



THE
FRENCH EXPERIENCE
PERCHERON SAFARI



LE TERTRE



Accomplishing Wellness Ltd

presents

THE FRENCH SAFARI

The Percheron Safari has been created by the Accomplishing Wellness Team to provide an intensive experience with the goal of enabling you to relax, eat good food, enjoy French Culture, eco-therapy and nature. Specifically created for individuals with their health and wellbeing in mind, the Percheron Safari encourages rejuvenation and relaxation leading to physical, mental and spiritual recharge.

The Accomplishing Wellness team, who specialise in work and lifestyle wellness programmes, will assist you to once again take control of and enhance your own health and wellbeing.

"Our aim is for our clients to enjoy a French lifestyle and benefit from a truly holistic, unforgettable experience. They will be inspired by our experienced teachers and established practitioners and have the opportunity to learn new lifestyle and wellness skills, or revive old ones."

Dr Dawn Hillier,
Managing Director of Accomplishing Wellness

THE PERCHERON SAFARI



We proudly present The French Experience - a Percheron Safari that has been specifically created for you. To ensure your French Experience includes the opportunity of our renowned Spa Treatments known as the Frangipan Touch™, we have commissioned practitioners to provide you with the highest quality service.

Our 5 star approach has been designed to focus attention on our five key senses of touch, smell, sight, hearing, and taste. But we also tap into your creativity - stimulating your imagination and your senses by means of art, storytelling, poetry, drama, dance and movement. Being well means that all of our senses are working in harmony - and at their best.

"The team will welcome you to their world of complete sensory heaven - where time is left at the door and a new journey begins."

Frances Fewell,
Leading holistic practitioner and Director of
Accomplishing Wellness

Our 5 star approach involves stimulating the senses by:

- **EAT WELL PROGRAMME**

- Stimulating our taste buds with good, nutritious healthy food

- Full of that French flavour, aroma and style - prepared by our hostess Anne in her traditional French kitchen. As part of your take home Wellness Tool kit we will give you a CD and Healthy Eating check list with links to wellness websites.

- **MOVE WELL PROGRAMME**

- Relieving tension, mobility, maximising performance

- We take three approaches to help you to move well. The first involves the Frangipan Touch™ treatments, where muscular tension and joint restriction is gently eased with fingertip precision. This enables increased mobility and reduction of pain. The second approach involves you being active and moving well in dance, yoga, walking and stretching under the guidance of experienced teachers. The third approach is for you to initiate movement yourself as you experience how good your body and mind feels when moved in the right way. Accomplishing Wellness believes you will then be empowered to move well throughout the rest of your life.

- **SLEEP WELL PROGRAMME**

- **sleep in peace when the day is done**

Some people may need ten hours sleep and others only three – it is the quality of sleep that is important. In this programme you will learn the skill of quietening the mind. Group guided relaxation sessions will begin the process, but we require you to consider your own body needs and sleep preferences. We will ask you to keep a sleep diary to enable you to monitor the quality of your sleep and any triggers that prevent you from sleeping well. At this point many clients receive Chakra balancing treatments as they find this enhances the process of sleep. Remember that good food, exercise and touch therapies all play a part in helping you sleep well.



- **PLAY WELL**

- **making time to be creative and playful**

Your sense of smell will be stimulated as you create your own fragrance: one you can take home and which will remind you of your time at Le Tertre.



We use only pure essential oils and work individually with you to ensure that your fragrance achieves the desired effect. Within this workshop we emphasise the importance of smell and reminiscence so please bring a good memory that you can share.

As part of the play well theme we will engage you in stimulating your artistic side by sketching, painting, writing poetry and expressing yourself on paper as well as expressing yourself in storytelling.



BENEFITS

- **Accomplishing Wellness will provide you with the tools to**

- return to wellness or enhance your wellness, which means that you will look well, feel well, have more energy and enthusiasm for life and so enjoy life to the full
- avoid negative debilitating stress and capitalise on positive stimulus so that you can make better decisions, take risks, and be creative

SPA & BATH TREATMENTS

Spa treatments are an important part of the French experience and we will include reflexology and Indian head massage for each person as part of your exclusive package. Additional treatments can be booked and paid for prior to the French experience to avoid disappointment. Please see our current price list.



Exclusively introduced for this year - we have recreated exotic bathing rituals for the ultimate experience. Please book early to avoid disappointment.

- **CLEOPATRA BATHING CEREMONY**
A sensory experience to remember. All our bathing experiences include candles, music and complementary bathing products for total indulgence. Our aim is to create a memorable moment especially for you.
- **DETOX OCEAN BATH**
Discover the healing and energising effects of seaweed extract, combined with the powerful detoxifying synergy of individually blended essential oils. Renew your sense of wellness and vitality as you escape from the world.

- **EXOTIC ENRICHING MILK AND HONEY BATH**

Rediscover the Cleopatra within yourself as you are immersed in the richness of our exotic enriching milk bath. Your skin will feel like silk as it is nourished by the milk and perfumed by the oils from Egypt.

- **EXOTIC JASMINE FLOWER BATH**

A beautiful, romantic and sensual bathing experience to scent and nourish your skin. In Indonesia it is believed that the therapeutic benefits of the different coloured petals can offer you a tangible link to deep relaxation. We promise that as you float in our pool of petal-strewn water, your senses will be delighted by the aroma of Arabian flowers.

- **TROPICAL OCEAN BATH**

Lulled by the sound of the ocean, this tropical bath combines the healing and energising effects of water, the colour of the tropics with a powerful muscle warming synergy of Essential Oils. Relax and renew your sense of wellness.

- **OLD FASHIONED ENGLISH**

Seek pleasure and enjoy! Tension melts away with our soothing and relaxing bath in lavender coloured water, with English essential oils. The perfect way to unwind and drift away.

OTHER LUXURY TREATMENTS AVAILABLE:

- Deliciously decadent manicure & pedicure
- Sole delights and exotic hand ritual
- Deep tissue muscle massage

The Awareness Journey culminates in our spirit reviver. The final caressing touch from your therapist to bring your body's awareness back together as one. Re-awaken your senses as we apply the exotic essence of Frangipan Touch™ to seal in moisture, reconnecting you with the present and preparing to...

sleep in peace when the day is done...

...and I'm feeling good



LE TERTRE



Le Tertre is an oasis of peace and relaxation, deep in the French countryside.



The French farmhouse and barns have been lovingly restored by Anne in the manoir style set in the Perche (between the forests of Bellême and Perseigne), one of France's most picturesque regions.



Le Tertre offers comfortable rusticity with fine linen sheets, luscious towels and solid antique French furniture. The Manoir has seven double bedrooms and four bathrooms, a sitting room, course rooms (including a gallery), an exquisite, tranquil meditation room and yoga rooms. Anne's creation combines comfort and relaxation with a traditional French feel that is unique to this experience.



In keeping with our theme of sensory heaven, Le Tertre offers the artist a chance to savour the beautiful view, often catching you by surprise as you glimpse the surrounding rolling hillsides through an arch here, a window there. There is no sound of human habitation beyond our own, near or far.

BOOKING FORM

Either fill in the form below or book on-line at

www.accomplishingwellness.co.uk Secure on-line transactions handled by PayPal.

Details:

Name

Address

.....

Telephone Daytime Evening

Email

How you heard of us

Special Needs

Dietary

Mobility

Insurance Co

Policy No.....

Signature

Payable on booking:

- a) Deposit 25%
- b) If within 10 weeks, full payment
- c) Flight payment

How to pay

By cheque – cheques should be made payable to Accomplishing Wellness Ltd or by bank transfer to Accomplishing Wellness Ltd – Barclays Bank Account Number 20-70-93 60023388

Declaration

The information given on this booking form is correct to the best of my knowledge. I have read and understood the booking conditions and information detailed in the brochure and accept them. I accept the prices quoted. I am over 18 years old.

Signature

Name (in Block capitals)

Date



BOOKING FORM

Send to: Dawn Hillier
Accomplishing Wellness Ltd
21 Holy Tree Gardens
Rayleigh
Essex
SS6 7BE



TERMS & CONDITIONS

When you book with Accomplishing Wellness you agree to the terms and conditions stated here. Please ensure that you read them. They can also be found on our website.

1. Definitions and interpretations

In these booking conditions (the Company) shall mean Accomplishing Wellness Ltd, whose registered office is 162/164 High Street Rayleigh, Essex and where the context permits shall include its agents and employees.

The Client shall mean the person in whose name the booking is made and shall include the person or persons on whose behalf the same is made. The Travel Agent appointed by Accomplishing Wellness Italian Experience is a fully bonded member of ABTA (the Association of British Travel Agents) and has an air travel organisers license (ATOL 3307) issued by the Civil Aviation Authority which allows them to provide travel arrangements on our behalf. All monies paid for travel arrangements are protected by their ATOL or ABTA bond.

2. Booking and deposit

No contract is made between the Company and the Client and no booking is valid (and accordingly the Company shall have no obligations to the Client) until the Company has issued a confirmation invoice. This will be issued by the Company (if it accepts the Client's booking) after it has received a completed and signed booking form, together with the appropriate deposit and copy of appropriate travel insurance documentation. The deposit shall only be refundable in accordance with booking conditions number 5 or 6. The Company has the right to refuse to accept any bookings at the Company's discretion, returning any deposit received.

3. Terms of Payment

Full balance of the Experience Break must be paid by the due date shown on the confirmation invoice (either 10 weeks prior to departure or by return within this period). The Company reserves the right to treat the booking as cancelled if any part of the balance remains unpaid by the due date. If cancelled the cancellation terms as per booking condition number 8 will apply.

4. Prices

We reserve the right to increase our prices at any time prior to booking

5. Alterations by the Company

i) The experience has been planned months in advance but occasionally amendments become inevitable. In the majority of cases changes would be considered by the Company to be minor, in which case, the Company shall have absolute discretion as to whether the Client is or is not notified

ii) If the Company considers a major change has become necessary, the Company will inform the Client as soon as is reasonably possible if there is time before departure. If we alter a Client's booking in any way which amounts to a major change or if we have to cancel the original booking within 56 days of departure the Client has a choice of (a) accepting the changed arrangements as notified (b) purchasing an alternative experience or (c) cancelling the booking. If the Client accepts the alternative (a) or (b) above the company will pay compensation on the scale shown below. If the Client accepts alternative (c) the company will refund all the monies paid and in addition will pay the compensation on the scale shown below.

Period before scheduled departure within which major change is notified	Compensation per passenger excluding infants
More than 56 days	Nil
29-55 days	£10
14-28 days	£20
0-13 days	£30

The above sets out the maximum extent of our liability under this clause.

Compensation will not be payable if we are forced to cancel, and in any way change your Experience due to circumstances which can be described as a force majeure. Flight delays are not considered to be alterations by the Company. Providing the Company complies with the terms on this Booking condition, the company will not be liable for any breach of contract or claim that may arise from any inconvenience suffered.

6. Cancellation by the Company

The Company shall have the right to cancel a Client's holiday but only in the following circumstances and on the following terms:-

- a) At any time owing to a force majeure, in which case the Company shall offer if available, either alternative experience breaks of a similar standard or refund all monies paid by the Client in respect of the Company's confirmation invoice within 14 days.
- b) At the due date if the Client has failed to pay the full balance of the holiday price in accordance with Booking Condition No 3, in which case cancellation charges as per Booking condition No 8 will apply.
- c) At any time, should the Company so decide, in which case the Company shall make the offer or refund as mentioned in paragraph (a) above, but should this be within 8 weeks before the date of departure, compensation will be paid in accordance with the sale shown in Booking Condition No 5. Provided that the Company complies with the Booking Condition, the Company will not be liable for any breach of contract or claim that may arise as a result of inconvenience caused.

7. Alteration by the Client

- a) Once your booking has been confirmed any changes to accommodation, flight, dates or names on the booking form requested by the Client will incur a cost of a £30 amendment fee per person in respect of such change to cover administrative costs. Changes cannot be made within 42 days of departure and any such changes will be subject to cancellation charges set out in clause 8.
- b) If a Client chooses to change their booking by transferring to another person, the Company will arrange for such a transfer, provided that:
 - i) The reason for the transfer of the booking is that the Client is prevented from travelling. In this event the Client will need to provide documentary proof (Doctor's Certificate) of the reason before the Company can authorise the transfer.
 - ii) The Client of the transferee pays any balance due before the transfer is authorised by us.
 - iii) The request for transfer is sent to us in writing 28 days before departure date together with full details of the transferee, documentary proof (as outlined in (i) above) and a payment fee of £50 per person to cover our administrative costs plus any suppliers charges imposed by virtue of the transfer.

c) If a Client chooses to modify arrangements after commencement of the experience, change of flight, they will be deemed to be breaking their contract with the Company.

The Company cannot therefore accept liability for any loss, damage to additional damage or additional expenses and no refunds for unutilised services or arrangements will be made.

8. Cancellation by the Client

All cancellations by the Client must be in writing from the person who signed the booking form, either by recorded delivery or email. Cancellation applies only to the date of receipt by the Company of cancellation notification. If the cancellation notification is received 43 days or more before the departure date, only the deposit is forfeit (plus any cost incurred by us for non-refundable or non-chargeable travel reservations). Within this period the following percentage of the total experience price will be payable as a cancellation charge by the Client.

Between 42 – 28 days before departure	60%
Between 27 – 15 days before departure	80%
Between 14 and the departure date	100%

The above cancellation charges represent the best possible estimate by the Company of the likely losses as a result of your cancellation. They shall also apply to experiences which are foreshortened after they have been booked. In the event of a cancellation charge arising under this clause the amount due must be paid by the Client to the Company within 7 days of the charge arising notwithstanding the fact that the Client's insurance policy may cover the cancellation charter. It is the client's responsibility to claim any insurance monies due as the Company cannot claim on behalf of the Client.

9. Abandonment

If you choose, in the course of your experience, to abandon the arrangement made by us on your behalf and instead to make your own arrangements, unless the Company is at fault and has been afforded the opportunity to rectify the situation (see 14b), the Company accepts no liability and no refunds will be made for the services you choose not to take.

10. Liability of the Company

The Company accepts responsibility to ensure the experience which the Client books with us is supplied as described in our brochure and the services offered reach a reasonable standard. If any part is not provided as contracted, we will pay the appropriate compensation if this has affected the enjoyment of the experience, unless there has been no fault on our part or that of our suppliers. However, please bear in mind that local standards will not be the same as in the UK and it is not always within our control to impose such standards. We do not accept liability for any disappointment which the client may feel as a result of unrealistic expectations.

We do limit the level of liability to a refund of twice the cost of an experience.

a) The Company is only liable for death, bodily injury or illness arising as a direct result of the negligent acts or omission of its employees, agent, subcontractors and suppliers acting in the course of their employment and on Company business.

b) Any claims made must be notified to the Company within 28 days of return from the experience and shall be subject to English Law. The Client must assign to the Company all rights against any party to the claim and must give the Company and its insurers full assistance in claiming against such party.

c) The Company shall not be liable for any noise, nuisance or disturbance from outside of the property used by the Company. The Company will make every effort to minimise such noise or disturbance.

d) In respect of carriage by air, sea and rail and the provision of accommodation, our liability in all cases will be limited in accordance with the relevant carrier's conditions of carriage and in the manner provided by the relevant international conventions.

e) If the Client suffers death, illness or injury whilst engaging in activities which do not form part of the experience, the Company will provide support as appropriate but is not liable for such actions taken by the third party. The Company's cost in respect of acting on behalf of the client in such instances will not exceed £5,000 in total.

11. Insurance

The Company reserves the right to refuse bookings from Clients who are not adequately insured against risk of travelling abroad.

12. Airlines

The Company uses established travel agents to organise airline bookings and make appropriate travel arrangements for our clients.

13. Photographs

These are only intended to give an overall impression rather than details of a specific venue. The Company is not liable for any items of furniture or chattels which appear in any photographs, which may have been changed or removed from accommodations when photographs were taken.

14. Disputes

Any concerns that Clients have whilst on their experience must be reported by the Client to the experience team within 48 hours of the complaint arising. If the Client fails to follow this approach we have been deprived of the opportunity to investigate and rectify any complaint whilst Clients were on their experience with us and this will affect the Client's rights under this contract.

Any complaint which cannot be satisfactorily resolved whilst on the experience must be reported in writing to the Company's registered office within 28 days of the Client's return from the experience break. Upon receipt of a Client's letter, the Company will acknowledge it, investigate the points raised and reply within 28 working days. If this is not possible, we will send an interim response.

This contract shall be governed in all aspects by the Laws of England and both parties shall submit to the jurisdiction of English courts at all times (save by Arbitration).

We reserve the right in our absolute discretion to curtail or terminate your experience, if your behaviour is likely, in our opinion or that of our suppliers, to cause distress, damage, annoyance and danger to our employees or to any third party or their property. If you are prevented from travelling or have to return home early for this reason, we have no further responsibility for your experience break, including any arrangements for return home. We will impose full cancellation charges and will not give any refunds. Furthermore, we will be under no obligation whatsoever to pay you compensation or cover any costs which you may incur as a result of having to make alternative arrangements.

15. General

The facilities described in our brochure and on our website are shown in good faith as generally being available at the time of publication. Should local prices vary or facilities change slightly, the Company cannot accept responsibility.



For more details of Le Tertre
visit our website
www.accomplishingwellness.co.uk



THE TEAM

Frances Fewell Louise Alldridge
Julie Campbell Dawn Hillier Carol Ellis