

Private venue hire

Enjoy exclusive use of the entire venue for a thoughtfully designed three-hour wellness experience. Combining studio movement, guided relaxation, and sauna and cold plunge immersion, this package is ideal for team offsites, celebrations, and private groups seeking a unique, restorative shared experience in complete privacy.

- ✓ Exclusive full venue hire
- ✓ Curated 3-hour wellness flow
- ✓ Designed for team connection

SAUNA&PLUNGE



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



Website
www.saunaandplunge.life



Private venue rental

3 hour venue hire

- Recommended maximum capacity: **24 guests**
- **Exclusive** use of the entire venue for complete privacy and focus
- **30 minute welcome with coffee** on arrival
- **1 hour private studio rental**; 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 + VAT

Weekdays 10am - 4pm

Peak: £1250 + VAT

Weekdays 6.30am - 10am & 4pm-8pm

Weekends 8am-7pm

50% deposit refundable if cancelled 30+ days before event. Remaining 50% due within 30 days of event. Non-refundable within 30 days of event

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