



RETREATS

L'ORANGERIE DURAS

‘The orangerie is in an unparalleled spot as part of the chateau in the village, yet totally private. The amenities go beyond the norm.’

STAY WITH US



WELLNESS RETREATS

Autumn and Spring
from £1000 for 5 nights

ARTIST/ WRITER RESIDENCY

November – April
(please enquire)



SELF CATERING HOLIDAY RENTAL

July & August
from £4025/wk



ABOUT US

VENUE



Whether it's having coffee by the pool and watching the sunrise over the valley or sitting in the back garden taking in the magnificent Chateau, l'Orangerie is the perfect place to retreat from busy modern day life.



Renovated in 2019 by the current owner, Olly Price, the house is a calming mix of pale walls and stripped floors combined with iconic mid century furniture, French antiques and boutique luxury finishes. Whenever possible we also like to work with French artists to do pop up exhibitions around the house.



The house boasts six light and airy ensuite bedrooms, each with south-facing views of the Dropt valley. Crisp bed linen and deep pile towels from the White Company add a little luxury to each room alongside high-end shampoos/soaps and Toni and Guy hairdryers. The house also benefits from two fully equipped kitchens with numerous coffee machines, teapots and wine glasses! There are plenty of quiet indoor and outdoor areas to break out and read a book or to borrow a yoga mat and do your own practice.

All the activities on the retreats are optional. If you'd prefer to relax with a book by the pool, lie in, or take one of our Pashley bikes for a spin, then please... be our guest.





@borrowedlightflorals

Flower cloud installation, London

RETREATS

WELLNESS

L'Orangerie Duras offers a variety of intimate curated wellness retreats that combine learning, relaxation and fun in a luxury setting. The core focus of our retreats is to restore the mind and body and to relax.

We handpick experts in their field and curate programmes with them and a complementary chef to allow you time to immerse yourself in your chosen field for a few days. We don't want you to have to think about anything other than personal relaxation and reflection.

While every retreat is different depending on the focus of the week and who is leading it, they mostly follow a five-night structure that allows you to experience the local area alongside your course. We know guests love visiting local French markets and all our retreats offer the option to visit two of the best in the area, Duras on a Monday morning and the beautiful bastide town of Eymet on a Thursday.

We also partner with a local organic vineyard that still harvests grapes by hand and guests are invited to join a wine tasting and tour of the vineyard during their stay. Who knows, you may even want to buy one or two bottles to enjoy poolside as you watch the sun go down!

On many of our retreats we offer optional extras, such as: holistic massage, meditation and breath work, cookery courses and pilates and or yoga lessons. So whether it's yoga by the pool or meditation in the upper garden looking up at the Chateau – we've got your retreat covered!



@fobyogi



@mukun69

FITNESS RETREAT SAMPLE ITINERARY

SUNDAY	17:00	Arrivals – settle in
	18:00	Evening stroll around the village
	20:00	Dinner
MONDAY	08:00 – 09:00	CLASS Circuits & stretching
	09:30	Breakfast by the pool & free time
	10:30	Optional visit to Duras food market
	12:00 – 13:00	CLASS Couple workout
	13:30	Lunch
	14:30 - 17:30	Personal free time (Optional private courses/treatments by direct arrangement)
	17:30 – 18:30	CLASS Boxing/Kickboxing
	20:00	Dinner
TUESDAY	08:00 – 08:45	CLASS Circuits & stretching
	09:30	Breakfast by the pool & free time
	12:00 – 13:00	CLASS Couple workout
	13:30	Lunch
	14:30 – 17:30	Personal free time (Optional private courses/treatments by direct arrangement)
	17:30 – 18:30	CLASS Boxing/Kickboxing
	20:00	Dinner
WEDNESDAY	08:00 – 08:45	CLASS Circuits & stretching
	09:30	Breakfast by the pool & free time
	12:00 – 13:00	CLASS Couple workout
	13:30– 14:30	Lunch
	14:30 – 17:30	Optional wine tasting visit - Chateau Maubats
	18:00 – 1900	CLASS Boxing/Kickboxing
	20:00	Dinner
THURSDAY	08:00 – 08:45	CLASS Circuits & stretching
	09:30	Breakfast by the pool & free time
	10:00 – 12:00	Optional visit to Eymet food market
	12:00 – 13:00	CLASS Couple workout
	13:30	Lunch
	14:30 – 17:30	Personal free time (Optional private courses/treatments by direct arrangement)
	18:00 – 1900	CLASS Boxing/Kickboxing
	20:00	Optional dinner out in Duras or at home
FRIDAY	08:00 – 08:45	CLASS Wind down class
	09:30	Breakfast by the pool
	10:30	Depart for airport

FLORISTRY RETREAT SAMPLE ITINERARY

SUNDAY	17:00	Arrivals – settle in
	18:00	Evening stroll around the village
	20:00	Dinner
MONDAY	08:30	Breakfast by the pool
	10:00	DURAS FOOD MARKET
	13:00	Lunch
	14:30	Personal free time (Optional private courses/treatments by direct arrangement)
	16:30	GROUP COOKERY COURSE WITH CHARLOTTE USING PRODUCE FROM THE MARKET
	20:00	Dinner
TUESDAY	08:30	Breakfast by the pool
	10:00	VISIT TO FLOWER MARKET & CHOOSE FLOWERS FOR HAND TIE
	13:00	Lunch
	14:30	WORKSHOP
	16:00	Personal free time (Optional private courses/treatments by direct arrangement)
	20:00	Dinner
WEDNESDAY	08:30	Breakfast by the pool
	10:00	PART I OF DAY WORKSHOP (INSTALLATION)
	13:00	Lunch
	14:30	PART II OF DAY WORKSHOP (INSTALLATION)
	17:30	Personal free time
	20:00	Dinner
THURSDAY	08:30	Breakfast by the pool
	10:00	VISIT TO CHATEAU MAUBATS VINEYARD
	13:00	Lunch
	14:30	Personal free time (Optional private courses/treatments by direct arrangement)
	20:00	Dinner
FRIDAY	08:30	Breakfast by the pool
	10:00	Depart for airport

YOGA RETREAT SAMPLE ITINERARY

SUNDAY	17:00	Retreat participants start arriving
	18:00	Evening stroll around the village
	20:00	Welcome plant based dinner freshly prepared by Oat Kitchen
MONDAY	08:30	Tea, coffee, fresh fruit
	09:00 – 10:00	YOGA
	10:30	Breakfast by the pool
	11:00	Optional visit to Duras food market/downtime
	13:00	Lunch
	14:30	Personal free time (Optional private courses/treatments by direct arrangement)
	17:30 – 18:30	YOGA
	20:00	Plant based dinner freshly prepared by Oat Kitchen
TUESDAY	08:30	Tea, coffee, fresh fruit
	09:00 – 10:00	YOGA
	10:30	Breakfast by the pool
	11:00	Personal free time
	13:00	Lunch
	14:30	Personal free time (Optional private courses/treatments by direct arrangement)
	17:30 – 18:30	YOGA
	20:00	Plant based dinner freshly prepared by Oat Kitchen
WEDNESDAY	08:30	Tea, coffee, fresh fruit
	09:00 – 10:00	YOGA
	10:30	Breakfast by the pool
	11:00	Personal free time
	13:00	Lunch
	14:30	Optional visit to Chateau les Maubats or personal free time
	17:30 – 18:30	YOGA
	20:00	Plant based dinner freshly prepared by Oat Kitchen
THURSDAY	08:30	Tea, coffee, fresh fruit
	09:00 – 10:00	YOGA
	10:30	Breakfast by the pool
	11:00	Optional visit to Eymet food market/downtime
	14:00	Lunch
	15:30	Personal free time (Optional private courses/treatments by direct arrangement)
	17:30 – 18:30	YOGA
	20:00	Plant based dinner freshly prepared by Oat Kitchen or Possible dinner at local restaurant

@fabyogi



NOURISHMENT

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LOCAL, SUSTAINABLE, BALANCED



Food plays a huge part in any retreat and luckily we absolutely love food! We enjoy working with exciting chefs who use local, organic and seasonal produce wherever possible.

Chefs work closely with course leaders to ensure the menu is nutritionally balanced and appropriate to the itinerary. It is important to us that our dishes taste good, look good and make the guests feel good!

Above all else we want you to go home with some great memories. Weather permitting, we always try to have our meals outside by the pool in the morning sun or under the starry evening skies.

Many of our chefs also invite guests to join them shopping in the local market and then hold cookery courses when they get back to the house. It's all about the experience and we love sharing recipes and getting guests excited about locally sourced sustainable food.





SAMPLE MENU

BREAKFAST

'Lighthouse' granola, poached pear, Greek yoghurt

Homemade pastries

Fresh fruit

Soft boiled eggs + toasted sourdough

LUNCH

Spanish tortilla, leaf salad + pan con tomate

Roast Cauliflower & Portobello mushroom soup

DINNER

Marinated lemon + chilli chicken thigh with chargrilled leek

Herb gnocchi + chickweed

Charred hispi cabbage + roast garlic

@lighthauscafe



CONTACT

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