



THE
COACH
HOUSE

WELLBEING
MENU



Welcome to The Coach House where we believe in the connection between nature and wellness, drawing inspiration from the beautiful surrounding landscape of the Peaks and Dales.



In this tranquil space, you can indulge in a relaxing treatment for face, body and mind, exercise in our dedicated Technogym, join an online or in-person class in the studio or wind down in the sauna after a day of activity.



The Tissington Trail is a 13 mile traffic-free route easily accessed from Wildhive. We have a selection of Trail and Dutch bikes for our guests to use. eBikes can be hired for an additional fee. We strongly recommend booking bikes in advance.



Local maps for walking and cycling trails are available at the main Reception in the house.

We are delighted to have partnered with Tribe 517,
Natural Spa Therapy and 100 Acres who create natural and local
sustainably sourced botanical products.

We recognise that each guest arrives with unique needs and
our therapists adapt each treatment to the individual.

Above all, the Wildhive philosophy embraces simplicity and
authenticity. We focus on the elements that truly matter: skilled
touch, quality ingredients, tranquil surroundings, and genuine
care — creating a sanctuary where guests can reconnect with
themselves and the natural world.

You will find changing rooms with showers, toilets and lockers,
and in the courtyard, a cold water plunge shower.
There are also a selection of wellies for guests to borrow
and a hose to wash down muddy paws.

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

Thank you
The Wildhive Wellbeing Team





BODY TREATMENTS

WILDHIVE SIGNATURE HONEYCOMB RITUAL

90 MINS - £110

For those seeking the ultimate relaxation, this deeply nourishing experience begins with a full body exfoliation using hibiscus peel, beetroot powder and peach kernel. This is 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 soy bean, coconut oil and beeswax penetrate the skin ~ leaving it indulgently nourished and with you feeling a sense of complete wellbeing.



AKWATERRA THERMAL MASSAGE

60 MINS - £95

This specialised full body muscle massage experience with Tribe517s signature warming balm of black pepper and petitgrain essential oils, promotes warmth and relaxation. The unique Akwaterra technique uses heated ceramic pods to release tension and improve circulation whilst relaxing muscles and mind. This natural approach to recovery is perfect for hikers, cyclists or anyone experiencing muscular fatigue. Relinquish control and rebalance your entire being.





WILDHIVE SIGNATURE MASSAGE

60 MINS - £90

This bespoke treatment begins stretching and relaxing the entire body before proceeding with a highly personalised massage. Your choice of massage can be discussed during pre-treatment consultation, whether that is a deep tissue therapeutic massage or a de-stress massage with medium pressure inducing a sense of rest, providing many emotional benefits as well as physical. Natural Spa Therapy botanical body oil is blended from top notes of zesty fragrance including geranium, evening primrose, frankincense, basil, patchouli and sandalwood. Inspiring your body's natural senses and connecting you to both the restorative power of human touch and the healing energy of our wild surroundings.



WILDHIVE WORKER BEE MASSAGE

45 MINS - £60

Inspired by nature's most diligent workers, the Worker Bee Massage offers a therapeutic experience to restore tired bodies and minds. Let the stress melt away as our skilled therapists focus on your upper body, paying special attention to your back, shoulders, and head. Should you prefer, we can concentrate on different areas, such as tired legs from long hikes or cycling adventures. Feel the tension lift with invigorating Natural Spa Therapy oil, rich in vitamins A & E with ginger, clove, marjoram, lavender, rosehip and spearmint, to ease muscles and promote supple skin.





WILDHIVE SLUMBERFLEX

45 MINS - £60 / 60 MINS - £90

A sleep-inducing back and foot pressure point massage featuring Tribe517 magnesium and turmeric unctuous paste for active body vigour, to promote an effective sleep cycle and ease joint discomfort.

Rebalance and align on every level with a holistically inspired reflex touch massage.



WILDHIVE BOTANICAL BAMBOO MASSAGE

60 MINS - £95

A healthy lymphatic draining massage with a mood balancing blend of Tribe517 Liberty Oil containing ylang-ylang and amyris to energise and relax. Wake up and doze off with a mingle of specialist warm manual techniques and bamboo pole drainage massage. Great to promote optimum body wellbeing by working deeply on tight fatigued muscles, leaving you with a sense of balance, muscles thoroughly released and skin radiantly nourished.



WILD REMEDY BODY, FACE & SCALP

60 MINS - £90

The power of Tribe 517s botanical oils and flower absolutes combine for a full face, scalp and body treatment experience. Gentle limb stretching, deep shoulder movement, face and scalp massage. Tailored for your personal needs and to connect your mind and skin on every level with Tribe517 Time,

Heal or Change balms to help support your anxieties, changing times and challenges of life.



QUEEN BEE PREGNANCY MASSAGE

60 MINS - £90

A relaxing massage for the second and third trimester of pregnancy and beyond. Featuring Tribe 517s Beautiful Hero natural blend of whipped shea and coconut butters. A cocooning soothing massage encouraging sleep and relaxation with warm blankets, pillows and a natural whipped blend of butters.

The perfect relaxation treatment for mothers to be.



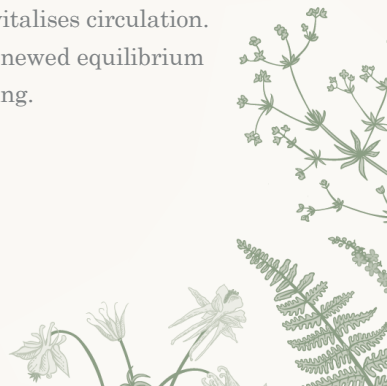
HOLISTIC TREATMENTS

REFLEXOLOGY

60 MINS - £90

Unwind and reconnect with your body's innate intelligence through the art of reflexology. Rooted in the intricate wisdom of nature, this holistic therapy applies pressure to reflex points on the feet and hands.

Following the body's natural energetic pathways, reflexology gently releases tension, encourages detoxification, and revitalises circulation. Experience a profound sense of relaxation and a renewed equilibrium that resonates throughout your being.





FACIAL TREATMENTS

WILDHIVE NOURISHING RADIANCE FACIAL

60 MINS - £80

Deeply relaxing treatment that harnesses the power of Tribe517s exceptional plant-based salves, creams, oils and balms to restore moisture, vitality and luminosity to the skin. A facial created to perfectly suit your skin and to promote its ideal health. Coupled with our revered face and scalp massage to bring deep relaxation and rest tight muscles. Address pro-age, sensitivity, deep hydration, instant glow or healing, depending on your complexion needs.



WILD HONEY MINI FACIAL

30 MINS - £50

Our mini Tribe517 facial is a quick pick-me-up nourishing treatment ,that leaves the skin feeling refreshed, re-energised and improves the overall appearance.





NAIL TREATMENTS



CLASSIC MANICURE

60 MINS - £55

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

CLASSIC PEDICURE

60 MINS - £60

A luxurious foot and nail treatment including foot exfoliation with Himalayan salt, rasping and a hydrating mask. Following a foot and leg massage with botanically fragranced oil, nails are then filed, shaped and painted in the colour of your choice using OPI or Nailberry polish.

MEN'S MANICURE / PEDICURE

40 MINS - £40

This treatment is designed to shape the nails, care for cuticles and soothe the skin to keep hands or feet soft and hydrated. This treatment includes a Himalayan salt scrub, rasping, nail and cuticle care followed by a massage with botanically fragranced oil and finally a nail buff. This is the perfect treatment to keep your hands and feet in tip top condition.

GEL REMOVAL

30 MINS - £10

Your previous gel polish will be gently removed, preparing your hands for a natural revival and a nourishing balm will be massaged in, leaving your hands feeling replenished and beautifully soft.





OUR SUPPLIERS



tRiBe517

Tribe517 is an award-winning, modern artisan, professional spa collective. Each ingredient is hand-selected and blended, for efficacy, fragrance and texture to be a multi-use fusion. A whole new take on product, and so simple and pleasurable to use for miraculous results. Tribe517 believe in the wellbeing of the planet, the therapist and the guest.



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.

naturalSpa factory®

— EST. BATH ENGLAND —

Supplying some of the world's most prestigious spas and boutique hotels, The Natural Spa Factory use botanically sourced ingredients derived by nature; herbs, plants and flowers which are made in small batches to keep them in their best condition. Free from SLS, MI (Methylisothiazolinone) or MCI and not tested on animals.



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.



CANCELLATION POLICY

SPA TREATMENT / EBIKE CANCELLATION POLICY

We respectfully ask 72 hours notice to cancel appointments.

In the event of cancellation within 72 hours of the appointment or in the event of same day cancellation, full payment will be required.

If the hotel is able to resell the treatment / bike rental slot, we will refund the full amount to the cardholder that made the original booking.

A late arrival may mean that your treatment time is reduced or we are unable to honour your booking. Please note that in such cases, no refunds will be made.





WILDHIVE

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