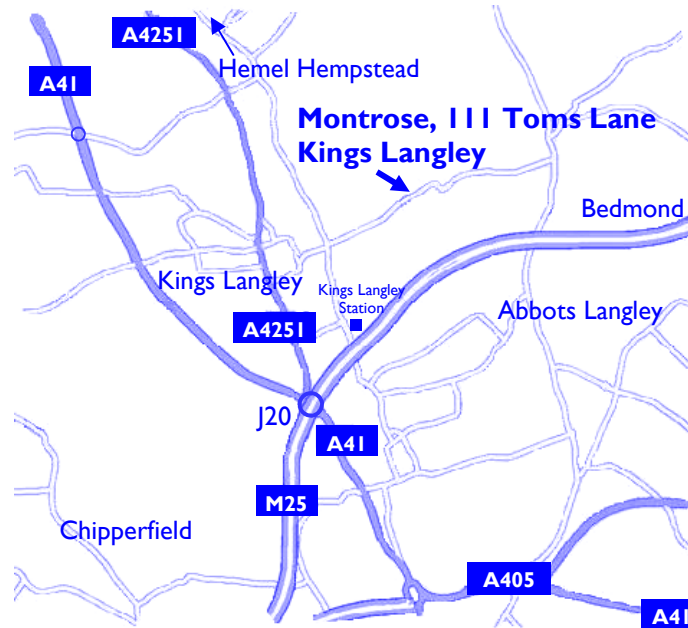


Montrose offers:



- Quiet residential surroundings
- Large peaceful garden
- Laundry facilities
- Choice of breakfasts
- Made-to-order prepared dinners*
- Room cleaning Monday to Friday
- Freedom from pesticides
- No mainstream commercial cleaning products
- No new particle board or other common allergenic materials
- Filtered water in the kitchen; the single taps are filtered
- Filtered water in all bathrooms. In the two bathrooms off the corridor, the cold water taps are filtered. In the bathroom at the top of the stairs, there is a filtered water tap. *(Please do not drink the water from the other taps because it is filtered and softened and may have a high sodium content.)*
- Nearby local amenities (1½ miles away) in Kings Langley, which has several shops, including a whole food shop, called Claire James, various pubs and restaurants.

* Prepared dinners are to be ordered from Breakspear Medical Group's kitchen at the clinic and are charged separately.



Breakspear Medical Group Ltd

Hertfordshire House
Wood Lane
Hemel Hempstead
Hertfordshire HP2 4FD
United Kingdom
Tel: + 44 (0) 1442 261 333
Fax: + 44 (0) 1442 266 388

Montrose (payphone):
+44 (0)1923 270 539



Breakspear Medical Group's Guesthouse



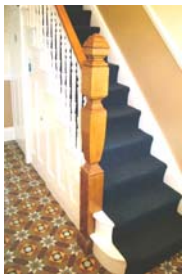
Montrose
111 Toms Lane
Kings Langley
Hertfordshire
WD4 8NP

Montrose — Breakspear Medical Group's Guesthouse



As Breakspear Medical Group's clinic is a day patient unit, out-of-town patients receiving treatment may wish to stay overnight in the Hemel Hempstead area. Because of our dedication to the treatment of allergy and environmental illness, we offer patients accommodation in our guesthouse, which is free of pesticides, mainstream commercial cleaning products, new particle board and other common allergenic materials, and provides filtered water.

The guesthouse has 7 bedrooms and 3 shared bathrooms. The cost per night including breakfast is £35 + VAT.* Bookings are subject to availability.



General Information

Montrose is a private, semi self-catering guesthouse that belongs to Breakspear Medical Group. There is no nursing or medical cover provided at the guesthouse. If you require assistance with the activities of daily living, you must arrange for a carer to stay with you.



Arrival/Departure

If you book to stay at Montrose, one of our receptionists will advise you how to gain access. Please ensure you know this before arrival.

You may check in to your pre-booked room at any time after 11:00am. The housekeeper is part-time and works at Montrose only in the mornings, Monday to Friday. If you arrive when the housekeeper is not there, information for you is left at the house, including which room has been allocated to you.

All personal belongings must be removed from your room by 10:00am on the day of your departure. If you would like to arrange for a departure later than 10:00am, please let us know as this may be subject to an additional charge.

Transport to and from

The minibus service to and from the clinic is provided free of charge for guests staying at Montrose. *Note: patients travel at their own risk.*

The minibus for patients to be driven to the clinic departs from the guesthouse at 8:45am, Monday to Saturday.

The minibus for patients returning to the guesthouse departs from the clinic at 5:00pm, Monday to Saturday.

If you require a taxi at any time, please refer to the taxi company numbers next to the public phones at the clinic and the guesthouse.

Room Cleaning

Your room will be cleaned every morning, Monday to Friday. If you do not want the housekeeper to clean your room, or you have any special requirements for the cleaning of the room during your stay, please let us know in advance.

Each room is supplied with a standard number of sheets, pillows, pillowcases, blankets, bedspreads and towels. If you require more or if you want any of these items removed from your room, please speak to the housekeeper.

On the day of your departure please ensure that all guesthouse property is left in your room. A charge may be levied for moved or missing items.

Meals

Breakfast is available in the dining area between 7:30am and 8:30am. If you have special dietary requirements, please let the housekeeper know in advance.

Dinners may be pre-ordered from the Breakspear kitchen and collected before 5:00pm and will be an additional charge.

Alternatively, you may wish to prepare your own meals using the kitchen facilities at the guesthouse.

Shared Facilities

As all guests share the bathrooms and other facilities, please keep your personal belongings in your own room and refrain from using perfumed products during your stay at Montrose.

Damage at the Guesthouse

Please note that we reserve the right to charge you for any damage caused during your stay at Montrose.

Your Comments

We welcome any comments on the facilities and would appreciate your suggestions for improvements that you feel would make your stay more comfortable in the future.

Please submit your comments in writing to:

Montrose Guesthouse Comments
Breakspear Medical Group Ltd.
Hertfordshire House, Wood Lane
Hemel Hempstead, Hertfordshire
HP4 4FD
United Kingdom

**Breakspear Medical Group reserves the right to alter prices without notice.*

About Breakspear Medical Group



Breakspear Medical Group runs a private day clinic that treats patients for allergy and environmental sensitivity.

There are nearly 60 staff members including qualified doctors and nurses, accountants, laboratory technicians and administration.

Breakspear Medical Group is a family owned and run operation that has treated over 14,000 patients since 1982.