



PURE AWAKENINGS



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www.selfscaperetreats.com



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ABOUT US

Experience the ultimate escape with Selfscape Retreats, where luxury meets holistic wellness. Our mission is to transform your internal landscape through unique empowering experiences that build physical strength, mental clarity, and self-confidence.

Escape from the ordinary and immerse yourself in our expertly guided fitness programs and enriching workshops, set in breathtaking, luxurious environments where you'll be taken on a journey that nurtures your body, mind, and spirit.



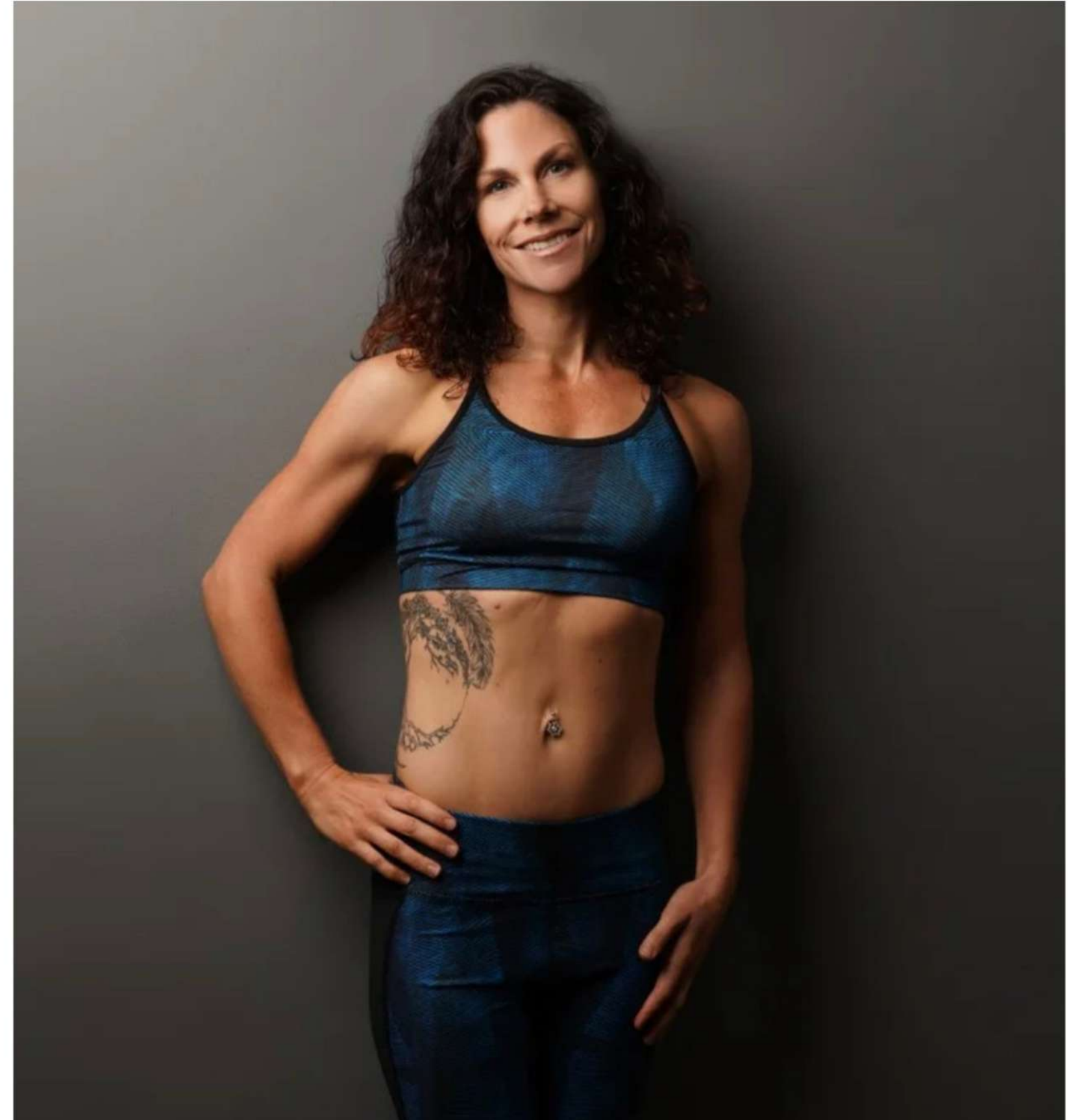


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OUR FOUNDER

Our Founder, Claire Johnson, known as The Naked Warrior, with a passion for holistic wellness and personal transformation, integrates mind, body, and spirit into luxurious retreats that inspire deep change.

Claire's approach blends fitness, mindfulness, and holistic health principles, allowing participants a unique and immersive experience. Under her leadership, Selfscape Retreats is where individuals reconnect, rejuvenate, and emerge empowered, embodying the true essence of wellness.





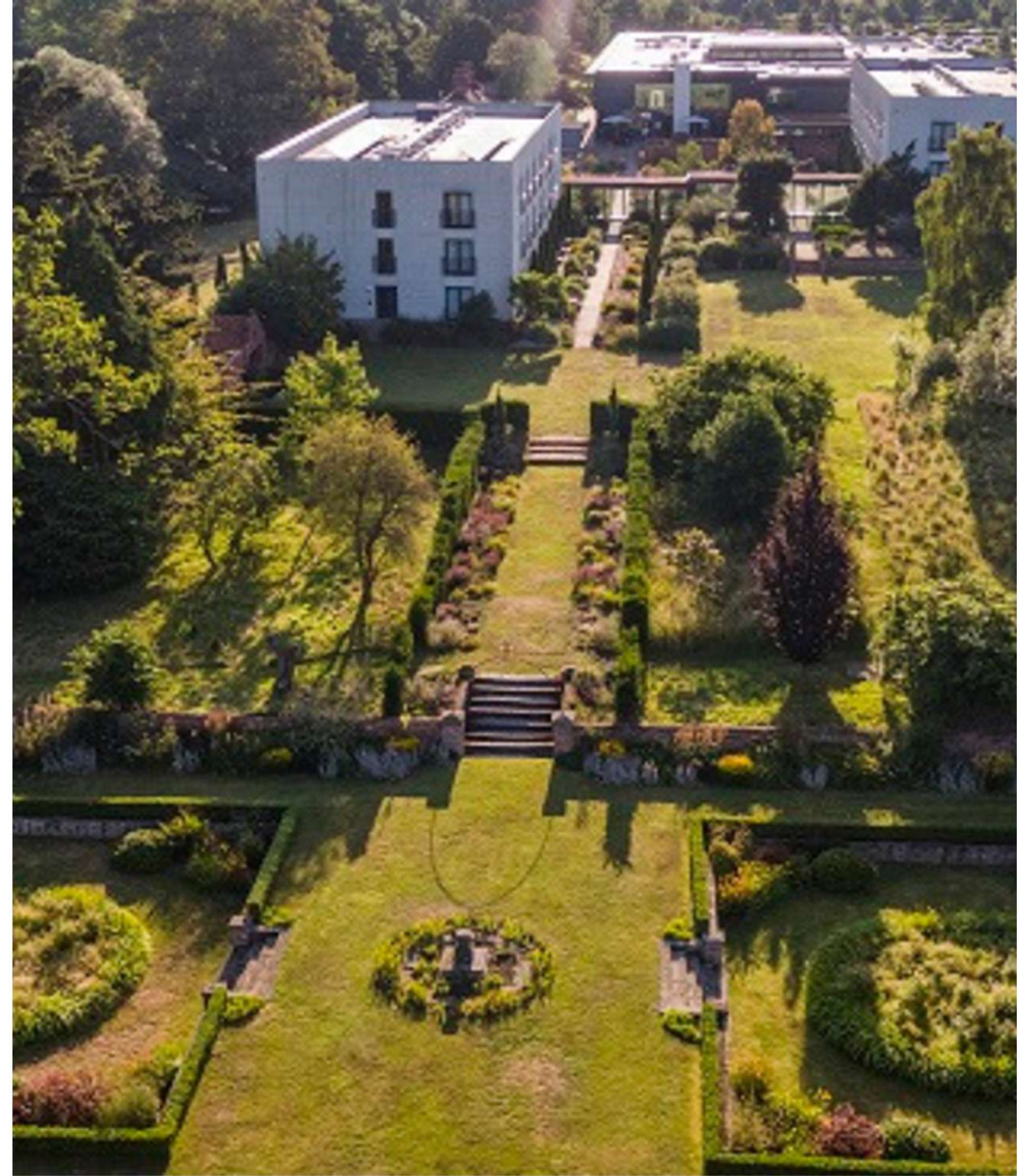
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PURE AWAKENINGS

Imagine a day where luxury, escape, and personal awakening intertwine seamlessly. This isn't just a retreat; it's an opportunity to step away from the ordinary, immerse yourself in the serene beauty of Lifehouse Spa, and awaken a deeper connection to your true self.

Join us for an exclusive, one-day retreat that promises to be a transformative journey of self-discovery and renewal. From the moment you arrive at Lifehouse Spa, nestled within 12 acres of historic gardens, you'll be embraced by an environment of tranquillity and luxury, setting the perfect backdrop for your awakening.

At Selfscape Retreats, we invite you to indulge in a day designed to renew your body, mind, and spirit in the heart of nature that allows you to unwind, reconnect and and awaken your soul, senses and purpose.





AWAKEN

For one day, leave behind the stress and demands of daily life and focus solely on you. This is your time to unwind, reconnect, and awaken to the possibilities that lie within. It is your time to disconnect to allow yourself to reconnect.

As you step into Lifehouse Spa, you're immediately enveloped by the serenity of the surroundings. The historic gardens, lush and blooming no matter what the season, welcome you into a world where every detail is designed to soothe and inspire.

The calming atmosphere, combined with the spa's luxurious amenities, creates a space where you can fully relax and begin your journey of awakenings.



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RENEW



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Imagine starting your day with a refreshing herbal tea, coffee or juice in hand and taking in the serene beauty around you as you prepare for a day of indulgence and transformation.

This retreat is perfect for those who are ready to awaken to a new sense of purpose and vitality. Whether you're a busy professional seeking a moment of calm, a wellness enthusiast eager to deepen your practice, or someone simply looking to reconnect with yourself, this retreat offers the ideal environment.

If you've been feeling the weight of stress, a lack of clarity, or simply need a day to focus on yourself, this retreat is designed with you in mind. Our tailored workshops and sessions are crafted to help you break through personal blocks, rediscover your inner strength, and leave feeling renewed.



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PAUSE, BREATHE & FOCUS

In today's fast-paced world, it's easy to lose sight of your own needs amidst the demands of everyday life. This retreat offers you the chance to pause, breathe, and focus on what truly matters - your well-being. By the end of this day, you'll have the tools to:

- Rejuvenate Your Mind and Body: Let go of stress and tension through carefully curated wellness activities, including yoga, mindfulness, and holistic health workshops.
- Rediscover Clarity and Purpose: Gain insights and practical strategies for creating a positive mindset and living with intention.
- Reconnect with Yourself: Explore the unique environment of Lifehouse Spa, allowing the natural beauty and luxury to inspire your personal awakening.





YOU?

By the end of this retreat, you'll leave Lifehouse Spa not just relaxed, but truly awakened. You'll feel:

- Renewed: With a refreshed sense of clarity and purpose, ready to take on whatever life throws your way.
- Empowered: Equipped with the tools and strategies to maintain a positive mindset and holistic wellness.
- Connected: Having spent a day in a supportive community of like-minded individuals, all focused on growth and renewal.

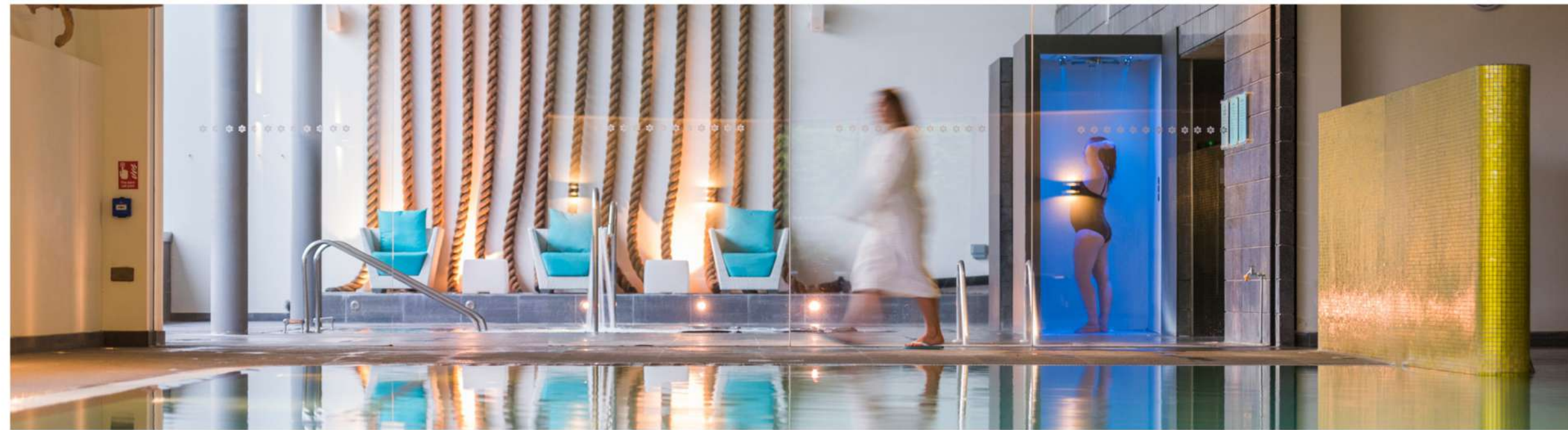
This isn't just a retreat; it's a catalyst for ongoing transformation in your everyday life.



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STAY @ LIFEHOUSE SPA



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If you would like to stay a night or two before or after or workshop, please get in touch with us as we can offer you preferential rates exclusive to Selfscape Retreats. You are also able to book in for a full range of treatments and activities during your entire stay that we can also organise on your behalf, just tell us what you need and we can organise for you.



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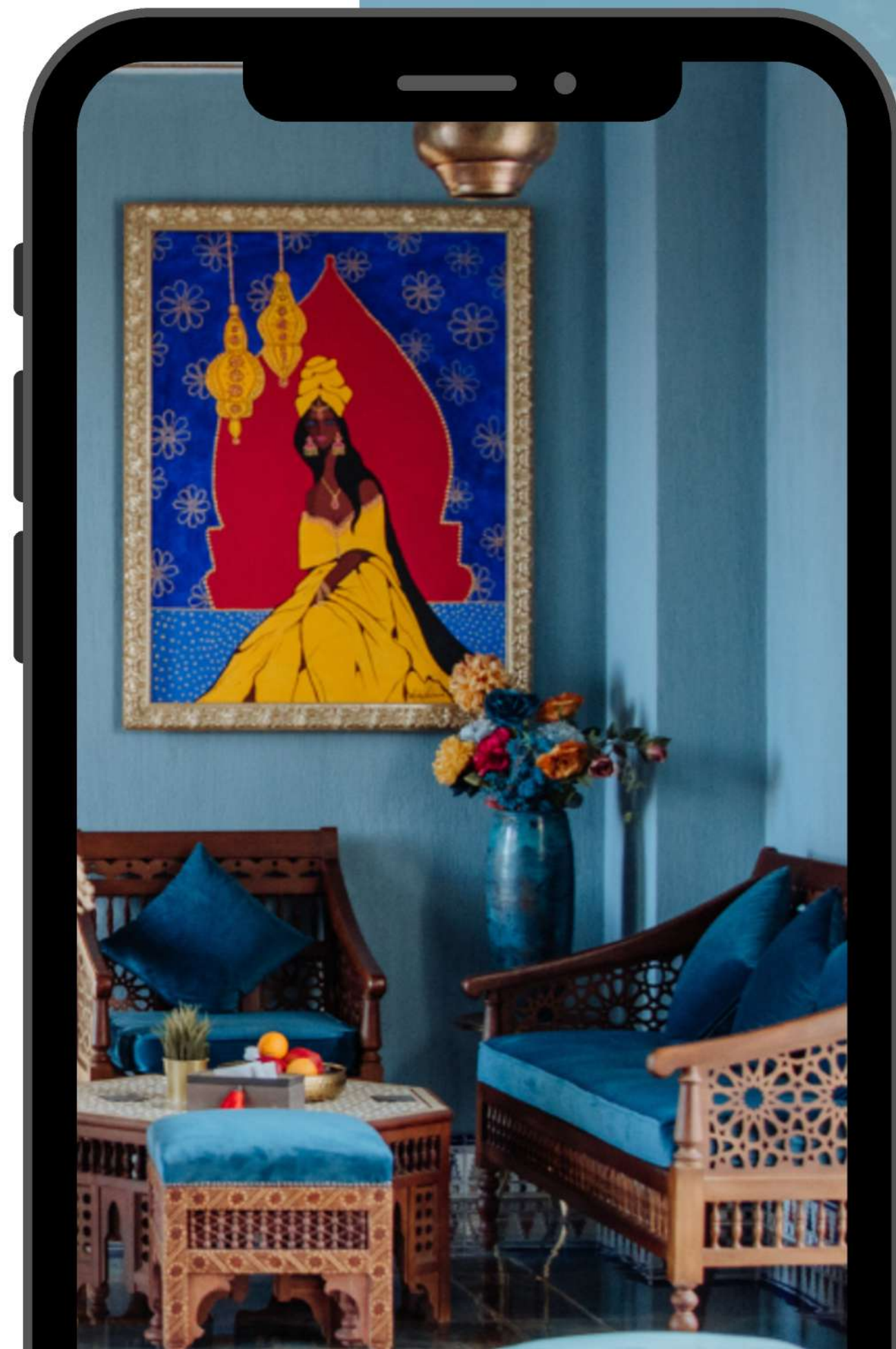
VISIT OUR SOCIAL MEDIA

Stay connected with us on social media to discover more about our upcoming workshops and retreats. Follow us for the latest updates, wellness tips, and exclusive behind-the-scenes insights.

Join our community and be the first to be notified about exclusive offers and information about our upcoming transformative experiences designed to help you reconnect, rejuvenate, and thrive,

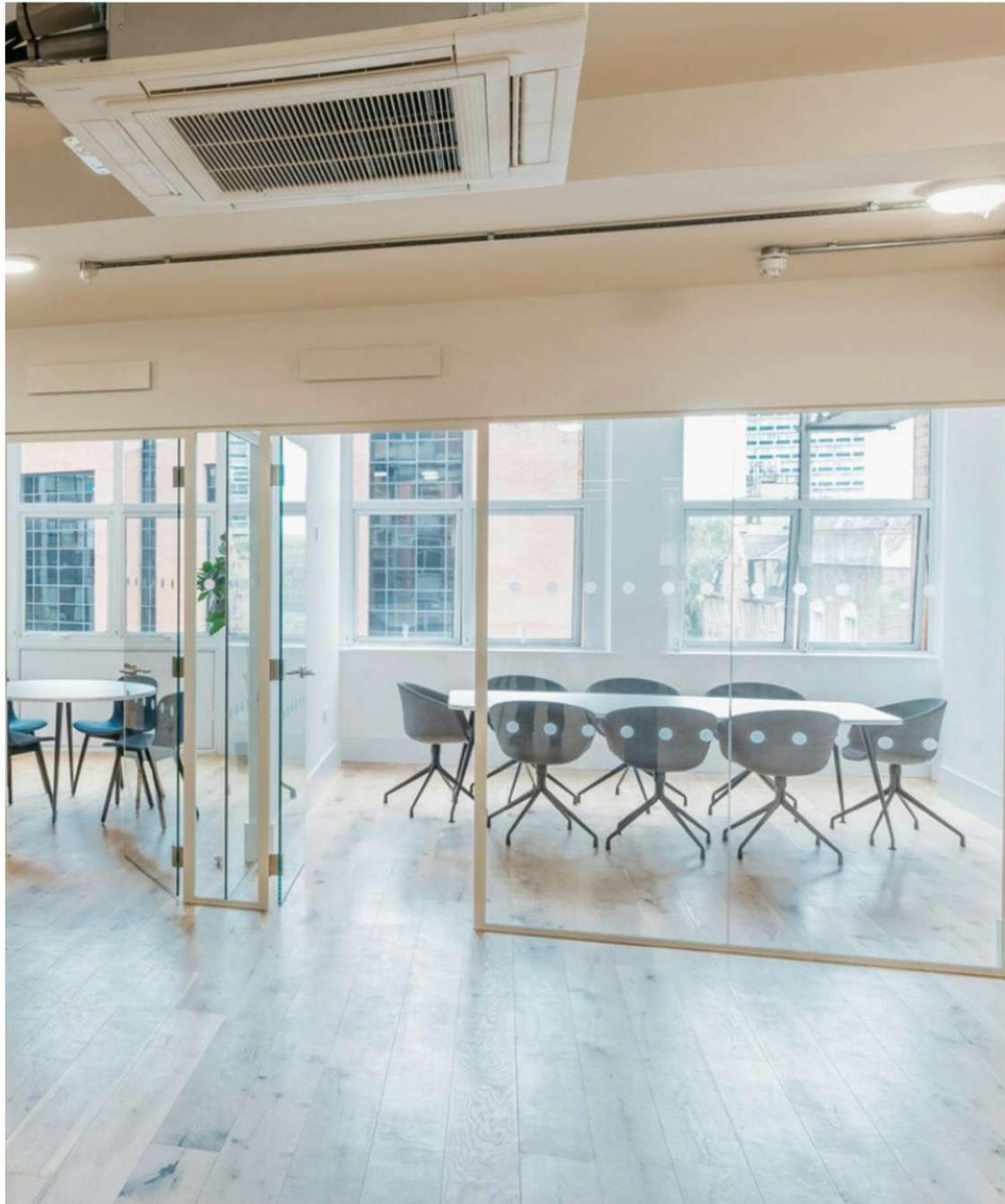
Follow us on these social media platforms where we hangout the most: Instagram, Facebook, and Pinterest @SelfscapeRetreats.

Your journey to wellness and inner transformation continues here!





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CONTACT US

If you're ready to take the first step towards a transformative experience, we're here to guide you every step of the way. Whether you have questions, need more information, or are ready to secure your spot, our team is just a message away.

Let us help you create a day of wellness and rejuvenation that will leave you feeling renewed and empowered. Reach out to us today and embark on a journey that's all about you.

Your path to balance, clarity, and inner peace starts here.

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