

Healthy Extras, booked during the retreat

During the **Fitfish** retreats we offer various *Healthy Extras** that will enable you to return home better able to reach your potential.

Each retreat the choices will include all or some of the following:

Sports Massage **£16 half hour/£28 full hour**

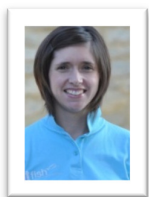
A **Fitfish** Sports Massage Therapist will be available at the retreats to help you to relax and recover

Massages can include, 10 minute warm up, full body, relaxation, lymphatic drainage, stress relief, sports specific.



Holistic Massage and Aromatherapy Treatments **£16 half hour/ £28 full hour**

Relax and enjoy being pampered. Services include, head and foot massage and treatments with oils



Fitness and Food Coaching **£30 for 45 mins**

Spend time with our **Fitfish** Fitness Experts and Nutritional Advisors to look at your current exercise and nutrition habits and create an action plan to move forward. It would be helpful to keep a food and movement diary for 4 days – 2 weeks before your retreat

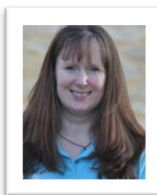


Health Assessment with Fitfish GP** **£60 Full Hour**

An hour with our **Fitfish** GP including the following:

Dietary assessment, Lifestyle assessment, Cholesterol Check, Blood pressure Test, Blood sugar Test, Lung Function Test, Urine Tests, Height, weight, BMI, waist, hip/waist ratio, body fat % Tests, Full medical examination (as full as you want but could include breast and prostate checks), Review and discussion of all information and results, Chance to ask any other questions about your health

A report highlighting all of your results and recommendations will be sent to you after the retreat.



*Sessions are bookable during the retreat with no need to book in advance. **It would be useful to have an indication if you would like a Health Assessment by the Wednesday before your retreat