



TRANQUIL WATERS

# HOST YOUR OWN RETREAT



[WWW.TRANQUILWATERSRETREAT.CO.UK](http://WWW.TRANQUILWATERSRETREAT.CO.UK)

# HEY!

We are Dan and Emma, husband and wife team and founders of Tranquil Waters Health and Wellness Retreat.

After being multiple business owners, trapped in the chaos of the never-ending rat race, locked in by successful business that was delivering only unhappiness and stress, we eventually took a step back. A step back that allowed us to look within, be true to ourselves and cultivate a life and business that aligned with us, our values and our dreams.

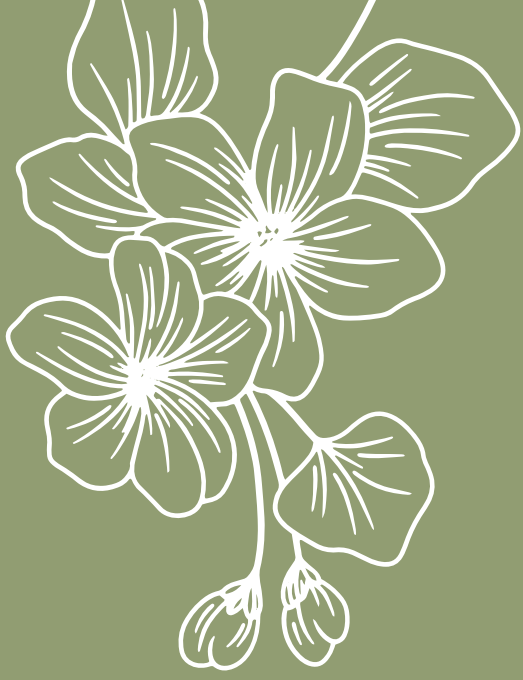
Selling our successful fitness club made space for us to unleash our beautiful health and wellness retreat and ignite a passion for helping other business owners and managers to bridge the gap between personal well-being and business growth.

With 25 years combined experience in the health and wellness sector (along with being stressed business owners ourselves for many years!), we now help others to cultivate happiness and success in themselves and their team.

“ Absolutely amazing, and highly recommended.  
Dan and Emma have put together a hugely effective, and excellent value for money experience.  
Better than any spa day I've done, and an invaluable investment in my wellbeing.  
Outstanding, thank you. - Lynn







# THE RETREAT





# LUXURY RETREAT ACCOMMODATION

Tranquil Waters is an ECO retreat based on a private 500-acre estate, embraced by nature's beauty. Explore the woodlands, with beautiful nature walks alongside the deer park. A perfect place to escape the hustle and bustle of everyday life.





# WHY CHOOSE US?

If you are a Retreat leader, we welcome you to book Tranquil Waters for your own retreat group. Here are some reasons why Tranquil Waters is a great place to host your own retreat:

- Luxury purpose built retreat accommodation (Sleeping up to 8 or 11 with optional extra beds).
- Stunning 500 acre private gated Hexgreave Hall estate and deer park
- Private resident chef and catering for your retreat guests
- A 100SQM Studio - to host your group sessions
- Facilities include; float therapy tank, massage/clinic room, hot tub, snug and relaxation room, infrared sauna, private roof terrace.
- Private Gym
- Flexible payment options & packages
- Host accommodation available included
- Marketing material provided







# SUITES



Our relaxing suites will encourage your guests to switch off and escape. Bask in peaceful, natural surroundings and end your stay with a sense of calm and refreshed recovery. Each of our four suites has been designed to instill a feeling of calm with comfortable beds, sumptuous linen, aromatherapy and lounging space.

## Woodland Suite - Superking Ensuite

Offers a luxurious stay with a solid oak super king size bed featuring a supremely comfortable bamboo memory foam mattress, accompanied by 100% cotton bed linens, fluffy towels, and robes. The suite boasts a cozy chaise lounge chair, high ceilings, beams, and dual aspect windows, creating a bright and airy ambiance. Ample storage is provided with a wardrobe, chest of drawers, and a spacious desk/dressing table. The en-suite features a double shower, heated towel rail, and indulgent complimentary toiletries.





## Sunset Suite - Triple Ensuite Shared Room

The Sunset Suite, our premier offering, opens onto a private roof terrace via bi-fold doors, offering both lounging and dining space, as well as an infrared sauna for relaxation. The suite boasts a solid oak king-size sleigh bed with a sumptuous bamboo memory foam mattress, ensuring a restful night's sleep. It provides ample storage with a wardrobe and chest of drawers, along with a lounge chair and footstool for added comfort. The en-suite includes a spacious walk-in shower, heated towel rail, and premium complimentary toiletries.



## Blossom Suite - King EnSuite

Blossom, our charming garden-view suite, offers a tranquil retreat with a solid oak king-size sleigh bed and a luxurious bamboo memory foam mattress for a restful sleep. The room features a cosy wingback velvet lounge chair and footstool, while high ceilings and beams add to its inviting atmosphere. You'll find ample storage in a spacious walk-in wardrobe and dressing area, along with a chest of drawers for a homely touch. The en-suite offers a large bath for relaxing soaks, complemented by a shower, plush towels, robes, and luxury toiletries.





## Waterfall King EnSuite

Waterfall is a tranquil suite with a soothing indoor water feature, high ceilings, and beams. The Zip Link bed boasts a luxurious bamboo memory foam mattress for a restful sleep. You'll find a comfy lounge chair and a bookcase with favorite reads. The en-suite offers a large bath and shower, along with fluffy towels, robes, and luxury toiletries. An aromatherapy diffuser with a choice of oils is provided for your relaxation or rejuvenation.



## Host Room

A dedicated "Host Room" that comfortably sleeps two, separate from client areas and you have access to your own shower.





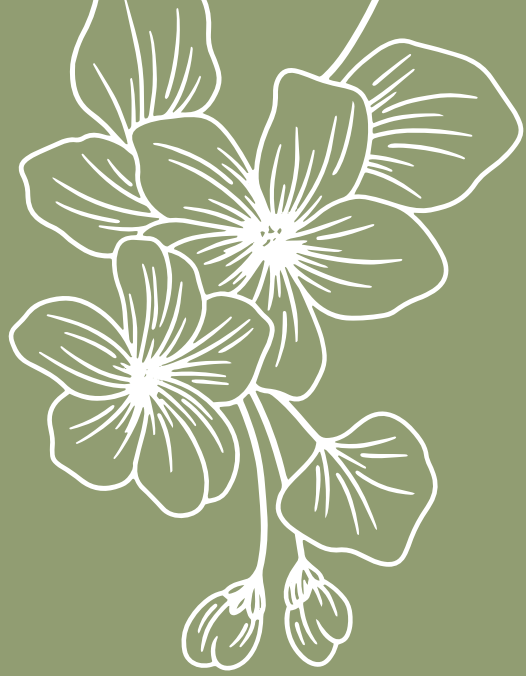
# PRIVATE RESIDENTIAL CHEF

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.





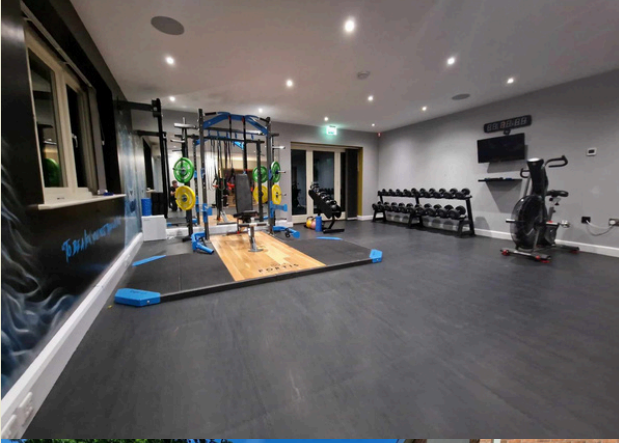
# COMMUNAL SPACE

Our retreat offers ample spaces for guests to unwind and discover their own cozy nooks, whether it's lounging in the garden, finding solace in our snug room, or enjoying a peaceful moment on our serene terrace. There's a welcoming spot for everyone to relax and savor their own space.





# COMMUNAL SPACE



# PRICING - ACCOMODATION & WELLNESS SPACE

WEEKEND PRICING - DISCOUNT MIDWEEK

05



## ✿ Essential Retreat Package (£250 per head / £2,000 minimum)

- 2-night luxury accommodation (Friday-Sunday)
- Exclusive use of wellness space (Yoga Studio, Gym, Sauna, Hot Tub, Workshop Room, Therapy Room)
- Tea & coffee provided
- Self-catered accommodation (facilitators provide meals)

*Best for facilitators wanting a premium overnight venue without additional wellness treatments. 3pm check in - 11am checkout*

## ✿ Wellness Retreat Package (£300 per head / £2,500 minimum)

- Everything in Essential Retreat Package
- Float therapy session for each guest (1x 60 min per person)
- Welcome drinks & healthy snacks on arrival
- Group therapy session (60 mins)

*Ideal for facilitators offering a deeper wellness experience with added relaxation & therapy.*

## ✿ Ultimate Wellness Retreat Package (£350 per head / £3,000)

- Everything in Wellness Retreat Package
- Private chef-prepared breakfast, lunch & dinner
- Guided sound bath or breathwork session
- Firepit or cacao ceremony (weather permitting)
- Night-time herbal tea & relaxation session

*Perfect for high-end retreats with an all-inclusive premium wellness experience.*





## Day Guest Pricing

For guests attending for the day only (without overnight stay), we offer the following pricing options:

### Day Retreat (£50 per head)

- Access to full wellness space (Yoga Studio, Gym, Sauna, Hot Tub, Workshop Room, Therapy Room)
- Tea, coffee & water station
- Light refreshments (fruit, healthy snacks)
- Use of relaxation spaces

### Wellness Day Retreat (£115 per head)

- Everything in Day Retreat Pass
- A therapy session for each guest (1x 60 min per person)
- Group therapy session - sound bath, meditation or breathwork session (1 hour)
- Infrared sauna session for all guests

### Premium Day Retreat (£140 per head)

- Everything in Wellness Day Retreat
- Private chef-prepared lunch
- Guided sound bath or breathwork session
- Firepit or cacao ceremony (weather permitting)

# DAY RETREAT

05



## ✿ Tier 1: Basic Venue Hire (£50 per head / £700 minimum)

- Full use of workshop room & snug
- Yoga studio access
- Therapy room available (facilitator provides therapist)
- Gym & sauna use
- Hot tub area access
- Tea & water station included
- No float therapy, meals, or additional wellness services

*Best for facilitators running their own schedule but needing a high-quality wellness space.*

## ✿ Tier 2: Enhanced Wellness Hire (£70 per head / £700 minimum) Everything in Tier 1

- 1x Group therapy / Breathwork / Sound Bath / Guided meditation / Hypnotherapy
- Light refreshments (tea, fruit, snacks)
- Assistance with set-up & guest welcome

*Ideal for those wanting an elevated wellness experience with float therapy & added comfort.*


## ✿ Tier 3: Premium Retreat Package (£120 per head / £1100 minimum)


- Everything in Tier 2
- Float therapy / Hyperbaric / Red Light therapy session (coming soon) included for all guests (1x 60 min session each)
- Private chef-prepared lunch (healthy, plant-based option available)
- Infrared sauna session for all guests
- Chilled herbal tea station
- Luxury towels, robes & slippers provided
- 1x Group therapy / Breathwork / Sound Bath / Guided meditation / Hypnotherapy

Perfect for high-end retreats with facilitators looking for a full-service wellness venue.



# Contact Us

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