
Wellbeing with a Difference
Burlton
Cottages
Wellbeing Retreats at Burlton Cottages
burltoncottages.co.uk

A transformative retreat experience

Offer your clients a sanctuary where they can restore their health and wellbeing. At Burlton Cottages, we provide the perfect venue for you to host a transformative retreat that restores mind, body, and soul.

Situated in the serene countryside, our tranquil setting is the ideal backdrop for your retreat. The soothing sounds of songbirds and the gentle rustle of leaves create an atmosphere of peace and relaxation, allowing your guests to unwind and reconnect with nature.

> **The location, facilities and customer service is just wonderful. We love working with you and hope to be bringing many more of our retreat groups to stay here in the future.**

Success Retreats

> **Thank you Rachel for hosting me and my yogis we all thoroughly enjoyed our stay at Burlton. It was perfect for our yoga retreat. We can't wait to see you next year.**

School of Mumtaz Yoga

Welcome to the family

A quick glance through the 350+ comments on UpFront Reviews reveals the dedication and passion Rachel and Gerry pour into running Burlton Cottages and Spa. Their love for Shropshire shines through in every aspect of their work, ensuring every guest enjoys a truly memorable stay.

As friendly on-site owners, Rachel and Gerry manage everything themselves. From your initial enquiry to ensuring you have all you need during your retreat, they are there to support you. They provide the perfect balance of attentive service and respectful space, allowing you to focus on delivering a remarkable experience for your clients.

Rachel and Gerry's commitment to excellence was recognised when they were awarded Best Self Catering Accommodation in West Midlands Tourism Awards 2020 and 2024. They take immense pride in their beautifully maintained cottages, swimming pool, and spa, alongside their achievements in green energy and environmental sustainability.

Your wellbeing retreat journey begins here, with the trusted support of Burlton Cottages.





Wellbeing Workshops & Retreats:
A blank canvas to make your own

At Burlton Cottages, we understand the importance of creating a unique experience. **Our award-winning venue is a blank canvas, ready for you to design according to your vision, backed by all the facilities and support you could need**. Whether you need a quiet space for yoga sessions, a vibrant area for group activities, or a mix of both, our versatile facilities and supportive, family-run team are here to help bring your ideas to life.

Help your clients invest in their wellbeing by choosing a venue dedicated to enhancing health and happiness. Create a retreat that provides a peaceful escape from daily pressures, allowing guests to restore balance and rejuvenate their spirits. **Every detail at Burlton Cottages is crafted to support a holistic wellbeing experience.**

The wonderful spacious Spa facility, modern studio, outdoor space and airy cottages provide a unique rural setting to host your event.

Indoor space can be provided in our 12 metres by 6 metres Studio with a private kitchen and seating area. There is plenty of space outside on our 500 acre arable farm, with a wellness garden near to the Spa.

Throughout your workshop or retreat the onsite owner, Rachel, will be available to ensure the smooth running of your event.











Your ideal space: **The Studio**

The Studio at Burlton Cottages is our main indoor space, perfectly designed to host up to 14 guests for floor-based activities. Located on the ground floor, it is fully accessibility-friendly, ensuring a welcoming environment for all participants.

Filled with natural daylight, The Studio offers a bright and uplifting atmosphere. For a more relaxed ambiance, dimmable lighting and charming twinkle lights are available. Three radiators ensure the space stays cosy and warm, regardless of the season.

The Studio also features a large dining table, accommodating up to 14 people both inside and outside, providing flexibility for your dining arrangements.

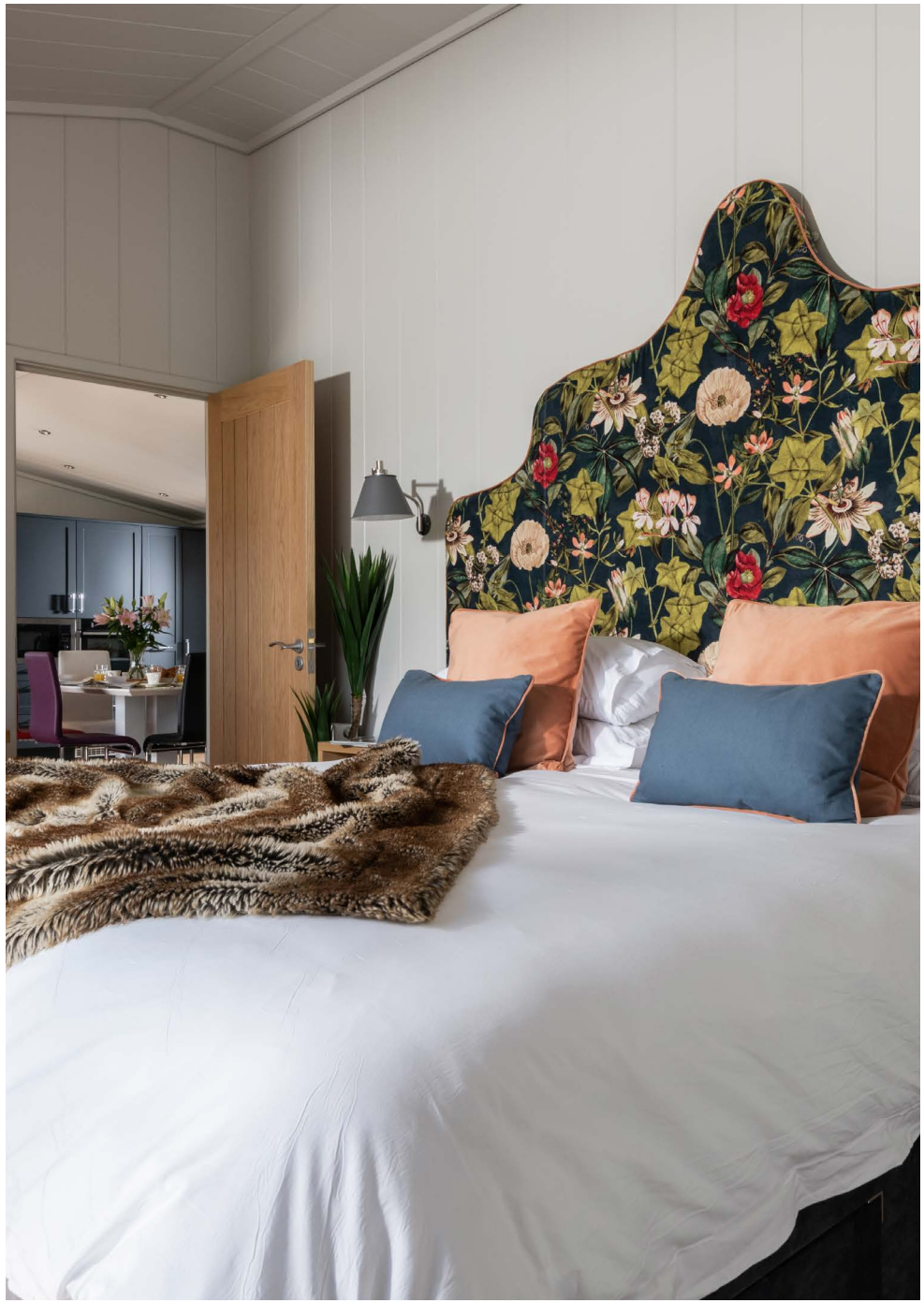
Whether you're conducting yoga sessions, meditation classes, or group workshops, The Studio's versatile and comfortable setting makes it the perfect space for your wellbeing retreat.

Comfort & flexibility: **Cottages at Burlton**

Burlton Cottages offers superb accommodation options, featuring seven bedrooms that can be arranged as either super king beds or twin beds, accommodating up to 14 guests. Each room is designed to provide a restful night's sleep with comfy beds that help soothe guests into a peaceful slumber.

Our property includes four charming cottages, each equipped with a kitchen, bathroom, and lounge area. Guests will find tea and coffee facilities, hairdryers, WiFi, spa towels, robes, slippers, bath towels, and shower gel provided for their convenience.

One of our cottages is accessibility friendly and can accommodate a guest in a wheelchair with assistance. Additionally, six of our bedrooms are located on the ground floor, making them ideal for those who find steps challenging.



A place to relax

We do everything possible to ensure every guest has the opportunity to feel completely rested and revitalised throughout your stay. Take advantage of the on-site swimming pool in a tropically heated room, hot tub, infared sauna, steam room and gym to complement your wellbeing experience.

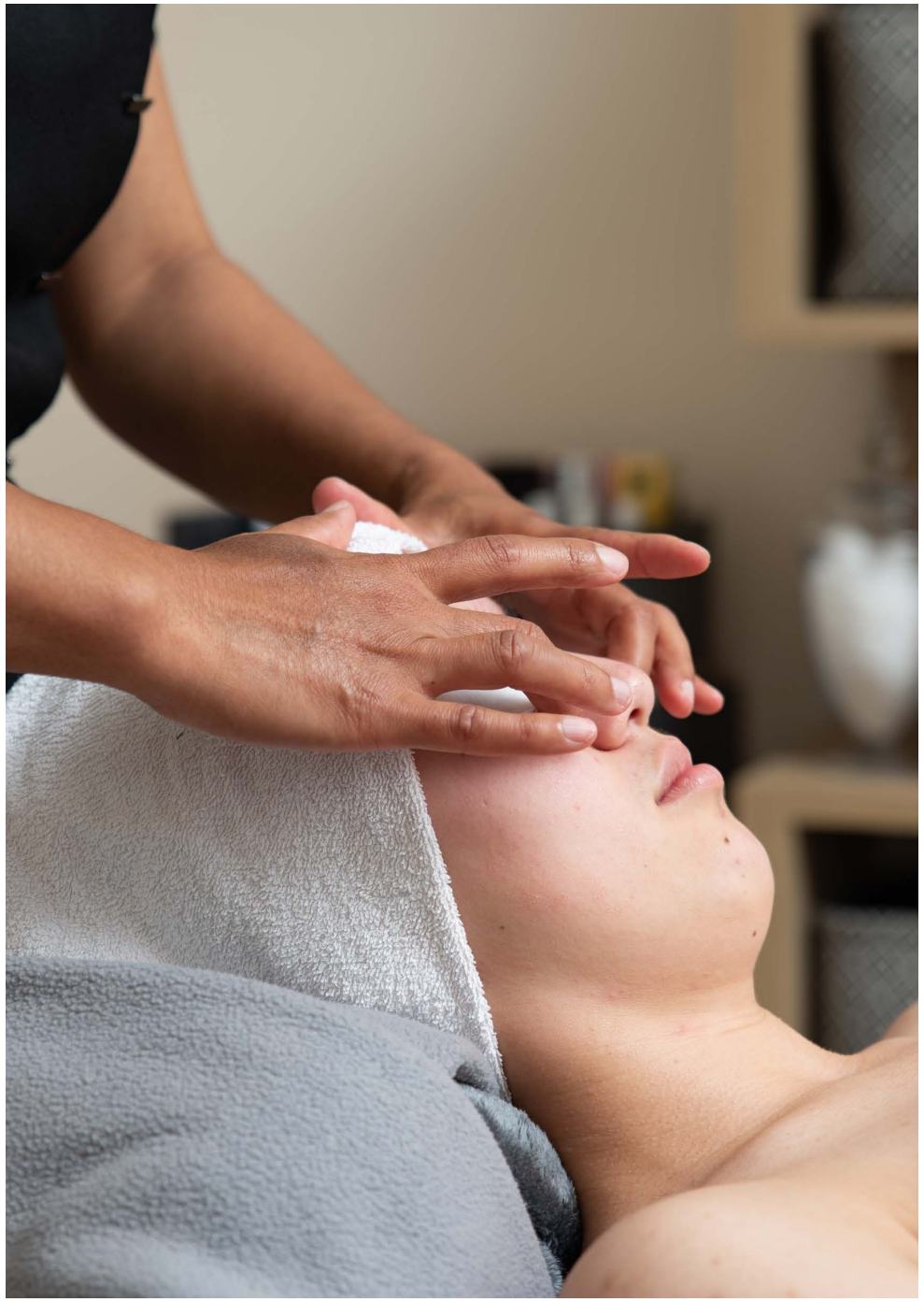


Wellbeing spa

Treat your clients to relaxing massages provided by our skilled on-site therapists, Siam Harmony, renowned for their expertise and soothing touch, offering holistic and Thai integrated therapy treatments and beauty treatments*.

Our spa blends traditional treatments with modern amenities, and peace and tranquility is ensured as the spa facilities are reserved exclusively for your guests during the duration of your retreat.

**Beauty treatments provided by Siam Harmony are available to book at an additional cost.*





Natural beauty & tranquillity:
Outdoor spaces

Discover the enchanting outdoor areas at Burlton Cottages, where pretty gardens and a charming courtyard with seating invite you to relax and unwind.

In the evenings, dine al fresco in our lovely outdoor dining space, ideal for warmer nights.

As the day transitions to night, marvel at the dark skies full of stars, offering a breathtaking stargazing experience. For added warmth and ambiance, a firebowl is available on request, creating a cosy and inviting atmosphere.

Our outdoor areas provide the perfect setting for relaxation, reflection, and connection with nature, enhancing the overall retreat experience for your guests.

Food & Drink

At Burlton Cottages, we offer flexible food and drink options to suit your wellbeing retreat. We can share with you our list of recommended local caterers, known for their delicious and healthy menus, or feel free to bring your own food and drink. For a more communal and relaxed dining experience, we can provide a BBQ and fire bowl on request.

The Studio features a fully equipped kitchen area with a fridge, freezer, dishwasher, and hob, providing all the amenities you need for meal preparation.

Additionally, all major supermarkets will deliver directly to our venue, ensuring you have everything you need to keep your guests nourished.









An idyllic countryside setting

Burlton Cottages and Spa is located on Charity Farm, a family-run private farming estate. It is a beautiful rural hideaway where you can unwind, relax and forget about the outside world. We have plenty of outdoor space for you to enjoy. Just remember to bring your wellies in wintertime!

The farm provides a wonderful backdrop and access to the Shropshire countryside. At the bottom of the farmyard, there's an acre of grassland where you and your guests can escape to for some reflective time.





Why Burlton?

Sustainability at our heart

At Burlton Cottages, sustainability is at the heart of everything we do. We are dedicated to eco-friendly practices, including comprehensive recycling and sourcing materials sustainably whenever possible. Our innovative heating system, combined with low-energy and motion sensor lighting in the spa, ensures minimal energy consumption. Additionally, we offer an electric car charger powered by our solar panels for our guests' convenience*. Our farm follows regenerative agricultural practices, allowing earthworms to maintain soil health naturally in our undisturbed soils.

Excelling in customer service

Rachel and Gerry offer comprehensive support from initial arrangements to the entirety of your retreat, ensuring a seamless experience. With their personalised service, they guarantee attention to every detail, allowing you to focus entirely on your participants.

Burlton Cottages boast 5 Star Gold Awarded accommodation, consistently earning 5-star reviews. **Their dedication to excellence ensures a wellbeing retreat that will exceed expectations.**



*Charges apply.

Wellbeing packages

In order to provide you with a personalised quote that ticks all of your boxes, prices are based on application, so please get in touch for a discussion and to obtain a quote.

Overnight retreats are a minimum of two nights, charges will be based on accommodation rates at the time, there will be no extra cost for use of the Spa (excluding treatments provided by Siam Harmony), Studio, Burlton Cottages and grounds.

Retreats are available all year around, excluding Christmas, Easter and peak school holidays.

Please do get in touch if you would like any further information about pricing, the cottages, Spa facilities or availability.

We do allow you to use our photographs for the sole purpose of marketing your retreat, please discuss your requirements with us when booking.

Yoga mats and equipment can be provided on-site for an additional hire cost (these are supplied by a third party, and we do not keep them on-site).

01939 270404

07817 456197

rachel@burltoncottages.co.uk

Around Burlton

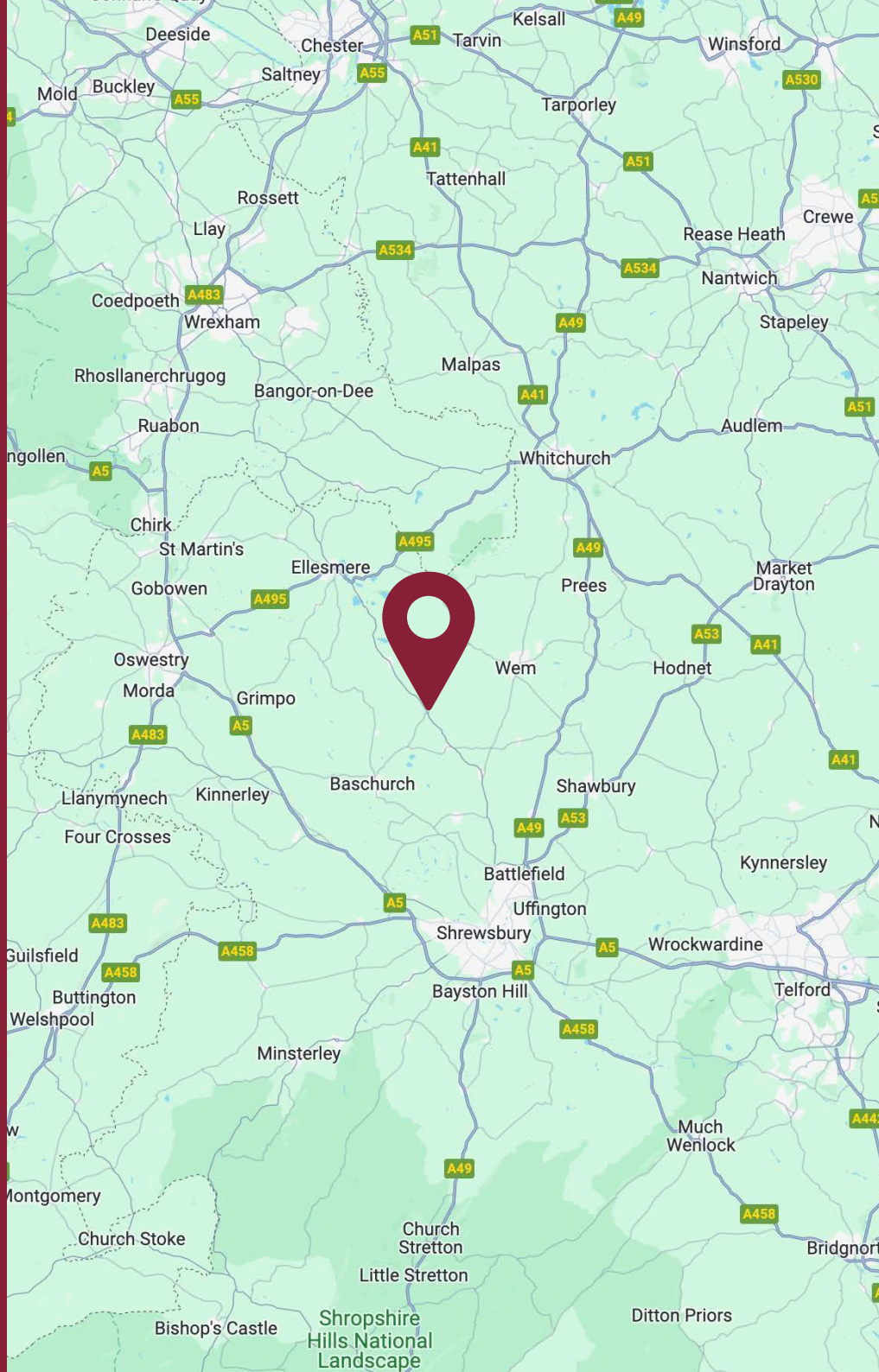
What makes Burlton Cottages extra special is how much there is to discover in the surrounding area. Shropshire is one of England's more peaceful counties, so it might surprise you to find out how much goes on here.

If you fancy branching out, the medieval city of Shrewsbury is not far away, together with the footpaths around the Meres of North Shropshire, giving you and your clients plenty of walking routes that can combine with a visit to a local Farm shop café.

From mindfulness walks and hikes over the stunning Shropshire hills, to pubs and restaurants in abundance, the area boasts activities for all to supplement your experience at Burlton Cottages.

We recommend local pub, The Burlton Inn, for a warm welcome and great food & drink - just a 4-minute walk from the cottages.

Our Guest Information App, which you will receive once a booking is made, covers many up to date activities and events going on in Shropshire, including our calendar of annual events from around the county.



Find out more at www.burltoncottages.co.uk

Get in touch

01939 270404
07817 456197
rachel@burltoncottages.co.uk
@burltoncottages

Burlton Cottages
Charity Farm
Burlton
Nr. Shrewsbury
Shropshire SY4 5SX

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How to get to Burlton Cottages

By car
Conveniently situated in the heart of the country, Burlton Cottages are easy to get to from most UK towns and cities. To give you an idea, a few of the major ones are listed below.

Birmingham: 50 miles
Bristol: 135 miles
Cardiff: 120 miles
Leeds: 105 miles
London: 160 miles
Manchester: 65 miles

By public transport
For those travelling by train, Wem is our closest station (approximately 4 miles away), whilst Shrewsbury (less than 10 miles away) has direct services to Birmingham, Chester, Crewe, London, Manchester and most parts of Wales.

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