

Cannock Chase Healing Retreat

An Holistic Sanctuary Space



Have you been experiencing change, upheaval and challenge in your life?

Would you like some time out,
an opportunity to share your thoughts, concerns and worries
and gain clarity, peace of mind and a renewed enthusiasm for life?

The Retreat, in a quaint Victorian cottage in the lovely village of Little Haywood, Staffordshire is a place of sanctuary providing you time out for some peace, tranquility and quiet reflection.



It offers you the space and support to reflect on what is happening in your life, your relationships and your health and wellbeing. By helping you find your centre of gravity, you can release your worries and re-connect with your aims, goals and purpose.

Relax in a peaceful, nurturing environment. Holistic Therapist Sally Rosemarie offers you 1-1 complementary therapy treatments, holistic counselling, a listening ear and supportive company. Enjoy the connection to nature, fresh air, countryside views and gentle walks around nearby canals, the grounds of the stunning Shugborough Estate and the beauty of the varied woodland scenes of Cannock Chase.



Large double room

£35 per night

Lunch, Dinner, Breakfast, Drinks & Snacks, £20 a day

**Wide range of holistic complementary therapies including
Aromatherapy Massage, Reflexology, Reiki, Precision Reiki, Energy
Alignment, Iridology, Holistic Counselling, Flower & Tree Remedies,
Detox Body Wraps, Hopi Ear Candles, Vortex & Angel Card Readings**

All treatments only £25 an hour

Welcome to help with gardening, decorating + housekeeping
in exchange for holistic treatments



For more information and bookings, contact Sally Rosemarie, Retreat Co-ordinator

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