



2025/2026 HIRE

Create your perfect wellness retreat





RETREAT INTO NATURE

A WOODLAND ESCAPE

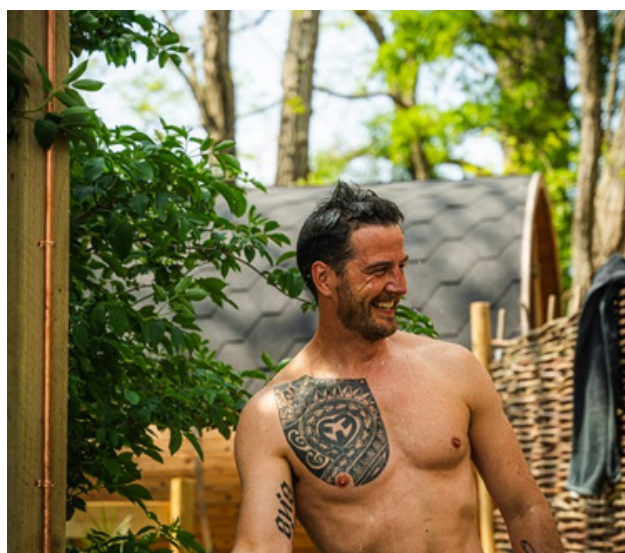


Relax in nature's embrace, improve your health and wellbeing.

HOT & COLD THERAPY

COTSWOLDS BEST

Our speciality is in creating the best hot and cold therapy experience, with on hand guidance to make sure you have the best knowledge and support to enjoy our facilities.





SAUNA SCRUB

Using a salt scrub in conjunction with a sauna session can be a deeply cleansing and rejuvenating experience. Here are the steps to follow for optimal results:

- 1.Shower: Take a shower to clean your skin.
- 2.Enter the Sauna: For about 5-15 minutes. This initial phase will help you start sweating and open your pores.
- 3.Exit the Sauna: Allow your body to cool down and gently rinse off.
- 4.Apply the salt scrub and gently massage in circular motions.
- 5.Exit the Sauna: Allow your body to cool down and gently rinse off.
- 6.Apply the salt scrub and gently massage in circular motions.
- 7.Exit the Sauna: Allow your body to cool down and gently rinse off.

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PAMPER PACKAGES

ORGANIC, NATURAL, LUXURY

Elevate your sauna experience with our Pamper Package: Enjoy a luxurious body scrub to invigorate your senses, an aroma blend roller ball to bring deep calm, and a sweet treat to indulge in for the perfect finishing touch.



GRAZE DELIGHTS

THE PERFECT ADDITION TO YOUR
EVENT HIRE (MINIMUM 2 HOUR
HIRE RECOMMENDED)



Beautiful, indulgent, delicious grazing
platters from The Cotswold Platter
Co. to refuel after your hot and cold
therapy session.

YOGA + BREATHWORK

SLOW DOWN, BREATHE DEEP



Add a yoga or breath-work class to
your experience, hosted in our new
Woodland Stretch Studio, keeping
you in nature, grounding you, and
leaving you lighter than when you
arrived.





OUR SAUNA

PERFECT HEAT

Our eight-ten person Barrel sauna with its panoramic window is a stunning center piece to our hot and cold therapy facilities, featuring Huum's innovated heating system for the perfect sauna.



ICE BATHS

COLD IN NATURE

All our ice baths are custom made by us. This means we can make sure they are the biggest, coldest and most beautiful ice baths out there. Designed to accommodate those over 6 foot with ease and there is even room for two if you want a shared challenge. We have 3 ice baths for you to choose from.





UNLIMITED OXYTOCIN

NATURE HITS DIFFERENT

Your special occasion will not only be incredible fun, but will also increase your happy hormones, decrease anxiety and improve your mental and physical health.





BASIC HIRE PRICE LIST

INCLUDES PRIVATE USE OF SAUNA /
ICE BATHS AND RELAXATION
SPACES

50 MIN PRIVATE USE

Up to 8 persons: £144.00

Up to 10 persons: £180.00

110 MIN PRIVATE USE

Up to 8 persons: £280.00

Up to 10 persons: £325.00

FOR MORE THAN 10 GUESTS WE
RECOMMEND A MINIMUM OF 110
MINS HIRE TO ALLOW FOR ALL TO
USE THE SAUNA AND ICE BATH
SPACES.

110 MIN PRIVATE USE

11-20 persons: £31.00pp



ADD YOGA OR BREATH-WORK TO YOUR EXPERIENCE

RESET YOUR NERVOUS SYSTEM

MINIMUM 5 PERSONS (FOR LESS PEOPLE PLEASE GET IN TOUCH FOR COST)

Wim Hof Method Breath-work - 1 hour class: £18.00pp

Slow Flow Yoga with Resorative Rest - 1 hour class: £18.00pp

Vinyasa Flow Yoga - 1 hour class: £18.00pp

*All prices include VAT



ADD OUR PAMPER PACKAGE

GLASS OF NON-ALCOHOLIC PROSECCO

PAMPER BAG WITH SALT SCRUB, AROMA BALL, SWEET TREAT & ANCIENT & BRAVE TRUE HYDRATION SACHET

SELECTION OF HERBAL TEAS

PAMPER PRICE

5-9 persons: £56.00pp

10-14 persons: £45.00pp

15-20 persons: £36.00pp

*MINIMUM OF 110 MINS HIRE
REQUIRED WITH PAMPER PACKAGE*

Example:

*110 min site hire for up to 8
persons £280.00*

*Pamper package for 5 people
£56.00pp*

TOTAL COST: £560.00

ADD COTSWOLD PLATTER CO. TO YOUR HIRE

TAYLOR MADE FOR YOUR EVENT

Prices based on individual requirements. Minimum order of one standard platter required. £12 delivery charge applies. Minimum sauna 110 mins recommended. Can cater to all dietary requirements.

Platter choices and prices available at thecotswoldplatterco.com



STUDIO HIRE

FOR THOSE LOOKING TO CREATE THEIR OWN RETREAT DAY OR SPECIAL EVENT, OUR WOODLAND STUDIO IS AVAILABLE TO HIRE

SUITABLE FOR 10-12 PARTICIPANTS (FITS 15 MAX WHEN "VERY FRIENDLY")

HEATED WITH WOOD-BURNING STOVE & FULLY EQUIPPED WITH YOGI BARE YOGA MATS, BOLSTERS, BLOCKS, STRAPS & BLANKETS. ALSO AVAILABLE, 10 LUXURIOUS MEDITATION MATTRESSES.

HIRE PRICE

1 Hour: £45.00

1/2 Day (5 hours): £190

Full Day (10 hours): £360.00

