



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.

FACILITIES

THE INDOOR POOL

The indoor pool is perfectly suited for relaxation. Children's swimming hours are between 10am-12pm and 3:00pm-5.00pm. 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 THERMAL SPA

The Thermal Spa offers a natural, tranquil atmosphere and includes a jacuzzi, steam room and sauna. The English Bath House, a variation to the traditional hammam is available for individual treatments.

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.

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).

THE BOUTIQUE AND APOTHECARY

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

SPA TREATMENTS

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

PRICE LIST

TAILORED MASSAGE

Prices Starting From

Sports Chair Massage	20min	£50
Relaxation Massage	60min	£140
Firm Therapeutic Massage	60/90min	£140/£180
Specialised / Biodynamic Massage	60/90min	£160/£200

COACH HOUSE BODY TREATMENTS

English Bath-House Ritual #	45min	£120
Full Body Exfoliation #	30min	£75
Maternity – Nurturing New Life	90min	£180

Pre-treatment enhancement, perfect addition to all other treatment combinations

COACH HOUSE FACIALS

Refreshing Facial	30min	£75
Therapi Ultra Radiance Honey Facial	60/90min	£140/£180
Sportsman's Proverb Facial	60/90min	£140/£180
Apothecary Meadow Facial	60/90min	£140/£180
Including Naturopathic Skin Care Consultations*	60 minutes	£175

**Pre-consultation recommend for any skin concerns with our Naturopath*

MOVEMENT & FITNESS

Prices Starting From

1:1 Personal Training	£90/£130
1:1 Yoga	£90/£130
1:1 Pilates / Reformer	£90/£130

Personal training packages are also available

INTEGRATED WELLNESS

Prices Starting From

Initial Naturopathic Consultation	90min	£225
Naturopathic Follow-up Consultation	45min	£140
Naturopathic Osteopathy	90min	£220
Osteopathic Assessment & Alignment	45min	£140
Osteopathic Follow-up Session	30min	£100
Reflexology	60/90min	£150/£200
Reflex-zone Therapy	30min	£90

HANDS FEET GROOMING

Manicure #	60min	£90
Pedicure #	75min	£100
Maintenance	20min	£40

Gel polish needs to be removed prior to mani or pedi

MEMBERSHIP

Starting from £275 per month, or £3000 annually.

Information available on request. Please email your enquiry to thecoachhouse@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 at Reception. Hotel residents, members or members' guests may use them.

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

THE INDOOR POOL

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.

CHILDREN

Children may swim in the outdoor pool and in the indoor pool during specified hours. Children are permitted in The Gym (16 up). In the spa children may use the services (16 up) and in the Beauty Lounge (12 up), accompanied by a parent.

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 treatments during all trimesters.

LOSS OR DAMAGE

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