



Elan Spa

At MALLORY COURT

Retreats at Elan Spa

Elan Spa at Mallory Court is the ultimate spa experience. Tucked amongst the trees in Mallory's glorious grounds, the spa is a peaceful retreat where you can de-stress in sublime, state of the art facilities whilst gazing over quintessential English gardens.

Digital Detox Day Retreat

£185.00 Per Person

Mindfulness • Digital Detox • Stress Management



UNHOOK - DESTRESS - BE PRESENT

A real stressbuster retreat. Prepare to leave calmer, rejuvenated, balanced and with a healthier use of digital technology in your chosen lifestyle.

Reflection combined with guided mindful walking and the use of relaxation techniques that quieten the mind, encourage you to be present in the moment and attuned to the messages

your body is sending you. Stress reduction techniques and practical tips to unhook from digital technology should enable you to leave your retreat refreshed, relaxed and happier. All of this in tranquil and luxurious surroundings of the Elan Spa where you can relax and indulge in one of our spa rituals that will rebalance mind body and spirit, taking you on an unforgettable voyage of the senses.

Day itinerary:

09:30	Arrival welcome drinks meet and greet - smoothies / fruit juice / herbal tea / coffee	13:00	Free spa time, contemplation & 55 minute treatment
10:00	Spa orientation	16:00	Departure from spa
10:30	Digital Detox introduction and discussion hand over screen based technology for the day	16:30	Group discussion practical ways to reduce your reliance on technology, tea / coffee
11:15	Mindful walk guided by Life Coach	17:00	Concluding thoughts, support pack distribution and departure
12:00	Lunch - 2 courses (Mindful eating)		

Book your place on our Digital Detox Day Retreat
taking place on the following date:
20th June. More dates to follow!

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