

Nervous System Reset Retreat – Jamaica 2027

Hosted by Saskia (The Wellness Club) & Molly.Scarlett.Therapy

This intimate healing retreat supports nervous system regulation, emotional healing, and deep reconnection to self in a peaceful Jamaican setting.

What's Included

- 1 7 nights accommodation in a luxury private villa
- 2 Villa transfers from Montego Bay Airport to the villa
- 3 Private female chef throughout the retreat
- 4 Traditional Jamaican meals prepared daily
- 5 Breakfast, lunch and dinner included each day
- 6 Sound bath & meditation sessions on the beach
- 7 Natural herb workshop for inner healing
- 8 Free time to relax and integrate
- 9 Welcome gift package

Healing Sessions with Saskia – The Wellness Club

- 1 Sound bath healing every morning
- 2 Daily meditation & breathwork sessions
- 3 Reiki healing sessions
- 4 Spiritual reading sessions
- 5 Self-love & emotional healing workshops
- 6 Beach healing & meditation experiences

Therapeutic & Mindset Workshops with Molly.Scarlett.Therapy

- 1 Understanding the fundamental rules of the mind & psychology of behaviour
- 2 The psychology of manifestation & Hermetic principles
- 3 Emotional regulation & nervous system reset workshop
- 4 Growth mindset & personal resilience
- 5 Root Cause Therapy workshop

Molly is an RTT therapist trusted by NHS services and works with evidence-based therapeutic approaches.

Special Guest Collaboration

A special guest collaboration masterclass will be announced soon.

Flights & Insurance

Flights and personal travel insurance are not included in the retreat package. Guests book their own flights to Montego Bay, Jamaica (MBJ Airport). Arrival coordination will be provided closer to the retreat date.

Booking & Payment Information

Total Retreat Investment: £2,222 per person.

Deposit to secure space: £499 (non-refundable).

The remaining balance (£1,723) is paid in **three instalments** of approximately **£574.33**, to be completed by July 2026.

Once your deposit payment is received, all relevant information and FAQ documents will be sent to you along with booking forms to sign.

Payment Methods

Deposits and payments can be made via:

- MollyScarlettTherapy.com
- PayPal via Saskia
- Bank transfer (details provided upon booking)

Payment details will be shared after enquiry confirmation.

Contact Information

For bookings and enquiries:

Molly: 07801 962809

Saskia: 07393 847191

Email: ThewellnessclubLeeds@gmail.com