

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 Breathe and Balance 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

