

## FAQ

### **What can I expect from a week at Quintessence Retreats ?**

We offer an all-in exclusive program to detox, change your lifestyle and achieve your well-being goals! You will leave relaxed, toned, fit and will want to come back 😊

### **What is a typical day like ?**

Please refer to the section <https://quintessence-retreats.com/signature-retreats/> to discover a sample day !

### **Do I have to be very fit ? What if I have never experienced such a programme ?**

The programme is balanced and open to any fitness level. But you will definitely exercise everyday for several hours.

You will not overwork but push your body. Our expert team is here to advise and help each guest no matter the skill or experience level. We maintain a supportive and fun environment !

### **I have food allergies, can you accommodate ?**

Yes, sure ! Once you book with us we will provide you with a questionnaire. We adjust to allergies and specific food requirements.

### **How many guests to you take in each programme ?**

We limit our groups to 12 participants per week.

### **Can children participate to the programme ?**

For the moment, our retreats are for adults only 😊

### **Do you allow group bookings ?**

Yes, we organise team building, corporate events, private friends or family retreats - get in touch : [contact@quintessence-retreats.com](mailto:contact@quintessence-retreats.com) !

### **Is it ok to come on my own ?**

We have plenty of solo travelers ! We can group you in a room with another solo traveler (same gender) or you may book a room with Single occupancy.

Quintessence Retreats is a great place to make mingle !

### **What body treatment do you offer ?**

We have a in room spa menu. We offer deep tissue, sport and relaxing massages as well as reflexology and facials. Treatments take place on site and can be booked prior to arrival or during your stay (subject to availability).

### **Do you accept pets ?**

We love them 😊 but we can't accept them during our retreats.

## **What do I need to bring ?**

Please refer to our "check list" to prepare your luggage !

## **How do I get to the retreat ?**

The nearest airport is GENEVA AIRPORT (1h20)

The nearest fast train station (TGV) is ALBERTVILLE (20min)

The nearest train station is SALLANCHES - COMBLOUX - MEGEVE (12min)

If you decide to come by car private parking slots are available (you will not be using your car during your stay).

On request, we organise the transfer for you (transfer is not included in the package).

## **What is your cancellation policy ?**

Please refer to our GTC.

We recommend you to purchase travel insurance.