



# GLASS HOUSE

DETOX & WELLNESS RETREAT

## A GLASS HOUSE SPA DAY

YOUR TIME TO RELAX,  
RENEW AND RESET

A Glass House Spa day is flexible to suit your needs. Relax by the pool, drift away with a personal spa treatment, detox or breathe easy in our Himalayan salt sauna or steam room, the day is yours alone.

Our spa offers the very best products throughout, from deep tissue massage, to Baobab Seed Exfoliation to pro-collagen facials; we have an extensive list of hands on and state-of-the-art spa treatments.

As well as our spa experiences we offer a range of exercise classes throughout the day and full access to our state-of-the-art gym, if you wish to be more active.

Each day at 4pm we offer a complimentary Vegan cooking demonstration with our expert chef, Miguel. Learn to make quick and easy, healthy snacks with a free tasting session.



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## YOUR COVID-19 SECURE BOOKING REQUIREMENTS

- Your confirmation email states your check-in time you agreed at booking. This is a 15 minute window and we kindly ask that you arrive promptly or call if you are running late so we can remain Covid-19 compliant, as we stagger arrival times.
- Your spa treatment times are provided on arrival. You are welcome to request a morning or afternoon appointment and we will do our best to meet your needs. If attending as a group, we will always do our best to schedule your treatments at the same time.
- You will receive a consultation form a few days prior to your visit. Please ensure all members of your party have filled this out, ensuring we have all up-to-date details for all guests, to help us remain Covid-19 Secure. If you are booking as a surprise for someone else, please do let us know.
- What to bring: Swimwear and gym wear if you wish to attend classes
  - We will provide: slippers, towels and robe for your spa day
  - Parking is free of charge
- As we are a vegan detox retreat we do not serve alcohol or coffee.
- A healthy one course vegan lunch with a smoothie is included in your package and served at 1pm.
- Unlimited herbal teas are included in your package
  - Booking additional treatments – as the spa gets booked up quickly, we advise any additional treatments/upgrades are booked as far ahead as possible. You can do this via the Glass House Retreat app, via the website or by calling reception on 01708 983590.

## TERMS & CONDITIONS

### CANCELLATION POLICY:

Non-arrival on the arrival date shown on your Booking Confirmation will incur full payment of the cost of your stay. Cancellation within 7 days prior to 9am on your arrival date will incur full payment of the cost of your Spa Day. Cancellations between 7 - 14 days prior to 9am on your arrival date will incur payment of 50% of the cost of your Spa Day.

Cancellations between 14-30 days prior to 9am on your arrival date will incur payment of 25% of the cost of your Spa Day. Cancellations at least 30 days before 9am on your arrival day will receive a full refund.

### SMOKING:

Smoking is not allowed anywhere on The Glass House Retreat, this includes all outside areas.

### JUST FOR ADULTS:

We love people of all ages at our spa, but we cannot accommodate anyone under the age of 18 years.

### MEDICAL CONDITIONS/ALLERGIES:

Please let us know of serious medical conditions. In some cases medical approval may be needed. Please let us know of any allergies or intolerances when you arrive.

### PREGNANT OR BREASTFEEDING?

Congratulations! What an exciting time for you. Please let us know though, as some treatments are not recommended for you at this time.

### WHAT TO BRING

Please bring a swimsuit to wear in the spa facilities. We will supply you with towels, a fluffy robe and slippers to be worn exclusively in the spa. Please ensure you wear dry clothes for all your spa treatments.