

Primrose Retreat

Holistic Healing 'Chill out' Day Retreats
for Body, Mind & Spirit



Take time out, spend a day with friends or family
Relax, de-stress, detox and be pampered in a
beautiful rural cottage retreat

Choose your Treatments from the following options:

- ❖ Reflexology or Aromatherapy massage or Indian Head Massage
PLUS
- ❖ Flower remedy selection or Angel card reading or Vortex cards
PLUS
- ❖ Reiki, Precision Reiki or Life Alignment treatment
PLUS
- ❖ Sea Salt footspa or Detox footspa

Also included:

- ❖ Relaxing Meditation or free time to relax or Walk in the woods or by the lakes
- ❖ Nutritious lunch - usually soup + selection of salads
- ❖ Refreshments – wide range of teas, herbal drinks, fruit

Additional treatments available:

Hopi Ear Candle Treatment – extra £5 Iridology Assessment - extra £10
Therapeutic Warm Oil Detox £5

Choose a date to suit you for your own personalised day!

Normal Price £85 per person or £75 per person for 2 people or more

Contact Sally for details of

SPECIAL OFFERS & THERAPIST DISCOUNTS



Primrose Retreat
Between Lichfield & Tamworth,
Staffordshire



Sally Rosemary at Esencial Health

Holistic Complementary Therapies for Optimum Health, Wellbeing & Relaxation

sally@esencialhealth.co.uk 01543 433520 07711 649175 www.esencialhealth.co.uk