



BRIDAL RETREAT



WWW.TRANQUILWATERSRETREAT.CO.UK

HEY THERE

At Tranquil Waters, we've created something a little different — a place where luxury meets meaning. This isn't just a beautiful space to stay... it's your own private bridal retreat, designed exclusively for you and your closest people.

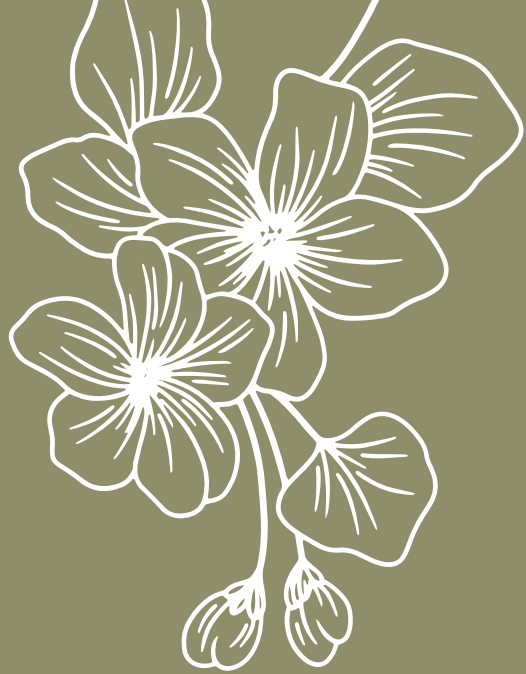
Whether you're celebrating your upcoming wedding, bringing the bridal party together for some pre-wedding connection, or simply wanting something more soulful than a night out — we offer you the chance to pause, bond, and be completely looked after.

It's a rare blend: luxury accommodation with a fully personalised retreat experience, just for your group. No strangers. No rigid schedules. Just your own space, your own pace, and our full attention — including a private chef to prepare nourishing, seasonal meals throughout your stay.

You'll be given your own retreat planner to help shape a beautiful experience — from pampering therapies and sound baths to float therapy, wild dips, massage, and plenty of time to relax, laugh, and celebrate what matters most.

This is your bridal retreat, your way. And we're here to make it unforgettable.





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.





STUNNING PRIVATE ESTATE

Located on the Hexgreave Hall Estate – A Private 500 acre gated estate based in rural Nottinghamshire – ideally located next to Sherwood Forest.



REVIEWS

“Just back from a blissful weekend of healing. I’ve been to many retreats this one has topped them all. The sessions are amazing the food divine. Heaven on earth 🌍” - Lilly



“Amazing healthy wholesome food with incredible treatments and fantastic staff. Dan created a bespoke retreat for me and my friends and nothing was too much trouble. Highly recommend to recharge and replenish your soul in a beautiful environment” . - Chris



“Beautiful retreat hosted by the most kindest welcoming couple Dan & Emma who make you feel like you belong there with them instantly. Lynne is the most talented chef and such a kind soul with hugely generous portion sizes of the most glorious food!! The safe environment created by everything from the comfy beds to the beautifully decorated therapy rooms makes each practise you experience wholesome and meaningful. There were tears, laughter, friendship, empathy, kindness and honesty. I would go back in a heart beat. Thank you all for my journey” - Melanie



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





BRIDAL HEN RETREAT

PREMIUM PACKAGE



- 2 Night - Exclusive Hire Of Tranquil Waters Retreat
- 10x Individual Therapies (Therapy list)
- 1x Group Therapy
- Evening Meal provided on day 1
- Private Executive Retreat Chef - Breakfast, Lunch & Dinner (Day 2 & Breakfast Day 3)
- Tea, Coffee and Herbal drinks throughout
- Firewood - Firepit
- Hot tub, Sauna, Private Gym, Slumber room, Ice bath

Based on 10 Sharing - £500pp (£5000)

Additional guests - £350pp (Sleeps up to 15 guests)

Availability for day guests (Up to 30) Please enquire for prices.

Additional nights stay & Fully Catered With Retreat Chef (+ £50pp)





INDIVIDUAL THERAPIES

Swedish deep tissue
massage
Float Therapy
Aromatherapy
Reflexology
Reiki
Indian Head Massage
Float therapy
Swedish massage
Facial & Massage
Hot stone massage

GROUP THERAPIES

Group Therapy:
Breathwork
Guided meditation
Sound Therapy / Gong /
Crystal Bowls
Cold therapy
Kundalini / Hatha / Yoga
Nidra
Qi Gong
Personal Training
Boot Camp

ADDONS

Other Addon Services
Oracle card readings
Medium / Psychic
readings
Spirit trek hypnotherapy
Past life regression

Chakra Balancing
Akashic Readings
Make Up Lesson
Cooking Lesson With The
Chef
Much More..



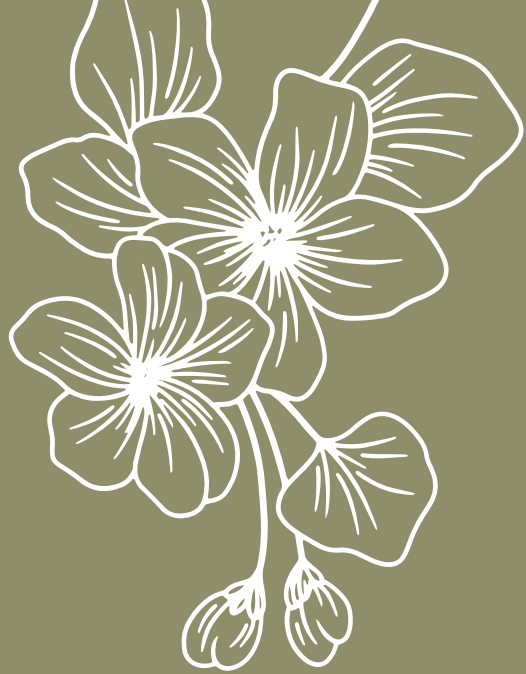


PRIVATE RESIDENTIAL CHEF

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.



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



Tranquil Waters, Harrier Lodge, Upper

Hexgreave, Newark, Nottinghamshire, NG22 8LS



01623354425



www.tranquilwatersretreat.co.uk



info@tranquilwatersretreat.co.uk

