

HELLO GLOW RETREAT

Glow up in 2026 with a retreat focused entirely on you - your wellbeing, your mindset and your energy. Enjoy spa relaxation, gentle movement and a series of fun workshops, including colour analysis, makeup masterclasses and pottery painting! Walk away with a glow that lasts long after the weekend ends.

Saturday 24th January

10:00 Arrival, Smoothies and Granola Bowls
10:15 Welcome
10:30 Pilates with Theresa McKee
11:30 Colour Analysis with Estelle Style Coach
12:30 Lunch
13:15 Makeup Glow Masterclass with Kristianne Johannink
14:45 Move & Glow Dance Class with Debby Priddy
15:45 3 hours Spa use including 30-minute treatment
18:45 Guest Departure
19:45 Dinner in Georgian Room (Optional extra)

Sunday 25th January

09:00 Arrival and Welcome Speech
09:15 Breakfast in The Georgian Room
10:00 Nature Walk with Vicki Hall or Down time
11:00 Wake up Yoga with Sarah King
12:00 Pottery Painting with Start Studio
14:00 Sunday Lunch
15:00 Sound Bath by The Seed of Change
16:00 3 hours Spa use including 30-minute treatment
19:00 Guest Departure

£225 for 1 Day or £400 for 2

How to Book

To book our Hello Glow Retreat, please contact call 01603 737 531 or email events@norfolkmead.co.uk.

Please note that a £100.00 deposit to secure with final balance due 1 week prior to the event. £45.00 dinner allowance to be added on if required.

30 minute treatments include:

English Rose facial
Aroma ritual massage
Body scrub
Blissful scalp massage
Mini Mani or Pedi (treatment choice to be confirmed within 7 days of booking)

www.norfolkmead.co.uk

