

Osea Island



OUR VISION

One Island. Infinite Possibilities.

Retreats on Osea Island

Escape to the serene and secluded Osea Island, a hidden gem on the East Coast of Essex.

This private island, accessible only by a tidal causeway, offers an unparalleled sanctuary for wellness retreats.

Whether you're seeking to rejuvenate through yoga, sound healing, pilates, meditation, or other holistic practices, Osea Island provides the perfect backdrop for your journey to inner peace and vitality.



RETREATS

An Oasis of Tranquility

Osea Island boasts pristine natural beauty and a diverse wildlife population, with 400 acres of unspoiled landscapes including lush meadows, ancient woodlands, and tranquil beaches. The island's unique, untouched environment creates an idyllic setting for relaxation and rejuvenation, removed from the hustle and bustle of everyday life.



THE SPACES



The Power House

Flooded with natural light and sunshine, the Power House is an inviting and tranquil space for your wellness practices. With tall ceilings and large windows offering views of the surrounding fields, practices feel immersed in nature, with wooden flooring providing a warm and grounding foundation.



The Bomb Factory

Large, heated space perfect for practices in the evenings and winter months. The room acoustics are designed for live music, making it the ideal location for sound healing and gong baths. Adjacent to the space is a lounge area with sofas, extending into an outdoor seating area with fire pits.



The Grounds

Osea Island is surrounded by 550 acres of rustic gardens, orchards, meadows and salt marsh.. The properties and buildings are situated in the central 70 acres, and there are many trails and paths around the island to explore.

ADDITIONAL OFFERINGS



Wellness Treatments

Alongside your daily itinerary, we can offer a range of healing treatments by our expert practitioners, such as massage, reflexology and acupuncture.

We also have suppliers who can provide remote sauna pods and hot tubs to the Island.



Cold Water Swimming

Make use of the outdoor swimming pool to integrate cold-water therapies into your retreat - or just dip in the sea!



The Shack + Cinema

The Shack and Cinema room are available on request for a cozy games or movie night.



ACCOMMODATION

Accommodation

Our retreat accommodation includes the charming Village Apartments, located conveniently to the practice spaces in The Power House and Bomb Factory, as well as the swimming pool.

Whether you're hosting an intimate or larger retreat, Osea Island can cater to your needs with its versatile lodging options, ensuring every guest enjoys a restful and inspiring stay.

Accommodation hire includes use of the Power House and/or Bomb Factory for yoga/wellness practices. Additional spaces such as the Shack and Puffin pub available on request.



OSEA ISLAND

.....

ACCOMMODATION

Up to 24 solo occupancy

Up to 48 shared occupancy

Apartments Room Plan

Cherry Blossom - 2 x Double - sleeps up to 4 (1 bathroom & W/C)

Orange Blossom - 1 x Double, 2 x Twin w/ Single Beds - sleeps up to 6 (1 bathroom & W/C)

The Crow's Nest - 1 x Double, 1 x Twin w/ Single Beds, 1x Single in Hallway - sleeps up to 5 (1 bathroom)

Penthouse - 1 x Double, 1 x Twin w/ Single Beds, 1 x Singles in Hallway - sleeps up to 5 (2 bathrooms)

Observatory - 1 x Double, 1 x Room with 1 x Bunk Bed - sleeps up to 4 (1 bathroom)

Atlantic - 1 x Double, 1 x Twin w/ Single Beds - sleeps up to 4 (1 bathroom & W/C)

Garden House - 1 x Double, 4 x Twin w/ Single Beds - sleeps up to 10 (1 bathroom & shower room with W/C)

Rosetti - 3 x Double, 2 x Twin w/ Single Bed, 1 x Twin w/ Double beds - sleeps up to 14 (3 bathrooms)





Food

Wellbeing extends beyond physical practices, which is why we offer delicious, nutritious meals prepared with fresh, locally-sourced ingredients.

We work closely with a small team of chefs who share our ethos and understanding of healthy cuisine. Their menus are seasonal, and can be vegan or vegetarian, easily be catered to gluten free, dairy free, and other dietary needs

Find an example menu on the next page. Some retreat parties prefer breakfast, lunch and dinner, others brunch and dinner to give more time for activities. Everything is flexible, and you can chat with your chef to arrange a schedule that suits you.



Friday

welcome snack & drink

Peanut Butter Chocolate Bites
Plum Shrub w. Sparkling Water

dinner

Spicy Beans w. Peppers
Coriander & Charred Corn Quinoa
Pineapple Salsa
Tortilla Chips

Saturday

breakfast

Bircher w. Chia & Pumpkin Seeds, Berry Compote
Homemade Granola, Fresh Fruit, Yoghurt
Boiled Eggs, Bread
Nut Butter, Butter

lunch

Smokey Tahini Cauliflower
Cherry Tabbouleh w. Goats Cheese
Beetroot, Apple & Red Cabbage

snack

fairings biscuits

dinner

Leek & Pea Orzo
'Nduja' Butter Beans
Rocket Salad w. Roast Courgettes

Sticky Toffee Slice

Sunday

Breakfast

Bircher w. Chia & Pumpkin Seeds, Berry Compote
Homemade Granola, Fresh Fruit, Yoghurt
Boiled Eggs, Bread
Nut Butter, Butter

lunch

Parsley Hummus Ciabatta
Sun-dried Tomato Marinated Tempeh
Seed Dukka
Crisps

snack

Courgette Loaf

dinner

Caponata
Whipped Garlic Tofu
Wild Rice Salad, raisins, basil

Lemon Cheesecake

Sunday

breakfast

Bircher w. Chia & Pumpkin Seeds, Berry Compote
Homemade Granola, Fresh Fruit, Yoghurt
Boiled Eggs, Bread
Nut Butter, Butter

Access to the Island

While Osea Island feels like a world away, it is conveniently located just a short distance from London near the town of Maldon.

Access to the island is via an ancient causeway, built by the Romans. At every low tide, for a period of 4 hours, cars can be driven across. At high tide, there's a river taxi service from the mainland, the boat journey taking about 10 minutes.

On the island, each location is a short stroll away, and there are bicycles for taking leisurely rides around the tracks and paths.



PRICING

Nights	Shared Occupancy (single bed in a twin room or couple in shared double)	Solo Occupancy (private room)
2	£150 (€75 per person per night)	£300 (€150 per person per night)
3	£225 (€75 per person per night)	£450 (€150 per person per night)
4	£300 (€75 per person per night)	£600 (€150 per person per night)
5	£375 (€75 per person per night)	£750 (€150 per person per night)

EXAMPLE QUOTE: Apartment takeover (24 bedrooms) = £3600 per night

Includes:

- Accommodation
- Private use of practice space
- Use of kitchen, pantry, and eating areas for self-catering or chef use
- Use of swimming pool

Book a tour with us:
retreats@oseaisland.co.uk

