



Health, Safety and Wellbeing Policy

At The Little Brook Retreat, your safety, comfort and wellbeing are at the heart of everything we do. This policy is designed to ensure a calm, safe and supportive environment for all guests.

Your Health & Wellbeing

We kindly ask all guests to inform us of:

- Any medical conditions
- Injuries
- Allergies or dietary requirements
- Pregnancy

This allows us to tailor your experience and ensure your safety throughout your visit. All information shared will be treated with care and confidentiality.

Treatments and Therapies

Our treatments, including massage and reflexology, are designed to support relaxation and wellbeing and are delivered by a qualified professional reflexologist and therapist with >20 years of experience.

They are **not a substitute for medical advice or treatment**. If you have any concerns about your health, we recommend consulting your GP prior to attending.

We reserve the right to adapt or decline treatments where it is in the best interest of your safety.

Pool Use and Swimming

For guests using our pool facilities:

- There is **no lifeguard on duty**
- Swimming is undertaken **at your own risk**
- Siobhan and Laura are both qualified First Aiders and **one will always be present on site**
- Guests must follow all guidance provided on arrival
- Appropriate swimwear must be worn

For hygiene and the wellbeing of others, we kindly ask that you do not use the pool if you have been unwell (including sickness or diarrhoea) within the previous 48 hours.

Meditation and Wellbeing Sessions

Our guided meditation sessions are designed to support relaxation, mindfulness and emotional wellbeing in a calm and nurturing environment.

While meditation is generally safe for most people, it can occasionally bring up strong emotions or feelings. We encourage all guests to take part at their own pace and to step out at any time should they feel the need. If you have any concerns about your mental or emotional wellbeing, we recommend seeking appropriate professional advice prior to attending.

Participation in meditation sessions is entirely optional, and we are here to support you in whatever feels most comfortable.

Use of Essential Oils

Essential oils may be used during certain elements of your retreat, including meditation and treatments, to enhance relaxation and overall wellbeing. We use high-quality oils with care and intention.

While essential oils are generally safe, some individuals may have sensitivities or allergies. We kindly ask that you inform us in advance of any known allergies, sensitivities, or medical conditions (including pregnancy) so that we can adapt your experience accordingly.

Participation in the use of essential oils is entirely optional, and alternatives can be offered where possible.

Crafting and Creative Sessions

Our crafting sessions are designed to be a relaxed and enjoyable part of your retreat experience, encouraging creativity, mindfulness and gentle connection.

All materials and guidance are provided, and no prior experience is needed. Guests are invited to take part at their own pace, and participation is entirely optional.

Please take care when using any tools or materials provided. If you have any allergies or sensitivities (for example to glues, paints or other materials), please let us know in advance so we can support you where possible.

The Little Brook Retreat cannot accept responsibility for accidental damage to personal belongings during crafting activities.

Illness & Attendance

To protect all guests and maintain a healthy environment:

- Please do not attend if you are feeling unwell
- This includes symptoms such as sickness, fever, or contagious conditions

We will always do our best to support rescheduling where possible.

Personal Responsibility

Guests are asked to:

- Understand that the Retreat takes place in a private home and to take care when moving around the property, including poolside and garden areas
- Follow any safety guidance provided
- Respect the space and other guests

Liability

While we take every care to provide a safe environment, guests participate in all activities at their own risk.

The Little Brook Retreat cannot accept responsibility for injury, loss or damage to personal belongings, except where required by law.

Updates to This Policy

We may update this Policy from time to time. The latest version will always be available on our website.