



RE.TREAT-ME WELLNESS

B R I D A L

RETREAT ME.

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WELCOME

Let the love in...



Whether you're looking for a hen celebration with a wellness twist, or a bridal blessing to mark this special time (or both!) then look no further... Join us for a unique bridal experience to carry with you from your wedding day and beyond.

Our hen celebrations encapsulate the sisterhood within your bridal party - celebrate the special community you have around you with meditation, yoga, breath-work, creativity, great food and connection.

Enter into your marriage with true conscious coupling - taking time to set intentions for your partnership, indulge in restorative relaxation and create ritual for connecting to the self and your sensuality.

LET US GUIDE YOU...

There's no denying that getting married is a huge life change... We invite you to join us to honour this shift from single life to partnership with ceremony, ritual and intention setting.

We'll celebrate your loving connection, to your partner and with yourself. Observing the importance of retaining a strong sense of self and how this may evolve within marriage.



OUR STORY

friends, connection, growth

Sophie and Jesse met in 2022 and became friends immediately. Celebrating their friendship and sisterhood is at the heart of everything they have achieved together and is what drives them to spread this love into the wider community.

Sophie trained as an illustrator, and joined Jesse as a circle facilitator after leaving the corporate world behind to follow her dreams of a career that uplifted her soul as well as those she works with. Jesse is a highly skilled and experienced yoga teacher where her focus on Somatics has led her to guide countless clients to live more fulfilled lives with a deeper connection to themselves and others.

Together Sophie and Jesse joined forces to create Re-Treat.Me... and they take pride in bringing this special gift to you, and now it's time for you to re-treat yourself.



ABOUT

Welcome to Re-Treat.Me

NURTURE

Nurture the relationship you have with yourself and others, and become a part of our wonderful community.

NOURISH

Nourish your body with delicious, organic and locally produced food.

NATURE

Re-connect with nature and allow Mother Earth to soothe your body and mind.

EMPOWER

Empower yourself and those around you, nurture your sense of self and individual sovereignty.

MAGIC

Discover the magic of the universe, let it support you, guide you and bring you home to yourself.



HEN CELEBRATION

wellness, community, connection

A unique wellness experience that will fill you with joy, peace and love. Create magical connection with your hens, indulge in deep relaxation and give yourself time to meditate, move and create.

THE OFFERING

We will create your bespoke hen celebration to deliver a magically curated experience. We will design the day to suit you perfectly, choosing from meditation, yoga, ceremonial cacao, somatic release, ritual creation, sharing circle, mindful artistic creativity and sound journey.

Hen parties are half day sessions with the option to have lunch provided.

Min. 8 participants.

From £110 per person.

Up to 15 miles travel included, mileage charged thereafter.



BRIDAL BLESSING

wellness, community, connection

A sacred one to one session, just for you. We'll create a beautiful, tender space for you to be held at this pivotal time. We will explore meditation, movement and creativity as we build ritual and ceremony to witness this change in life.

We'll focus on setting intentions for married life, holding space for this transition while honouring the self.

THE OFFERING

We will create your bespoke Bridal Blessing to deliver a magically curated ceremony. We will design the day to suit you perfectly, choosing from meditation, yoga, ceremonial cacao, somatic release, ritual creation, sharing circle, mindful artistic creativity and sound journey.

Bridal Blessings are half day sessions with the option to have lunch provided.

Bespoke packages available.

From £880.

Up to 15 miles travel included, mileage charged thereafter.



FOR COUPLES

wellness, community, connection

A chance to come together with your partner to honour your connection and your individual sovereignty. Setting intentions for your married life and holding space for this magic time. Whether you'd like to create a ritual to celebrate your coming union, to start your marriage with intention, to reflect on your first year (or any year!) of wedded union or to create a special ceremony in place of a traditional wedding, we will work with you to design the perfect celebration of your love.

THE OFFERING

We will create your bespoke experience to deliver a magically curated celebration or ceremony. We will design the day to suit you perfectly, choosing from meditation, yoga, ceremonial cacao, somatic release, ritual creation, sharing circle, mindful artistic creation and sound journey.

Couples sessions are half day sessions with the option to have lunch provided.

From £1320.

Bespoke packages available.

Up to 15 miles travel included, mileage charged thereafter.

TESTIMONIAL

“What a joy it was to receive the Bridal Blessings package the day before my wedding in June.

The whole experience was utterly supportive, affirming and relaxing - everything a bride should feel before her big day. Through mindfulness, a card reading and a 1-1 yoga session, Jesse tapped into any anxieties, emotions, and physical tensions I'd been feeling, and gave me the tools to manage them.

The day ended with a meditation and reflection that was just magical. I felt heard and loved, and such a deep sense of contentment and happiness going into the wedding. I've got no doubt that the mindset Jesse affirmed in me played a big part in the happiest day of mine and my husband's lives. This package was everything, and something every bride deserves to experience. Thank you so much”

Hannah Gawenda



CONTACT US

retreatmewellness.com

hello@retreatmewellness.com

@retreatmewellness

Sophie - 07508 703258

Jesse - 07590 575747



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