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THE OLD GOVERNMENT HOUSE  
HOTEL & SPA



## WELLNESS AND SELF CARE RETREAT

With the never-ending demands of our everyday lives, there are times when we would benefit from simply stepping away for a few hours to escape the busyness and overwhelm.

Imagine immersing yourself for a whole day in some much-needed 'me time' where you can rest, refresh, recharge and restore your sense of equilibrium by focusing on your mental wellbeing, as well as your physical health.

Our Wellness and Self-Care Retreat is an invitation to slow down and reconnect with your inner self. This rejuvenating one-day experience is designed to nourish the mind, body, and spirit through a comprehensive, holistic approach.

You will enjoy a carefully curated selection of activities and treatments, including luxurious spa therapies, energising gym sessions, and expert-led talks on nutrition, skincare, and overall wellness.

The retreat also offers deeply restorative meditation, yoga and Pilates, creating space for reflection, relaxation, and inner balance. Whether you're seeking to reset, recharge, or simply indulge in a day of mindful self-care, this retreat provides the perfect sanctuary for personal renewal and wellbeing.

For more information, visit: <https://theoghhotel.com/wellness-and-spa/spa-offers>

Old Government House Hotel. Ann's Place, Guernsey GY1 2NU, Guernsey  
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**THEOGHHOTEL.COM**



## EVENT DETAILS

### DATE AND TIMINGS

The event is being held on Saturday, 26th July 2025 at the Old Government House Hotel and Spa.

The day commences at 9 am and should conclude at around 4 pm.

### EXPERTS

A number of experts across a broad range of fields will be in attendance including:

- Chloe Adam: Nutritionist [www.chloeadamnnutrition.co.uk](http://www.chloeadamnnutrition.co.uk)
- David Green: Business and Spiritual Success Consultant [www.facebook.com/silence300days](http://www.facebook.com/silence300days)
- Nicola Simmons: Skincare Educator [www.phytomer.fr/en](http://www.phytomer.fr/en)
- Amanda Nyadongo: Skincare Specialist <https://theoghhotel.com/wellness-and-spa>
- Laura Eggo: Fitness Expert [www.facebook.com/feelgoodfitnessgysy](http://www.facebook.com/feelgoodfitnessgysy)
- Guernsey Heart & Chest: cardiovascular health experts [www.chestandheart.org.gg](http://www.chestandheart.org.gg)
- Bailiwick Social Prescribing: a different kind of prescription <https://bsp.org.gg>
- MarieHards: Yoga Expert [www.instagram.com/yogaforeverybodygysy](http://www.instagram.com/yogaforeverybodygysy)
- Lydia Cherry: Pilates Expert [www.instagram.com/formegysy](http://www.instagram.com/formegysy)

### TICKETS

Early Bird Day Ticket - £85 – available until midnight 27th June 2025

Regular Day Ticket - £95 Includes access to the event on the day

Early Bird Experience Ticket - £285 – available until midnight 27th June 2025

Regular Experience Ticket - £295 Includes access to the event on the day, plus cocktail/mocktail masterclass, and 3-course dinner

VISIT THE OGH WEBSITE TO [BOOK ONLINE](https://theoghhotel.com)

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