



THE

# Barn



HEN PARTY BROCHURE



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# HEN PARTIES AT THE BARN

Welcome to the Ultimate Hen Party Experience!

Congratulations on your upcoming wedding! If you're looking for a unique and memorable way to celebrate with your friends, you've come to the right place. Our wellness retreat center offers an innovative alternative to the typical hen do. Forget the crowded bars and noisy clubs—here, you can unwind, relax, and truly connect with your best friends in a tranquil and rejuvenating setting.

This brochure outlines a variety of package options designed to suit every group, from those seeking deep relaxation to those interested in more active wellness experiences. We also offer a wide range of add-on treatments and activities, allowing you to customize your retreat to fit your group's preferences and needs.

So why choose a wellness retreat for your hen do?

A retreat provides a serene environment where you can focus on quality time with your friends without the distractions and chaos of more traditional celebrations. Imagine spending your hen do practicing yoga, enjoying massages, indulging in nutritious meals, and exploring mindfulness techniques that leave you feeling refreshed and inspired.

In this brochure, you'll find details on our most popular hen do packages, along with a comprehensive list of treatments and activities you can add to make your experience truly unique. From personalized yoga sessions to holistic therapy treatments, our team of experts is here to ensure your hen do is an unforgettable journey of well-being and connection.

Thank you for considering our wellness retreat center for your special event. We look forward to helping you create the hen do of your dreams.





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## OUR VENUE

The Barn is the ideal setting for your special day. Located just 3 miles outside of Shipston on Stour in Warwickshire and on the border with Oxfordshire, our venue offers a serene escape while still providing easy access to the M40 motorway. Surrounded by breathtaking views and nestled on the edge of a working farm, The Barn provides a peaceful retreat from the usual stresses of life.

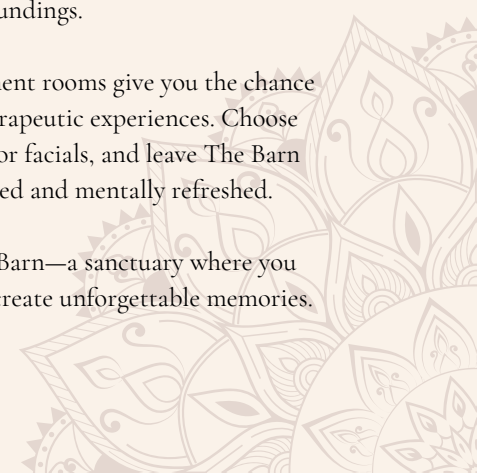
With ample free parking, disabled access, and onsite showers, The Barn ensures that everyone feels comfortable and welcome. The main studio, featuring rustic beams and expansive views of the surrounding landscape, creates an inviting, welcoming space in which to enjoy our selection of wellbeing activities. Throughout the venue you'll also find cozy breakout spaces perfect for a quiet moment or intimate conversation.

Good food is a key element of any event, and at The Barn, we pride ourselves on providing exceptional catering through a local partner who specializes in fresh, locally sourced ingredients. Whether you're in the mood for light snacks or a more substantial lunch, we offer a variety of menu options to suit your preferences.

Our private garden is an oasis of tranquility, ideal for outdoor activities like yoga or meditation. It's also a lovely spot to relax with a cup of tea and enjoy the natural beauty of the surroundings.

Lastly, our exquisite treatment rooms give you the chance to indulge in a range of therapeutic experiences. Choose from a variety of massages or facials, and leave The Barn feeling physically rejuvenated and mentally refreshed.

Come and experience The Barn—a sanctuary where you can unwind, connect, and create unforgettable memories.



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# HOW IT WORKS

Over the following pages, you'll find three different packages to choose from. The packages are suitable for groups of between 10 and 30 people, with prices starting at £110 per person from Monday to Thursday, and £135 per person on Fridays and Saturdays. The Barn is closed on Sundays.

Each package includes all activities, meals, snacks, and refreshments, but does not include any additional treatments you might like to add. A menu for these additional treatments is included at the end of this brochure.

To secure your retreat, we recommend that you read through this brochure and once you're ready, get in touch with us at [info@thebarnretreats.co.uk](mailto:info@thebarnretreats.co.uk). Please let us know your preferred package, the number of guests, and a couple of dates that work for you and your group and we can go from there.

Once we've confirmed your booking, we will provide you with a detailed breakdown of the retreat's total cost, separated by attendee. To secure your booking, we require a 25% non-refundable deposit. We can accept credit or debit card payments, as well as bank transfers. Once everything is set, you can relax while we take care of the rest.

Before your event, we will send out personalized invitations to each of your guests with all the details they need. On the day of the retreat, you'll be greeted by your retreat coordinator, who will guide you throughout the event and be available to answer any questions or offer any support you might require.

We look forward to hosting you and ensuring that your retreat is a memorable and stress-free experience. If you have any further questions or special requests, please don't hesitate to contact us. We're here to help.



# CHOOSE YOUR PERFECT RETREAT

We offer three distinct retreat packages specially designed for Hen party groups seeking relaxation, connection, and fun. Choose from Rest, Spirit, and Move, each offering a unique way to celebrate with your closest friends.

The Rest retreat is all about physical and mental relaxation, providing a serene atmosphere where you can let go of everyday stress and enjoy a sense of calm. This retreat is perfect for bonding with your friends over soothing activities like gentle yoga and guided meditation. It's an excellent way to relax, recharge, and connect as a group.

The Spirit retreat invites you to explore your inner selves and deepen the connection among your group. Through group healing sessions, reflective exercises, and discussions, you'll have the chance to bond on a deeper level, creating lasting memories and meaningful experiences. This retreat is ideal for Hen parties looking for a more soulful and reflective celebration.

For those who thrive on movement and energy, the Move retreat is the perfect choice. This retreat includes dynamic activities like dance, yoga, and chanting that allow you to connect through physical expression. It's a fun, energetic way to celebrate with your Hen party group while promoting health and well-being.

Each retreat is suitable for all fitness levels and experience, ensuring that everyone in your Hen party group feels welcome and included. Depending on availability, you can mix and match sessions from different retreats to create a customized experience. For more information or to discuss your specific preferences, please get in touch with us.



# PACKAGE 1: REST

Mon - Thu £110pp Fri & Sat £135pp

## 10 AM ARRIVAL DRINKS

As your group arrives you'll be met by your retreat coordinator who'll provide you with a brief tour of the premises and an overview of the day whilst you enjoy fresh and nutritious smoothies.

## 10.15 AM SOUNDBATH MEDITATION

The day will begin with a deeply relaxing Soundbath and guided meditation. This is an opportunity to start to calm your nervous system through a mix of sound and frequency allowing you to rid yourself of the negative stresses of day to day life.

## 11.30 AM MINDFULNESS

At 11.30am a selection of herbal teas, juices and adaptogenic coffees will be served on the lawn (weather dependent). Blankets will be provided and you'll be invited to participate in a mindful practice to help ground you and bring your full awareness to your intentions for the day.

## 12.45 PM LUNCH

Lunch is provided in the snug, where guests can relax with a selection of balanced salads, fruits and vegetables. On our Rest Retreat meals are designed to pack a nutritional punch whilst being easy on the digestive system to. A menu will be provided before you confirm your event and it is possible to request upgrades at an additional cost.

## 2 PM BREATH AND STRETCH

In the morning we concentrate on clearing the mind of negative energies and putting the body into a relaxed and receptive state. In the afternoon the focus is on creating a happy, positive mindset and reintroducing gentle movement. To do this we start with a breathwork session to draw in new and positive energy followed by gentle yoga to reawaken the body.

## 2.45 PM CACAO CEREMONY

A Cacao Ceremony is a spiritual ritual that involves consuming ceremonial-grade cacao in a group setting to facilitate connection, healing, and self-exploration. It is a wonderful way for you and your friends to find a deeper, more meaningful bond.

## 3.30 PM MALA BEADS WORKSHOP

In this final session of the day you'll learn about the beautiful history and traditional of mala beads and how they can aid in meditation and relaxation. You'll spend time crafting your own set using specially selected beads to take away with you as a memento of your day.

## 4.30 PM CLOSE

The day finishes at approximately 4.30pm - light refreshments can be provided as part of an upgrade to your package.



# PACKAGE 2: SPIRIT

Mon - Thu £125pp Fri & Sat £150pp

## 10AM ARRIVAL DRINKS

As your group arrives you'll be met by your retreat coordinator who'll provide you with a brief tour of the premises and an overview of the day whilst you enjoy fresh and nutritious smoothies.

## 10.15AM SOUNDBATH MEDITATION

The day will begin with a deeply relaxing Soundbath and guided meditation. This is an opportunity to start to calm your nervous system through a mix of sound and frequency allowing you to rid yourself of the negative stresses of day to day life.

## 11.30AM CACAO CEREMONY

A Cacao Ceremony is a spiritual ritual that involves consuming ceremonial-grade cacao in a group setting to facilitate connection, healing, and self-exploration. It is a wonderful way for you and your friends to find a deeper, more meaningful bond.

## 12PM REIKI CIRCLE

Collective consciousness is powerful, and when multiple people direct their energies toward one focus or goal, the results can be astounding. A reiki circle is a group activity which allows you and your friends to share healing amongst you.

## 1PM LUNCH

Lunch is provided in the snug, where guests can relax with a selection of balanced salads, fruits and vegetables. On our Spirit Retreat meals are designed to pack a nutritional punch whilst being packed with super foods that are good for the soul. A menu will be provided before you confirm your event and it is possible to request upgrades at an additional cost.

## 2.15 KUNDALINI DANCE MEDITATION

This meditation session will be completely unique, consisting of four stages. You'll start by standing and shaking your body to a rhythmic beat, allowing the music to guide you. The second stage is dancing; close your eyes and let your body move freely to the music, energizing your entire being. In the third stage, either stand or sit and observe what's happening inside you. The final stage invites you to lie down or sit, releasing unneeded energy and finding blissful stillness.

## 3.30PM TEA & JOURNALS

End the day by reflecting on all you have thought and felt during your experience. Share your thoughts with others and use your new journals to write down some of the insights you'd like to remember.

## 4.30PM CLOSE

The day finishes at approximately 4.30pm - light refreshments can be provided as part of an upgrade to your package.

On a Spirit Retreat all guests receive a journal to take away with them to support their continued focus on personal wellbeing.

# PACKAGE 3: MOVE

Mon - Thu £110pp Fri & Sat £135pp

## 10AM ARRIVAL DRINKS

As your group arrives you'll be met by your retreat coordinator who'll provide you with a brief tour of the premises and an overview of the day whilst you enjoy fresh and nutritious smoothies.

## 10.15 KUNDALINI DANCE MEDITATION

This meditation session will be completely unique, consisting of four stages. You'll start by standing and shaking your body to a rhythmic beat, allowing the music to guide you. The second stage is dancing; close your eyes and let your body move freely to the music, energizing your entire being. In the third stage, either stand or sit and observe what's happening inside you. The final stage invites you to lie down or sit, releasing unneeded energy and finding blissful stillness.

## 11.30AM BREATH AND FLOW VINYASA YOGA

Let us take you on a yogic journey of breath and flow, encouraging you to breathe deeply and move with strength and ease to help your body feel energized and your mind calm.

## 12.45PM LUNCH

Lunch is provided in the snug, where guests can relax with a selection of balanced salads, fruits and vegetables. On our Move Retreat meals are designed to pack a nutritional punch whilst being filled with good energy to keep you moving all day. A menu will be provided before you confirm your event and it is possible to request upgrades at an additional cost.

## 2PM BREATH WORK AND CHANTING

Experience the power of breath in our transformative breathwork workshop. Learn techniques to improve focus, reduce stress, and boost energy. Through guided exercises, you'll discover how controlled breathing can enhance both physical and mental well-being.

## 2.45PM TEA

Catch your breath with a refreshing herbal tea.

## 3PM SLOW FLOW YOGA

As you settle in for the final session of the day, prepare to flow gently through a series of yoga poses designed to connect your breath and body in a profound manner. You will move fluidly, creating a seamless energy that fosters calmness and positivity. By the end, your body will feel elongated and lighter, filled with a sense of tranquility.

## 4.30PM CLOSE

The day finishes at approximately 4.30pm - light refreshments can be provided as part of an upgrade to your package.







TRUE  
FRIENDSHIP  
TAKES US BY  
THE HAND  
AND REMINDS  
US WE ARE  
NOT ALONE  
ON THE  
JOURNEY

A woman is lying down, receiving a facial treatment. Her eyes are closed, and she has a serene expression. A hand is gently touching her forehead, with a small, delicate white flower placed on it. The background is softly blurred, showing warm, bokeh lights, suggesting a spa or wellness setting.

## ADD AN EXTRA DASH OF JOY

The treatment menu on the following page presents a handpicked selection of massages and facials that can be added to your Hen party retreat, giving your guests an extra touch of luxury and relaxation. Whether you're looking for a deep-tissue massage to relieve stress, a calming Swedish session to soothe your body, or a refreshing facial to rejuvenate your skin, these treatments are the perfect addition to your day.

Including these treatments in your Hen party retreat is a fantastic way to bond with friends while treating yourselves to some self-care. It can also provide a welcome break from the day's activities, offering moments of serenity in the midst of the celebration. To choose your treatments and customize your group's experience, simply select from the menu and let us take care of the rest. We are here to ensure your Hen party retreat is an unforgettable and luxurious experience for you and your guests.



# HEN PARTY TREATMENT MENU

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TREATMENTS ARE SUBJECT  
TO AVAILABILITY

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## SWEDISH MASSAGE \*

A traditional light to medium touch massage, using long flowing movements to promote deep relaxation.

**45 Minutes - £50**

**60 Minutes - £65**

## DEEP TISSUE MASSAGE

A firm, rhythmic massage designed to encourage the release of tension in the muscles and to calm the nervous system.

**45 Minutes - £55**

**60 Minutes - £70**

## INDIAN HEAD MASSAGE

A deeply relaxing treatment for the shoulders, head and face.

**45 Minutes - £55**

**60 Minutes - £70**

## SIGNATURE FACIAL

A rejuvenating facial, using a variety of massage techniques to treat the skin and alleviate stress.

**45 Minutes - £50**

**60 Minutes - £65**

## LYMPHATIC DRAINAGE MASSAGE

A light, rhythmic massage which encourages the flow of lymph fluid to boost the immune system and reduce bloating.

**45 Minutes - £55**

**60 Minutes - £70**

## LAVA SHELL MASSAGE

A warming massage using heated, smooth shells to soothe the body.

**45 Minutes - £55**

**60 Minutes - £70**

## ANGELIC REIKI

A tranquil and powerful energy healing modality that works at the Soul level, treating the root cause of any condition, bringing about healing and balance on all levels and promoting deep healing.

**60 Minutes - £70**

## REFLEXOLOGY

Reflexology is a therapeutic practice where gentle pressure is applied to specific points on the feet, hands, or ears to promote relaxation and improve overall well-being. This treatment is designed to alleviate stress and boost energy by stimulating the body's natural healing processes.

**45 Minutes - £55**

**60 Minutes - £70**

\* also available as a pregnancy and cancer safe massage



EVERYTHING YOU  
NEED FOR A LITTLE  
BIT OF MAGIC

Hopefully this brochure has provided you with all the information you need to start planning your perfect Hen Party retreat however if you have outstanding questions or concerns then please don't hesitate to contact us at [info@barnretreats.co.uk](mailto:info@barnretreats.co.uk), we're here to help.

