



THE COACH HOUSE

HEALTH CLUB & SPA



WELCOME

ETHOS

At The Coach House, our ethos is simple. We believe in a holistic approach to wellness that is natural, nurturing and grounded. As you nourish your body and mind with food, exercise and rest, we aim to compliment your stay with our wide array of treatments and offerings.

NATURE

Nature is calming which is why we have brought her into The Coach House... Beaverbrook's Head Gardener of 13 years, Elliot Beveridge, has sown an apothecary garden with medicinal plants and flowers that we use in treatments and teas. Herbal tinctures and remedies are also available in The Boutique & Apothecary.

We partner with a range of boutique brands from across England, all of whom work in an artisanal way and share our 'natural' ethos and passion for botanical active ingredients. We take nature's healing powers even further for guests who consult our resident Naturopath.

ARTFUL DESIGN

Light and water ripple through the spa bringing it alive with the essence of nature. In an imaginative design by multi-talented artist Brian Clarke, elemental aspects of the surrounding landscape flow into the spa - leaves, flowers, even the sky itself, infuse the uniquely devised spaces.

EXPERTISE

Our wish to create a lasting experience for our guests lies behind our very personal approach. While treatments are listed to help you choose, your therapist can tailor your choice to meet your specific wishes.

THE BOUTIQUE AND APOTHECARY

Offering a range of beauty products, apparel, and jewellery and gift items.

FACILITIES

THE SWIMMING POOLS

The indoor pool is perfectly suited for relaxation. Children's swimming hours are between 10am-12pm and 3pm-5pm. Parents must accompany children under 16. Full Terms and Conditions are available at The Coach House. Families with children under 13 are asked to use the family changing room.

The Spa is a place of tranquility and contentment. Please respect guests' right to privacy and quiet. There is a no-smoking and no mobile phone policy within the spa spaces.

THE THERMAL SPA

The Thermal Spa offers a natural, tranquil atmosphere and includes a jacuzzi, steam room and sauna.

THE GYM

The Gym sits on the first floor of The Coach House with lots of natural light and views over the landscape. Equipment from Technogym Artis, free weights and a private stretching area are available. Children are not permitted in The Gym (16+).

THE DELI

Serving juices and snacks throughout the day, as well as wholesome and tasty flatbreads and salads at lunchtime from 12pm-3pm (longer lunch hours on Saturdays).

SPA TREATMENTS

For more information about what each treatment entails, please call the Spa Reception.

PRICE LIST

COACH HOUSE MESSAGES

Prices Starting From

Tailored Massage	60/90min	£175/£235
Specialised / Biodynamic Massage	60/90min	£180/£250
Maternity – Nurturing New Life	60/90min	£175/£235

COACH HOUSE BODY TREATMENTS

Full Body Exfoliation #	30min	£100
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Pre-treatment enhancement, perfect addition to all other treatment combinations

COACH HOUSE FACIALS

Refreshing Facial	30min	£100
Therapi Ultra Radiance Honey Facial	60/90min	£175/£235
Sportsman's Proverb Facial	60/90min	£175/£235
Apothecary Meadow Facial	60/90min	£175/£235

COACH HOUSE SPA DAYS & RETREATS

Seasonal Journeys	Full Day	From £350
Wonderful Woman	Full Day	From £350
Remarkable Man	Full Day	From £350
Gift of Love	Full Day	From £350
Time Together	Full Day	From £680

Visiting Masters and Nature led retreats inspired by the Druid Calendar, see the website for further information;
www.beaverbrook.co.uk

INTEGRATED WELLNESS

Prices Starting From

Initial Naturopathic Consultation	90min	£260
Naturopathic Follow-up Consultation	45min	£155
Osteopathic Assessment & Alignment	45min	£140
Osteopathic Follow-up Session	30min	£100
Reflexology	60/90min	£180/£250
Hyperbaric Oxygen Session	45min	£75
Hyperbaric Oxygen Course (6 Sessions)	6x45min	£390
Intravenous Vitamin Infusions *	from	£199

**Pre-consultation recommend for any recommendations with our Naturopath*

MOVEMENT & FITNESS

Prices Starting From

1:1 Personal Training	60/90min	£90/£135
1:1 Yoga	60/90min	£90/£135
1:1 Pilates / Reformer	60min	£90
Classes		£20

Personal training packages are also available

MEMBERSHIP

£3500 annually plus Joining Fee.

Information available on request. Please email your enquiry to wellness.membership@beaverbrook.co.uk

THE FACTS

RESERVATIONS

Please book in advance to avoid disappointment and advise us of any health conditions so we can suggest suitable treatments.

CANCELLATION POLICY

You may cancel or reschedule your reservation without charge up to 48 hours' in advance of your appointment time. Reservations made within a 48-hour period may not be changed or cancelled. A cancellation or change to booking time less than 48 hours before a treatment booking incurs 100% charge. To cancel or change your appointment time please contact The Coach House Reception:

- tel: +44 (0)1372 571 306
- email: thecoachhouse@beaverbrook.co.uk

GIFT CERTIFICATES

We offer Coach House Health Club and Spa gift vouchers available to purchase through our website.
www.beaverbrook.co.uk

SPA ARRIVAL

We suggest arriving 20 minutes prior to your treatment time to make the most of our facilities. A late start may shorten the length of treatment.

SPA ETIQUETTE

TREATMENTS

Please note that we do not differentiate between our male and female therapists, but should you have a preference, please make a request when making your booking reservation and we will try to accommodate you.

CHILDREN

Children under 16 must be accompanied by a parent. Family swimming times apply.

HEALTH

First-time visitors are asked to complete a confidential health assessment form. We recommend you refrain from alcohol for a few hours before and following all treatments.

PREGNANCY

We offer treatments designed especially for mothers-to-be in their second and third trimesters. We offer nail and facial treatments during all trimesters.

LOSS OR DAMAGE

We regret that we do not accept liability for any personal items that you bring.