



OLD COACH HOUSE

HEALING AND WELLBEING CENTRE

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The
ZEN DEN
AT THE OLD COACH HOUSE

Our brand new Zen Den was finished in December 2019. It was designed as a reception for our guests when they arrive, a place to begin the relaxation journey and also a place to gather after your therapy or Spa experience.

When you arrive this is the first port of call. Come on in and be greeted by our staff members, take a seat and have a moment of calm before you are taken to your session.

When you are finished be sure to come back here, relax and you can even purchase a hot drink or glass of wine with a delicious piece of cake before returning home floating on air.





The
SECRET GARDEN
EXCLUSIVE SPA AREA

**For
groups
of 6-12
only**

Welcome to the magic of our New Secret Garden. The perfect exclusive spa area for your event or gathering.

We have created a large, relaxing space to accommodate all your needs whilst retaining the tranquility and peace that The Old Coach House has always provided. Step into a wonderful indoor garden complete with a water feature, swings, pagoda, dining area, and sun loungers all designed to allow you to relax and get the benefits of being in nature whilst remaining warm and cosy.

Adjoining this is the peaceful chill out area complete with day beds, cosy blankets and pillows for maximum relaxation. The private spa area is next to this, complete with hydrotherapy tub, sauna, changing facilities, showers and WCs.

A Large kitchen, dining area is fully equipped for self service use and nestled next to a therapeutic fish pond. The perfect place to sit with friends and enjoy a delicious meal and glass of fizz in your fluffy robe. You can bring your own food and drinks or we can provide these for you (see extras page.)

Ideal for larger groups such as birthdays, zen parties, bridal showers, yoga workshops and private retreat days

- Sauna and Hydrotherapy tub
- Changing Room x 2 with hair dryers, hair straighteners and storage areas
 - Shower x 2, WC x 2
- Robes and towels for each guest
- Refreshments and cakes for each guest
 - Indoor dining area for up to 12
 - Indoor garden dining area for 6



- Self service kitchen and drinks area with microwave and halogen 12" air cooker (for pizzas) fridge, sink, crockery and glasses.
- Indoor garden with swings and loungers
- Indoor day beds (3 double, 2 single)
- Lots of nooks and seating areas for guests to relax
- Breakfast bar
- Disabled access





RIVER SPA

EXCLUSIVE SPA AREA

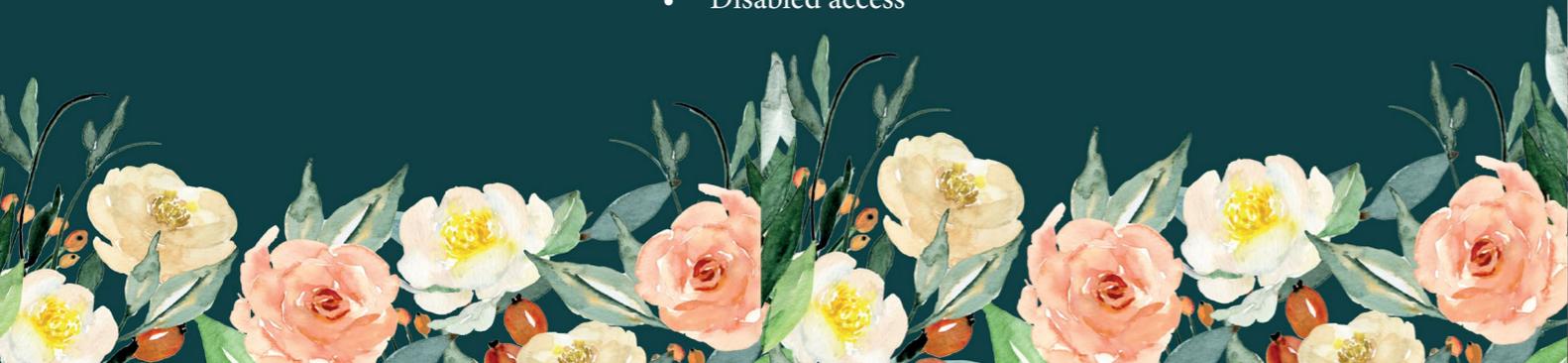
For
groups
of 2-6
only

Experience the closeness of nature whilst soaking up the view in your own private hot tub by the River.

Our River Spa is ideal for couples and groups alike wishing to escape the hustle and bustle of everyday life. Cuddle up with your significant other on our cosy day beds by the log fire or relax under the trees in our fun swings, hammocks and giant bean bags with your family and friends.

Have a seat outside on your own private river deck and enjoy a warm drink in your fluffy robe whilst listening to the relaxing sounds of nature around you.

- Sauna with views over the river
 - Hydrotherapy tub
- Changing Room with hair dryers, hair straighteners and storage areas for possessions
 - Shower x 2, WC
- Robes and towels for each guest
- Refreshments and cakes for each guest
- Self service kitchen area with microwave and halogen 12" air cooker (for pizzas) mini fridge, sink, kettle, crockery and glasses
 - Swings and hammocks
 - Indoor day beds
 - Indoor eating area for up to 6
 - Disabled access





COUPLES CABANA EXCLUSIVE SPA AREA

**For
groups
of 2-4
only**

We are excited to share our very new Spa area available from September 2020: The Couples Cabana.

This cosy and unique spa is designed specifically for couples and small groups. You can heat up in your own private hot tub with a glass of fizz and watch The River Colne pass by below.

Relax in the day bed with a book and let your stresses melt away or cuddle up in the swing on your own private, uncover River Deck and enjoy a warm drink in your fluffy robe whilst listening to the relaxing sounds of nature around you.

- Hydrotherapy tub
- Changing Room with hair dryers, hair straighteners and storage areas for possessions
 - Shower, WC
 - Robes and towels for each guest
 - Drinks and cakes for each guest
- Private, uncover River Deck with swing and seating area
 - Indoor day bed
 - Disabled access



SPA PACKAGES

The Secret Garden Daytime Retreat

- Refreshments on arrival
- Full use of the private Secret Garden Spa Facilities for you and your guests
 - A 1 hour treatment of choice or 1 to 1 mentor session ([choose from our extensive treatment menu on our website](#))
 - A vegetarian lunch served in the private, indoor garden patio
 - Robes and towels for each guest

6 hour day spa £150pp

This package is available for The Secret Garden Only with a minimum 2 people and a maximum 12 people.

Simply Spa

4 hour day spa (Starting from 10.30am, 11am, 11.30am or 12pm) **£49pp**

4 hour evening spa (Starting at 5.30pm until 9.30 pm) **£49pp**

The Simply Spa package is available for The River Spa, The Couples Cabana and The Secret Garden

Add a Treatment:

30 mins £30 / 40 minutes £39 / 60 minutes £49

(See Treatments page adjacent)

Add Pizza and Prosecco £18pp (Available for The Secret Garden Only)

SIMPLY SPA TREATMENTS

Want to make your Simply Spa session even more special? Why not add on a treatment from our list below:

- **Relax we've got your back**

A wonderfully relaxing head, neck, shoulder massage.

- **Indian Head Massage**

Indian Head Massage is a truly Holistic Therapy that aims to balance the mind, body and spirit. The therapist concentrates on acupressure points on the head neck, face and shoulders, relieving tension and pressure.

- **Instant Bliss**

A wonderfully balancing massage designed to calm the mind and root the feet. Beginning with a blissful Indian head followed by an unwinding foot massage, one of The Old Coach House's signature therapies.

- **Stress buster**

This is our most popular treatment! Starting with a wonderfully relaxing back massage with warm aromatherapy oils, we then target all those tension areas around the neck, scalp and shoulders before turning you over and working into the head, neck, shoulders and face with Indian head techniques and acupressure to help ease any remaining tension.

- **Treats for the feet**

A wonderfully relaxing foot massage combining Thai foot, Reflexology and Aromatherapy essential oils.

- **Reiki Healing**

Reiki is the name given to a system of natural energy healing which evolved in Japan. It is based on qi ("chi"), a universal life force which can be transferred through hands on touch to encourage emotional or physical healing.

We also have a list of treatments on our [website](#) that you can upgrade your Simply Spa treatment to. Please get in touch if you want to increase your time or choose another therapy not on this list.



FAQs

What is included in the 4 hour Simply Spa Session?

Each guest gets a robe and towel on arrival (we advise you bring your own flip flops.)
You also receive a fresh bottle of water and piece of cake each from our cake of the day menu.
If you have added a treatment onto your Simply Spa, this will occur during your allotted Spa time.

What if I have dietary requirements?

All our food is vegetarian but we will do our best to accommodate any dietary requests (vegan, GF, nut allergies etc)

Is the Spa private?

Yes you get exclusive use of the spa during your session for you and your guests, but please be aware there are communal areas and walk ways during your stay at The Old Coach House. The Zen Den reception, the walk to the spa and the walk to the therapy rooms are all in communal areas.

Our staff may also need to enter the Spa in emergencies, this may be a male or female staff member, but we will always let you know in advance wherever possible.

Are the therapy rooms private?

Yes you will be alone with your therapist in your own private room, but please note that there is a communal, outdoor two minute walk to the therapy rooms at the back of our premises from your Spa. You will most likely be in your robe for this walk and we advise you bring flip flops or other footwear for this reason.

Why is The Secret Garden Spa different to the others?

The River Spa and Couples Cabana Spa are dedicated to smaller groups and couples where as The Secret Garden is a much larger Spa, with more facilities used for larger parties and Spa day retreats.

What is needed to secure a Spa session?

Let us know what time/ day/ Spa you would like and then secure this with a deposit of 20% of the final booking price.

When is the full payment required?

We ask that the remaining balance be paid 7 days before you arrive for your Spa Day. This can be done via phone or via the website deposit and payment system. A link to which can be found in the confirmation email.

What if we need to cancel our booking?

If possible we will always endeavour to re book your appointment, however as a courtesy to our therapists, please see our cancellation policy [here](#).

