

Primrose Retreat Holistic Chill Out & Detox Retreats for Body, Mind & Spirit



As featured on the recent ITV programme, 'May the Best House Win'

Primrose Retreat, near Lichfield, is a place of sanctuary for you to take time out from a busy schedule, de-stress, relax & enjoy the beautiful rural surroundings.

The retreat offers you time out, for some peace, tranquility & quiet reflection. Enjoy the connection to nature, fresh air & countryside walks around nearby lakes & woods.

A wide range of holistic therapies & treatments including Reflexology, Aromatherapy Massage, Precision Reiki, Vortex & Energy Alignment are available to release stress & tension, offer deep relaxation & create a sense of support, nurturing & nourishment for body, mind & spirit.

In addition to the Sanctuary days, Detox days are also available, and with the help of an experienced practitioner you can discover new ways to boost your health, your energy & your zest for life. Enjoy delicious fresh seasonal food & juices, meditation, relaxation, iridology & natural remedies, including flower & tree essences to nurture your body & spirit, balance your lifestyle & even lose a few pounds!

Primrose Retreat can also be place for emotional support, to help you find your centre of gravity, focus on your needs, release your worries and re-connect with your aims & goals.

For further information contact:

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