



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.

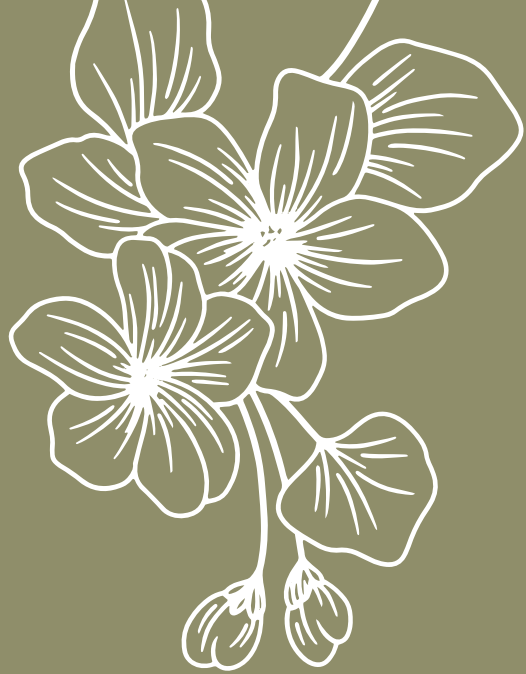
Whether you're celebrating your upcoming wedding, bringing the bridal party together for some pre-wedding connection, or simply wanting something more soulful than a night out — we offer you the chance to pause, bond, and be completely looked after.

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 RETRT





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.





BLOSSOM SUITE



SUNSET SUITE

ROOM ALLOCATION

The bedrooms are exceptionally spacious and beautifully finished, each with its own private en-suite, giving every guest the comfort and privacy they need. Thoughtfully designed for groups, the rooms offer plenty of space to unwind, get ready together and enjoy the weekend without ever feeling cramped or crowded. Whether guests choose to share or have their own space, the generous layouts, calming décor and hotel-style amenities create a luxurious, relaxed atmosphere that makes everyone feel instantly at home

We can accommodate up to 11 in regular beds, plus double sofas for 1-4 more, so 15 in total).

- Superking + single (3, woodland)
- Twin + king + roof terrace (4, Sunset Suite)
- King (2, Blossom Suite)
- Twin/superking (2, Waterfall Suite)
- Double sofa beds (4, Mezzanine)
- All rooms are en suite.



WOODLAND SUITE



WATERFALL SUITE



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

"I hosted my bridal shower at Tranquil Water Retreat and couldn't have chosen a better place! The team was incredibly responsive and accommodating from start to finish, making the whole planning process seamless. A big shout out to Dan! The wellness therapists and instructors were not only professional but also genuinely kind. Everyone commented on how relaxing and high-quality the sessions were. The venue itself is stunning. It's surrounded by nature, peaceful, and designed to help you truly disconnect, relax, and rejuvenate. It created the perfect setting for such a special occasion.

I'd highly recommend it to anyone considering and would love to go back again myself!" - Vasudha



"We booked this property for a relaxing hen and it was absolutely perfect! The set-up is really unique and created such a special atmosphere for the weekend. Everything was spotless on arrival, and the yoga session and instructor were a real highlight - so calming and tailored to us. The bride also had a massage which she loved. Location-wise, it's in a peaceful spot for downtime but still an easy drive into towns like Nottingham if you want to mix things up. Couldn't recommend more!" - Abbie



"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



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





BRIDAL HEN RETREAT

PREMIUM PACKAGE



Weekends (Friday - Sunday).

£500 per person · Minimum 6 guests (up to 10)

£350 per person for guests 11-15

Weekday (2 nights, Sunday - Friday morning).

£400 per person · Minimum 6 guests (up to 10)

£320 per person for guests 11-15

Flexibility built in: add guests above the minimum of 6 whenever you like, and finalise your group list up to 60 days before your retreat.

What's Included:

- 2 Night - Exclusive Hire Of Tranquil Waters Retreat
- 1 x Individual Therapy per guest (Therapy list)
- 1 x 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

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

Additional nights stay with evening meal (+£100pp)





INDIVIDUAL THERAPIES

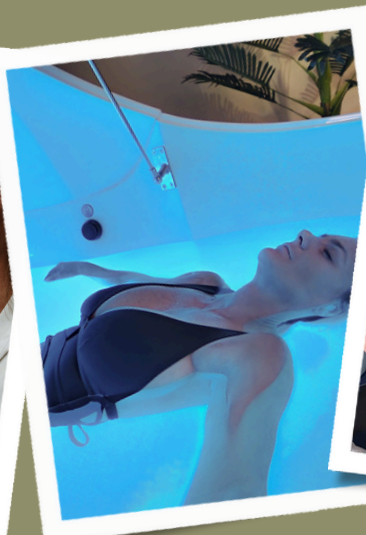
- Swedish deep tissue massage
- Float Therapy
- Aromatherapy
- Reflexology
- Reiki
- Indian Head Massage
- Float therapy
- Swedish massage
- Facial & Massage
- Hot stone massage

GROUP THERAPIES

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

ADDONS

- Oracle card readings
- Medium / Psychic readings
- Spirit trek hypnotherapy
- Past life regression
- Chakra Balancing
- Akashic Readings
- Make Up Lesson
- Cooking Lesson with the chef
- Plus Much More..





PRIVATE RESIDENTIAL CHEF

Every meal, drink and snack taken care of.

Our resident chefs thoughtfully craft beautiful menus for your group, preparing delicious breakfasts, lunches and dinners so you can fully unwind. Using organic, seasonal ingredients and offering exceptional vegetarian, vegan and meat-based dishes, they create dining experiences that are both nourishing and memorable, leaving your whole group delighted.





SAMPLE MENU PLANT-BASED

BREAKFAST

Freshly Pressed Fruit
Juice

Bagels, Jams, Butter &
Fruits

Plant-based Sausages &
Roasted Tomatoes

Miso-Glazed Mushrooms
& Spinach



LUNCH

Buddha Bowls Containing:

- Marinated Baked Tofu
- Roasted Chickpeas
- Silky Hummus
- Cashew Cream Cheese
- Fluffy Quinoa
- Seasonal Salad Greens
- Roasted Peppers
- Mediterranean Olives

Served in a warm, bowl-
style wrap for a nourishing
and vibrant lunch.

DINNER

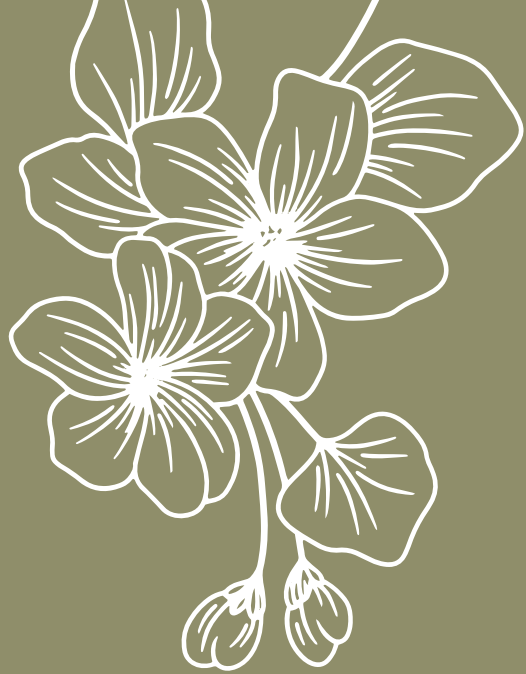
Lentil and Walnut Lasagne

Mini rosemary roasted
potatoes

Steamed Broccoli

Lemon Tart with Fresh Fruit





SAMPLE MENU MEAT-BASED

BREAKFAST

Smoked Salmon &
Avocado on Artisan
Sourdough

Herb-roasted Chicken &
Spinach Omelette

Greek Yoghurt Bowl with
Seasonal Fruit, Nuts &
Granola



LUNCH

Roasted Chicken & Garden
Salad Ciabatta

Chicken salad with fresh
herbs

Homemade Chicken and
Vegetable soup with
Artisan Sourdough

DINNER

Pork Tenderloin with Apple
& Sage Sauce

Rustic Cottage Pie with Rich
Beef Gravy

Roast Chicken Supreme
with Garlic-Roasted
Potatoes

Slow Cooked Beef Brisket



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

