

Space venue hire

Create something focused and intimate with exclusive access to either our private studio or spa facilities. Perfect for workshops, content shoots, wellness sessions, or small group gatherings, this option offers a beautifully designed, self-contained environment that supports creativity, movement, and connection in a calm, curated setting.

- ✓ Exclusive studio or spa access
- ✓ Ideal for small groups or shoots
- ✓ Intimate, focused environment

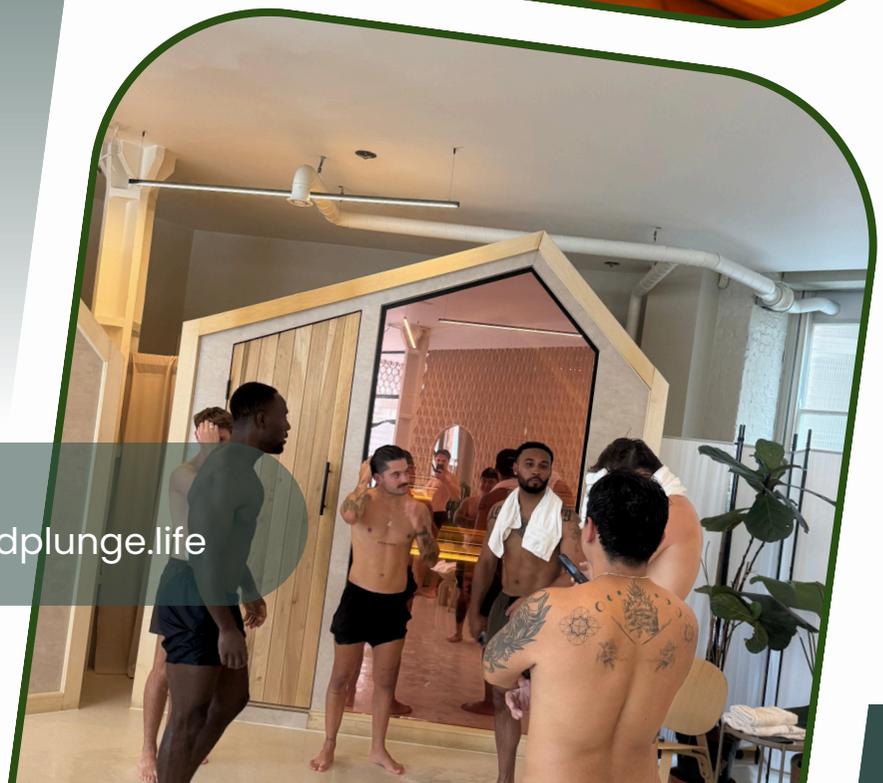
SAUNA&PLUNGE



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Website
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

60 minutes

Off Peak: £300.00

Peak: £450.00

90 minutes

Off Peak: £400.00

Peak: £550.00

Studio

60 minutes

Off Peak: £60.00

Peak: £100

90 minutes

Off Peak: £80.00

Peak: £120

Off Peak

Weekdays 10am – 4pm

All prices exclude VAT

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