



SoulSimple Cotswolds Retreat UK

Women's Wellbeing Portfolio

# WOMEN'S EMPOWERMENT WELLBEING PORTFOLIO



**SoulSimple Cotswolds Retreat: Wellbeing for Everyone Forever**

SoulSimple Retreat . Park Lane . South Woodchester . Glos. GL5 5HW  
[www.soulsimple.co.uk](http://www.soulsimple.co.uk)



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**Welcome gorgeous women! We're so happy you've found us.**

We create a nurturing, safe and magical space for you to truly relax, explore yourself and discover lifelong health and wellbeing. SoulSimple specialises in nurturing & magical Retreats for women. We run one to one and group sessions for Mamas, Daughters, Brides to be, Sisters and Friends.

- ★ Completely let go, relax & reset, on your own or with your friends
- ★ Gorgeous energising detox programmes, illuminating your health and beauty.
- ★ A special place to discover the magic of BEING
- ★ Inspirational Retreats

Our passion is the magic of your experience. Pick any of our Retreats from the portfolio or, if you feel there is something you would like to create yourself, please tell us. We are here to make something very special just for you! Feel free to ask us questions about anything we offer. If you have already decided which retreat you'd like to book, please email us at [retreats@soulsimple.co.uk](mailto:retreats@soulsimple.co.uk) with your choice of package and preferred dates and times. All of our Retreats are designed to be enjoyed in a morning or daytime session but we also have three gorgeous accommodations available. As a guest, if you decide to stay overnight with us we can offer you an amazing **25% off** any women's Retreat and additional treatments in this portfolio! (Minimum of two night stays).

#### **ABOUT THE RETREAT: TIME TO LOOK AFTER YOURSELF**

SoulSimple Cotswolds Retreat is a SANCTUARY. A place of total relaxation and restoration. A magical place of transformation. Here you will find the space and support you need to relax, heal and make the changes you truly want. Immerse yourself in the power and beauty of nature. Find yourself in a 420 acre secret valley, bejewelled with emerald lakes in the heart of The Cotswolds. Staying at SoulSimple Retreat is a full holistic wellness and nature immersion experience.

#### **OUR TEAM:**

SoulSimple was created five years ago by Vittoria Lennox. Completely dedicated to wellbeing for everyone, Vittoria has built a beautiful sanctuary for mind and body where everybody is welcome. Our team has been personally selected by Vittoria and trained to the highest standards.



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## Our Retreats

### • HEALING HEART

**Women's Deep Relaxation Retreat - Loving Ourselves into Healing**

**TUNE INTO & RESET YOUR: Nervous system - flooding your whole system with healing**

*Complete focus on your HEALING, come away feeling relaxed and uplifted.*

**9am - 1pm: 4 hours**

30 mins Guided Meditation

60 mins Restorative Yin Yoga

30 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath

60 mins Candle Lit Massage

60 mins Sauna

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person

### • ILLUMINATE

**Women's Transformation Retreat - Light up your body, your mind, your spirit**

**TUNE INTO & RESET YOUR: Endocrine system - flooding your whole system with LIGHT**

*Complete focus on your CELLULAR RADIANCE, come away feeling transformed.*

**9am - 1pm: 4 hours**

30 mins Guided Meditation

60 mins Deep Intuitive Movement release

60 mins Rebirthing breathwork session

60 mins Candle Lit Massage

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person



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- **GLOWING MAMA**

**Mama's total REST Retreat - Total YOU time to let go & REJUVENATE**

**TUNE INTO & RESET YOUR: Whole body - flooding your whole system with ENERGY**

***Complete focus on your REJUVENATION, come away feeling INCREDIBLE.***

**9am - 1pm: 4 hours**

30 mins Guided Meditation

60 mins Deep relaxation & yoga nidra

30 mins Deep relaxation, crystal alchemy singing bowls & Angelic Reiki sound bath

60 mins Candle Lit Massage

60 mins Sauna

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person

- **EARTH MOTHER**

**A woman's total NATURE Retreat - Total YOU time to CONNECT**

**TUNE INTO & RESET YOUR: Whole body - flooding your whole system with NATURE'S POWER**

***Complete focus on your NATURAL POWER, come away feeling CONNECTED***

**9am - 1pm: 4 hours**

120 mins Guided NATURE Meditation & forest bathing in the secret valley connecting to all the elements, the power of the trees and the lake. Can include a Divine water immersion ceremony

60 mins Candle Lit Massage

60 mins Sauna

**Investment:**

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## ● DIVINE FEMININE GUIDANCE

Connect with your DIVINE SOVEREIGN power - Total YOU time to let go & MANIFEST  
TUNE INTO & RESET YOUR: Whole body - ALIGN your whole system with YOUR SOVEREIGNTY  
*Complete focus on your INNER GUIDANCE, come away feeling CLEAR & CONNECTED.*

9am - 1pm: 4 hours

30 mins Guided Meditation

60 mins Deep somatic release. Prayer & intention ceremony, opening up your etheric bodies,  
illuminating your intuitive body. Calling upon the Archangels & Ascended Masters

30 mins Receiving answers and writing them down

60 mins Candle Lit Massage

60 mins Sauna

**Investment:**

\* £295 1 person \* £395 2 person \* £495 3 person \* £595 4 person

## ● EXTRA TREATMENTS

We offer a range of massages and holistic treatments which can be booked as additions to your  
Retreat. Our incredible team of masseuses have the extra special touch - they have magic in  
their fingers! **BEAUTIFUL MESSAGES:**

Swedish Full Body & Head: **70mins: £120**

Full Bodywork Treatment: **70 mins: £120**

Full Body Aromatherapy: **70 mins: £120**

Women's Womb & Fertility Massage: **70 mins £120**

Candlelit 4 Hands Massage: **70 mins £195**

Candlelit Couples Massage: **70 mins: £195**

Candlelit Mother & Daughter massage: **70 mins: £195**

Candlelit Best friends massage: **70 mins - £195 for 2, £295 for 3, £495 for 4.**

**SPECIAL HOLISTIC TREATMENTS:**

Angelic Reiki : **70 mins £120**

Energy Shift: **70 mins £120**

Crystal healing: **70 mins £120**



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# OUR ACCOMMODATION





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## OUR ACCOMMODATION

All of our Retreats are held here in the beautiful Cotswold Countryside. Whilst they can be enjoyed during a daytime visit, we also have three gorgeous accommodations which you can book and use during your time here. As an exclusive Retreat guest, if you decide to stay with us (2 nights minimum booking) we can offer you a **25% discount off any Retreat and additional treatments!**

Each accommodation is designed for total rest and relaxation. You have use of your own private hot tub and cooking facilities should you wish to use those. Alternatively, the town of Nailsworth is a short 20 minute stroll along the river and has some incredible restaurants and cafes.

- **THE ENCHANTING LOTUS BELLE - (sleeps two) £195 per night 2 night minimum stay** A complete nature getaway! Our Lotus Bells is a healing sanctuary, perfect for couples or friends. Totally cosy with heating all year round, it has a luxurious king-size bed and it's own walk-in bathroom and outdoor kitchen.

- **THE CELESTIAL STUDIO - (sleeps up to three) £195 per night 2 night minimum stay** A self contained, luxury studio. Light and airy, you will find everything you need here for your visit. With a well equipped kitchen, powerful shower and luxury cotton sheets to make you feel as comfortable as possible. King-size bed and sofa bed available.

- **THE MAGICAL NATURE GEM - (sleeps up to three) £265 per night 2 night minimum stay** Our brand new accommodation! A truly unforgettable experience. Our magical wooden cabin combines the privacy and stillness of nature with the luxury of an invigorating outdoor shower and platform bed. You also have access to your own tree-top seating area and meditation circle.

Also available to book is our brand new, gorgeous Sauna complete with refreshing Plunge Pool! Please ask us for more details.



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## SPECIAL TOUCHES

We can arrange extra touches to ensure you have a stay to remember, all hand delivered to your accommodation -

- Indulgent and rich vegan, raw chocolate truffles handmade with love in Stroud
- Delicious sparkling Rosé wine from Woodchester Valley Vineyard just a stroll up the road from our Retreat
- A gorgeous bouquet of handpicked and locally sourced seasonal flowers from our grower in Stroud

**£65 for any two of the above or £80 for all three**

## EXTRA TREATMENTS

We offer a range of massages and holistic treatments which can be booked as additions to your Retreat. Our incredible team of masseuses have the extra special touch - they have magic in their fingers!

### BEAUTIFUL MESSAGES:

Swedish full body & head: **70mins: £120**

Full Bodywork treatment: **70 mins: £120**

Full body aromatherapy: **70 mins: £120**

Women's womb & fertility massage: **70 mins £120**

Candlelit 4 hands massage: **70 mins £195**

Candlelit Couples massage: **70 mins: £195**

Candlelit Mother & daughter massage: **70 mins: £195**

Candlelit Best friends massage: **70 mins: £195 for 2 friends. £295 for 3 friends. £495 for 4 friends.**

### SPECIAL HOLISTIC TREATMENTS:

Angelic Reiki : **70 mins £120**

Energy Shift: **70 mins £120**

Crystal healing: **70 mins £120**

### Booking your Wellbeing Retreat:



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If you have already decided which Retreat you'd like to book (or to ask any questions or just chat to us about what we do!) please email us at: [retreats@soulsimple.co.uk](mailto:retreats@soulsimple.co.uk) with which you would like to book and specify your preferred dates and times. We will email you back and confirm availability or suggest alternative times if necessary.

Your booking will be secured as soon as we've received a 50% non-refundable deposit of whatever you want to book. The rest is paid in cash on arrival.

#### **Terms & Conditions for Wellbeing Retreats & Treatment Bookings:**

Your deposit is non-refundable. You can cancel up to 48 hours from when we've sent you an email booking confirmation. (After you have secured your booking with payment of the 50% non-refundable deposit) and you will not have to pay the remaining 50% balance for your booking (as long as cancellation is at least 14 days before your booking as shown in the confirmation email). We are happy to move the dates of your booking if you are unable to come due to restrictions or illness due to Covid-19 - subject to official supporting documents being provided as proof. We provide this service once. Any subsequent cancellation will incur cancellation charges, for the total amount of the deposit originally paid (50% of the booking cost).

## **SoulSimple Cotswolds Retreat** **“Wellbeing For Everyone Forever”**