

Cape Cod Retreat



A Woman's Self-Care Herbal Retreat Rest, Replenish & Renew 2025

Cape Cod, Massachusetts

OPTION 1: [CLICK HERE](#)

Full day Retreat \$597
Saturday, August 9, 2025
10 PM - 6 PM

OPTION 2: [CLICK HERE](#)

Three-day Retreat \$1297
Friday, August 8 - Sunday, August 10, 2025
FRI: 3 PM - 8 PM
SAT: 10 AM - 8 PM
SUN: 10 AM - 4 PM

***Space is limited to 12 women**

WELCOME TO CAPE COD

- Coastal energy and oceanic elements
- Seaside walks, salt air, and beach rituals
- Emphasis on fluidity, emotional release, and heart healing
- Sessions may include:
 - Herbal teas and ocean-infused rituals
 - Nervous system resets with somatic movement
 - Restorative practices and storytelling

Does time by the sea on Cape Cod sound refreshing? With time just for you?

STEP INTO THE SACRED RHYTHM OF THE SEA

If you feel stretched too thin and want to unplug from daily life, join Kim for a full day (or choose 3 days) of replenishment, herbal learning, inspiration, sisterhood, and more!

Herbal classes, plant walks, ocean bathing, & guided meditation, yoga, ritual and more..
As well as time to reflect.

Play with the decks of tarot cards on the sunporch, practice some yoga, or explore the trails on our 63-acre botanical & wildlife sanctuary.

Or you may want to go off quietly to draw or journal.

This is YOUR day!

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As you cross over the Cape Cod Canal, gateway to “the Cape”, leave your worries on the mainland. By the end of our time together, women tell us they feel joyful, connected, grounded, replenished, inspired, empowered, calmer, resilient, nourished, rejuvenated, protected, beautiful.

We all live non-stop, with endlessly busy schedules, and work & family obligations leave us little time to *fill our own cup*.

This is your invitation to relax, laugh, and learn while immersing yourself with nourishment and some sacred downtime just for you.

HOW DO I KNOW IF THIS IS RIGHT FOR ME?

This retreat is designed for any woman ready to take the reins on her health. She is smart and knows a healthy, peaceful life starts with time for yourself. I've had women from all walks of life: female business owners, creatives, community leaders, mothers, and those committed to growth. Grab your sister, friend, co-worker, mother, daughter, or fly solo and get ready for an incredible day all for YOU.

WHAT'S PROVIDED:

- A beautiful Pure Love Botanicals Journal
- A surprise gift package for you
- Snacks are provided throughout the retreat when we are at Kim's property.
- You can bring along extra food - though the fridge space is limited. Consider a cooler for the day retreat - and stores are close enough by.
- We have plenty of Little Herb Shoppe Herbal Bug Spray (please refrain from bringing chemical options)
- Beautiful organic wild greens that we'll forage from the land to add to our salad!
- Delicious hot or iced teas will be provided, along with coffee alternative and spring or filtered water
- Lunch on Saturday will be provided (vegetarian) - Please let Kim know well ahead if you have any food sensitivities to gluten, dairy, etc and we'll do our best to accommodate.
- For the 3 day Retreat: Friday & Saturday dinner / Saturday & Sunday lunch are also included. (alcoholic beverages are not included)
- For the 3 day Retreat: Our weekend comes to a close with a magical whale watch off the coast of Cape Cod - Visit [HERE](#).

LODGING:

You'll be emailed a list of local hotels and local information. Lodging is arranged on your own. If women are interested in a weekend housing share, Kim can advise about finding a co-share rental house with the group splitting the cost.

Kim may have space for 1 or 2 women at her Cape house.

Please reach out to Kim with any questions at hello@PureLoveBotanicals.com

WHAT TO BRING:

- Yoga mats and props
- 2 Towels
- Blankets & pillows for yoga
- Linens for 3-day retreat depending on the type of lodging
- Yoga mat and props for yoga nidra
- Walking shoes for our plant walk
- Bring along a change of shoes
- Sandals or flip flops
- Sweatshirt, pants, and a change of clothes in case of inclement weather
- Rain jacket & a warmer jacket (just in case)
- Swimsuit – (of course, you're on Cape Cod!)
- Please bring enough cash or credit card to cover your meals and all lodging expenses, etc.
- You must email a copy of your signed waiver prior to the Retreat to hello@PureLoveBotanicals.com

You'll be emailed a final list of **What to Bring** along with Directions before our retreat.

WHAT'S NOT INCLUDED:

This all-inclusive experience covers just about everything except:

- Transportation during the retreat (although we may share rides)
- Lodging
- Activities and shopping (other than the whale watch that is included)
- Meals are not provided except lunch on Saturday (*3-day retreat includes Friday & Saturday dinner and Saturday and Sunday lunch)

PLEASE:

- No children or animals at the Retreat - This is special time for you to give only to yourself
- There is no smoking on the property. No drugs allowed during the retreat.

A TASTE OF THE EVENT:

- Pre-retreat online 1-hour Zoom gathering for us to set our intentions
- Restorative Yoga Nidra &/or Dance movement
- Plant walk
- Herbal Plant Meditation
- Forest Bathing or Ocean Bathing
- Sacred water ritual
- Meal(s) as discussed above
- Herbal Teas & spring water
- An incredible group of empowered, healthy women who care for themselves!
- A beautiful, transformative experience
- 3-day retreat: An evening film and group discussion

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- 3-day retreat only: Sunday Whale Watch cruise off of Cape Cod Whale watch in Provincetown, Hyannis - Visit [HERE](#).

Our final itinerary and directions will be emailed to you in July. The itinerary is subject to change at any time.

SOME OF OUR CLASSES:

Love the Skin You're IN!

Simple self-care and beauty rituals for beautiful hair & body Care!
Self-love is where it's at!

It's an Inside Job!

How to make delicious and super-nourishing herbal vinegars for salads.
And as a daily tonic for STRONG BONES and more!

Plant and Forest Walk

Meet both meadow & forest plants
In our herbal gardens and through our trails!
You'll be nibbling some new plants as we walk and talk....

Just What is a Healthy Nervous System?!

Practices and herbs to reduce anxiety, support immunity, digestion, and hormones.
And discussion and somatic practices to support vagal tone.

I can't wait to spend time with you on Cape Cod.

*"I scarcely know where to begin, but love is always a safe place."
– Emily Dickinson*