



Christmas Retreats

At Primrose Cottage Retreat, near Lichfield, Staffordshire

Holistic or Detox Day Retreats

Dates Available

Tuesday 20 December
Wednesday 21 December
Thursday 22 December
Friday 23 December

Christmas Retreat

Saturday 24 December – Monday 26 December
3 nights

Stay in the peaceful Primrose Cottage Retreat
En-suite accommodation
Shared use of kitchen for preparation of meals
Shared use of cosy lounge with log burning fire
Use of Garden Retreat Relaxation Room for yoga / meditation

1 person £225 for 3 nights
2 people £285 for 3 nights

Optional Holistic Treatments from £35

Reflexology, Aromatherapy Massage, Reiki Massage, Reiki Facial Massage,
Hopi Ear Candles, Precision Reiki, Energy Alignment, Iridology

Contact Sally Rosemary at Essential Health
www.essentialhealth.co.uk sally@essentialhealth.co.uk 07711 649175