

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)

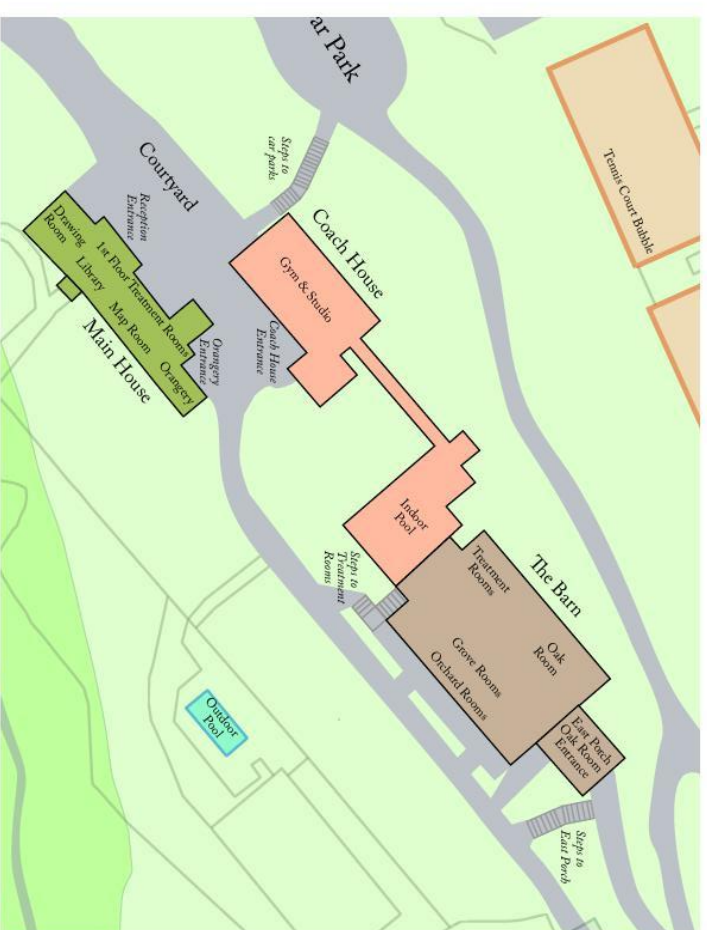
3pm to 3.45pm
Mindset for Success Workshop Amanda Overeynder
Drawing Room, Main House

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

- 1 Main Entrance
- 2 Quarry Woods
- 3 Kitchen Garden
- 4 Top Car Park
- 5 Tennis Courts
- 6 Middle Car Park
- 7 Coach House
Gym, Studio and
Indoor Swimming Pool
- 8 Courtyard
- 9 Cedar of Lebanon
- 10 Gazebo
- 11 Main House
Reception
Map Room
Library
Drawing Room
1st Floor Treatment
Rooms
- 12 Orangery
- 13 The Barn -
Oak Room
Treatment Rooms
Orchard Rooms 1 to 9
Grove Rooms 1 to 9
- 14 Outdoor Pool
- 15 Stone Arch
- 16 Tufa stone Arch
- 17 Oldest Oak Tree
- 18 Brassknocker Hill
Entrance



Combe Grove
Brassknocker Hill,
Monkton Combe,
Bath BA2 7HS

www.combegrove.com

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