

The *R*etreat

A wellness retreat where women gather,
connect and rise together.



The *R*etreat

Welcome to The Retreat — a carefully curated escape designed for women who are ready to pause, reconnect, and invest in themselves. Hosted by Rise Wellness Club and The Girls Chat, this September retreat offers the perfect balance of rest, inspiration, and meaningful connection.

Set in a beautiful, calming environment, The Retreat brings together wellness, conversation, movement, and time to simply breathe — creating space for you to reset, recharge, and return home feeling renewed.

Read on to discover what awaits and why this could be the reset you didn't know you needed.

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Nestled in the stunning Ribble Valley, our retreat offers a picturesque haven amidst nature's beauty, perfect for a serene escape.

During The Retreat, you'll stay in beautifully designed luxury lodges set within the stunning surroundings of the Ribble Valley.

Each lodge has been thoughtfully created to blend comfort, style, and the natural beauty of the landscape, offering the perfect peaceful escape for the weekend.

Featuring elegant interiors inspired by both nature and destinations around the world, the lodges provide a warm and inviting space to relax and unwind.

Enjoy luxury touches including private terraces, each lodge has its own outdoor hot tub, and cosy log burners — the ideal setting to slow down, connect with others, and fully immerse yourself in the retreat experience.



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Across the weekend, The Retreat will offer a thoughtfully balanced blend of movement, relaxation, and connection. Expect gentle moments to start the day, opportunities to move your body, nourishing meals shared together, and space to slow down and truly switch off. From meaningful workshops and wellness sessions to relaxed evenings and time to unwind in your lodge, every element has been designed to help you reset and recharge. There will also be plenty of free time to enjoy the surroundings, soak in your hot tub, or simply take a moment for yourself — creating a weekend that feels both restorative and uplifting.



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Important Information

Spaces are limited with only 24 spaces available

The Retreat will take place from 25th–27th September 2026 and includes a 2-night stay.

£599 per person based on 2 people sharing
£895 per single lodge

Please don't worry if you are coming alone but are happy to share, we can partner you up with another individual booking who is also happy to share!

The cost of the retreat covers all meals and activities across the three days, ensuring a seamless and nourishing experience. Any additional treatments booked directly with the venue, as well as extra drinks purchased at the bar, will be at your own expense.

This is your chance to step away, relax, and fully immerse yourself in a weekend designed for connection, wellness, and renewal.



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Payment Information

To secure your place on the retreat a none refundable £99 deposit is payable to secure your place.

If a deposit payment is not received within 24 hours of confirming you would like to book onto the retreat, the space remains open for someone else to book.

Payment options

The remaining £500 can be paid in full OR via payment plan.

1 st May	£125
1 st June	£125
1 st July	£125
1 st August	£125

Additional T&C's and payment information will be sent to each individual for this.

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HOW TO BOOK

Please email
hello@risewellnessclub.co.uk to confirm you would
like to reserve your place on the retreat.

Please also confirm in this email;

- If you are booking for yourself and are happy to share with someone else,
- If you would like to book a single lodge or
- If you are booking for yourself and a friend who want to share the same lodge (please provide their full name)
- If you are wanting to pay the remaining £500 in one payment or by payment plan.

Spaces are limited, therefore we will be arranging bookings on a first serve basis in order of the email bookings we receive.

We will respond within 24 hours to confirm receipt of your booking along with the payment details.

If you do not receive a reply within 24 hours, we will be honouring the first 24 bookings for that time period before responding to ensure we don't overlap bookings.

We are very excited to be sharing our first Retreat with you!

Love Jodi, Sophie + Ashleigh