



SoulSimple Cotswolds Retreat UK

Retreat Accommodation Portfolio

SoulSimple Cotswolds Retreat WINTER WELLNESS PORTFOLIO



SoulSimple Cotswolds Retreat: Wellbeing for everyone forever.

A complete sanctuary for mind, body & spirit

SoulSimple Retreat . Park Lane . South Woodchester . Gloucestershire .
GL5 5HW www.soulsimple.co.uk . www.soulsource.uk . www.soulshine.uk



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Welcome beautiful people! Welcome to your WINTER WELLNESS retreat.

We create a nurturing, safe and magical space for you to truly relax, explore yourself and discover lifelong health and wellbeing.

Immerse yourself in the power and beauty of nature. Find yourself in a 600 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. This is 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. Feel free to EMAIL us questions about anything we offer to: retreats@soulsimple.co.uk.

Our passion is the magic & transformation of your experience.

WINTER WELLNESS RETREAT

We have created a special WINTER WELLNESS RETREAT PACKAGE.

This package will BOOST YOUR IMMUNITY & RESET YOUR NERVOUS SYSTEM empowering your body, mind & spirit to LET GO. Creating space for deeper nourishment & empowerment as we head into winter - the most powerful time to go within yourself to embrace NEW GROWTH. Your retreat includes:

- 2 nights accommodation.(You can stay for longer please request on booking).
- 60 min Guided meditation to open your body, mind & spirit
- 60 mins Immune boosting yoga session to ENERGISE your system.
- 60 mins Guided LETTING GO journey to deeply relax & reset the nervous system
- 60 min Full body gentle lymphatic massage with deep muscle & tissue relaxation
- 60 mins Private Sauna session
- Finish with an immune boosting smoothie.

£695 for 1 person

£795 for 2 people

Please read down below about all of our accommodations which you can book as part of your WINTER WELLNESS RETREAT.



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CHOOSE YOUR ACCOMMODATION:

As an exclusive **WINTER WELLNESS** retreat guest we have created a **special ALL INCLUSIVE** price for your retreat & accommodation.

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 CELESTIAL STUDIO

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. PRIVATE hot tub.

Please quote **WINTER WELLNESS CELESTIAL STUDIO** when booking.



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All of our PRIVATE hot tubs are immersed in the natural beauty of nature.

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

£85 for any two of the above or £95 for all three

BOOKING:

If you have already decided which dates you'd like to book, please email us at: retreats@soulsimple.co.uk and specify your preferred dates and times. We will email you back and confirm availability or suggest alternative times if necessary. The email will detail how to book which is really easy and straightforward.

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).