

A decorative background on the left side of the page featuring various tropical plants like monstera and palm leaves in shades of green, rendered in a soft, painterly style.

January Wellness Retreat

Retreat East, Brick Kiln Farm, Sandy Lane, Hemingstone, Suffolk IP6 9QE
+44 (0)1449 760 480 | unwind@suffolk.farm | <https://suffolk.farm>

MIDWEEK

- Overnight midweek stay for two people in one of our studio barns.
- 30-minute spa treatment per guest.
- Access to the Retreat East spa, includes sauna, hot tub (24-hour), iced shower & gym.
- Wellness breakfast provided in-barn
- 1-hour yoga session

Cost £159.00 per person

WEEKEND

- Overnight weekend stay for two people in one of our studio barns.
- 30-minute spa treatment per guest.
- Access to the Retreat East spa, includes sauna, hot tub (24-hour), iced shower and gym.
- Wellness breakfast provided in-barn.
- 1-hour yoga session per morning

Cost £309.00 per person

Optional Extras

- Room upgrade to go from a studio to a one-bedroom barn: £35.00
- Two-course in-barn dining option: £45.00
- Additional spa treatments available on request.

BOOK NOW

To take advantage of this exclusive online package, simply tap the button above and let us know which dates you'd like to book. One of our helpful team will endeavour to come back to you within 24-hours to confirm your stay.