

# COMBE GROVE

## Metabolic Health Reset Day

£295 per person

### Sample Timetable

#### YOUR DAY

8.15am to 8.30am  
Arrival & Welcome  
the Library, Main House

8.30am to 9.30am  
Introduction to Metabolic Health with Amanda Overeynder  
the Library, Main House

9.30am to 11.15am  
Vision Boarding Workshop with Amanda Overeynder  
the Library, Main House

9.45am to 11.15am  
Individual Health Checks to collect metabolic markers  
with a member of our Practice Team  
First Floor Treatment Rooms, Main House

11.15am to 12:15pm  
Brunch in the Orangery, Main House

12.15pm to 1pm  
Overview of the Kitchen Garden with Danielle  
**Meet at the entrance of the Main House**  
*NB: in the event of icy conditions, we may substitute this tour*

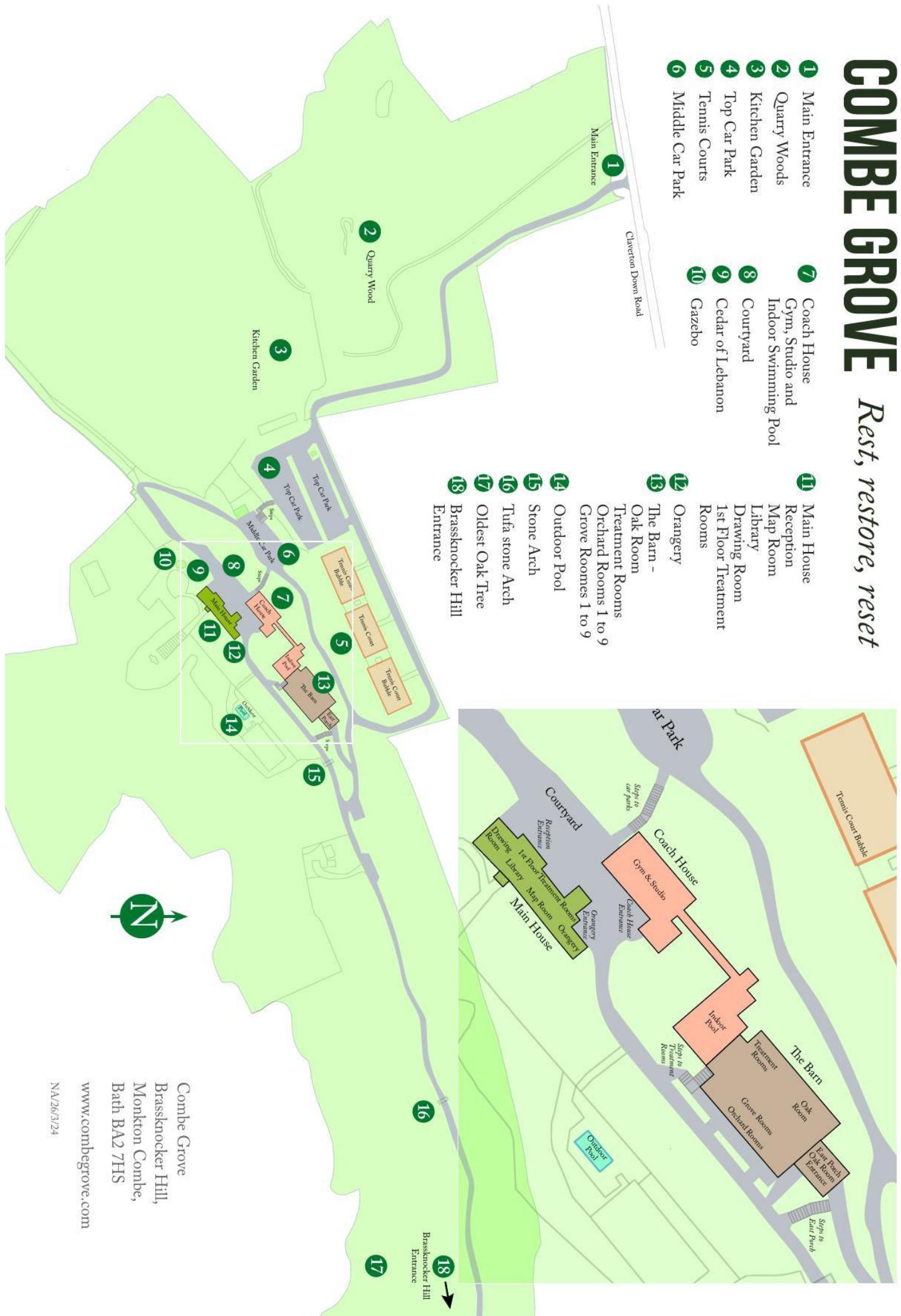
Free time and/or the opportunity to book additional treatments or therapies, explore the estate or make full use of our indoor & outdoor pools, sauna and other leisure facilities  
(please bring swimwear & a towel)

3pm to 3.45pm  
Mindset for Success Workshop Amanda Overeynder  
Drawing Room, Main House

3.45pm to 5pm  
**Afternoon Tea in the Drawing Room, Main House**  
*Including the opportunity to discuss Health Check results  
Final Farewell & Next Steps*

# COMBE GROVE

*Rest, restore, reset*



Combe Grove  
Brassknocker Hill  
Monkton Combe,  
Bath BA2 7HS

[www.combegrove.com](http://www.combegrove.com)

NA/26/3/24