

WELCOME TO A NEW KIND OF WOMEN'S RETREAT

Awaken Your Divine Power

3 DAY SPIRITUAL, EMPOWERING & LUXURIOUS RETREATS,
SOUTH LAKES, CUMBRIA, UK





‘Sometimes we need a reset,
to remember who we are!’

ELLIE, FOUNDER OF DIVINE DARLINGS
RETREATS



17th Century Private Country Hall & Grounds

Welcome to a new kind of women's retreat Elevate Your Energy. Elevate Your Reality.

This is not your usual retreat.

No early mornings. No yoga. No shared rooms.

Instead, a **private room, private chef** and three days of treats for the mind, body and soul. All designed for you to **feel good**, reconnect with your inner energy, the universe and to **remember your divine power**.

This is Awaken Your Divine Power – a sanctuary for women ready to rise into their next chapter with ease, grace, and magnetic self-belief.

Because you deserve to feel good and believe in yourself.

Come as you are. Leave inspired, empowered and full of love for yourself.

*We can't wait to
welcome you!*

The Experience

Every element of your stay is designed to relax your body, calm your mind, and elevate your vibration. As when we vibrate higher, all the things we want, can finally find us!

Over three transformative days, you'll stay in a private room at a private country hall and be guided (by Ellie) to raise your vibration, dissolve limiting beliefs, and awaken your divine power. Through energy activations, guided meditations, embodiment practices, and soulful connection, you'll learn to master your frequency – so life begins to flow with you, not against you.

- ◆ Crystal Sound bath immersions that bathe your body in magical healing frequencies
- ◆ Empowering affirmations & guided meditations to awaken self-worth and abundance
- ◆ Energy body exploration to master thoughts, beliefs, and emotions as tools for creation.
- ◆ Law of Attraction workshops, manifestation tools and techniques.



◆ Intuitive Healing Experiences

In addition to guided group sessions, you'll also receive:

◆ Essential oil infused Reiki, Massage – combining gentle energy healing with soothing bodywork to release tension and restore balance

◆ Spiritual Readings – intuitive insight and soul guidance for clarity on your life path



◆ Your Accommodation



Private accommodation with shared kitchen facilities and comfortable communal lounges.

04 // The Experience

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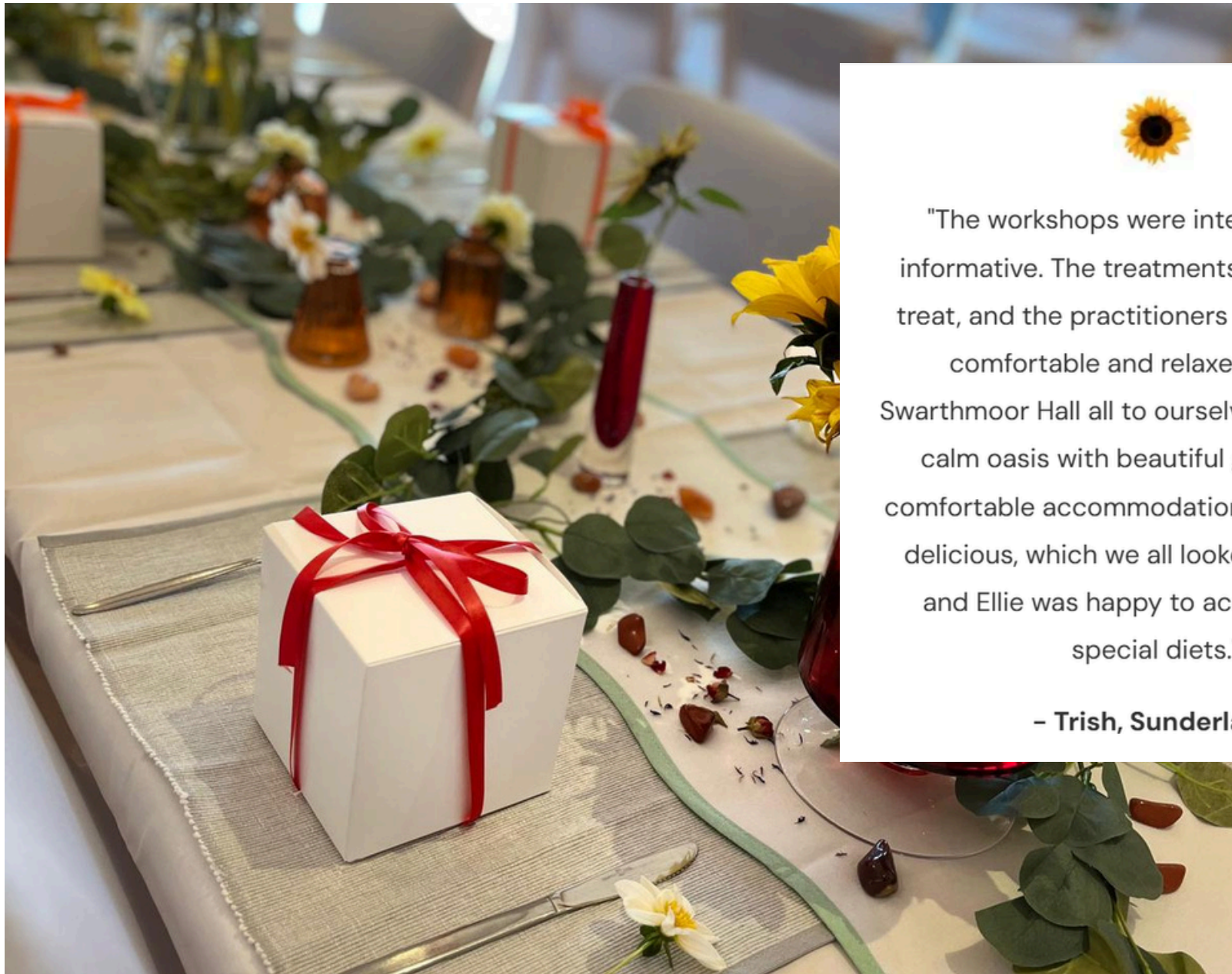
Between sessions, indulge in gourmet, nourishing 2-3 course meals prepared by a private chef, with a glass of red wine at dinner, (if you fancy it) because alignment includes pleasure, too.

Explore the grounds of the private country hall with riverside walks and stunning views of the local Hoad Hill.



All dietary requirements are welcome!





"The workshops were interesting and informative. The treatments were a lovely treat, and the practitioners made you feel comfortable and relaxed. We had Swarthmoor Hall all to ourselves, it is a lovely calm oasis with beautiful gardens and comfortable accommodation. The food was delicious, which we all looked forward to, and Ellie was happy to accommodate special diets."

- Trish, Sunderland

Meet the Team

Ellie

Founder, Retreat leader, Sound Practitioner, LOA Mentor

Energy doesn't just move through you, it responds to you.

Every thought, emotion, and belief you hold creates a ripple that shapes your reality. You are the creator of your reality.

My own path to this truth wasn't easy. Bullied for my weight, I grew up with a harsh inner critic and struggled with bulimia and low self-worth. After facing postnatal depression with my first child, I realised the answers I'd been searching for were within me all along.

Through the law of attraction teachings, reprogramming the subconscious mind, energy healing, and sound work, I rebuilt myself from the inside out.

As my inner world shifted, so did my outer world. Now, as an intuitive Law of Attraction Mentor, Sound Practitioner, and Women's Retreat Guide, I help women awaken their inner power, release what no longer serves them, and help them feel good about themselves, just as they are!



Meet the Team

Paloma

Retreat support

Paloma is a deeply valued part of the women's retreat team and a constant source of calm, care, and support throughout your stay. Always on hand to help with anything you need, Paloma has a natural gift for making every woman feel comfortable, welcomed, and completely at home.

For most of the year, Paloma is a highly talented graphic designer, bringing creativity and precision to everything she does. At the retreats, she lends that same thoughtfulness and attention to detail to support Ellie, ensuring everything runs smoothly behind the scenes.

With her gentle, kind nature, exceptional organisation, and warm presence, Paloma is truly invaluable. Her ability to anticipate needs and create a safe, nurturing environment makes a meaningful difference to every guest's experience.



Meet the Team

Lola

Massage Therapist & Energy Practitioner

Lola began her journey into bodywork in 2019 after several years in physically demanding outdoor roles. A chance meeting with an inspiring tutor led her to train in holistic massage, setting her on a new path.

Now fully qualified, Lola has practised across the South of England before returning to Cumbria to work full time in her passion. Her work is rooted in a belief in the power of touch and energy work to support physical, mental, emotional and spiritual wellbeing.

Her qualifications include FHT Level 3 Holistic Massage (with advanced techniques), Pregnancy Massage, Level 3 & 4 Sports Massage, Indian Head Massage, Reiki Level 1, Integral Sound Healing Level 1, Natural Face Lift Massage, and No Hands Practitioner Level.

With personal experience of injury and recovery, Lola brings a deep understanding of the body and a compassionate approach that helps clients feel safe, supported, and restored.



FAQs

1.

Do I need prior experience with sound healing, meditation, or holistic practices?

Not at all. All sessions are fully guided and suitable for all levels. You're encouraged to participate in a way that feels right for you.

2.

What should I bring with me?

Just yourself, comfortable clothing, and anything that helps you feel relaxed and at home.

You are welcome to wear whatever you like. If you feel more at home in a dress than you do in leggings, by all means, wear that dress!

3.

Will there be time to rest and have personal space?

Absolutely. While there is a nourishing programme of activities, there is also plenty of free time to rest, reflect, and enjoy the surroundings. You're always free to opt in or out of sessions.

Have a question? Contact Ellie on hellodivinedarlings@gmail.com or call/ whatsapp 07736841806

Price & Booking

1 x Ticket

All inclusive ticket (including private room)

£777

Bring a friend and get a discount

If you bring a friend you can both save £100 each.

Save
£200

Payment plans

Payment plans available. Please contact Ellie for more information

To book your place, please visit:

www.divine-darlings.co.uk

Or contact Ellie:

hellodivinedarlings@gmail.com

07736 841806

*We can't wait to
welcome you!*





"I had the most beautiful weekend. From start to finish everything was thought of and Ellie had put such care into everything. I think the biggest highlight was meeting such a wonderful group of women."

- Joanne, Fleetwood



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You deserve rest.
You deserve magic.
You deserve to believe in
yourself again.

ELLIE

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