



TRANQUIL WATERS

HOST YOUR OWN RETREAT



WWW.TRANQUILWATERSRETREAT.CO.UK

HEY!

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

After years of running multiple businesses, caught in the constant pressure of the rat race and held in place by success that brought more stress than fulfilment, we finally paused. That pause changed everything. It gave us the space to look inward, reconnect with our values, and build a life and business that truly aligned with who we are.

Selling our fitness club opened the door for something far more meaningful: creating a sanctuary for deep healing and transformative retreat experiences. Our passion now reaches beyond running our own retreats, as we also help other retreat hosts bring their visions to life.

With 25 years of combined experience in health, wellness and leadership, along with many lived lessons from being overwhelmed business owners ourselves, we have shaped a space designed to support you as you facilitate powerful, intimate and heart-led retreats. A place where you can help people heal, grow and reconnect, while feeling supported, grounded and aligned in your own purpose as a host.

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A wonderful retreat venue. Dan and Emma are so welcoming and supportive. There is actually so much to do from a float tank, through to Yoga, gong bath, meditation, cold water immersion and all with options of extra treatments too! The breath work was great and well guided. Even with 'chill out' time included the time seems to fly! The food is exceptional! Lynn is an amazing chef who prepared absolutely delicious plant based meals for us. I definitely recommend Tranquil Waters whether you go as a group or solo you will be well cared for and the benefits will last a long 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.



WHY CHOOSE US?

If you are a Retreat leader, we welcome you to book Tranquil Waters for your own retreat group. Here are some reasons why Tranquil Waters is a great place to host your own retreat:

- Luxury purpose built retreat accommodation (Sleeping up to 14 in beds). Plus host room - Sleeping 2.
- Stunning 500 acre private gated Hexgreave Hall estate and deer park
- Private resident chef and catering for your retreat guests
- A 100SQM Studio - to host your group sessions
- Facilities include; float therapy tank, massage/clinic room, hot tub, snug and relaxation room, infrared sauna, private roof terrace.
- Flexible payment options
- Host accommodation available included
- Sound system throughout playing nice and relaxing music.
- Marketing material provided





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



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.



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





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 + 2x single (4, woodland)
- Twin + king + single and roof terrace (5, Sunset Suite)
- King (2, Blossom Suite)
- Twin/superking (2, Waterfall Suite)
- Double sofa beds (2, Mezzanine)
- All rooms are en suite.



WOODLAND SUITE



WATERFALL SUITE

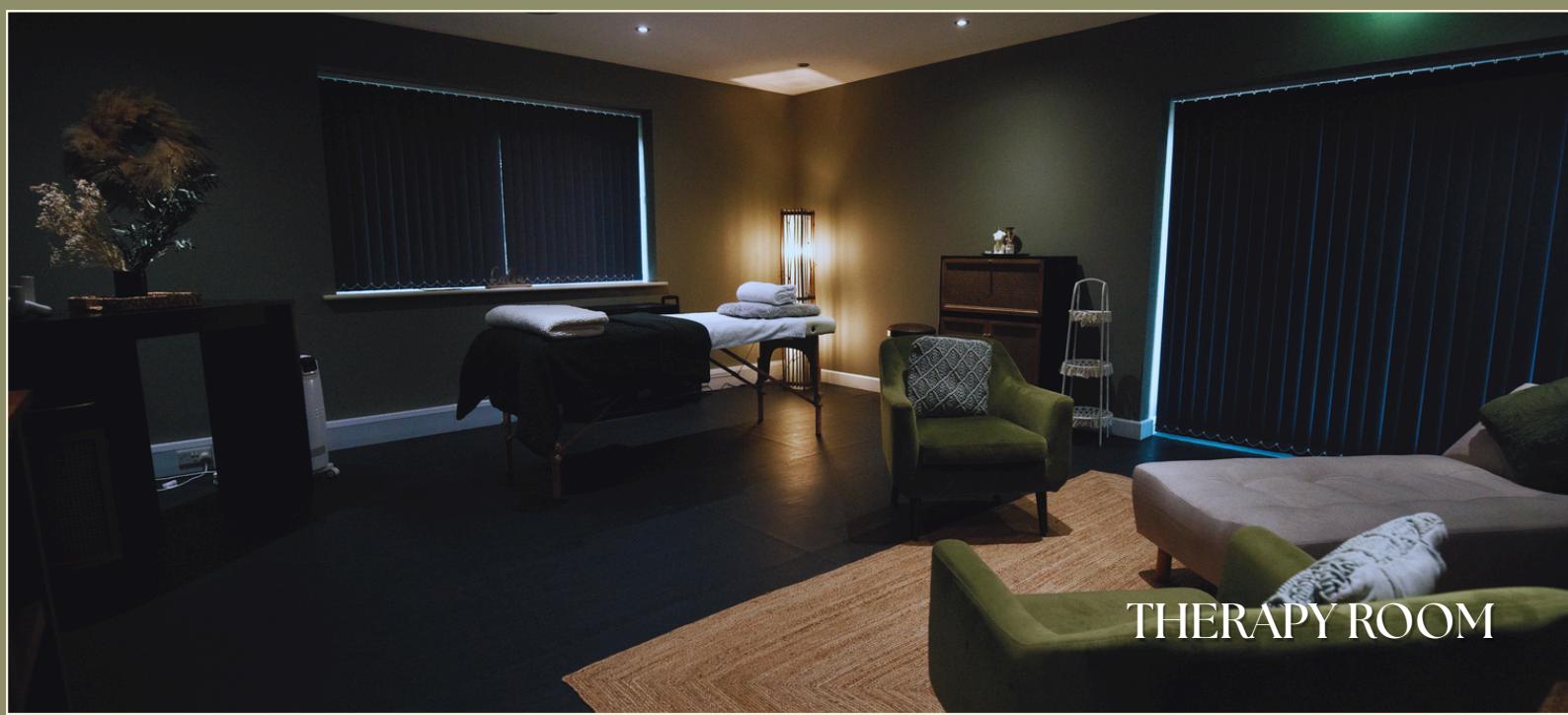


HOST ROOM

HOST SPACE

Our dedicated host room sits quietly downstairs, tucked away from guest areas so you can step back, recharge, and get the rest you need between holding space for others. Designed with comfort and practicality in mind, it sleeps up to two hosts and includes access to a shared shower room and a compact kitchenette for simple meals and a quick brew.

This room also doubles as a versatile communal space when not in use ideal for workshops, creative sessions, planning meetings, or simply taking a moment to unwind. A calm, private area that supports both your wellbeing and the smooth running of each retreat.



THERAPY ROOM



COMMUNAL SPACE

Our retreat offers ample spaces for guests to unwind and discover their own cozy nooks, whether it's lounging in the garden, finding solace in our snug room, or enjoying a peaceful moment on our serene terrace. There's a welcoming spot for everyone to relax and savor their own space.

TOUR VIDEO



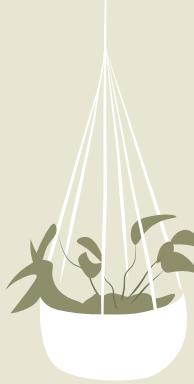
COMMUNAL SPACE



OPEN PLAN



HOW MUCH CAN I EARN HOSTING A RETREAT AT TRANQUIL WATERS?



Hosting a retreat here isn't just a powerful experience for your guests – it's a financially viable, high-value offering for facilitators. Our space has been designed to make small, intimate retreats easy to run and profitable, even with boutique group sizes.

Below is a simple guide to help you understand typical guest pricing and the income you can generate from a 2-night retreat.

★ Recommended Pricing for Your Guests

Most retreat facilitators in the UK charge:
Shared Rooms (2–3 guests per room):

£795–£995 per person

Private Rooms (single occupancy):

£1,250–£1,595 per person

These rates are standard for premium wellness retreats and align perfectly with the experience you'll offer at Tranquil Waters.

★ Example Profit Breakdown

Scenario 1 – 8 Guests

Guests pay £850 per person

→ Total revenue: £6,800

→ Venue hire (low season): £3,500

→ Venue hire (high season): £4,000

Profit for facilitator:

- Low season: £3,300

- High season: £2,800

Scenario 2 – 10 Guests (Full Capacity)

Guests pay £995 per person

→ Total revenue: £9,950

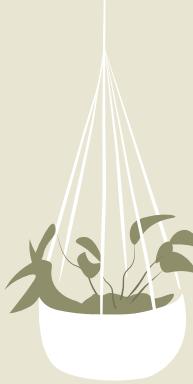
→ Venue hire (high season): £4,000

Profit for facilitator:

- High season: £5,950

Many facilitators run two retreats per month, creating a powerful revenue stream alongside their regular coaching or therapy work. This shows clearly that hosting retreats at Tranquil Waters is not just transformational – it's financially sustainable and highly rewarding.

PRICING - ACCOMODATION & WELLNESS SPACE



HOST YOUR OWN RETREAT AT TRANQUIL WATERS

A premium 6,500 sq ft exclusive-use wellness venue in rural Nottinghamshire.

Bedroom & Capacity Overview

- 4 luxury bedrooms (all en-suite or private bathrooms)
- Sleeps up to 14 guests in high-quality beds
- Additional host room downstairs for facilitators (not counted in guest total)
- Two sofa beds available if hosts choose to use them (not recommended for premium retreats)

The venue is ideal for boutique retreats of 6–10 guests – intimate, luxurious, and easy for facilitators to fill.

WHAT'S INCLUDED WITH EVERY PACKAGE

- Exclusive use of our 6,500 sq ft eco retreat
- Yoga studio
- Gym
- Infrared sauna
- Outdoor hot tub
- Workshop / meditation room
- Therapy room
- Fully equipped kitchen
- Beautiful rural grounds
- Tea & coffee
- Luxury bedding & towels
- Private parking
- On-site host support
- Friday 3pm check-in / Sunday 11am check-out

PRICING - ACCOMODATION & WELLNESS SPACE



PACKAGE 1 — Exclusive Venue Hire (Self-Catered)

£3,500 (Low Season) / £4,000 (High Season)

Friday to Sunday

Perfect for facilitators who want complete freedom to run their own schedule.

Includes:

- Full exclusive use of the retreat
- All facilities (studio, sauna, hot tub, communal spaces)
- 4 luxury bedrooms (up to 11 guests)
- Tea & coffee station
- Host room for facilitators
- Towels, bedding, and retreat setup support

PACKAGE 2 — Wellness Retreat Package

£3,500 (Low Season) / £4,000 (High Season) +£200pp

Friday to Sunday

Ideal for facilitators who want to elevate their retreat with wellness experiences without organising everything themselves.

Includes:

- Everything in Package 1
- Wellness Package Each Has: Hyperbaric Chamber, Float therapy session, Facilitated Ice bath, Massage
- One group wellness session: breathwork, sound healing, meditation.
- Healthy welcome snacks & herbal teas on arrival
- Support from our team with guest welcome & orientation

PACKAGE 3 — Premium Wellness Retreat Package

£3,500 (Low Season) / £4,000 (High Season) +£260pp

Friday to Sunday

For facilitators who want a fully supported luxury retreat with all the elements taken care of.

Includes:

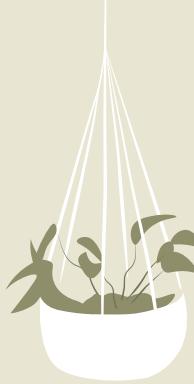
- Everything in Package 2
- Private chef preparing breakfast, lunch & dinner (Saturday)
- Guided ceremony: breathwork, sound bath, cacao, or firepit ritual
- Night-time herbal tea & relaxation session
- Extended support from our team throughout the weekend

SEASONAL PRICING

Low Season: January, February, March, November, December

High Season: April — October

OPTIONAL EXTRAS AND ADDONS



Optional Add-Ons & Upgrades Early Access for Facilitators Only (Hosts—not guests—may arrive early.) Thursday Evening Set-Up (6pm–9pm): £150 <ul style="list-style-type: none">• Host-only access• Prepare the space, organise the studio, settle in	Additional Wellness Add-Ons (Available with Any Package) Price on enquiry: <ul style="list-style-type: none">• Additional Float Therapy• Hyperbaric Oxygen Therapy• NeuroVizr Light Therapy• 1:1 Massage or Reiki• Breathwork sessions• Sound healing• Extra chef meals• Additional group workshops• Firewalking
Thursday Host Overnight Stay (After 7pm): £300 <ul style="list-style-type: none">• Host-only• Guests still arrive Friday	Check-In & Check-Out Times Friday Check-In: 3:00 PM Sunday Check-Out: 10:00 AM
Extra Nights for Guest Groups Guests staying an extra night (Thursday or Sunday): Additional Night Stay (Full Group): £995 <ul style="list-style-type: none">• Flat rate for up to 14 guests• Same luxury accommodation• Full access to the retreat facilities	Optional Upgrades: <ul style="list-style-type: none">• 12 PM Checkout: +£150• 3 PM Checkout: +£300• 6 PM Checkout: +£500
Sunday Departure Upgrades Late Checkout – 1 PM: £150 A relaxed morning for your guests. Extended Day Use – Until 3 PM: £300	★ Why Facilitators Choose Tranquil Waters <ul style="list-style-type: none">• Boutique retreat size = easier to fill• Premium facilities without corporate pricing• Flexible packages for every style of retreat• Calm, private, rural setting• Supportive staff who understand retreat hosting• Wellness experiences that elevate results & guest satisfaction
Perfect for closing circles, lunch, or an extra session. Full Day Use – Until 6 PM: £500	
Turns Sunday into a full retreat day without staying overnight.	

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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