

The Raw Retreat

We offer various retreats.

Life-Changing Retreats include activities and therapies, Simply Stay Retreats do not

Minimum stay 3 nights

Further details may be found on our website

Health Intensive in The Studio

Plant-based food retreats to support guests with health issues. Guests who stay with us are hoping to holistically support their health. We offer specific retreats for cancer support, diabetes type II, heart health, gut health and many more.

What's included?

- Individual and totally private En Suite accommodation
- All food including daily breakfast green juice and wheatgrass shot, delicious, alkalising, plant-based lunch and 2 course evening meal
- 2 days of juice fasting
- Nutrition and lifestyle consultation with a clinical nutritionist
- 3 x Full Body Massage Therapy treatments at China Fleet Country Club. Private transfer
- 3 x one to one, bespoke yoga lessons, including restorative, yin and yoga Nidra
- 1 x Private Psychoneuroimmunology session.
- 2 x Private Meditation Teaching sessions.
- 3 x Aqua Spa / swim sessions at China Fleet Country Club. Private transfer. The Aqua Spa features a Finnish Sauna, Salt Steam Room, Spa pool, Experience Showers, 25 metre pool & more
- 3 x Food Preparation, Health and Nutrition Workshops
- Trip to the stunning Cornish Coast. Private transfer
- Access to a vast library of live-streamed health documentaries on health, fitness, diet, cancer, heart disease, diabetes and more, along with yoga, meditation and recipes. iPad for your use only provided.

	Single Occupancy	Double Occupancy per Person
7 nights	£3375.00	£2530.00

Serious Weight-Loss in The Studio

For guests who are obese or seriously overweight with more than a few pounds/kilos to lose. We offer guidance and support at the retreat and also once the guest has returned home in order to overcome weight issues for life.

What's included?

- Individual and totally private En Suite accommodation
- All food including daily smoothie breakfast, delicious, plant-based salad or soup lunch and an evening 2 course meal
- 2 days of juice fasting
- Nutrition and lifestyle consultation with a clinical nutritionist
- 3 x Full Body Massage Therapy treatments at St Mellion International Spa. Private transfer
- 3 x one to one, bespoke yoga lessons, including restorative, yin and yoga Nidra
- 3 x one to one, bespoke Personal training sessions
- 3 x Leisure passes to St. Mellion International Health Club which include full use of the comprehensive gym and classes. Private transfer
- 3 x private Meditation Teaching sessions
- 3 x Spa / swim sessions at St Mellion International Health Club. Private transfer. The spa/pools include a 25 metre pool, leisure pool, sauna, steam room and jacuzzi.
- Nordic Walking tuition. Poles, walking routes and heart rate monitor provided
- Recipe book suitable for the weight loss lifestyle you wish to continue upon returning home plus ongoing email support
- Trip to the stunning Cornish Coast. Private transfer
- Access to a vast library of live-streamed health documentaries on health, fitness, diet, weight loss and more, along with yoga, meditation and recipes. iPad for your use only provided.

	Single Occupancy	Double Occupancy per Person
7 nights	£3375.00	£2530.00

Healing Detox Programme in The Studio

Juice-based retreat to detox and lose weight whilst relaxing and taking gentle exercise. Guests who stay with us are hoping to holistically support their health.

What's included?

- Individual and totally private En Suite accommodation
- 4 x 500ml. Bespoke Vegetable / Fruit juices tailored to your specific requests. Optional replacement of one juice with 500ml freshly made almond milk
- Daily morning super shot from a selection including wheatgrass
- Evening potassium broths
- Colon Cleansing Supplements and Colon Cleansing Support Herbs
- Bentonite clay and Psyllium Husks Powder to gently cleanse and detoxify
- Nutrition and lifestyle consultation with a clinical nutritionist (optional)
- 3 x Full Body Massage Therapy treatments at China Fleet Country Club. Private transfer
- 3 x one to one, bespoke yoga lessons, including restorative, yin and yoga Nidra
- 3 x private Meditation Teaching sessions
- 3 x Aqua Spa / swim sessions at China Fleet Country Club. Private transfer. The Aqua Spa features a Finnish Sauna, Salt Steam Room, Spa pool, Experience Showers, 25 meter pool & more
- Trip to the stunning Cornish Coast. Private transfer
- Access to a vast library of live-streamed health documentaries on health, fitness, diet, fasting, detox and more, along with yoga, meditation and recipes. iPad for your use only provided.

	Single Occupancy	Double Occupancy per Person
7 nights	£2875.00	£2160.00

Simply Stay Retreats

Create your own retreat. Massages can be booked at the local spa which can be combined with use of their leisure facilities, or do some sightseeing or simply relax.

Prices vary depending on accommodation

	Single Occupancy	Double Occupancy per person
7 nights from	£1535.00	£1155.00

Alkaline Juice Fast

Have fresh vegetable and fruit juices brought to you whilst you detox. All supplements and support included.

What's included?

- Individual and totally private En Suite accommodation
- 4 x 500ml. Bespoke Vegetable / Fruit juices per day. Optional replacement of one juice with 500ml freshly-made, organic almond milk
- Evening potassium broths
- Colon Cleansing Supplements and Colon Cleansing Support Herbs
- Bentonite clay and Psyllium Husks Powder to gently cleanse and detoxify
- Support from The Raw Retreat nutritionist

Keto Food Fast

Based on the work of The Longevity Institute at The University of Southern California, the retreat is a fast but not as you know it. It aims to replicate the benefits of water fasting but without the hunger or health risks.

What's included?

- Individual and totally private En Suite accommodation
- 5 x day Fast on Real Food. This is a strict VLCD (Very Low Calorie Diet) 750 - 800 calorie per day restricted eating plan devised to mimic fasting. The plan consists of low-sugar fruit smoothie breakfasts, steaming vegetable soups, coconut and almond butter energy bars, raw cacao crispy snacks and kale crackers, (all freshly homemade) as well as olives and electrolyte energy drinks.
- 1 x day refeeding transition to wider variety of whole foods
- Light evening meal on arrival and breakfast on departure day
- A variety of high quality supplements to ensure that you meet your daily nutritional requirements
- Psyllium Husks to gently ward away hunger pangs
- Support from The Raw Retreat nutritionist

Kick-Start Weight Loss

For guests who want to kick-start their weight loss journey and who are already motivated to walk and exercise.

What's included?

- Individual and totally private En Suite accommodation
- All food. Morning smoothie breakfast, Mason jar salad lunch with delicious dressing, evening substantial 500ml steaming homemade vegetable soup. Snacks such as fruit or cacao coated almonds available.
- All supplements

- Support from The Raw Retreat nutritionist

For more details about our retreats please contact us via our website:

www.therawretreat.co.uk

Or telephone us on:

+44 (0) 1752 851 897