

Event venue hire

Host unforgettable experiences at Sauna & Plunge, our serene, nordic -inspired space is perfect for private events, brand activations, workshops, and socials. With flexible layouts, unique facilities, and a calm yet energising atmosphere, it's an ideal setting for everything from intimate gatherings to standout celebrations.

- ✓ Custom Event Setup
- ✓ On-Site Support Staff
- ✓ Catering Coordination

SAUNA&PLUNGE



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[+44 7943 874030](tel:+447943874030)



Website
www.saunaandplunge.life



Private venue rental

3 hour venue hire

- Recommended maximum capacity: **28 guests**
- **Exclusive** use of the entire venue for complete privacy and focus
- **Exclusive** company branding throughout the space
- **30 minute welcome with coffee**, pastries, and wellness snacks on arrival
- **1 hour private studio session**; yoga, movement, or wellness workshop (additional cost for hiring of teachers)
- **1 hour spa session** with sauna and cold plunge circuit for recovery and stress relief
- **30-minute wind-down** period with space for reflection, conversation, and team connection
- **Seamless flow** designed to balance energizing activity, deep relaxation, and bonding
- **A memorable team building experience** that enhances company culture and wellness
- **Optional add ons**; Studio teachers, Food & beverage, Photographer

Off Peak: £900

Weekdays 10am – 4pm

Peak: £1250

Weekdays 6.30am – 10am & 4pm–8pm

Weekends 8am–7pm

All prices exclude VAT

For bookings or enquiries, please contact our team at events@saunaandplunge.life . We are here to ensure every detail of your event runs seamlessly, and will gladly assist with any arrangements you may need. A range of bespoke add-ons can also be curated upon request, allowing you to shape a truly unique and memorable experience