

# Private Retreats at The Light House prices valid until 31/12/24

Therapy Sessions can consist of HeartSpeak, Nutrition Insights (food sensitivity testing) or NADA Ear Acupuncture

	Total for one person including Breakfasts & Lunch	Per couple (sharing a room) including Breakfasts & Lunch	Total for 2 people in 2 rooms	Ear Acupuncture with Guided Relaxation	Sleep Soundly Audio	HeartSpeak Therapy
<b>2 nights</b>	£765	£845	£895	Minimum of 2 treatments	Included	Minimum of 3 sessions

- All HeartSpeak Retreats are private. You will be the only guest(s) and the therapy practice is closed to others whilst you are in residence here.
- HeartSpeak Therapy sessions are private and split between you if you are coming with a friend or partner. All other treatments are experienced together. You can do as much or as little 'work' as you like. I am here to work to **your** timetable and therapy goals.
- Accommodation is in an Kingsize ensuite studio room with kitchen. The second bedroom is double and has sole use of a bathroom..
- Your Retreat Suite includes fridge, kettle, toaster and microwave, but is not suitable for cooking full meals. You are welcome to use our BBQ.
- You'll have access to the onsite secluded hot tub so bring robes, swimwear and suitable footwear.
- We can cater for specialist diets if arranged in advance.
- Evening meals can be booked at a number of local pubs (we can arrange transport if you wish).
- Meals included are: breakfast and lunch on Day 2 and breakfast on the day of your departure (Day 3). Evening meals can be made available.
- You're welcome to bring your own alcohol.
- A Chatsworth Hamper can be booked in advance in place of lunch if you're planning on exploring the area.
- There is plentiful parking on site.
- Ogston Reservoir is approximately 15 minutes from Matlock.
- We are a non-smoking household and ask that you respect that.
- Please note we have two, small, friendly, non-shedding dogs here on site. We're sorry we are not able to cater for your dogs.
- A 25% deposit is required to secure your booking. PayPal Payments can be accepted should you wish to spread the cost.

Cancellation terms:

More than 6 weeks from your Retreat:	25%
Within 4 to 6 weeks from your Retreat:	40%
Within 2 to 4 weeks from your Retreat:	50%
Less than 2 weeks from your Retreat:	60%