



# THE COACH HOUSE

HEALTH CLUB & SPA

# WELCOME

Here in the heart of the Surrey Hills, surrounded by ancient woodlands, you are invited to disconnect from the outside world and tune into your surroundings. Allow the sound of birdsong and the view of nature to calm the mind and centre you in the present moment.

It's this feeling of pure peace, achieved through an undisturbed immersion in nature, that we celebrate here at The Coach House.

The Coach House Health Club & Spa is home to a range of advanced fitness facilities, six treatment rooms, three heated swimming pools, a hyperbaric oxygen chamber, and a thermal spa.

Resident and visiting masters of naturopathy, reflexology and movement lead treatments and classes designed to guide you towards optimum health, and our resident therapists perform traditional spa treatments for face and body – each one intended to ignite your inner calm.

Our three signature treatments feature a bespoke blend of ancient rituals carefully curated by our resident master of treatments Lino Zinchi to leave you feeling more connected – to yourself, to nature or to your greatest potential.

Each facial and bodywork treatment incorporates products made by artisanal producers in the United Kingdom that share our appreciation for nature and respect the finest traditions of the land. AS Apothecary, Therapi and Proverb's natural and organic products hone nature's potency to enhance the results of each treatment.

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# RITUALS

## **Meadow Hut Signature**

*Reconnect to yourself*

This treatment takes place in our meadow hut – a tranquil sanctuary surrounded by nature, set just a stone’s throw from The Coach House. After a rosemary and sage smudging ritual to cleanse the energy around you, your therapist will perform an invigorating full-body massage to encourage deep inner calm, and guide you through a series of breathing exercises to keep your mind aware of every touch. A sound bathing ritual – using chimes, Tibetan bowls and gongs – draws you even deeper into this unique state of conscious relaxation, grounding you in the present moment, allowing you to switch off from the outside world and bathe in the lasting effects of the treatment.

**90 minutes £260**

## HAMMAM

### Sensorial Signature

Awaken your true potential

This transformative treatment is a multi-sensory experience designed to align you with your higher self. Vibrational sound therapy balances your chakras, while guided shamanic breathing practices encourage life-force energy to flow freely through the body. Biodynamic bodywork draws you into a dreamlike state of relaxation, enabling you to access the subconscious mind. Visualisation exercises leave you feeling realigned with your purpose, clear in your intentions, and equipped to take action towards your deepest desires.

180 minutes £600

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## Seasonal Signature

Align with the season

Just as nature is ever-changing, so too are our body's needs. Busy urban lifestyles can disconnect us from nature and distract us from the inner nudges that guide us towards balance. Each seasonal treatment at Beaverbrook has been carefully designed to incorporate the rituals we are most in need of to restore harmony on a physical and emotional level.

Plant-powered products, created exclusively for Beaverbrook by AS Apothecary, are used to enhance the treatment benefits. Each bespoke blend is crafted from locally sourced, seasonal ingredients. For optimum alignment, pair your

Seasonal Signature treatment with our seasonal IV infusion

90 minutes £245

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# BODYWORK TREATMENTS

## **Biodynamic Bodywork**

This therapeutic treatment uses a range of tension-relieving techniques to alleviate physical, energetic and emotional symptoms such as migraines, muscle tension, joint pain, stress, anxiety, mental fog, fatigue, low energy, insomnia and digestive issues.

When extended to 90 minutes and above, hot stones can be incorporated and used as an extension of the therapist's hands to unlock tight muscles.

60 / 90 minutes £190 / £260

## **Tailored Massage**

An intuitive journey crafted uniquely for our guests. In this bespoke treatment, therapist takes time to understand goals, preferences, and health history. From there, they curate a deeply personal treatment, drawing from a refined palette of techniques, from deep, restorative release to light, flowing strokes and so on. Guided by body's subtle cues, each moment is designed to dissolve tension, awaken vitality, and invite deep inner calm. A harmonious fusion of precision and presence.

60 / 90 minutes £180 / £245

## **Lymphatic Treatment**

A delicate yet powerful treatment designed to stimulate your body's natural detoxification process. The treatment is performed face-up to allow the therapist to drain and relieve water retention, using gentle, rhythmic strokes with light, precise gentle pressure to encourage lymphatic circulation, reduce fluid retention and enhance immunity. It also promotes a healthy, radiant complexion and supports recovery after travel or exertion. The result is a profound sense of lightness, revitalization, and inner balance, perfect for those seeking a deeply restorative and refreshing experience.

60 minutes £180

## **Maternity Massage**

Allow us to take care of you as you nurture new life through your second and third trimesters. This restorative treatment features a gentle rosehip scrub ritual and full-body massage using organic oils and balms to keep your skin supple and free from stretch marks.

60 / 90 minutes £180 / £245

## **Reflexology**

Through precise pressure point work on the feet, this treatment restores energy flow and circulation throughout the body to relieve tension and target common concerns including burnout, abdominal bloating, infertility and hormone imbalance.

60 / 90 minutes £180 / £245

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# FACIALS

## **Therapi Honey Facial**

Drawing on the regenerative and healing properties of two natural ingredients – honey and propolis – this deeply nourishing facial stimulates collagen production to reduce the appearance of fine lines and enhance your skin’s natural radiance.

60 / 90 minutes £180 / £245

## **Apothecary Meadow Facial**

This treatment harnesses the power of plants to enhance skin’s natural radiance. Products from AS Apothecary – created from wild-harvested ingredients, grown organically on the Isle of Harris – are used to cleanse, exfoliate, tone and moisturise the skin, revealing a clear and dewy complexion.

60 / 90 minutes £180 / £245

## **Proverb Natural Facelift**

The Skin Workout Facial is a specially designed natural facelift. A high-performance facial treatment that helps to reduce signs of stress, fatigue, and tension headaches. This intensive facial spa treatment combines targeted massage techniques to lift, contour, and tone the skin, giving you an instant boost of radiance and energy. Cryo balls and Black Obsidian sculpt and rejuvenate face. Enjoy the benefits of improved circulation, increased elasticity, and a youthful, plumped complexion with this powerful skin workout.

60 minutes £180

# INTEGRATED WELLNESS

## **Hyperbaric Oxygen Therapy**

This treatment takes place in our hyperbaric oxygen chamber and requires no more than to simply breathe inside the chamber – the high-pressure atmosphere of which delivers up to 20 times more oxygen into the bloodstream. The benefits of this unique therapy include improved mental and physical performance, boosted immunity and cellular regeneration.

Each session will leave you feeling refreshed and energised, and can be carried out before your workout to increase energy levels, or after your workout to encourage muscle repair.

**From 45 minutes £75**

## **Naturopathy**

Through natural healing practices and improved nutrition, this treatment harnesses the healing power of nature to treat illness, prevent disease and optimise your overall health. Led by our resident master of naturopathy Camilla dos Santos, each one-to-one consultation can be targeted to alleviate a range of concerns such as abdominal bloating, as well as symptoms associated with adrenal fatigue and perimenopause.

**60 / 90 minutes £180 / £245**

## **Vitamin Infusions**

Due to their fast-acting nature and high absorption rate, IV infusions are the optimal way to infuse your body with essential vitamins. Together with our partners at NADclinic, we have developed four formulations to alleviate symptoms associated with the relevant time of year – such as lethargy and low immunity. Bespoke infusions are also available upon request following a consultation.

**60 minutes £180**

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# MOVEMENT

## **Reformer Pilates**

Renowned for the benefits it provides to posture, flexibility, stamina, and strength, Pilates is a low-impact full-body workout designed to encourage peak performance and prevent injury. Our gym studio is home to a reformer bed – apparatus invented by Joseph Pilates – so you can choose to have your session take place on the mat or the reformer.

**60 minutes £125**

## **Yoga**

Rooted in ancient traditions, this practice blends physical movement (asanas), mindful breathing (pranayama) and meditation to foster deep self-awareness and overall well-being. Each session integrates flowing sequences, grounding postures and restorative relaxation, creating space for both strength and surrender.

**60 minutes £125**

## **Personal training**

Our one-to-one personal training sessions are suitable for athletes and beginners alike. Led by our resident master of movement Ross Gillanders, each session can be tailored to suit your strength-building, endurance or flexibility goals.

**60 minutes from £100**

Group exercise classes also run regularly in our gym and studios. You can view our timetable at reception or online at [beaverbrook.co.uk](http://beaverbrook.co.uk)

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## **Reservations**

Please book spa days and treatments in advance to avoid disappointment. If you are pregnant or suffering from any health conditions, please inform our spa team at the time of booking so we can recommend the most suitable treatments.

## **Cancellation policy**

You may cancel or reschedule your reservation without charge up to 48 hours in advance of your scheduled appointment time. Reservations made less than 48 hours prior to your treatment may not be changed or cancelled. Cancellations or changes to your booking made less than 48 hours before your scheduled treatment time incur a 100% charge. To cancel or change your appointment time please call The Coach House Health Club & Spa Reception on +44 (0)1372 571 306 or email [thecoachhouse@beaverbrook.co.uk](mailto:thecoachhouse@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 your treatment.

## **Treatments**

Our treatments are carried out by male and female therapists. Should you have a preference, please inform us at the time of booking and we will try to accommodate your request.

## **Children**

Guests under 16 must be accompanied by an adult. Family swimming times apply.

## **Health**

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

## **Pregnancy**

We offer a selection of treatments designed for mothers-to-be in their second and third trimesters. Nail and facial treatments are suitable for all stages of pregnancy.

## **Gift vouchers**

Gift vouchers for The Coach House are available to purchase through our website.

## **Loss or damage**

We do not accept liability for the loss or damage of any personal items you bring into The Coach House. Please store your personal belongings securely in the lockers provided for the duration of your visit.