

Finally.

A Restorative Weekend for Women Who Need a Moment to Breathe

October 23-25, 2026 | Solon, Iowa

There comes a point where constantly pushing through no longer feels sustainable.

Finally. was thoughtfully created for women who are mentally exhausted, emotionally overstimulated, and craving a chance to truly slow down.

This boutique women's retreat is intentionally limited to just 10 women, creating a calm, personal, high-touch weekend centered around meaningful connection, nervous system restoration, creativity, and elevated self-care.

Retreat Philosophy

This weekend is designed to help women step away from constant responsibility and experience what it feels like to be cared for without needing to earn it.

No pressure to perform. No expectation to fix yourself. No packed itinerary designed to leave you more exhausted than when you arrived.

There is room here to talk, to laugh, to create, to rest, to be quiet, and to simply be.

The Weekend

Friday | October 23

3:00 PM - Hotel Check-In Begins

Settle into your room at The Literary Hotel and ease into the weekend at your own pace.

5:00 PM - Welcome Gathering & Gift Reception

Meet the women you will share the weekend with, enjoy light refreshments, and receive your curated retreat welcome gift.

6:00-8:00 PM - Guided Painting Experience

A relaxed, creative evening designed for connection rather than perfection. No painting experience is needed.

8:00-8:30 PM - Pause & Transition

A little breathing room to change, refresh, or simply be still before the evening closes.

8:30-9:00 PM - Ground & Unwind Yoga

A gentle somatic yoga experience focused on breath, intentional movement, and settling the nervous system before rest.

Saturday | October 24

8:30-9:30 AM - Slow Morning Breakfast & Coffee

A quiet, unhurried start to the day.

9:30-11:30 AM - The Permission to Pause

A guided, honest roundtable created for women who carry too much. This is space to vent, be heard, reflect, connect, and speak without needing to package your experience neatly for anyone else.

11:30 AM-12:30 PM - Create Your Own Essential Oil Blend

A sensory, hands-on workshop where each guest creates a personal essential oil blend to take home.

12:30 PM - Catered Lunch

A relaxed shared meal before the afternoon opens into personalized care and unstructured time.

1:30-6:00 PM - Personalized Restoration Time

Guests rotate through individualized treatments at Soothe while enjoying intentionally unstructured downtime for rest, journaling, reading, exploring Solon, or doing absolutely nothing.

Evening - Dinner at Your Leisure

Choose whatever feels right - dinner with new friends, a quiet meal, or time on your own.

7:00 PM - Restorative Frequency Experience

A calming sound immersion focused on deep rest, grounding, and nervous system regulation. Optional Reiki energy work will be quietly available for interested guests.

8:30 PM - Fireside Wind Down - Optional

Quiet connection and conversation around the fire before turning in for the night.

Sunday | October 25

9:00 AM - Gentle Morning Stretch & Breakfast

A soft, unhurried beginning to the final morning.

10:00 AM - Closing Bouquet Bar & Reflection

Create a hand-selected bouquet to take home while gathering one final time for reflection and closing thoughts.

11:00 AM - Hotel Check-Out

What's Included

- Full retreat programming and all scheduled experiences
- Guided painting experience and materials
- Create-your-own essential oil workshop and take-home blend
- One included Soothe treatment of your choice: 60-minute Relaxation Massage, Deluxe Facial, 60-minute Indian Head Massage, or 60-minute Japanese Scalp Treatment
- Friday welcome gathering and curated welcome gift
- Saturday catered lunch
- Breakfast on Saturday and Sunday
- Select beverages and snacks during retreat programming

- Preferred retreat guest pricing on optional additional Soothe services

What's Not Included

- Hotel accommodations
- Friday and Saturday evening meals
- Transportation
- Optional activities outside retreat programming

What to Pack

- Comfortable clothing
- Yoga mat
- Notebook or journal
- Water bottle
- Cozy layers for relaxation and the optional fireside wind down

Who This Retreat Is For

Finally. is for the woman who is tired of being the one who holds everything together.

The woman who feels mentally or emotionally exhausted. The woman who takes care of everyone else first. The woman who craves quiet, meaningful connection, beauty, creativity, and the rare experience of not being responsible for everyone in the room.

You do not need prior retreat experience. You do not need to arrive with a goal. You do not need to become a better version of yourself by Sunday morning.

You simply need permission to pause.

Location & Hotel

Finally. takes place in Solon, Iowa, with retreat lodging at The Literary Hotel - a charming boutique hotel located just steps from downtown and close to Soothe.

Hotel accommodations are booked separately directly through The Literary Hotel after retreat registration. Free parking is available for retreat guests.

The Literary Hotel: www.theliteraryhotel.com

Retreat Investment

Early Bird Pricing: \$849

Available through August 15, 2026

Standard Pricing: \$949

A non-refundable \$300 deposit is required to reserve your space. Payment plans may be available upon request.

Payment & Cancellation Policy

The remaining retreat balance is due no later than 45 days prior to the retreat start date.

Cancellations made more than 45 days prior to the retreat will receive a refund of payments made beyond the non-refundable deposit.

Cancellations made between 30 and 45 days prior to the retreat will receive a 50% refund of payments made beyond the non-refundable deposit.

Cancellations made within 30 days of the retreat are non-refundable.

Retreat registrations may be transferred to another approved guest up to 7 days prior to the retreat start date.

If the retreat is canceled by the organizer, all retreat payments made directly to the organizer will be refunded. The organizer is not responsible for separate hotel, travel, or outside booking expenses.

Accepted payment methods include cash, check, Venmo, and credit/debit card. A 3.5% processing fee applies to credit/debit card transactions.

Questions or Ready to Reserve Your Space?

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