

# 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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Website  
[www.saunaandplunge.life](http://www.saunaandplunge.life)



# Space rental

## Space Options

**Private studio session** – yoga, pilates, breathwork, sound, or workshop

**Private spa session** – sauna and cold plunge for recovery and stress relief

- Recommended maximum capacity: **14 guests**
- **Balanced flow** of activity and recovery to support wellbeing and team bonding
- **Unused space** will be available for external guests

### Optional add ons:

- Studio teachers
- Food & beverage
- Photographer

## Spa

## Studio

### 60 minutes

Off Peak: £300.00

Peak: £450.00

### 60 minutes

Off Peak: £60.00

Peak: £100

### Off Peak

Weekdays 10am – 4pm

### 90 minutes

Off Peak: £400.00

Peak: £550.00

### 90 minutes

Off Peak: £80.00

Peak: £120

\*All prices exclude VAT\*

For bookings or enquiries, please contact our team at [events@saunaandplunge.life](mailto: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