

# Kiftsgate and Sorelle Health invite you to a *two-day Gut Health Retreat...*

Join Nicky from Sorelle Health for a two-day holistic retreat at the beautiful Kiftsgate Court in the Cotswolds.

This transformative gut health programme will deepen your understanding of your body's unique needs, kick-starting your journey to a *healthier gut microbiome*. Based on Ayurvedic principles and complemented by Western lifestyle practices, the retreat offers *restorative benefits for both mind and body*.

Ideal for those seeking relief from digestive issues, improved energy, weight management, hormone balance, or a nervous system reset.



Friday 24th to  
Sunday 26th  
January 2025

Prices from  
£550 per  
person\*

## What's included...

- Daily group talks and guided walks (weather dependent)
- Ayurveda practitioner group talks
- Meditation and gentle yoga practice
- Sound bath by Carole Love
- Castor oil therapies
- Specialist treatments
- 'Gut Flora Restora' gift box by Sorelle Health
- All food and drink (vegetarian/vegan/gluten free)
- Accommodation at Kiftsgate Court\*

Each guest will be assigned to a therapist based on their needs and the programme may be subject to change if necessary. Please let us know if you have any allergies or you are pregnant.

[BOOK NOW](#)

\*Prices vary depending on accommodation choice.

## About your retreat host...

Nicky Skea is a passionate advocate for holistic wellness, specialising in autoimmune and digestive health. She holds a qualification in Naturopathic Nutrition from the College of Naturopathic Medicine, London. Naturopathy promotes our own self-healing mechanisms using nourishing foods, therapeutic herbs and holistic practices. Nicky is the founder of Sorelle Health, a natural supplement brand, and leads transformative retreats and workshops in and around the Cotswolds.



## Please bring...

A dressing gown, slippers, a hot water bottle, comfortable clothes for sitting and yoga practice, outdoor clothes for walking, a notepad and pen, and a drinking bottle with lid for hot drinks.

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COURT

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HEALTH