

# Primrose Retreat

## Holistic Detox Day Retreat for Body, Mind & Spirit



You are invited to take some time out & spend a day to relax, de-stress, detox and be pampered in a beautiful rural cottage retreat near Lichfield, Staffordshire

Your day includes the following  
Holistic Treatments and Balancing Techniques:

- ❖ Personalised Health Assessment including Iridology
- PLUS
- ❖ Therapeutic or Detox Footspa
- PLUS
- ❖ Seasonal Balancing Techniques for Mind & Body
- PLUS
- ❖ Reflexology or Aromatherapy massage or Indian Head Massage
- PLUS
- ❖ Flower, Tree & Angelic Essence Selection
- PLUS
- ❖ Reiki, Precision Reiki or Life Alignment treatment
- PLUS
- ❖ Therapeutic or Detox Footspa
- PLUS
- ❖ Inspirational Card Reading & Personalised Affirmation

Also included:

- ❖ Cleansing freshly pressed juice
- ❖ Refreshments, nutritious light lunch and snacks
- ❖ Relaxing Meditation
- ❖ Free time to relax or walk in the woods or by the lakes

From 10am – 5.00pm



Primrose Retreat  
Between Lichfield &  
Tamworth, Staffordshire

£125 per person  
Overnight accommodation  
also available



**Sally Rosemary at Escential Health**

Holistic Complementary Therapies for Optimum Health, Wellbeing & Relaxation

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