



House Rules

**Whether you are a visitor or hosting a retreat,
we ask that the following ethos is considered:**

Technology

We are fully aware that you may need to make contact the outside world and therefore provide WiFi when you request it. However, we ask that you only use technology in your own room or outside to respect other guests relaxation requirements. This includes Apple watches.

Quiet Zone

At the Acorn, we use 'Blossom' as a deep relaxation or sleep area. We ask that if you would like to talk to a friend, to find one of the other relaxation areas. Whilst you are visiting please respect others by being aware of how sound travels.

Food and Produce

We are a plant powered retreat and therefore ask that no animal produce is brought onto site. We are generally wheat free and ask that you make us aware of any allergies at your earliest convenience.

Towels, etc

We provide towels and robes for your use as a day or overnight guest. You may like to bring swimwear for use of the sauna and steam room or a towel is also an option.

Shoes

At the Acorn all outdoor shoes must be removed before entering. We are happy for you to wear socks or bring your own slippers. We are lucky enough to enjoy a heated floor.

Hire as a specialist

If you are considering using the Acorn as a space for hire to bring your own clients, you can arrange a look round or meeting with **Katie** or **Sarah** most Tuesdays. When you hire from us we ask that you and your guests treat the place with utmost respect so that we can continue to share this space. We ask that on departure all beds are stripped and all washing bagged ready for collection. We also ask that bins are emptied and that the place is left as you found it. We have cleaning products and sweeping brushes in the utility for your use.