



Premium Recovery & Wellness Weekend

Little Bassests Farm, Brentwood, Essex



(ALL INCLUSIVE – ACCOMMODATION, MEALS, TREATMENTS & SESSIONS)

Must Book Before September 9th

EARLY BIRD

£2,529

**STANDARD
PACKAGE**

£2,999

What's Included

- 3 nights in luxury countryside accommodation
- Daily hands-on physiotherapy (1:1 sessions)
- Tailored IV drips (administered by medical professionals)
- Breathwork, mobility & recovery sessions
- Strength coaching & personalised programming
- Anti-inflammatory gourmet meals by private chef
- Access to indoor pool, putting green & snooker room
- Pre-retreat screening + aftercare plan

HOW TO RESERVE YOUR SPOT

Only 10 spaces available – strictly limited for personalised care

Complete the booking request form online

Fill in the short form to express interest and tell us a little about yourself.

This helps us make sure the retreat is the perfect fit for you

Book A Call

After submitting the form, we will contact you to book a 10-minute call with the Retreat Leader.

We will answer any questions you have and finalise your spot

Pay Your Deposit

Secure your space with a deposit and we will send your confirmation, welcome pack and your full pre retreat checklist.

From there it's just a countdown until you arrive.