



Women's holiday/retreat in Barbados for Women 40+
An Oasis of Tranquillity and Empowerment



A scenic view of a tropical beach with turquoise water and a clear blue sky. The water is shallow and clear, revealing the sandy bottom. The sky is a deep blue with a few wispy clouds. In the distance, a small white sailboat is visible on the horizon.

Introduction

Welcome to an exclusive retreat in the paradise island of Barbados, designed specifically for women aged 40 and above. Come alone, come with a friend ; this retreat is a sanctuary where you can rejuvenate your spirit, nurture your well-being, and connect with like-minded women in a serene, luxurious environment.

Location

Nestled in beautiful gardens on the west coast of Barbados, the retreat is set amidst lush tropical gardens with a 5-minute walk to the popular Mullins Bay. The location offers a perfect blend of seclusion and accessibility, ensuring that you are far from the hustle and bustle but close enough to enjoy the island's rich culture and amenities.

Accommodation

Our retreat features elegantly designed accommodations that exude comfort and style. Each room is spacious, tastefully decorated, and equipped with modern amenities. We have 7 bedrooms, 6 with en-suite bathrooms. Lots of space and places to read and rest quietly as well as a lovely pool for sunbathing and relaxing. (Included in Price)

Already live or here on holiday in Barbados?

If you already live here and would like to come to some or all events or days or even book the whole week without accommodation you can.





Wellness and Activities

Meditation and gentle exercise

Begin your day with guided meditation sessions that help you find inner peace and clarity and gentle exercise sessions in the gardens, led by experienced instructors who tailor each class to suit all levels of experience. (Included in Price)

Coaching and Sensory touch therapy

Participate in private and personalised coaching sessions that focus on personal growth, wellness, and empowerment. Topics include mindfulness, self-care, and navigating life transitions. These sessions are facilitated by experts who provide valuable insights and practical tools to enhance your well-being. (Included in Price)

Meditative Painting and Painting classes

Included in your retreat is Meditative Painting and a painting class if you wish to join in, the choice is always yours. (Included in Price)

Wellness and Activities

A tropical resort scene featuring a large, well-maintained green lawn in the foreground. In the middle ground, there are several palm trees of varying heights and lush green foliage. A white building with a prominent gabled roof and large windows is visible on the right side. To the left, another white building with a porch is partially obscured by trees. The sky is a clear, bright blue with a few wispy white clouds. The overall atmosphere is serene and inviting.

Gong Bath

Also included in your retreat is a gong bath, where the unique and deeply vibrational sounds provide healing and relaxation. (Included in Price)

Adventure and Exploration

Take advantage of the island's natural beauty with guided tours and excursions.

Join us on the Bajan Bus tour, and a day trip to the east coast. (Included in the price)

Explore lush rainforests, swim with sea turtles, or embark on a catamaran cruise (not included in the price but can be arranged on your behalf) to discover hidden coves and crystal-clear waters. These activities are designed to invigorate your senses and create lasting memories.



Food and Community

Our retreat offers healthy and delicious breakfasts and 2 evening meals (First and last night) that celebrates the flavours of Barbados. The menu includes a variety of healthy and delicious options, catering to all dietary preferences including vegan options.

Community and Connection

One of the most rewarding aspects of this retreat is the opportunity to connect with other single women who share similar life experiences and make new friends and maybe a future traveling companion. However, if you wish to just come and do your own thing, that's cool too. This is a solo women traveller holiday with options that support you to relax, rejuvenation and refresh – maybe restart!

You choose

Conclusion

This retreat in Barbados is more than just a vacation; it is a transformative experience that empowers you to reconnect with yourself, embrace new possibilities, and celebrate your journey. We look forward to welcoming you to this oasis of tranquillity and empowerment, where you can rediscover your vitality and create cherished memories.

If you want to take advantage of all the options available to you, you can, and all are included in the retreat price. However, if you don't wish to participate and just have a holiday with other women and feel secure and comforted that you are not alone, lounge by the pool or on the beach, then that is of course your choice – you choose how you spend your time here on this beautiful island.

Are you already on the island?

If so check to see what spaces, we have for you to join us for one or more activities at this stunning location. Treat yourself.



What is not Included:

- Flights
- Medical Insurance
- 5 Evening meals - 2 included – First and last night
- Massages or any other treatments which we can arrange for you
- Any other additional trips you wish to take

We have a travel agent you can book through.



What is included in the price:

- Accommodation
- Airport transfers
- Breakfast
- Lunch
- 2 Day trips
- 2 evening meals
- Sensory touch therapy
- Coaching
- Daily Meditation
- Painting workshop
- Meditative Painting



The house





The Pool and Pool House



Bedrooms



More...





Just down the road –
take a walk to...



Around the island

Pricing – May 23 – 30th 2025

Accommodation	UK Pounds	US Dollars
Pool House –ensuite	2455	3,065.00
Bedroom 1 – ensuite	1995	2495.00
Bedroom 2 – ensuite	1995	2495.00
Bedroom 3 – ensuite	1995	2495.00
Bedroom 4– ensuite	1995	2495.00
Bedroom Shared with 1 other woman - ensuite	1495	1895.00
Private bedroom - Shared Bathroom with 1 other woman	1495	1895.00

Barbados Pricing – no accommodation - May 23 – 30th 2025

Day Items - Local	Barbados Dollars	
Painting workshop – 11am - 4pm incl. Lunch	200	With talented artist
Day pass includes all activities that day	350	Whatever we are doing, join us for the day
Week Pass	1995	Whatever we are doing, all week join us
Morning	150	Meditation/exercise/breakfast and Meditative painting
Gong	40	Gong Bath
Sensory touch healing	100	1 session

Contact details

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