Luxury Wellness Weekends
at
White Birch Manor

Suggested Itinerary…

Day 1: Friday

4.00pm Check in and welcome with drinks and cake on arrival.

Settle in and explore!
Relax in the hot tub or take a dip in the outdoor heated swimming pool
**Note: swimming pool open May - Sept*

6.30pm *2 Course Evening meal*
**Note from the Chef: Bespoke menu options available including Vegetarian and Vegan. All special dietary requirements catered for.*

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Day 2: Saturday

8.00am *Light breakfast*

Activity Session 1:

Depending on numbers, time of year (whether indoors or out) and the activities chosen, your party would be split into 2 or 3 groups to ensure everyone has the opportunity to do each activity.

**Yoga - Guided sessions by qualified instructors suitable for all ages and abilities to support movement and flexibility.*

**Wellness - Relax and unwind with simple activities designed to promote wellbeing and everyday health.*

**Creative – Explore your creative side with fun craft workshops that will gently turn beginners into experts.*

9.15 – 10.15am Yoga (1) / Wellness (2) /Creative (3)

10.30 – 11.30am Yoga (2) / Wellness (3) /Creative (1)

11.45 – 12.45pm Yoga (3) / Wellness (1) /Creative (2)

1.00pm *Lunch*

2.00pm Free Time for everyone!

Stretch your legs and enjoy the Local Walks or simply relax and enjoy the facilities onsite. We have indoor board games, books and puzzles or garden games such as boules, rounders and croquet.

Alternatively, indulge in personalised Spa Treatments or try a group activity such as Archery if you wish. We can arrange whatever you would like to do.

6.30pm Pre dinner drinks

7.00 pm *3 Course Fine Dining Evening Meal*

Prepared onsite by our own award winning Chef with waitress service.
Using fresh, seasonal and locally sourced organic ingredients, and where possible from our own orchards and gardens, you can be guaranteed a culinary experience that will not only be healthy and nutritious but will most certainly be enjoyed.

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Day 3: Sunday

9am *Light Breakfast*

Activity Session 2:

9.45 – 10.45am Yoga (3) / Wellness (2) /Treatment (1)*

11.00 – 12.00am Yoga (2) / Wellness (1) /Treatment(3)*

12.15 – 1.15pm Yoga (1) / Wellness (3) /Treatment (2)*

**Choose from a variety of treatments, such as:*

Full Body Deep Tissue Massage / Blissful Back Massage
Luxurious Facials with Neals Yard Organic Remedies
Japanese Rejuvinating Shiatsu Facials / Thai Yoga Massage
Foot & Hand Treats / Cherishing Pregnancy Massage
Hot Stones Massage / Whole Body Aroma Unwind
Manicure & Pedicure / Indian Head Massage

1.30 – 1.45pm Wellness session to close (all together)

2.00pm *Lunch*

3.00pm Free Time to enjoy the house, grounds and local area.

The Forest of Dean has some beautiful walks, and we are happy to advise depending on distance and ability.

Make the most of our tranquil book corners or sink into the Hot Tub or relax on the sundeck by the Pool, the choice is yours.

Notes:
Check out - latest 10 am Monday morning
Healthy nutritional snacks will be provided throughout the weekend
Meal options can be provided for Sunday evening if required