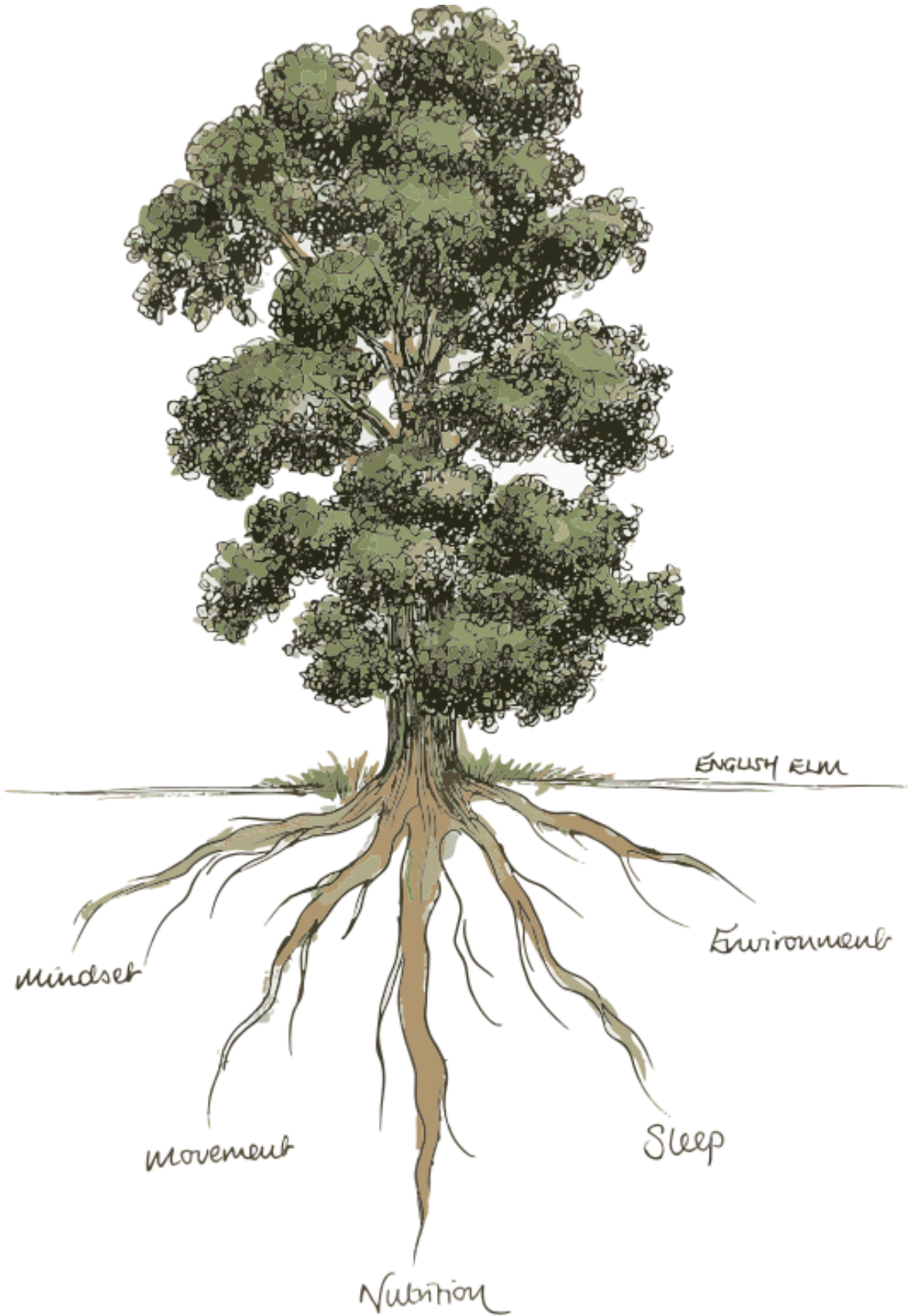
Nutrition is the foundation of metabolic health. At Combe Grove, we focus on real, low carb foods rich in protein and healthy fats to support blood sugar balance and gut health. What you eat influences how you sleep, move and feel; making nutrition the starting point for lasting wellbeing.

Movement improves insulin sensitivity, lowers inflammation and supports sleep and mental clarity. Combe Grove provides facilities to encourage swimming, walking, yoga and more to keep your body strong and your mind calm. Moving regularly keeps your whole system in balance.

Good **sleep** restores the body, balances hormones and sharpens the mind. Disrupted sleep can lead to poor food choices, inactivity and stress. We support sleep through natural rhythms and mindful routines; so you wake rested and resilient.

A healthy **mindset** supports better choices, lowers stress, and boosts your motivation to eat well, move and sleep deeply. Through mindfulness, creativity and positive habits, we help you build resilience and reconnect with your goals.

Your surroundings shape your habits, mood and metabolic health. From your home and work setting to mealtimes and relationships, creating a balanced **environment** helps reduce stress and supports all other roots.



The 5 Roots of Metabolic Health™ tree

Representing resilience, nurturing and consistency, these roots anchor health like a tree, with imbalances in one root potentially affecting others.

PROGRAMME OVERVIEW

Significantly improving your metabolic health is not only possible but can also lead to immediate enhancements in your daily quality of life, preventing disease, whilst setting you on a course for a longer healthier life.

Health Reset Day

Feeling low on energy, out of routine, or unsure where to begin with your health?
The Health Reset Day provides a practical, inspiring way to take that first step.

Wellness Stays

A stay at Combe Grove is ideal for those seeking a rest and reset that nurtures their health with the flexibility to explore all that Combe Grove has to offer.

Mini Metabolic Programme

The Mini Metabolic Retreat is a three day residential retreat programme that provides valuable insights into your metabolic health and simple, effective tools to enhance your wellbeing.

Metabolic Health Programme

A six day Residential Retreat at Combe Grove.

A full metabolic reset, developed by GPs, Dietitians and Metabolic Health Coaches to transform your long term health and prevent the onset of inflammatory illnesses.

Metabolic Membership

The Metabolic Membership is designed to provide the local community with in-depth insights into personal health.

Combe Grove at Home

A 12 week online programme that supports you to make transformational change to your metabolic health from the comfort of home, with guidance from your personal Nutritionist.



Nutritionist sharing a valuable nutrition tip during a Health Reset Day brunch.

HEALTH RESET DAY

Suited for: Those taking their first step towards improving their health, those who are already on their wellness journey and need additional guidance or returning Clients who need a metabolic refresh.

The Health Reset Day at Combe Grove is a welcoming and enriching experience for anyone ready to take the first step towards better health. Whether you are looking for a fresh approach to your wellbeing, live locally in Bath and want to connect with a supportive health community, or lead a busy life and need practical solutions that fit into your routine, this day offers something meaningful.

Set within the peaceful surroundings of Combe Grove, the Health Reset Day provides a chance to rest, restore and reset. The day's programme provides a series of personalised assessments, including the 10 Markers of Metabolic Health™, an Accuniq™ body composition scan, blood pressure check and blood tests for HbA1c and lipid profile. These offer valuable insights into your current health and act as a foundation for the expert guidance you will receive.

Throughout the day, you will be supported by Metabolic Health Coaches who will help you to understand your results and offer straightforward strategies to improve your wellbeing. You will take part in a mindset session designed to build confidence, a movement session to introduce simple exercises into daily life and workshops focused on sleep and stress to help you find greater balance.

Enjoy seasonal, nutrient rich meals that support metabolic health when paired with time restricted eating. A cooking demonstration will offer easy tips to continue your progress at home and a tour of the kitchen garden will connect you with the source of the fresh ingredients on your plate.

Participants have the opportunity to purchase an overnight stay before and/or after the Reset Day, allowing those further away to benefit from a restful night's sleep before heading home. Additionally participants can book a rejuvenating treatment or massage therapy to enhance their experience. Both of these options can be booked with our team prior to your visit.



Cooking demonstration on the Health Reset Day.

There is also time to relax. Whether you choose to swim, explore the grounds or simply rest, the day is as restorative as it is informative.

Following the Health Reset Day, Clients are encouraged to move onto the next programme, which includes the Mini Metabolic Retreat, the Metabolic Health Programme or Combe Grove at Home. The cost of the Reset Day can be redeemed against your next programme.

WELLNESS STAYS

Suitable for: Those who would like to nurture their health and wellbeing with the flexibility to explore all that Combe Grove has to offer and Clients who would like to return to the Estate for a peaceful reset.

Enjoy a rejuvenating two night wellness stay at Combe Grove, a centre for metabolic health set in tranquil woodland just minutes from the heart of Bath. As a registered charity, Combe Grove is committed to supporting people in making lasting improvements to their health and wellbeing through education, expert guidance and access to restorative facilities.

This carefully crafted stay is ideal for those looking to nurture both body and mind in a peaceful and supportive environment. Whether you are seeking time to reset after a demanding period or want to build healthier long term habits, this experience provides the tools and space to help you feel rebalanced and revitalised.

During your stay, you will enjoy full access to Combe Grove's extensive wellness and spa facilities, including a gym, tennis courts, spin studio, swimming pools, sauna and steam room. Evenings feature a nourishing two course dinner and a wholesome brunch, made with seasonal, health supporting ingredients.

At an additional cost, you can tailor your experience with expert led services such as therapeutic massages, holistic treatments including reflexology, acupuncture and osteopathy, one to one nutritional consultations and comprehensive metabolic health assessments. These personalised elements offer practical insights and support for your unique wellbeing journey.

If you are looking for an experience to celebrate an important life event including birthdays, anniversaries or hen parties, a wellness package at Combe Grove allows you to enjoy life's best moments with loved ones, whilst feeling your best.



Yoga class in the Oak Room

Combe Grove's calm surroundings and thoughtful approach make this wellness stay more than just a break. It is an opportunity to recharge, refocus and reconnect with what matters most to your health.

A stay at Combe Grove immerses you in the ethos of metabolic health, providing preventative and restorative support for your wellbeing. This care continues on the Metabolic Health Programme or Combe Grove at Home where Clients can greatly benefit from deep insights and personalised wellbeing support.

COMBE GROVE AT HOME

Suitable for: Individuals who are ready to prioritise their health whilst providing flexibility and support around their schedule and lifestyle.

Groundbreaking Results:

In our 1st Cohort, 91% of participants experienced weight loss and 83% of those with prediabetes reversed their diagnosis to a healthy range.

Combe Grove at Home is a thoughtfully designed 12 week online programme offering expert support and personalised guidance to help you improve your metabolic health from the comfort of your own home. Whether you are just beginning your health journey or looking to build sustainable habits, this programme provides the tools, insight and encouragement needed to make lasting change.

At the heart of the programme is the support of your own dedicated Metabolic Health Coach. Through three in-depth consultations, you will explore your personal health goals, daily routines and preferences, allowing your coach to create a tailored plan that works for you. Throughout the 12 weeks, your coach remains by your side, offering one to one support, answering questions and helping you stay on track.

Combe Grove at Home includes two comprehensive Metabolic Health Assessments, complete with blood tests and essential health checks. These assessments give you a clear understanding of your current state of health and form the foundation of your personalised plan, based on the 5 Roots of Metabolic Health™ : Nutrition, Movement, Sleep, Environment and Mindset.

You will also be part of a small cohort of 20 like-minded individuals, sharing your journey through live webinars and group sessions. This creates a supportive, close knit community where you can learn, reflect and grow together.



Client opening her welcome box.

A beautifully hand finished Welcome Box arrives at your door at the start of the programme, filled with everything that you need to begin, including health tracking tools and thoughtful wellbeing items.

Combe Grove at Home is more than an online health course. It is a deeply personalised, supportive and empowering journey that helps you to understand your body, to improve your wellbeing and to create meaningful, lasting change.

LOCAL METABOLIC MEMBERSHIP

Suitable for: Individuals experiencing challenges such as low energy, weight gain or early signs of metabolic imbalance, including insulin resistance. It is equally suited to those who want to understand the root causes of their health concerns and are looking for consistent, supportive care that fits into daily life.

The Local Metabolic Membership at Combe Grove is a unique programme created to support the health of the local community through personalised insights, expert guidance and a whole body approach to wellbeing. The Metabolic Membership provides **preventative care** through the sharing of knowledge, the facilities available and the nutritional menu served in the Map Room, reducing inflammatory diseases such as heart disease, stroke and certain cancers and improving longevity and quality of life.

Membership begins with a comprehensive Metabolic Health Starter Pack, including an initial blood test and a one to one consultation with a dedicated Combe Grove Nutritionist. This consultation explores your 10 Markers of Metabolic Health™ and identifies the most impactful area for change using The 5 Roots of Metabolic Health™: Nutrition, Movement, Sleep, Environment and Mindset.

You will receive a personalised Metabolic Health Plan, a seven day meal plan with recipes, and a full Metabolic Health Report presented in a clear, easy to follow format. After twelve weeks, a follow up consultation assesses your progress and adapts your plan to reflect your evolving goals and lifestyle.

As a member, you will enjoy ongoing access to expert support through regular Metabolic Health Reviews, webinars, group sessions and virtual events. Your membership also includes a massage therapy session, full use of the wellness facilities at the Coach House and preferential rates across a range of services.

You will receive newsletters, five complimentary guest passes each year and opportunities to join the Volunteering Club, where you can learn new skills and connect with others.



A member swimming in the indoor pool.

“The facilities at Combe Grove are excellent and provide everything you might need in a beautiful and tranquil setting. The "team" at Combe Grove are all very friendly, extremely helpful and provide experience and knowledge for those striving to improve their health.”

Jeremy, Metabolic Member

The Local Metabolic Membership offers a practical and nurturing path towards improved health, firmly rooted in community, science and sustainable lifestyle change.

MINI METABOLIC PROGRAMME

Suitable for: Those who want to measurably improve their metabolic health, but may not have the time to dedicate to the full programme. It is also suitable for those **preparing for, or recovering from, surgery**, reducing inflammation and weight for improved surgical outcomes and supporting the healing process.

The Mini Metabolic Retreat is a three day residential retreat programme that provides valuable insights into your metabolic health and simple, effective tools to enhance your wellbeing.

Clients receive in depth analysis of their current state of health using a body composition analysis tool, the Accuniq, which accurately measures muscle mass and visceral fat. In addition, HbA1c testing and blood tests are taken to analyse blood glucose levels as well as the 10 Markers of Metabolic Health™. These results allow the team to tailor the programme to your specific health needs and with the support of our Nutritionists and Dietitians, Clients can begin taking the next steps to improving their wellbeing and vitality.

The Retreat is built upon 5 Roots of Metabolic Health™ offering Clients clear and actionable guidance to make positive and transformative change, even within three days. This is supplemented by nourishing, healthful brunches and dinners that are rich in high quality protein, good fats and low in carbohydrates to balance blood glucose and create satiety. Clients also benefit from mindful activities on the timetable including meditations and a wildlife walk to embrace tranquillity during the stay.

Afternoons are for you. Clients have full access to the wellness facilities including the indoor and outdoor pool, sauna, steam room, gym and 70 acres of nature to explore. Experience a soothing treatment or massage therapy with our skilful team of Practitioners and Therapists. Your experience can be as invigorating as you choose. Set the pace that is right for you.

Clients have the opportunity to return to Combe Grove for a Returner's Stay to further develop their knowledge of metabolic health and to review the progress already made.



A Client reading peacefully in the refurbished Ercol chair with a cup of Pukka tea.

“I feel like a phoenix rising from the ashes.”

Paddy, Client

THE METABOLIC HEALTH PROGRAMME

Suitable for: Individuals looking for a full, comprehensive reset. You might be struggling with sleep, fatigue, weight gain or deteriorating health. You may have had a significant life event or been under high levels of stress and would now like to focus on regaining your health. The Metabolic Health Programme also provides the tools to prevent the onset of inflammatory illnesses and improve long term wellness. This is a carefully supported and enriching experience which has been developed to empower sustainable and measurable change to your health and lifestyle.

The Metabolic Health Programme at Combe Grove is a six day residential programme with expert guidance, in depth assessment and personalised support. As a dedicated Centre for Metabolic Health, TM Combe Grove provides a science-led, holistic approach grounded in the 5 Roots of Metabolic Health : Nutrition, Movement, Sleep, Environment and Mindset.

On arrival, you will undergo a detailed Metabolic Health Assessment with a GP, nurse or dietitian, exploring your 10 Markers of Metabolic Health . This includes blood tests, body composition analysis, blood pressure, and strength measures. These insights are followed by an interactive workshop with Metabolic Health GP, Dr Campbell Murdoch, helping you to understand your results and how they relate to your long term wellbeing.

Your stay includes a range of engaging daily workshops, gentle guided movement, and seasonal, nutrient-rich meals created by our nutrition team and chefs. You have the opportunity for a one to one personal training induction, a therapeutic massage and a restorative treatment, along with full access to Combe Grove's wellness and fitness facilities.

After the initial Metabolic Health Programme, Clients return to Combe Grove on a complimentary Returner's Retreat, where their metabolic markers and progress are reviewed.



A Client exploring the Kitchen Garden.

“Since my experience on the Retreat at Combe Grove, my life has changed dramatically. The programme provided the structure to enable me to completely rebalance my life.”

Sue, Client

NUTRITIONAL CONSULTATIONS

Whether you are looking to have a current assessment of your nutrition and metabolic biomarkers or are eager to access continued nutritional support, using the 5 Roots of Metabolic Health™, we can help you to meet your needs.

50 Minute Nutritional Consultation

We offer a 50 minute nutritional consultation, a follow up blood test and a 30 minute review with a Metabolic Health Coach to discuss results and next steps. This package is also available to those just starting their metabolic health journey and offers insights into their current state of wellbeing.

Nutritional Consultation Package

For those who have already attended one of our programmes or Health Reset Day, we provide a comprehensive support package which includes 3x 50 minute one to one nutritional consultations, delivered monthly over a three month period. These sessions are supported by follow up blood tests at the end of the programme, allowing clients to measure and track their progress.

Consultations can be conducted either in person or online, depending on preference and are accessed via our secure client portal on Practice Better.



Baked Eggs dish served in the Map Room.

RETURNER'S RETREAT

A Returner's Retreat provides both motivational and physical benefits, helping you to stay on track with your metabolic health journey. Revisiting the Combe Grove environment provides a valuable opportunity to refocus, reset and build upon the progress that you have already made. With a structured Programme designed to support ongoing success, you will continue enhancing your wellbeing through expert guidance, tailored treatments and goal orientated activities. After the initial Metabolic Health Programme, Clients receive a complimentary Returner's Retreat after three months.

Investing in a package of two or three Returner's Retreats in advance is financially advantageous and also a powerful motivational tool. Securing multiple stays helps to maintain momentum and ensures you remain accountable to your goals and long term health, encouraging continued dedication to the lifestyle changes that you have embraced.

Returner's Retreats go beyond the retreat itself, providing additional support to help maintain and build upon the positive lifestyle changes that you have made. Over the course of four days, the team evaluates your progress, assessing your 10 Markers of Metabolic Health™ and the 5 Roots of Metabolic Health™. Additionally, they will be taking your next Accuniq measurements and blood tests, reviewing them in comparison to your goals and providing guidance for further improvements.

As part of the Returner's Retreat, Clients receive an inclusive treatment or therapy from our team of Practitioners and Therapists to further restore and rebalance your health. This personalised session ensures that you continue to receive the dedicated care and support needed to sustain your progress. Alternatively, with 17 different treatments available, you can explore new experiences each time that you return.

By planning in advance, you ensure that you receive the most valuable support, working with the Metabolic Health Coaches, Practitioners and Therapists who have guided you through your journey so far.

Returning allows you to reconnect with old friends, strengthen existing bonds and meet new like minded individuals who share your commitment to health. The Returner's Retreat fosters a strong sense of community, where clients support and motivate each other, making the journey even more rewarding.



Clients converse during a Metabolic Health Workshop.

“I have just completed a return visit after 10 weeks and in that time, I have already seen a huge difference in my energy levels and weight loss plus I am not having cravings anymore and I am much calmer in myself and enjoying my new relationship with food and my health.”

Lisa, Client

SPEAK TO THE TEAM

If you are unsure which of our programmes is right for you, the team at Combe Grove is here to help. Whether you are looking for a Health Reset Day, ongoing support from home or a more in-depth residential stay, we offer a range of options to suit your personal goals, lifestyle and preferences.

Our friendly and knowledgeable team will take the time to understand your needs and guide you towards the most suitable programme. Whether you are looking to manage specific health concerns, make lasting lifestyle changes or simply feel more energised and balanced, we are here to support you.

Each of our programmes is rooted in expert guidance, personalised care and a nurturing environment. You do not need to have all the answers before you begin, just a willingness to take the first step.

To talk through your options or ask any questions, we invite you to get in touch. We would be delighted to help you find the right path for improving and maintaining your health and wellbeing.

Call us on **01225 838 685** or email **welcome@combegrove.com**.

We look forward to hearing from you.



A Client arriving at the Main House.

ADDITIONAL WELLBEING SERVICES

Wellbeing Service	Details	Practitioner	Duration	Price	Terms
3x Nutritional Consultations plus blood tests and metabolic markers	A comprehensive package including three personalised nutritional consultations, along with blood tests and key metabolic marker analysis to support tailored, evidence-based guidance for your health and wellbeing.	Dietitian or Nutritionist	3x 50 minutes Plus a 30 minute review following blood tests	£350 in person or online	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
1x Nutritional Consultation plus blood tests, metabolic markers and review	A single personalised nutritional consultation combined with blood tests, metabolic marker analysis and a detailed results review to provide targeted, actionable health insights.	Dietitian or Nutritionist	50 minutes Plus a 30 minute review following blood tests	£195 in person or online	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
Nutritional Consultation	Personalised nutritional consultation to assess your dietary habits and develop tailored strategies to support your health and wellbeing goals.	Dietitian or Nutritionist	50 minutes	£90 in person or online	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
Specialist Nutritional 1:1 Consultation	Specialist 1:1 Nutritional Consultation designed for individuals managing menopause, type 2 diabetes, prediabetes, food addiction or following a keto lifestyle. Receive expert, personalised guidance to support your unique health needs and goals.	Dietitian or Nutritionist with specialist experience	50 minutes	£90 in person or online	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
Root Consultation	The Root Consultation offers a personalised discussion focused on the 5 Roots of Metabolic Health™: nutrition, movement, sleep, mindset and environment. Together, you'll identify which root(s) to prioritise and develop a tailored plan to address the core factors influencing your wellbeing.	Root Specialists	50 minutes	£90	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
Continuous Glucose Monitor Application and a 45 minute consultation	Continuous Glucose Monitor application and expert advice session to help you to understand and manage your blood sugar levels effectively for improved metabolic health. Includes a 45 minute consultation with a Nutritionist.	Dietitian, Nutritionist or Clinical support	50 minutes Can also be shipped to home address for self fit.	£140	You must be 18 or over and any of the following: current member, previous client, online programme participant or Health Reset Day attendee.
Treatments	A range of holistic treatments; Acupuncture, Clinical Hypnotherapy, Craniosacral Therapy, Emotional Freedom Technique, Homeopathy, Kinesiology, Massage, Naturopathy, Osteopathy, Person, Centred Counselling, Physiotherapy, Psych-K, Reflexology, Reiki, Shiatsu and Structural Integration to support and enhance your metabolic health by promoting balance, reducing stress and improving overall wellbeing.	Practitioners	60 minutes or 90 minutes	Priced individually	You must be 18 or over.

PROGRAMME PRICE LIST

Programmes	Duration	Prices From	Orchard Room	Grove Room
Health Reset Day	1 Day	£225		
Wellness Stay	2 Nights Minimum	From £600	Standard Rate from £600	Standard Rate from £800
Mini Metabolic Programme	3 Days	From £1,200	Standard Rate from £1,200	Standard Rate from £1,400
Combe Grove at Home	12 Weeks Online	£1,200 Bursary Places Available by Application		
The Metabolic Health Programme with Returner's Retreat included	6 Days	From £3,200	Standard Rate from £3,200	Standard Rate from £3,500
Additional Returner's Retreat	4 Days	From £1,050	Standard Rate from £1,050	Standard Rate from £1,200
Returner's Retreat Package	4 Days		From £950 each for a package of 2 From £850 each for a package of 3	From £1,100 each for a package of 2 From £1,000 each for a package of 3
Local Metabolic Membership	1 Year ongoing	£1,200 Plus £150 joining fee		