

Gentle January Detox Retreat

Whatley Manor

Arrival Welcome

11:30 a.m.

Calming herbal tea and infused water. Intro to the afternoon schedule.

Pilates for Circulation & Detox

12:00 p.m.

A gentle, grounding Pilates session to open the body, boost circulation, and stimulate lymphatic flow – supporting your natural detox pathways while leaving you energised and centred.

Seasonal Buffet Lunch

1:00 p.m.

A nourishing, whole-food buffet filled with vibrant, detox-supportive dishes designed to balance blood sugar, support digestion, and gently replenish the body.

Talk: The Art of Gentle Detox

2:00 p.m.

A refreshing, myth-free introduction to how the body detoxifies naturally each day, and how simple nutrition, sleep, and lifestyle habits can enhance these systems without restriction.

Smoothie-Making Workshop

3:00 p.m.

Learn how to build balanced, fibre-rich smoothies that support liver and gut health. Create your own blend to enjoy and take home easy, everyday recipes.

Breathwork for Detox & Reset

4:00 p.m.

A calming breathwork session to support oxygenation, lymphatic movement, and nervous system balance – helping the body release tension and restore clarity.

Use of the Spa

5:00 p.m.

Guests are invited to make the most of the luxurious Aquarias Spa after the retreat (extra charge); a beautiful way to support relaxation, circulation, and the body's natural detoxification process.