



Discover Wellness One Day Retreat

Healthy Breakfast in The Rosebery
Nutritionist Consultation
Fitness Assessment (60 minutes)
Wellness Lunch in The Rosebery
Mandarin Oriental Treatment Time (120 minutes)
Herbal Tea and Juice
Chakra Meditation and Crystal Healing (90 minutes)
Upon Departure meet with Spa & Wellness Director
Evening Dinner in The Rosebery

Retreat £1,285

To get the most out of your retreat, why not combine with an overnight stay
with the best available room rate