



GLASS HOUSE

DETOX & WEIGHT LOSS RETREAT

Retreat Guidelines

Our Terms and Conditions

You agree to comply with the terms and conditions set out in our Retreat terms and conditions or our Therapies and Treatments terms and conditions, whichever applies to your purchase, and any other terms we inform you of.

Smoking and Vaping

The Retreat's venue, including our spa gardens and car park are smoke free. A £200 'deep clean charge' will be automatically added to your account in the event of clients smoking in bedrooms.

Food & Drinks in Room

Rooms are equipped with herbal tea making facilities. Food, soup and juices are to be consumed in designated dining areas only to ensure your room is kept to a high standard.

Noise Levels

For residents the common areas will be closed at 11pm. When in rooms after this time we request you turn off anything that creates noise (TV, radio, music, making phone calls) and keep the noise to a bare minimum so as not to disturb other guests trying to sleep. During your stay you should be aiming to relax and catch up on some much-needed sleep, your body will thank you for it the following day.

Dress Code

There is no dress code – however clients feel more comfortable and relaxed by wearing indoor flip flops, or slippers around the retreat. Spa shoes are essential for the Spa area.

All guests must arrive at their therapy in a clean and fresh state wearing dry underwear. You agree to remove any make-up before facial treatments. Our therapists may request that you take a shower, change, or remove your make-up if these requirements are not met.

Electronic Devices

For the consideration of other guests and for your own relaxation please turn mobile phones to silent while in public areas. Mobile devices can be used in public areas for taking photos only. Please refrain from talking on your phone or using recording devices in the communal areas, spa, gardens and grounds. In addition, please do not electronically record or take photos of other guests during your stay without their express consent.

Car Parking

We provide free parking at the Retreat; however, we accept no responsibility for any loss of, or damage to your property, vehicle or the contents therein, however caused.

Feedback

We love taking care of you – so if something is not going well for you, let a member of the team know and give us the chance to put things right.

Assistance

If you require any assistance during your stay we will be happy to help you. Please let us know as soon as possible of anything we can do to make your stay more comfortable.

Illness

All our meal plans are composed of raw, vegan food. We would like to advise all guests that sometimes abstaining from sugar, caffeine and alcohol can cause headaches, feelings of nausea and general lethargy. We recommend that you abstain from these at least three days before you arrive at the Retreat to begin your residential package. Please note we will not refund monies due to any illness, lethargy or malaise, or as a result of you deciding to leave our programmes of your own accord.

Health & Wellbeing

Your health and well-being are our paramount concern. We believe that you are the best person to be in control of your health. We ask that you seek professional medical advice about any conditions or concerns you have and act appropriately on this advice, even if it means not undertaking exercise, a treatment or classes. We ask that you let us know if you feel unwell for any reason whilst on our premises so we can help. We request that you read and take on board any instructions information or notifications about use of equipment or the contraindications for specific treatments.

Our team of nutritionists, therapists, fitness instructors, yoga teachers and staff members will do our best to guide and support you during your time with us, however, it is ultimately your responsibility to ensure your exercise, treatments, spa activities and food selection are suitable for your own personal health.

Lost Property

Items left at the Retreat can be posted to you as long as the value of goods does not exceed £100. The cost of postage must be paid prior to items being sent. Alternatively, items can be collected. We require collection or requests for postage of forgotten items within one month of departure date. After this time, items may be destroyed or otherwise disposed of.

Valuables

No responsibility can be accepted by the Retreat for the safety of money or valuables of any kind brought to the venue whether placed in the safe or not. If you do bring valuable items, it is essential they are covered by your own insurance for the period of your stay. The Retreat

are not be liable, under any circumstances whatsoever, for damage, injury or consequential loss, however caused, to our residents.

Pets

The Retreat regrets that we do not allow guests to bring pets to the facility, but good boarding kennels are available locally.

Zero Tolerance Policy

We operate a 'zero tolerance policy' towards disruptive guests.

Any breach of our Retreat Guidelines or rude, abusive or offensive behaviour (towards guests or staff) may result in your immediate removal from the venue without refund.

Treatment or Therapy Specific Rules

Additional terms may apply to specific services and these will be notified to you at the time of purchase.