



# Yorkshire

SPA RETREAT

YOUR WELLNESS



LET US HELP YOU

rest  
renew  
and reset

# YOUR RETREAT

Nestled on the edge of the breathtaking North York Moors, **Yorkshire Spa Retreat**, the regions first Luxury Lodge accommodation Wellness Retreat.

Created as a sanctuary for rest, restoration, and reconnection, the retreat blends contemporary lodges with the raw beauty of the Yorkshire landscape. Each private lodge has been thoughtfully designed to offer comfort, seclusion, and exceptional facilities – the perfect setting to slow down and truly switch off.

At the heart of the retreat lies our 5★ Spa, featuring a Wild Swim Pond, Hydrotherapy Pool, Himalayan Salt Sauna, Aromatic Steam Room, Herbal Lounge, and tranquil Relaxation Dome. As well as our state of the art Barn Gym & Studio featuring Technogym Equipment.

We offer a range of Spa Treatments, all of which are designed with holistic wellbeing at their heart. Tribe517 are creators of 100% natural British skincare.

Guests can enjoy the seasonal dining and drinks at The Dome Bar & Restaurant, a stylish space to unwind.

Surrounded by the beauty of North Yorkshire, the retreat is perfectly placed to explore charming market towns, scenic walks and the stunning countryside providing the perfect escape to slow down, breathe deeply and reconnect with nature.



At Yorkshire Spa Retreat, we believe true wellness begins with exceptional sleep. That's why we have partnered with The Fine Bedding Company a British brand renowned for its commitment to comfort. Each of our lodges is dressed with beautifully soft, high thread count bedding.

Yorkshire Spa Retreat is more than a getaway – it is a destination devoted to wellbeing, where luxury meets nature and every detail is designed to help you unwind, recharge, and return home renewed.

# YOUR WELLNESS EXPERIENCE

Over three restorative nights in luxurious lodge accommodation, you'll reset both body and mind through a thoughtfully curated blend of yoga, Pilates, fitness sessions and unhurried time to simply breathe.

Each session is led by experienced experts, carefully designed to restore balance, clarity, and energy.

Start your mornings with a restorative Yoga or Pilates session followed by a curated day of experiences. Embrace the invigorating wild swim pond – a refreshing ritual to awaken the senses and calm the mind. Then unwind in our state-of-the-art spa facilities, from thermal suites and saunas to restorative treatment spaces.

Time is also taken to experience our simply stunning North Yorkshire Moors landscape on the doorstep.

Throughout your stay, you'll be nourished by locally sourced, seasonal cuisine served across the retreat – from energising breakfasts to wholesome lunches and beautifully prepared evening meals. Every dish is thoughtfully crafted to support your wellbeing, showcasing the very best produce from the surrounding Yorkshire region.

Whether you're seeking mental clarity, renewed vitality, or simply space away from constant demands, this Wellness Retreat offers the reset your body needs and your mind has quietly been asking for – even if you've been too busy to listen.

## Day 1

### 4pm | Check in

Unpack, settle into your luxury self-catered lodge accommodation, and feel free to explore the Award-Winning Spa Facilities.

### 6pm | Welcome Drinks

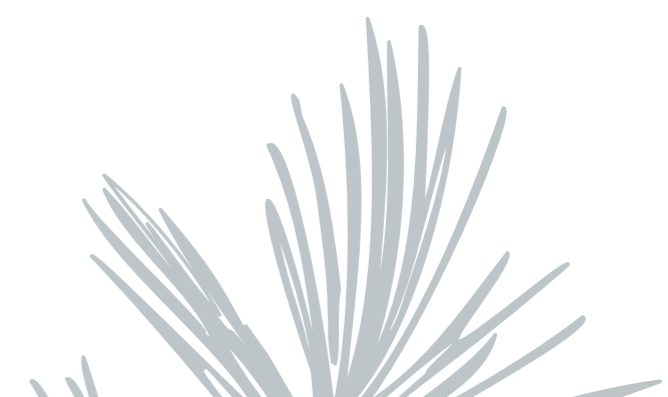
Meet the team and fellow retreat guests in the Spa Dome.

### 7pm | Dinner

Hosted in our Dome Restaurant, featuring freshly made, locally sourced dishes. It's the perfect place to dine, unwind and enjoy the view.

### After dinner

Take time to relax, return to your lodge and enjoy a peaceful night's rest.



# Day 2

## 7.30am | Breakfast

Begin your morning in effortless luxury with our signature breakfast hamper. It's more than breakfast, it's a mindful morning ritual designed to nourish, restore and gently awaken you for a day of exploring, workshops, spa treatments and pure relaxation.

## 8.30am | Mind

Your first full day opens with a guided meditation session in our studio, helping you centre the mind and ease into the morning.

## 9 – 10am | Body

Flow into a dynamic movement session led by our expert instructor, using purposeful, controlled motion to awaken and energise the body.

## 10.45am | Choose your morning experience\*

The day unfolds at your own pace. Select one of the below experience that best suits your mood and energy.

### Guided invigorating walk

Join our expert guide for a refreshing walk across the breathtaking landscapes of the North Yorkshire Moors and breathe in the crisp country air.

### Relax in your Luxury Lodge

Prefer a slower pace, return to your lodge for quiet reflection. Curl up with a book or simply enjoy the stillness and peacefulness of the retreat or relax in your personal Hot Tub.

### Explore our 5★ Spa

Unwind in our award-winning spa facilities featuring, Wild Swim Pond, Herbal Lounge, Steam Room, Himalayan Salt Sauna, Hydrotherapy Pool and Relaxation Dome.

There will be 60-minute Spa Treatment sessions allocated during this time.

## 1.30pm | Lunch

Nourishing buffet style lunch designed to refuel and restore, served in The Dome Bar & Restaurant.

## 3pm – 4pm | Strength and Balance

Return to The Barn Studio for a Pilates Class or Yoga Workshop.

## 4.15pm – 5.15pm | Fitness Class

Optional Instructor led Fitness Class in The Barn Studio.

## 7pm | Dinner

Hosted in our Dome Restaurant, featuring freshly made, locally sourced dishes. It's the perfect place to dine, unwind and enjoy the view.

\*To ensure everyone enjoys the full range of experiences during the retreat, some guests will begin with the guided moorland walk today while others take time to relax and explore the spa. Whichever you enjoy this morning, you'll experience the alternative tomorrow.



# Day 3

## 7.30am | Breakfast

Wake to the simple pleasure of our breakfast hamper, enjoyed at your own pace. This carefully curated start to the day is a moment to refuel and reset before immersing yourself in workshops, spa treatments, outdoor exploration and restorative relaxation.

## 8.30am | Mind

This morning's guided mind session offers a fresh approach to reflection and stillness, helping you deepen the sense of calm and clarity you began cultivating yesterday.

## 9 – 10am | Body

Begin the day's movement with an alternative body session led by our expert instructor, using a different sequence of controlled, flowing exercises to energise and revitalise.



## 10.45am | Choose your morning experience

This morning offers the chance to enjoy the experience you didn't take yesterday.

Whether that's the invigorating walk across the North Yorkshire Moors or a slower morning of relaxation and spa time, you'll leave having enjoyed the full balance of the retreat.

### Guided invigorating walk

Join our expert guide for a refreshing walk across the breathtaking landscapes of the North Yorkshire Moors and breathe in the crisp country air.

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Nourishing buffet style lunch designed to refuel and restore, served in The Dome Bar & Restaurant.

## 3pm – 4pm | Strength and Balance

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## 4.15pm – 5.15pm | Fitness Class

Optional Instructor led Fitness Class in The Barn Studio.

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From here, the structured programme gently concludes leaving you the option to spend the evening in whichever way feels most nourishing for you.

You're welcome to relax in your lodge, enjoy a meal in the Dome or take a gentle trip into Helmsley to explore the local restaurants.

For those who would like to head locally for dinner we are happy to arrange a chauffeur service.

This time is simply for you to unwind, reflect on the retreat and enjoy the space at your own pace.

# Luxury with Intention

YOUR ELITE WELLNESS EXPERIENCE  
STARTING AT £795PP FOR A THREE NIGHT RETREAT\*

## THIS INCLUDES;

- Three nights' luxury lodge accommodation, with optional upgrades available
- Full access to our spa and gym facilities
- 60-Minute Tribe517 Spa Treatment
- All meals throughout your stay, thoughtfully prepared and nourishing
- A fully curated programme of wellness sessions, including yoga, Pilates, meditation, and nutrition
- Instructor Led Fitness Classes
- Chauffeur driven guided walk on The North Yorkshire Moors.
- Complimentary soft drinks throughout your stay†

Check in days are Mondays & Fridays

\* Pricing is based on 2 people sharing a Blacksmiths Hot Tub Lodge for a 3 night stay. Single occupancy supplement applies.

† Alcoholic beverages will be an additional cost.



# YOUR LUXURY ACCOMMODATION

Each of our lodges is thoughtfully designed to offer a serene, sophisticated retreat where comfort meets understated luxury.

Inside, you'll find thoughtfully styled bedrooms, including a spacious master with a double bed, walk-in wardrobe, and en-suite shower room, alongside a second bedroom with twin beds and generous storage. The open-plan living, kitchen, and dining area creates a light, expansive space perfect for relaxing or unwinding together.

Step outside to your private Hot Tub and outdoor kitchen, complete with a Kamado Joe barbecue, ideal for slow evenings under the open sky.

Please note: This lodge may be subject to change.



Pergola



Outdoor Entertainment Area



Super Fast Wifi



Outdoor Hot Tub



BBQ



Outdoor Kitchen Options



# TAKE YOUR RETREAT TO THE NEXT LEVEL

Single supplement for accommodation	£595
Chauffeur collection / drop off Price dependant on Location (For example, York Station to Yorkshire Spa Retreat £90 each way)	POA
Bottle of Champagne	POA
Additional 60-minute Tribe517 Spa Treatments (Discounted Rate Applies)	£112.50
Personal training sessions in The Barn Gym (60 minutes)	£40
Additional studio classes (A variety of different group classes)	£12
<b>Need an extra night to recharge?</b> Add on an additional nights stay (midweek only)	£150





# Yorkshire

SPA RETREAT

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