



BOWWOOD

HOTEL, SPA AND GOLF RESORT



LITTLE BOOK OF WELLNESS



SELF-CARE MENU

To help you through this uncertain time, we've put together a little book of wellness filled with self-care tips, creative ideas and words of wisdom which we hope lifts your mood and puts a smile on your face.



BREATH DEEPLY



STRETCH



LISTEN TO
A PODCAST



DO AN EXERCISE
WORKOUT



TAKE A WALK
OUTSIDE



READ A BOOK



START A NEW
HOBBY



LEARN A NEW
LANGUAGE



ENJOY A HOMEMADE
SMOOTHIE



BAKE A CAKE



WRITE A LETTER
TO FUTURE ME



CREATE A 'LIFE AFTER
LOCK-DOWN' LIST

SPA WORDSEARCH

E R U C I N A M J X
Z M A S S A G E T A
F A C I A L G F H L
Z H B T Q E M O S E
K A E R B R L M V R
E X P E R I E N C E
R B Z A S H B B A M
U N M T A S O E M A
C W I M U T W A Y E
I C C E N L O U G R
D A R N A I O T X E
E N P T F W D Y C P
P I H S R E B M E M
I N D U L G E N T A
Y R U X U L O O P P

BEAUTY
BOWOOD
BREAK
EXPERIENCE
FACIAL

GYM
HOLISTIC
INDULGENT
LUXURY
MANICURE

MASSAGE
MEMBERSHIP
PAMPER
PEDICURE
POOL

RELAX
SAUNA
SPA
TREATMENTS
WILTSHIRE

A HOME EXERCISE ROUTINE

Our gym team and personal trainers are helping our guests to keep moving from their own homes. Here's a home routine that requires no equipment and you can do in your own time...



PRESS UP

10 Reps



SQUATS

20 Reps



SIT UPS

30 Reps



PLANK

45 Seconds

Repeat for 15 minutes with a 30 second rest after all 4 exercises.

For more daily workouts follow our personal trainers on social media:

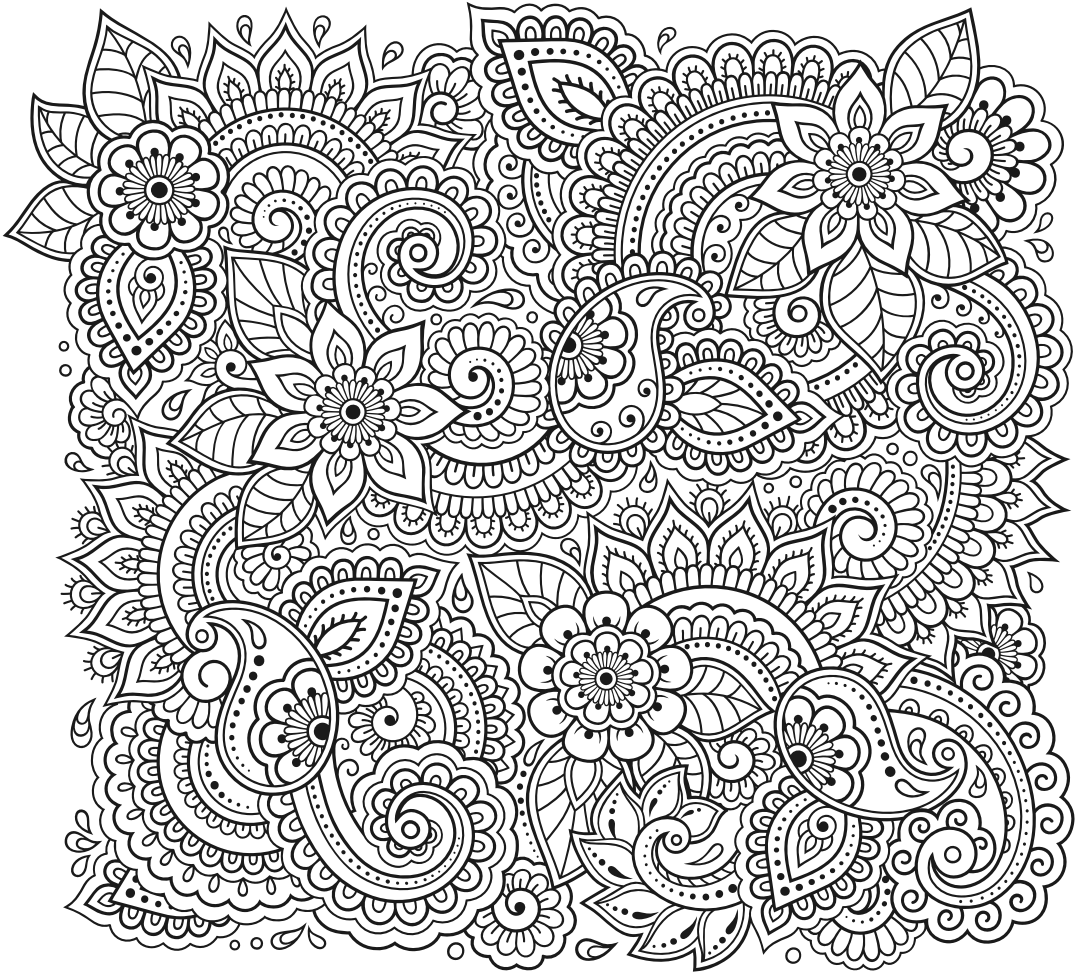
@martyndrake_pt

@chrisalchin_pt

@ptryanbodman

COLOUR ME IN

Set aside a little time to do something mindful, like colouring in.
Share your creations with us on Facebook and Instagram @bowood_hotel



STRAWBERRY SMOOTHIE

Get your fruit fix with our strawberry smoothie made with banana and orange juice. It's free from dairy, so it's vegan too – making it a great start to anyone's day.

PREP TIME: 5 Minutes

LEVEL: Easy

SERVES: 1 Person

INGREDIENTS

- 10 strawberries (approx. 175g)
- 1 small banana
- 100ml orange juice (chilled)

METHOD

1. Hull the strawberries and slice up the small banana
2. Blitz the strawberries in a blender with the banana and orange juice until smooth.
3. Pour the smoothie into a tall glass to serve.

ALLERGEN ADVICE

✓ Dairy-free ✓ Gluten-free ✓ Egg-free ✓ Vegetarian ✓ Vegan

WORDS OF WISDOM

GOOD VIBES ONLY

BE YOUR OWN KIND OF BEAUTIFUL

POSITIVE MIND, POSITIVE VIBES, POSITIVE LIFE

YOU ARE STRONGER THAN YOU THINK

BE THE REASON SOMEONE SMILES TODAY

BELIEVE IN YOUR DREAMS



BOWOOD.ORG