



BURLEIGH COURT DETOX RETREAT

THE TRUE VALUE OF RETREAT — A DETOX RESET IN THE HEART OF THE COTSWOLDS

19-22 JANUARY 2026



A BOUTIQUE RETREAT WHERE RESTORATION UNFOLDS AS NATURALLY AS THE LANDSCAPE ITSELF

CLEANSING NUTRITION | MINDFUL MOVEMENT | EXPERT COACHING | NATURE WALKS | RESTORATIVE SPA RITUALS



A health reset in a breathtaking historic setting with a splash of luxury



This January, step inside Burleigh Court, a country house hideaway where timeless charm meets effortless comfort in the beautiful Cotswolds.

Over 3 restful nights and 4 nourishing days, allow yourself to reset, restore, and reconnect through the gentle rhythm of cleansing foods, mindful movement, life coaching, and nature's embrace.

At Burleigh Court, detox isn't about extreme fasting or deprivation — it's about gentle nourishment and giving your body the chance to reset. You'll follow a rhythm of freshly pressed juices, mineral-rich detox drinks, light plant-based cleansing meals, and daily practices of breathwork and mindful movement — all planned by our Nutritionist Fleur. Alongside this, you'll enjoy ample time to relax, reflect, and restore, supported by the calming beauty of the Cotswolds and the warmth of our country house setting at the beginning of the year.

RETREAT BENEFITS AT A GLANCE

- **Reset your body** — Gentle cleansing to restore balance
- **Improve digestion** — Nourishing juices and plant-based light meals
- **Reduce stress** — Daily movement, nature, rest
- **Boost energy** — Recharge with countryside air and mindful rhythm
- **Gain clarity** — Quiet time for reflection and emotional reset
- **Expert guidance** — Fleur Bailey (Nutrition & Wellness) | Corinna Rae (Life Coaching)





A TRUE HEALTH RESET, GUIDED BY:

Fleur Bailey — Nutritionist & Wellness Coach

A qualified Nutritionist and Wellness Coach with over a decade of experience, Fleur specialises in gut health, stress resilience, metabolic balance, and women's wellness. She blends nutritional science with holistic practices, ensuring your reset is safe, effective, and transformative.

Corinna Rae — Retreat host and experienced life coach, Corinna supports guests in creating powerful mindset shifts and building clarity for the future. She helps you define meaningful goals and take practical steps toward them, ensuring your retreat is both restorative and empowering.

THE ESSENCE OF RETREAT

At Burleigh Court, retreating doesn't shout — it quietly unfurls, grounding you in the present. Unlike other retreats that curate distractions, we invite you into a rhythm that soothes, unfolding as naturally as the landscape itself.

Wood-panelled halls, crackling fires, rambling gardens, and sweeping views over the Golden Valley cradle you in a cocoon where rest arrives unbidden. Each bedroom, individually designed with its own charm, becomes a sanctuary of comfort and stillness. Beyond, the garden spa awaits — a serene sauna, refreshing cold-water plunge, and bubbling hot-tub jacuzzi, all drawing you deeper into renewal.

This retreat is more than a break. It is an immersion into deep restoration — laid-back luxury, warm hospitality, and the quiet power of the Cotswolds landscape.

RESERVE YOUR PLACE





DAY 1 | ARRIVAL + RESET

From 3:00 PM – Arrival, check-in, welcome herbal tea, and orientation pack.

5:00 PM – Welcome Circle with Corinna followed by a walk through the estate and Wellness Garden.

6:30 PM – Light Dinner of Cleansing Foods

Evening – Relaxation by the fire, time for journaling and gently settling in.

DAY 2 | IMMERSION

8:30 AM – Morning Juice Ritual

8:45 AM – Introduction to the detox rhythm, Fleur

9:00 AM – Guided Pilates Class & Breath Work

10:30 AM – Free wellness time

12:00 PM – Light Lunch of Cleansing Foods

12:30 PM – Liver Detox Pack & Rest

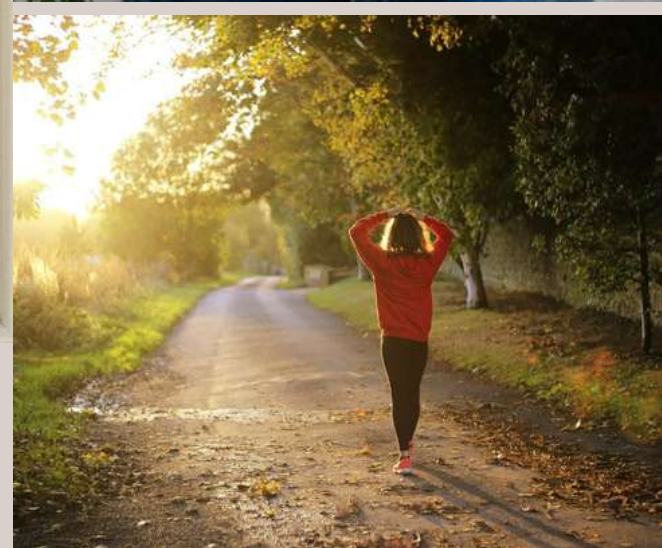
2:00 PM – Guided Nature Walk with Martin

4:00 PM – Free wellness time

6:30 PM – Light Dinner of Cleansing Foods

Evening – Fireside journaling, herbal teas + Piano Sound Bath with Stephen | Lounge

Free wellness time = relaxation in the wellness garden with hot tub, scenic sauna or cold plunge pool. Book massages or 1:1 coaching or nutrition consultations.





DAY 3 | RENEWAL

8:30 AM – Morning Juice Ritual
9:00 AM – Guided Pilates Class & Breath Work
10:30 AM – Free wellness time
12:00 PM – Light Lunch of Cleansing Foods
12:30 PM – Liver Detox Pack & Rest
2:00 PM – Guided Nature Walk with Martin
4:00 PM – Free wellness time
6:30 PM – Light Dinner of Cleansing Foods
Evening – Fireside journaling, herbal tea + Carrying Your Reset into the New Year session with Corinna

DAY 4 — INTEGRATION + RETURN

8:30 AM – Final Morning Juice
9:00 AM – Closing Pilates & Breath Session
10:00 AM – “Reset & Realign: Maintaining Wellness After Your Detox” talk with Fleur
11:00 AM – Check-out + farewell gift

RESERVE YOUR PLACE





OPTIONAL ENHANCEMENTS (CHARGEABLE)

- Personalised Nutrition Consultation (1:1) — Tailored guidance with Fleur Bailey
- Transformational Life Coaching (1:1) — Forward-focused sessions with Corinna Rae
- Massages & Facials — Restorative therapies

WHY JOIN THIS RETREAT AT BURLEIGH COURT?

- Authentic country house setting — not staged, but rooted and real
- Evidence-backed benefits — cleansing, nature, and rest for body & mind
- Expert-led — Fleur Bailey for health, Corinna Rae for mindset
- A reset that lingers — not curated distractions, but a genuine renewal
- Laid-back luxury — intimate atmosphere with warm hospitality

INVESTMENT

Shared occupancy: from £1,200 per person

Private occupancy: from £1,500 per person

1. Cosy Room → £1,500
2. Comfortable Room → £1,650
3. Splendid Room → £1,850
4. Top Notch Room → £2,100

THE POWER OF PLACE

At Burleigh Court, retreating isn't about hiding from life — it's about gently returning to it. Through slow mornings, rambling gardens, fireside evenings, and locally inspired touches, you'll rediscover a rare kind of authenticity.

This January, gift yourself not a distraction, but a true reset — body, mind, and spirit.

RESERVE YOUR PLACE

