

TREATMENT MENU



WWW.TRANQUILWATERSRETREAT.CO.UK

GREETINGS!

Welcome to Tranquil Waters Health and Wellness Retreat, founded by Dan and Emma—with a passion for authentic living.

If you are having a celebration or just wishing to have a relaxing few days away we can create a bespoke stay for you.

From revitalising treatments, transformative therapies, immersive retreat days, or the culinary delights of a resident chef, we can help make that happen.

Please get in touch with us if you wish to add anything onto your stay.

Many thanks
Dan and Emma





HOLISTIC THERAPIES



Experience profound healing through our range of transformative services. Among our popular offerings, breathwork and Reiki stand out. Harness the power of conscious breathing to connect mind, body, and spirit. Feel the gentle energy flow of Reiki, promoting balance and harmony. Discover the path to holistic well-being with our healing modalities.

- Float Therapy - £60
- Breathwork - £20pp (Min 3)
- Reiki - £60
- Reflexology - £70
- Guided Meditation - £20pp (Min 3)
- Aromatherapy - £70
- Thai Yoga Massage - £70
- Warm Bamboo Massage - £70
- Deep Tissue Massage - £70
- Hot Stone Massage - £70
- Ayurvedic Massage - £120
- Chakra Balancing - £20pp (Min 3)
- Body Scrubs - £70
- Luxury Pedicure - £70
- Hopi Ear Candles & Massage - £70
- Facial And Indian Head Massage - £70
- Emotional Freedom Technique (Tapping) £110 - 75mins
- 30/30/30 - Choose any 3x massage treatments - £90
- Infrared Sauna - £10pp

Massages can be extended for 90x Minutes for £20 extra





GROUP THERAPY



Healing Together, Thriving as One: Empowering Lives through Group Therapy.

- Breathwork (DMT, Psychedelic, Stress relief) - £20pp (Min 3)
- Pilates - £20pp (Min 3)
- Hypnotherapy- £20pp (Min 3)
- Guided manifestation - £20pp (Min 3)
- Workshops - £20pp (Min 3)
- Personal Training/Boot Camp - £15pp (Min 3)
- Crystal Bowl Sound Healing - £20pp (Min 4)
- Meditation - £20pp (Min 3)
- Gong Bath* - £20pp (Min 3)
- Breathwork, Gong bath and meditation - £40pp (2 hours) (Min 3)
- Yoga (Hatha, Yoga Nidra, Kundalini) - £20pp (Min 4)
- Tai Chi - £20pp (Min 4)
- Firepit - Wood provided (£20) Ceremony with cacao - £15pp





SPIRITUALITY



At Tranquil Waters Health and Wellness Retreat, we offer spiritual services including guided meditation, energy healing, and spiritual counseling. Our experienced practitioners provide support for your journey of introspection and growth in a serene environment conducive to inner peace and purpose.

- Akashic Reading - £125
- Breathwork - 3rd Eye activation - £20pp (Min 3)
- Reiki - £70
- Guided Meditation - Spirit Treck, Chakra balancing, Higher self, manifestation and more. £20pp (Min 3)
- Mediumship - £60
- Angel card readings
- Aura Past Life Regression £288 (4-6 hours)
- RAAH Reiki - £200 (3 hours)
- Shamanic Healing - £70
- Hand tying ceremony. POA
- Firepit ceremony & cacao- £15pp (Min 3)
- Past life regression hypnosis - £20pp (Min 6)



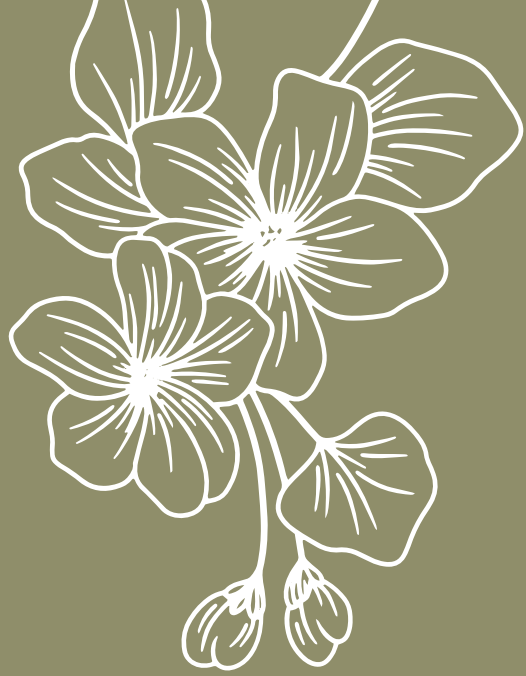


PRIVATE RESIDENTIAL PLANT BASED CHEF

Every meal, drink and snack taken care of.

With our resident chef carefully and lovingly planning and creating delicious meals for breakfast, lunch and dinner, you can completely switch off from the responsibilities of home life. Using organic produce and creating an impressive selection of vegetarian foods, our chef will leave your taste buds well and truly satisfied.





SAMPLE MENU

CANAPES

Selection of soups

Wild Mushroom Pate with
Seed Crispbreads

Arancini on a Tomato &
Basil Sauce

Garlic & Cashew Cheese
Stuffed Mushrooms



MAINS

"Beef" & Ale Pie, served
with all the trimmings of a
roast

Moroccan Tagine served
with couscous, hummus
and flatbreads

Green Thai Curry with
Butter Beans & Jasmine
Rice Massaman Curry with
rice, naan breads, pickles
and poppadoms

AL FRESCO

Paella served with a
selection of salads, tortilla,
roasted peppers, aioli, and
breads.

BBQ serving : Burgers, Hot
Dogs, Kebabs served with
salads, dressings, roasted
sweetcorn.



HOUSE RULES

We are a small family-run business, and we have put in a lot of effort to create a beautiful space for your enjoyment. We kindly request that you treat the property, furniture, and grounds with the utmost respect. While we have just a few rules, we ask that you adhere to them:

1. Please refrain from wearing outdoor shoes upstairs.
2. We are a health retreat and the nature of our hosting is that we offer a beautifully relaxing stay. Our property is located on a private estate with other residents and we live around the corner. We do not allow parties, disruptive behaviour or additional unregistered guests without prior arrangement with the hosts. Please keep noise levels on the terrace to a minimum after 9pm, and avoid playing loud music. If you consider yourself to be being loud inside please close all windows. Air conditioning is provided for comfort. Failure to comply with these rules will result in immediate expulsion without a refund.
3. Access to the gym is only permitted when a staff member is present and needs to be prebooked prior to arrival. - This must be prearranged prior to arrival.
4. Please do not tape / stick anything to the walls as it damages the walls. Charges will apply if this is done.
5. Please do not use sellotape or blue tack and attach anything to the walls as it damages the paintwork.
6. Unfortunately, pets are not allowed on the premises.
7. Only registered guests are permitted to stay at the property.
9. We kindly ask that you leave the property in a clean and tidy condition anything above a 'standard clean' will result in additional cleaning fees.
10. Please avoid using confetti, as there will be an additional cleaning charge of £30.
11. Prior to using the hot tub and infrared sauna, we strongly recommend thoroughly reading the provided guidelines for usage and safety.
12. No smoking inside or in the hot tub. No glass in the hot tub. If you smoke please ensure you remove all cigarette ends.

Please note that when using the hot tub and infrared sauna, you do so at your own risk. Detailed instructions on how to use both can be found later in this guide.

COSTINGS

RESIDENT CHEF

£50 PER DAY PER PERSON- BREAKFAST, LUNCH, 2 COURSE DINNER, SNACKS, SOFT DRINKS AND HOT DRINKS. MINIMUM SPEND OF £300.

BREAKFAST

£30PP - BREAKFAST BUFFET

LUNCH

FROM £30PP - BUFFET LUNCH

EVENING MEAL

£30PP BUFFET

£40PP - 2 COURSE MEAL

£45 - 3 COURSE MEAL

£50 - 4 COURSE MEAL

TO HIRE THE CHEF FOR BREAKFAST/LUNCH OR DINNER THERE IS A MINIMUM SPEND OF £200.

PRICES STATED ARE A 'FROM' PRICE. PRICES MAY VARY IF YOU WISH TO ADD EXTRAS OR CHOOSE MORE EXPENSIVE INGREDIENTS.

PACKAGES

1x Holistic Therapy (any choice of massage) excluding ayurvedic
1x Float therapy session
3x Group therapy sessions
Fully catered resident chef - 2 days, breakfast, lunch, dinner, snacks and soft drinks.
Firewood for firepit

£550pp - minus the accommodation cost.

Example based on 6 guests:

Accommodation cost already paid: £2000

Total package price: £3300

The remaining fee is £1300

Per person price: £216

Does not include airbnb fees. Minimum of 6 guests



MISC FEES

CHECK IN/OUT EXTENSION - £50PH

ADDITIONAL CLEANING FEES (ABOVE A STANDARD CLEAN, IE DECORATION DISPOSAL, RUBBISH DISPOSAL, SOILED CARPETS) £20PH

ADDITIONAL TOWELS - £10PP

DECORATION / ARRANGEMENT - 30% FEE ON INVOICE

FIREWOOD - £20 (2 BAGS, FIRE LIGHTERS, KINDLING)

HOW TO FIND US

Wherever you look, you see nature; a beautiful array of nature's colours encouraging you to be more mindful. A walk along the lane, shaded by the overarching trees, is quite cathartic. Birds singing, rustling leaves, fresh breeze; a break for the mind and a chance to just 'be'.

Address:
Tranquil Waters
Harrier Lodge
Upper Hexgreave
Newark
NG22 8LS

Taxi / chauffeur

You will be extremely relaxed after you retreat with us. Often driving is the last thing you may feel like doing. Why not get a train and arrange for us to pick you up?

Local Train Stations:

Newark Northgate Train Station - NG24 1FP / 25x Minutes
Mansfield Train Station - NG18 1BE / 20x Minutes
Grantham Train Station - NG31 6BT / 40x Minutes



THANK YOU

At Tranquil Waters, we are thrilled to introduce you to a new concept in well-being and holistic therapy, where we take pride in offering you an oasis of tranquility, a place to calm the mind, relax, and disconnect from the outside world. We believe that true relaxation and rejuvenation come from addressing the body, mind, and spirit as a whole, and that's precisely what our treatment menu has been crafted to achieve.

Our goal is to ensure that your stay with us is nothing short of amazing and leaves you feeling refreshed, revitalised, and at peace. To achieve this, we have carefully curated a comprehensive treatment menu, encompassing a range of therapies tailored to meet your individual needs.

Yours in Wellness,

The Tranquil Waters Team
Dan and Emma



Contact Us

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