



WELLNESS RETREATS

RESTORE. RECONNECT. RENEW.

A private retreat experience surrounded by nature,
designed for well-being in every moment.



MASSAGE & SPA DAY



YOGA & MEDITATION



MINDFUL LIVING

— A PRIVATE RETREAT EXPERIENCE AT ANTLERS AT DEGRAY —

THE ANTLERS

Wellness Experience

WELLNESS. NATURE. CONNECTION.

Antlers at DeGray is more than a place to stay—
it's a destination designed for renewal.



NOURISH

Wholesome meals,
fresh air, and peaceful
surroundings to
recharge your body.



RESTORE

Relaxing amenities like
hot tub, sauna, and spa
therapies to renew
and reset.



MOVE

Yoga, meditation,
and outdoor spaces
that inspire movement
and mindfulness.



CONNECT

Meaningful time
together in a space
that brings people
closer.

A RETREAT THAT FEELS LIKE HOME, AND HEALS LIKE NATURE.

ANTLERS AT DEGRAY | LUXURY • NATURE • WELLNESS • CONNECTION

YOUR WELLNESS JOURNEY

A Sample Evening at Antlers

Slow down from the moment you arrive. From settling into the warmth of the lodge to sharing a nourishing meal, unwinding in the sauna, soaking beneath the trees, and ending the evening in quiet reflection, every moment is yours to enjoy at your own pace.



4:00 PM
ARRIVE & EXHALE



Arrive, take a deep breath, and let the pace of everyday life fade away.

5:00 PM
SETTLE & UNWIND



Sink into comfort, relax in inviting spaces, and reconnect with those who matter most.

6:30 PM
NOURISH



Enjoy a nourishing meal made for connection, conversation, and the simple joy of together.

8:00 PM
RESTORE



Refresh in the sauna and shower to release tension, detox, and renew your body.

9:30 PM
SOAK



Soak beneath the stars and let the warm water soothe your muscles and mind.

10:30 PM
REFLECT & RESET



End the evening in quiet reflection, restore your spirit, and reset for tomorrow.

MAKE IT YOUR OWN

Every retreat unfolds differently. Personalize your stay with moments of rest, connection and restoration, with additional wellness experiences available by arrangement.



SPA & RELAXATION

Unwind. Restore. Indulge.



At Antlers at DeGray, wellness is woven into every detail. From soothing soaks and cleansing steam to restorative massage and cozy spaces to unwind, every amenity invites you to slow down and recharge.

Take care of yourself—so you can be fully present for what matters most.



Designed for relaxation.
Curated for restoration.
Made for meaningful moments.



MASSAGE CHAIR

Ease tension and melt stress away with a full-body massage after a day of adventure or relaxation.



HOT TUB

Soak under the stars, let the warm water soothe your muscles, and feel the stress drift away.



SHOWER & SAUNA

Refresh with a luxurious rain shower or unwind in the sauna to detox, rejuvenate, and restore.



RELAX

Unwind in inviting spaces created for pure comfort and calm.



SOAK

Warm water therapy to soothe, unwind, and refresh your body.



RESTORE

Renew your body and mind in a peaceful, natural setting.

YOGA & MEDITATION

Breathe • Move • Be Present

Surrounded by nature and the quiet beauty of Antlers at DeGray, create space to slow down, reconnect and move with intention. From an energizing morning flow to gentle stretching and peaceful meditation, your practice can unfold naturally throughout the estate.



YOGA

Move your body, strengthen your spirit, and find balance.



MEDITATION

Quiet your mind, reduce stress, and cultivate inner peace.



BREATHWORK

Harness the power of breath to restore energy and clarity.



MINDFUL MOVEMENT

Gentle movement that supports awareness and well-being.



Private instruction may be arranged upon request.
Yoga mats and basic props are provided.



NURTURE YOUR BODY. CALM YOUR MIND. CONNECT WITH NATURE.

MINDFUL LIVING

Slow Down • Reconnect • Simply Be

Wellness doesn't always need an itinerary.

Sometimes it is a quiet morning,
an unhurried conversation, a walk beneath
the trees or simply sitting still long enough
to notice what's around you.

At Antlers at DeGray, expansive natural
surroundings and comfortable gathering
spaces invite you to disconnect from the
everyday and reconnect with yourself,
with nature and with the people
who matter.



REFLECT

Create space to pause,
be present and listen
to what matters.



CONNECT

Strengthen relationships
and build memories
that last long after
you leave.



WANDER

Explore wide-open spaces,
quiet trails and the beauty
of nature all around you.



REST

Recharge your body,
calm your mind and return
home feeling renewed.

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NURTURE YOUR BODY. CALM YOUR MIND. CONNECT WITH NATURE.



NOURISH & GATHER

Eat Well • Gather Slowly • Connect Deeply



Wellness continues around the table.
At Antlers at DeGray, shared meals become
moments to slow down, reconnect and simply
enjoy being together.

From nourishing meals around the dining table
to relaxed outdoor cooking surrounded by
nature, there is space to savor good food,
meaningful conversation and unhurried
time together.



Private culinary services may be
arranged upon request.



NOURISH

Fuel your body with
fresh, wholesome food
made to be enjoyed.



SHARE

Good food brings people
together and creates
lasting memories.



SAVOR

Savor each bite,
slow down and
be present.



CONNECT

Meaningful conversations
and unhurried time create
deeper connections.



UNWIND UNDER THE STARS

Quiet rituals for a restorative evening

As the day comes to a close, let the night bring a new kind of wellness. Step outside, breathe in the fresh air and reconnect—with nature, with others and with yourself.

Whether you're gazing at the stars, sharing stories around the fire or enjoying a quiet moment of reflection, the evening at Antlers at DeGray is yours to savor.



Simple moments.
Natural surroundings.
Lasting connection.



STARGAZING

Look up and be present in the wonder of the night sky.



MOONLIGHT MEDITATION

Breathe deeply, find stillness and enjoy a peaceful moment of quiet or guided meditation.



FIRESIDE REFLECTION

Gather, share stories and reflect around the warmth of the fire.



TEA & JOURNALING

Sip herbal tea, journal your thoughts or enjoy meaningful conversation on the porch.



DIGITAL DETOX

Put the screens away and embrace the natural quiet of the night.





LEAVE RESTORED

Take the feeling with you.

After a final morning surrounded
by nature, share one last
moment together and leave
Antlers at DeGray refreshed,
reconnected, and ready for
what comes next.



THE RETREAT MAY END HERE.

The feeling doesn't have to.





ANTLERS — AT DEGRAY —

20-Acre Private Retreat
in the Heart of Nature

YOUR RETREAT AWAITS

Come for the escape. Leave feeling restored.

At Antlers at DeGray, wellness unfolds naturally—through fresh air, quiet spaces, movement, connection and time to simply be.

Set across 20 private wooded acres, this is your place to step away from the everyday and return feeling renewed.

BREATHE • RESTORE • RECONNECT

BOOK YOUR STAY



airbnb.com/h/antlers-at-degray-unique-stunning-and-spectacular



VISIT OUR WEBSITE
antlersatdegray.com



INQUIRE / BOOK DIRECT
stay@antlersatdegray.com



CALL OR TEXT
(501) 538-8080

WE ALSO HOST A VARIETY OF EVENTS



Weddings



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Anniversaries



Birthday
Celebrations



Wellness
Retreats



Corporate
Retreats



Graduations



Holiday
Gatherings

This is just one event we can offer.

We offer many more to make your occasion unforgettable.

SCAN TO EXPLORE VIRTUAL TOUR



Note: Some images are AI-generated to illustrate potential wedding experiences. View the real property and immersive virtual tour here:
<https://snapmagicmedia.hd.pics/Antlers-At-DeGray/>



20 PRIVATE
WOODED ACRES
Total seclusion and
natural beauty



LUXURY
AMENITIES
Comfort, style and
high-end features



OUTDOOR
EXPERIENCES
Fire pit, lake, hot tub,
and more



SPACIOUS
ACCOMMODATIONS
Designed for large groups
and special occasions



PEACEFUL
SURROUNDINGS
Reconnect with nature
and with each other



READY TO PLAN YOUR ESCAPE? |

BOOK NOW ON AIRBNB

| OR CONTACT US DIRECTLY →

