



THE
COACH
HOUSE

WELLBEING
MENU



Welcome to The Coach House where you can plan your route for a walk or hire a bike to explore the local trails. Race your friends in the interactive room or indulge in a relaxing treatment for face, body and mind. Join a yoga class in the studio or wind down in the sauna after a day of activity.



You will find changing rooms with showers, toilets and lockers and in the courtyard, a cold water plunge shower.

Treatments marked ** have limited availability.

Please contact The Coach House for more information on **01335 300 703** or dial **0008** from your room.

Thank you

The Wildhive Wellbeing Team



FACIALS



BEE-UTIFUL BOOSTING FACIAL

60 MINS - £75

Our boosting facial treatment transports you to a place of renewal, with the Bamboo Intense Exfoliation encouraging cellular regeneration. Lay back and relax with a neck, shoulder and head massage whilst wearing one of our masks. This treatment brightens the skin, tones the face and the active rose water will boost your mood and deliver you to your most youthful state.

WILDGLOW FACIAL

60 MINS - £75

Has your skin become dehydrated. Our Wildglow facial is designed for skin that has become dull, patchy or even flaky as a result of dehydration. Lay back and relax with a neck, shoulder and head massage whilst wearing one of our masks. This treatment gives an immediate nourishment boost, relieving tightness and giving you the ultimate dewy skin.

BEEES KNEES FACIAL

60 MINS - £75

Enjoy a pure luxury facial, using our caviar and gold range. This treatment is suitable for all skin types, but in particular those in search of anti-ageing results. Lay back and relax with a neck, shoulder and head massage whilst wearing one of our masks designed to leave the skin more youthful, radiant and softened.

WILD ROSE MINI FACIAL

30 MINS - £45

Our mini facial is a quick pick me up nourishing treatment that leaves the skin feeling refreshed, re-energised and improves the overall appearance.





BODY TREATMENTS

HONEYCOMB MASSAGE

90 MINS - £110

For those seeking the ultimate relaxation, start off with a full body exfoliation using honey body buff. Followed by a full body massage using honey melting oil. The sweet, soothing honey scent soothes and calms, whilst the warm wax relaxes the muscles and helps the combination of soybean, coconut oil and beeswax penetrate the skin leaving it indulgently nourished.



WILDHIVE MELTING OIL MASSAGE

60 MINS - £85

If you want to drift into a world where your mind and body can't help but switch off and relax then this full body massage is a must.

Using your choice of melting oil candles -

ROSE ~ Promotes feelings of wellbeing, invoking positive thoughts
and reducing anxiety

FIG ~ The fresh, soothing fig scent soothes and calms

CACAO ~ Promotes feelings of calm and wellbeing



WILDHIVE SIGNATURE MASSAGE

60 MINS - £85

For those seeking a massage for a specific area of your body, or just lay back and give your mind and body all that it needs to be rejuvenated. We use 100 Acres botanical body oil blended from top notes of zesty fragrance, inspiring your senses.

WORKER BEE MASSAGE

45 MINS - £55

Ease away the stress with this upper body massage. Pressure tailored to your needs depending on how much release is needed. Feel the tension lift with our invigorating 100 Acres oil. Let this relaxing experience get you ready for the day with renewed energy.

QUEEN BEE

60 MINS - £85

Tailored specifically to the queen bee and her growing bump. Your bump is covered with a sheet mask to help care for your skin, cooling aloe vera hydrates the dry skin whilst rosehip works to help reduce stretch marks. Enjoy a face and head massage followed by a hydrating mask. Whilst the masks work their magic, relax by having your arms, hands and feet massaged. The perfect rejuvenating treatment for mothers to be.

REFLEXOLOGY

60 MINS** - £85

A complimentary therapy that applies pressure to the feet, to treat specific parts of the body. Tensions are released, circulation is increased and energy rebalanced.





CBD TREATMENTS

OTO specialise in luxurious CBD products that work. Meticulously researched and tested, each product in the range uses sustainably sourced, natural ingredients that are vegan and cruelty-free.

OTO create sumptuous products for relaxation, focus, sleep and skincare, for each facet of your life, for a holistic approach to wellness. Combined with carefully selected essential oils, these premium products are effective in achieving balance, clarity and calm, so you can feel your best every day.

CBD RE-ENERGISING MASSAGE

60 MINS - £130

Designed to ease tension and unravel tightness in tired muscles. This full body treatment uses CBD oil infused with Bitter Orange, Grapefruit and Juniper Berry, coupled with a handcrafted bamboo roller to rejuvenate deeper levels of the muscle. Combined with an OTO signature sound therapy and the placement of Red Jasper crystal, renowned strong grounding properties, for a profoundly regenerative experience



CBD REJUVENATING MASSAGE - FOCUS THE MIND

60 MINS - £130

Designed to calm and refocus a busy mind. This full body treatment with stimulating scalp and foot massage, uses CBD oil infused with Ginger, Black Pepper and Frankincense, renowned for their anti-inflammatory and soothing properties. Combined with an OTO signature sound therapy and the harmonising qualities of aventurine crystal to help reduce feelings of anxiety and improve concentration.



CBD DEEP RELAXATION MASSAGE - PAUSE AND REBALANCE

60 MINS - £130

Designed to be deeply restorative and help with sleep. This full body massage uses CBD oil, infused with Jasmine, Helichrysum and Roman Chamomile, to calm the nervous system resulting in deep relaxation. Combined with an OTO signature sound therapy and Rose Quartz crystal, used for its deep inner healing properties, for a powerful balancing and restoring experience.



CBD FACIAL

60 MINS - £130

'Find your space' with the OTO firming and lifting facial. the facial delivers firming & lifting movements to work on the facial muscles. Using hand-crafted, natural Bamboo pieces, hot basalt and cool stones, alongside the wonderful art of breathwork and crystals. The use of live sound through tuning forks and a curated soundscape creates a deeply immersive and transformative experience; for a facial like no other.



Please note CBD treatments are not included in our Spa Packages but can be purchased as a supplement.





NAIL TREATMENTS

DELUXE MANICURE

60 MINS - £55

A luxurious hand and nail treatment. Using our 100 Acre products, this treatment includes exfoliation and massage, followed by a nourishing mask. Nails are then filed, shaped and painted in the colour of your choice using Nailberry polish.

MINI MANICURE

30 MINS - £30

This treatment is designed to shape the nails, care for cuticles and soothe the skin. The treatment is then completed with a nail colour of your choice using our Nailberry products.

GEL MANICURE APPLICATION

60 MINS - £50

With the health of the natural nail in mind, this OPI treatment delivers a long lasting, flawless finish that dries in seconds, Cuticles are groomed, nails shaped and gel polish applied. This treatment also includes a choice of hand exfoliation and mask, or removal of previous gel application.

MEN'S MANICURE

40 MINS - £40

This treatment is designed to shape the nails, care for cuticles and soothe the skin with a relaxing massage. The treatment is then completed with a nail buff and shine.

DELUXE PEDICURE

60 MINS - £60

A luxurious foot and nail treatment. Using our 100 Acre products, this treatment includes foot exfoliation, rasping and a hydrating mask followed by a foot and leg massage. Nails are then filed, shaped and painted in the colour of your choice using Nailberry polish.

MINI PEDICURE

30 MINS - £30

This treatment is designed to shape the nails, care for cuticles and soothe the skin. The treatment is then completed with a nail colour of your choice using our Nailberry products.

GEL PEDICURE APPLICATION

60 MINS - £60

Our OPI Gel treatment delivers a long lasting, flawless finish that dries in seconds. Cuticles are groomed, nails shaped and gel polish applied. This treatment also includes a choice of; foot rasping and exfoliation, or removal of previous Gel application.

MEN'S PEDICURE

45 MINS - £45

This pedicure is a must have treatment to keep your feet soft and hydrated. Using our 100 Acre products this treatment includes a scrub, rasping, nail and cuticle care followed by a massage and completed with a nail buff, this is the perfect treatment to keep your feet in tip top condition.





STUDIO

YOGA

THURSDAY CLASS - £25 PER MAT
1 HOUR (ONE2ONE) - £75 (UP TO 4)
GROUP CLASSES (4-10 MAX) - £125

Join us in the wonderful setting of the Coach House studio for yoga classes to suit all abilities. Our yoga classes unite body mind and breath utilising traditional yoga practices with a contemporary accent.

At Callow Hall we offer a warm and friendly welcome, for guests to learn or practice yoga without judgement, an opportunity to centre and reconnect.

Please get in touch for more information.



SOUND THERAPY

INTRODUCTORY 2 HOUR CLASS (MAX 8) - £65

2 HOUR (ONE2ONE) - £165

2 HOUR (ONE2TWO) - £265

A Sound Healing Journey is a 2 hour soul soothing, deeply calming and transformative healing therapy which uses a variety of instruments including crystal, alchemy and Tibetan singing bowls, ancient gongs, shamanic drum and many more celestial sounds.

This healing therapy offers many benefits to improve your health and wellbeing including; reducing stress, improving sleep, reducing pain and inflammation, increasing mobility, improving memory and lowering blood pressure.



Please check with Reception or Coach House for dates and more detailed information.



BARRE THERAPY

1 HOUR WEEKLY GROUP BARRE CLASS - £35

(+30 MIN INTRO FOR WILDHIVE RESIDENTS)

1 HOUR (ONE2ONE) - £85

1 HOUR (UP TO 3) - £55pp

GROUP CLASSES - please get in touch

A 60 minute guided journey in restorative movement designed to take you from deep breath and pelvic core work, flowing through a series of high-intensity, yet low-impact exercises at the barre, coming to a state of tranquility after a deeply meditative floor stretch session.



You emerge balanced, rejuvenated, harmonious, stronger in mind and body. This session is artfully choreographed with carefully curated music to change the way you think, feel and move.

Please get in touch for more information.





OUR SUPPLIERS



100 Acres is a British botanical bath & body brand, creating luxurious, all-natural, British-made fragrance products that are, quite simply, bottled incarnations of the botanical British countryside. 100% natural botanical ingredients. Made in the British Countryside. Tread Lightly on the Planet.

natural Spa factory®

— EST. BATH ENGLAND —

The Natural Spa Factory use botanically sourced ingredients derived by nature; herbs, plants and flowers. Our products are FREE FROM SLS, MI (Methylisothiazolinone) or MCI and they have not been tested on animals.



Everything OTO do starts with a purpose. Then they add deep insight and a desire to rebalance ourselves (and the world). OTO aim to provide only the most effective and luxurious experience; every. single. time. So all OTO products are rigorously researched, designed, and tested. All ingredients are sustainably sourced, naturally derived, vegan and cruelty-free, to create premium products that actually work.



NAILBERRY

The spirit of the NAILBERRY brand has a sensitivity to health & wellness and a respect to the environment & nature. Colour your nails healthy! 12 Chemicals Free, certified Vegan, Cruelty Free & Halal.

O.P.I

LOS ANGELES

Plant-based, vegan nail lacquer with highly pigmented shades inspired by nature.



WILDHIVE

wellbeing.callow@wildhive.uk

Telephone 01335 300900