



BRIDAL RETREAT



WWW.TRANQUILWATERSRETREAT.CO.UK

HEY THERE

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

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

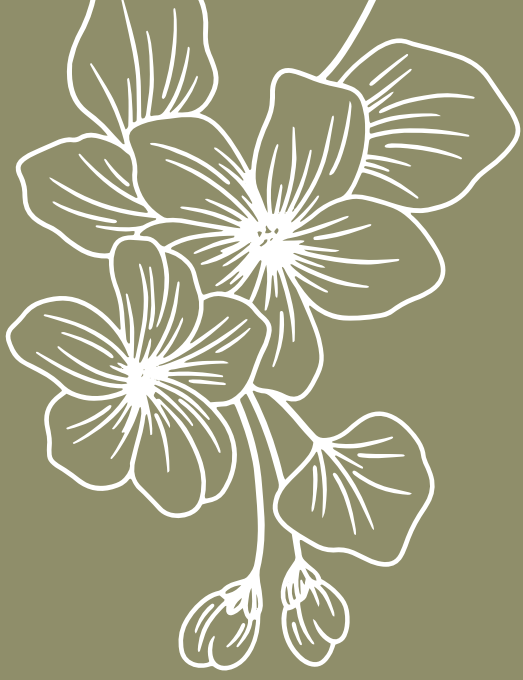
A place where special memories are made and shared, the perfect mix of relaxation and celebration.

We look forward to helping you create your dream bridal hen getaway.

With Love

Dan & Emma





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.





BRIDAL HEN RETREAT PREMIUM PACKAGE



Exclusive and private use of our wellness retreat for your group

3 Night Retreat. Check in from 10am Friday / Check out 11am Monday.

Fully inclusive meals and soft drinks with our private resident chef. Each guest* receives the following:

1x Float therapy session

1 Hour holistic treatment of your choice

(* float therapy session can be swapped to make a 90 min massage instead)

2x Group therapy sessions of your choice for you all to enjoy together.

Access to: Hot-tub hideaway, Infrared Sauna, Private Gym

Optional addons available Make-up lesson

*Min 6 people, max 11 people

£495 pp





DAY RETREAT EXAMPLE

We can tailor a retreat to your specific requests and needs. An example retreat could be;

10am – Arrival smoothies and snacks

10.30am – 11.30pm Yoga Nidra

11.30-12.30pm Breathwork

12.30-1.30pm Lunch

1.30 – 2.30pm Sound bath

2.30pm – 4pm Hot tub, infrared sauna, relaxation

4pm – 5pm Guided meditation

5pm-6pm Cacao and firepit

Exclusive use of our wellness retreat £97.50pp.

Overnight Stays optional

*Max 30 Guests





HOLISTIC THERAPIES



Prepare for your special day with targeted treatments designed to reduce stress, boost confidence, and enhance your well-being. Our holistic therapies will empower you with practical techniques to maintain a positive mindset and inner balance. Join us with an open mind, and leave feeling refreshed, confident, and ready for your wedding day.

- Reiki
- Reflexology
- Aromatherapy
- Thai Yoga Massage
- Warm Bamboo Massage
- Deep Tissue Massage
- Hot Stone Massage
- Body Scrubs
- Luxury Pedicure
- Facial And Indian Head Massage
- **Emotional Freedom Technique (Tapping)
- **30/30/30 - Choose any 3x massage treatments

Items with an ** will have a supplement charge





GROUP THERAPY

- Breathwork (DMT, Psychedelic, Stress relief)
- Past life regression
- Pilates
- Guided meditation
- Gong bath
- Crystal bowl sound bath
- Mediumship evening
- Hypnotherapy
- Emotional freedom technique
- Zumba
- Personal Training/Boot Camp
- Yoga (Hatha, Yoga Nidra, Kundalini)
- Tai Chi
- Cooking class
- Ice bath experience
- Chi Gong
- Fire walking
- & More



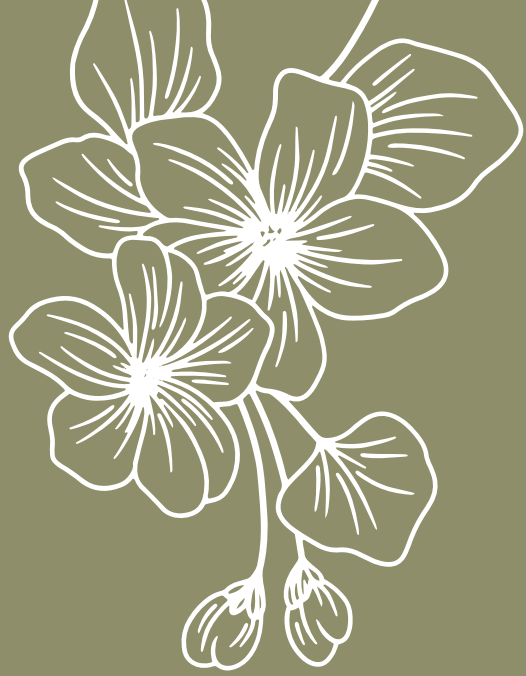


PRIVATE RESIDENTIAL CHEF

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.



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

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

If travelling by car, we have our own private car park.



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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