



# Natural Health Retreats

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## Wellness Lifestyle Reset

Get ready to elevate your way of living, step out of old habits  
& return to a more balanced way of life.

Born out of the belief that nature knows best, Natural Health  
is an ethos that encourages us to  
return to our most natural state.

Your hosts:  
Andy & Chelsea,



Location:

Watergate Bay, Cornwall



28/02/25 - 03/03/25

04/03/25 - 07/03/25



Cost:

From £850



Payable Now:

£300 deposit



Spaces Available:

10



What's Included:

- 3 Nights Luxury Accommodation
- Breakfast & Lunch
- Daily Breathwork
- Daily Fitness Classes
- Pilates Classes
- Cold Water Dips