

## **What to Bring**

Flint House has a relaxed atmosphere & there is no need to dress formally, however, you may wish to bring smarter casual wear for the evenings. Please bring -

- Casual sports clothing & footwear as appropriate
- Swimwear ( goggles if preferred) & flip-flops or slippers
- Hairdryer
- All toiletries
- Any medication you may be taking
- Walking boots & wet weather gear – we are set in beautiful Oxfordshire countryside & there are walking maps available. In addition the local residents of Goring run Health Walks which you are welcome to join & these run come rain or shine!
- If you bring your own bicycle please bring a suitable lock as there is only a shelter available.

## **What we provide**

- En- suite facilities
- Tea & coffee making facilities in bedrooms
- All towels (bedroom, gym & pool)
- Laundry facilities & drying room for wet weather gear
- Full Board & hot drinks. Water dispensers in communal areas
- In addition to the extensive treatment facilities we offer a health check, aromatherapy classes, stress workshops, relaxation classes, back school, nutrition classes, use of the gym & swimming pool.
- Indoors we have a snooker table, pool table, 2 table tennis tables, a quiet area for reading & books to borrow, sky TV & bar area with quiz nights twice weekly. Outdoors we have a putting green, boules, a bowling green & golf net as well as the Health Walks.