

# CREATE YOUR OWN DAY OR OVERNIGHT RETREAT



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

# HEY

Welcome to Tranquil Waters Health and Wellness Retreat, founded by husband and wife team, Dan and Emma.

If you're looking for a getaway with a difference, we've got you! We can cater up to 30 day guests and/or 11 overnight guests.

Imagine staying at a luxury wellness retreat with exclusive use of our accommodation and facilities, all meals deliciously created by our very own chef and treatments/ therapies for your entire group throughout your stay.

A place where special memories are made and shared, the perfect mix of relaxation and celebration.

Please read this brochure for options of how to create or have a private retreat.

Dan & Emma



# OPTIONS

## Private Structured Retreat

If you'd like to join one of our retreats but have it privately for you and your group, we can host it exclusively for you as long as you book at least four suites. If your preferred date is unavailable, please let us know your ideal date, and as long as we have availability, we'll create the retreat on your chosen date.

## Create a retreat

If you'd like to create your own bespoke retreat, you can choose from our list of services to design the perfect experience. Our wellness space can accommodate up to 30 day guests or an overnight retreat for up to 11 guests. Simply book the accommodation and let us know your preferences so we can bring your vision to life.

THOUSANDS OF GUESTS...5\* REVIEWS EVERY TIME!





# 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. With en-suite bedrooms, open plan living, private roof terrace and our hot-tub hideaway, relaxation and memory-making bliss awaits you.



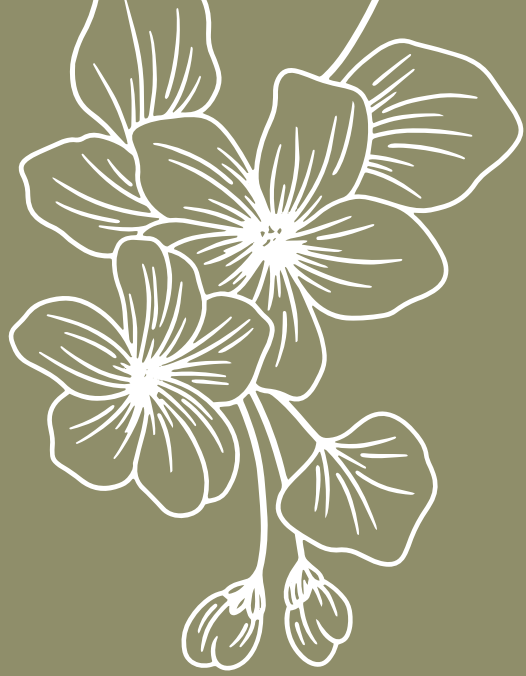


# PRIVATE RESIDENTIAL CHEF

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.



# SAMPLE PLAN

10am - Arrival and Settle

10.30am-11.45am: Treatments; 1 Float & 2 Massage

11.45-1pm: Treatments; 1 Float & 2 Massage + Reflexology/Reiki Session

(use of the sauna and hot tub inbetween treatments)

1pm-2pm: Lunch - Picnic in the grounds opposite the deer park

2pm-3pm: Guided meditation into a Gong Bath

3.30pm-4pm: Break

4pm-5pm: Breath work

5pm-6pm: Fire pit, cacao and marshmallows



# SERVICES WE CAN OFFER

Other services we can help you with;

- Overnight Stay (From £125 per room) or entire accommodation from £400 per night
- Holistic therapies including:
  - Swedish deep tissue massage
  - Float Therapy
  - Aromatherapy
  - Reflexology
  - Reiki
  - Bamboo massage
  - Swedish massage
  - Thai yoga massage
  - Hot stone massage
  - Breathwork
  - Guided meditation
  - Sound Therapy / Gong / Crystal Bowls
  - Cold therapy
- Movement and Fitness
  - Kundalini Yoga
  - Hatha Yoga
  - Personal Training
  - Boot Camp
- Spiritual Services
  - Oracle card readings
  - Medium / Psychic readings
  - Spirit trek hypnotherapy
  - Past life regression
  - Chakra Balancing
  - Akashic Readings

& Much much more...



# 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?

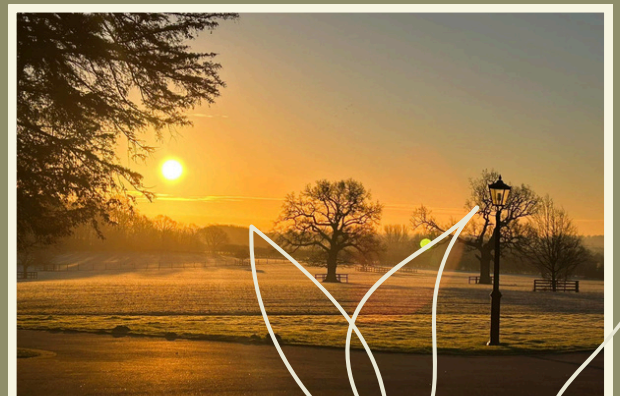
Local Train Stations:

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



# EXTRAS

Extend your retreat experience by spending the an extra night with us before or after your retreat.



# 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 created 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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