



GOODWOOD

HEALTH & WELLBEING

Sunday

1:30: PM Arrival Body Composition
4:45: PM Programme Orientation - The Hub
5:00: PM Welcome Talk - The Hub
6:05: PM Welcome Dinner - Farmer Butcher Chef
7:15: PM Gong Sound Bath - The Hub

Monday

From 7:30: AM Breakfast - Farmer Butcher Chef
9:00: AM Abdominal Massage
11:00: AM Talk - Longevity & The Gut - The Hub
12:00: PM Hosted Lunch - Farmer Butcher Chef
1:30: PM Estate Walk
3:00: PM Specialist Treatment or 1-1 Nutritional Consultation
6:15: PM Dinner - Farmer Butcher Chef

Tuesday

7:30: AM Estate Walk - Health Club Reception
9:00: AM Prescription Facial
11:00: AM Movement & Longevity Session - The Hub
12:00: PM Hosted Lunch - Farmer Butcher Chef
1:30: PM 1-1 Nutritional Consultation
5:00: PM Talk - Ayurvedic Understanding of Health Promotion, Longevity Optimisation and Disease Prevention
6:00: PM Nourishing Broth Supper - The Hub
7:00: PM Meditation – The Hub

Wednesday

7:30: AM Breakfast - Farmer Butcher Chef
9:00: AM Castor Oil Compress
11:00: AM Talk - Science of Connection & Health
12:00: PM Lunch - Farmer Butcher Chef
1:00: PM Specialist Treatment
5:00: PM Cookery Demo - Healthy Chocolate Treats
6:30: PM Dinner - Farmer Butcher Chef

Thursday

7:30: AM Hosted Estate Walk - Health Club Reception
9:00: AM Abdominal Massage
12:00: PM Hosted Lunch - Farmer Butcher Chef
1:00: PM Specialist Treatment
3:15: PM Digestive Yoga - The Hub
6:00: PM Nourishing Broth Supper - The Hub
7:15: PM Meditation and Grounding Session

Friday

From 7:30: AM Breakfast - Farmer Butcher Chef
8:45: AM Departure Body Composition

The programme hub is a comfortable place for you to wait for the therapist or practitioner to collect you for your treatment or consultation. Please arrive in the hub a few minutes before your appointment time. We advise that you dress in casual, comfortable clothing so that you can enjoy the relaxed atmosphere but are ready to attend your treatments and appointments on time. This will prevent any delays and ensure that there is no reduction in your treatment time. Additional bookings may not be cancelled, or if they are cancelled within 48 hours of the date, they are due to be provided the full amount is due.

We will endeavour to avoid making any changes to your treatment times during your stay, however, times may be subject to change in the event of unforeseen circumstances. In preparation for your treatments please leave any valuables safely in your room.

If you would like to use our Spa facilities during your stay, please check in at the Health Club reception. The gym, swimming pool, sauna, steam room and spa pool are available throughout your stay with us. If you would like to avoid busier times, please note we have Aqua classes taking place in the pool on a Tuesday and Thursday morning at 09:45 and 11:00 and on a Wednesday morning at 10:00. These classes run for 45 minutes. Adult only swimming times are before 12pm and after 6pm.