

CREATE YOUR OWN DAY OR OVERNIGHT RETREAT



WWW.TRANQUILWATERSRETREAT.CO.UK

GREETINGS!

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

Thanks for inviting us to work our magic on your retreat. We're here to perfect every detail and make sure it's exactly what you want.



Dear Lucy

We are absolutely thrilled to have you and your lovely group choose our retreat for your upcoming hen party! Congratulations on this exciting milestone in your life.

We take great pleasure in crafting bespoke experiences that cater to the unique needs and desires of our guests. Your retreat is no exception. We have curated a day filled with relaxation, beauty, and unforgettable moments just for you.

From immersing yourselves in our luxurious spa treatments to our private chef coming in and preparing you a gorgeous meal, the day will be absolutely perfect.

As the sun begins to set, gather around a crackling bonfire under the starlit sky. Toast marshmallows, share stories, and revel in the warmth of your friendship before the big day.

We cannot wait to welcome you and your group with open arms. Your happiness and relaxation are our top priorities, and we are dedicated to ensuring that your hen party is nothing short of magical.

Please see attached itinerary, if you need to make any changes please let us know.

Thank you for choosing Tranquil Waters for this special occasion. We look forward to creating the most beautiful day for you all.

Warm Regards,

Dan and Emma

YOUR REQUEST

Hey Tranquil Waters Team,

Hope you're doing awesome! We're a group of 6 friends on the hunt for a relaxing hen party getaway, and your retreat sounds like just the ticket!

We're dreaming of a day jam-packed with relaxation and fun. I'd like us all to have a treatment each ie; massages, float therapy, reflexology and then some lunch.

We're keen to do a few group activities like a sound bath and breathwork.

And then maybe a wind down by the firepit, toasting marshmallows and chilling out?

Is this something you can help with?

Cheers,

Lucy

THE 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: Psychedelic breath work

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

Prices are;

£70 for holistic therapy (massage, reiki, reflexology)

£50 Float therapy

£20pp for each group therapy

£12.50 for lunch depending on the dish

Hot tub and sauna included

Firepit and cacao; is £35 -

Total cost £130pp

ANYTHING ELSE?

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 / Pyschic readings
 - Spirit treck hypnotherapy
 - Past life regression
 - Chakra Balancing
 - Akashic Readings



WHAT TO BRING?

Essentials:

1. Clothing:

- Comfortable clothes
- Swimwear
- Jacket or sweater
- Raincoat or umbrella
- Robe
- Towel



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

As we wrap up our itinerary, we are looking forward to welcoming you on retreat and we're honoured to be a part of your big day that you'll never forget.

With love and gratitude,
Dan and Emma



Contact Us

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