



2026 RETREAT HIRE

Create your perfect wellness retreat





Retreat Hire Brochure

Contents

Hot & Cold Therapy-----	Page 03
Our Sauna and Ice Baths -----	Page 04
Studio Hire -----	Page 05
Studio Amenities -----	Page 06
Sauna, Ice Bath & Relaxation Area Hire -----	Page 07
Sauna, Ice Bath & Relaxation Area Amenities -----	Page 08
Yoga & Breath Work -----	Page 09
Graze Delights -----	Page 10
Pamper Package -----	Page 11
Prosecco Package -----	Page 12
Unlimited Oxytocin -----	Page 13



RETREAT INTO NATURE

A WOODLAND ESCAPE

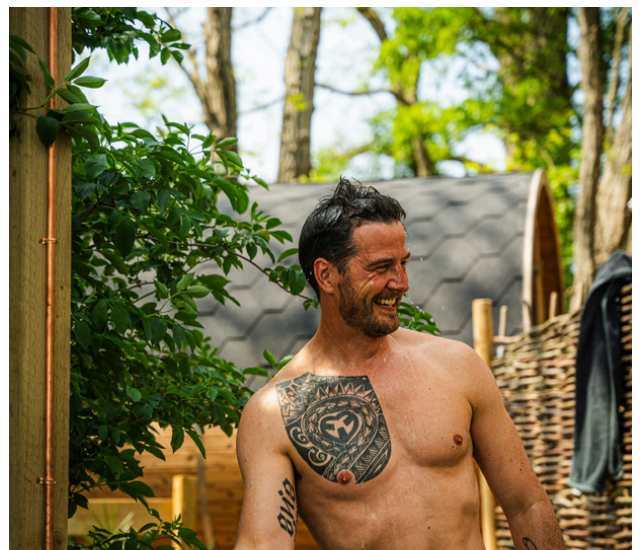


Relax in nature's embrace, improve your health and wellbeing.

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.





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.





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 FOR MOVEMENT

(FITS 14 MAX WHEN "VERY FRIENDLY")

FOR NON-MOVEMENT USE, A MAX OF 20 PEOPLE CAN ENJOY THE SPACE

HIRE PRICE

1 Hour: £45.00

1/2 Day (5 hours): £190

Full Day (10 hours): £360.00





STUDIO HIRE

WHAT YOU'LL FIND IN THE STUDIO

YOGI BARE YOGA MATS

YOGA BLOCKS

YOGA STRAPS

MEDITATION MATTRESSES

EYE PILLOWS

BOLSTERS

BLANKETS

DRINKING WATER

WOOD-BURNING LOG FIRE

FIRE SUPPLIES

BLUETOOTH SPEAKER

BATTERY OPERATED CANDLES

SHOE STORAGE

PERSONAL LOCKERS (OUTSIDE STUDIO)





SAUNA, ICE BATH & RELAXATION AREA HIRE

HIRE PRICE

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: £288.00

Up to 10 persons: £360.00

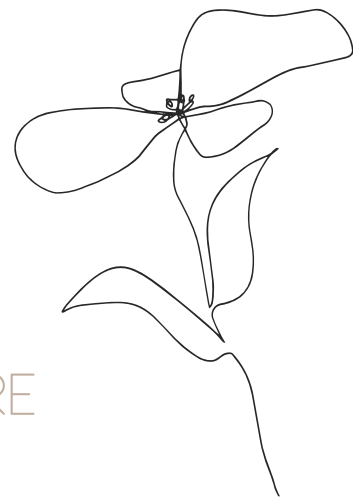
FOR MORE THAN 10 GUESTS WE
RECOMMEND A MINIMUM OF 110
MINS HIRE TO ALLOW FOR ALL TO
USE THE SAUNA AND ICE BATH
SPACES.

110 MIN PRIVATE USE

11-20 persons: £34.00 per person



*All prices include VAT



SAUNA, ICE BATH & RELAXATION AREA HIRE

WHAT YOU'LL FIND IN THE SPACE

- 10-PERSON BARREL SAUNA
- 3 TEMPERATURE-CONTROLLED ICE BATHS
- COLD RAINFALL SHOWER
- DRINKING WATER
- FIRESIDE SEATING & LOUNGER AREA
- CHANGING ROOMS
- LOCKERS





YOGA + BREATH WORK

SLOW DOWN, BREATHE DEEP,
RESET YOUR NERVOUS SYSTEM

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



YOGA PRICE

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

Vinyasa Flow Yoga - 1 hour class: £18.00pp



BREATHWORK PRICE

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

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



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.

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



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 OUR PROSECCO PACKAGE

ADD A TOUCH OF SPARKLE TO YOUR SCENIC SAUNA EXPERIENCE WITH OUR PROSECCO PACKAGE. ENJOY A GLASS OF ICE-COLD, NON-ALCOHOLIC PROSECCO, PERFECTLY CHILLED AND READY TO SIP AS YOU RELAX AND SOAK IN THE VIEWS.

PROSECCO PRICE
£10.50PP





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.



