



THE
COACH
HOUSE

WELLBEING
TREATMENTS



Welcome to The Coach House where we believe
in the connection between nature and wellbeing,
drawing inspiration from the beautiful surrounding
landscape of the Peaks and Dales.



In this tranquil space, you can indulge in a relaxing treatment
for face, body and mind in the treatment rooms.

We are delighted to have partnered with Tribe 517,
Evolve Organic Beauty and 100 Acres who create natural
and local, sustainably sourced botanical products.

The Wellbeing Host will welcome you in Reception where you will
be shown to the changing rooms (showers, toilets and lockers).
Discreet disposable underwear is provided for all body treatments.
Towels, robes and Crocs are provided for your use at the Coach
House and in the courtyard, during your stay.

For a more enjoyable wellbeing journey, you are invited to arrive
at least 5 minutes prior to your scheduled appointment to have
consultation time with your therapist. As a courtesy to all our
guests we do operate a prompt appointment schedule.

We recognise that each guest arrives with unique needs and
our therapists adapt each treatment to the individual.

In the courtyard you will discover Wildhive's thermal therapies; Finnish sauna, herbal sauna, halotherapy cabin and cold plunge.

To access these, guests should purchase a Coach House pass.



Also positioned in the courtyard are heated loungers for relaxing, a Vitality light shower (*bookable for one person*), and a sensory path to stimulate reflexology points in the feet.

Just a few steps away, located in the Potting Shed are two Sound & Sensory Touchless Beds for a unique vibro-acoustic experience centred on relaxing body and mind.

(These are bookable individually or as a pair).

There are also a selection of wellies plus an area to hose down bikes, boots and muddy paws.

Above all, the Wildhive Wellbeing philosophy embraces simplicity and authenticity. We focus on the elements that truly matter: skilled touch, quality ingredients, tranquil surroundings, and genuine care, creating a sanctuary where guests can reconnect with themselves and the natural world.

Please contact The Coach House (9am-7pm)
on **01335 300 900** or dial **0011** from your room.

Thank you

The Wildhive Wellbeing Team





BODY TREATMENTS

WILDHIVE SIGNATURE HONEYCOMB RITUAL

90 MINS - £110

For those seeking the ultimate relaxation, this deeply nourishing experience begins with a full body exfoliation using coconut sugar and cabbage seed, helichrysum and sweet orange extracts. This is followed by a full body massage using wild honey butter. The sweet, soothing honey scent soothes and calms, whilst the essences of tuberose, narcissus and hyacinth relax the muscles, elevate the mood and boosts skin health ~ leaving it indulgently nourished and with you feeling a sense of complete wellbeing.



AKWATERRA THERMAL MASSAGE

60 MINS - £95

This specialised full body muscle massage experience with Tribe517s signature warming balm of black pepper and petitgrain essential oils, promotes warmth and relaxation. Delivered with light to medium pressure, slow and intentional strokes are designed to guide you back to balance, presence and calm. Sound, warmth and texture are thoughtfully integrated throughout the treatment to soothe the nervous system and encourage deep, uninterrupted rest.

The unique Akwaterra technique incorporates heated ceramic pods – reminiscent of hot stone therapy – to release tension, enhance circulation and stimulate C fibres. this natural approach to relaxation is perfect for hikers, cyclists or anyone experiencing muscular fatigue. Relinquish control and rebalance your entire being.





WILDHIVE SIGNATURE MASSAGE

60 MINS - £90

This bespoke treatment begins stretching and relaxing the entire body before proceeding with a highly personalised massage. Your choice of massage can be discussed during pre-treatment consultation, whether that is therapeutic massage or a de-stress massage with medium pressure inducing a sense of rest, providing many emotional benefits as well as physical.

Natural botanical body oil is blended from top notes of zesty fragrance including geranium, evening primrose, frankincense, basil, patchouli and sandalwood. Inspiring your body's natural senses and connecting you to both the restorative power of human touch and the healing energy of our wild surroundings.



WILDHIVE WORKER BEE MASSAGE

45 MINS - £60

Inspired by nature's most diligent workers, the Worker Bee Massage offers a therapeutic experience to restore tired bodies and minds. Let the stress melt away as our skilled therapists focus on your upper body, paying special attention to your back, shoulders, and head. Should you prefer, we can concentrate on different areas, such as tired legs from long hikes or cycling adventures.

Feel the tension lift with invigorating oil, rich in vitamins A & E with ginger, clove, marjoram, lavender, rosehip and spearmint, to ease muscles and promote supple skin.





WILDHIVE SLUMBERFLEX

45 MINS - £60 / 60 MINS - £90

A sleep-inducing back and foot pressure point massage featuring Tribe517 magnesium and turmeric unctuous paste for active body vigour, to promote an effective sleep cycle and ease joint discomfort.

Rebalance and align on every level with a holistically inspired reflex touch massage.



WILDHIVE BOTANICAL THERAPEUTIC MASSAGE

60 MINS - £95

A healthy deep tissue massage with a mood balancing blend of Tribe517 Liberty Oil containing ylang-ylang and amyris to energise and relax. Wake up and doze off with a mingle of specialist warm manual techniques and bamboo pole drainage massage. Great to promote optimum body wellbeing by working deeply on tight fatigued muscles, leaving you with a sense of balance, muscles thoroughly released and skin radiantly nourished.



QUEEN BEE PREGNANCY MASSAGE

60 MINS - £90

A relaxing massage for the second and third trimester of pregnancy and beyond. Featuring Tribe 517s Beautiful Hero natural blend of whipped shea and coconut butters. A cocooning soothing massage encouraging sleep and relaxation with warm blankets, pillows and a natural whipped blend of butters.

The perfect relaxation treatment for mothers to be.



WILDHIVE LYMPHATIC DRAINAGE

60 MINS - £95

Surrender to the gentle, restorative art of Manual Lymphatic Drainage, a purposeful, feather-light technique that works in harmony with your body's own natural rhythms. Performed using Tribe517's Liberty Flower Balm, enriched with grounding amyris and the softly intoxicating bloom of ylang ylang, this treatment envelops the senses whilst supporting deep physiological renewal.

Amyris brings a warm, woody stillness to quiet the nervous system, whilst ylang ylang lifts and rebalances, together cocooning you in nature's own healing embrace.

Drawing on the intelligence of the body, this deeply therapeutic treatment encourages the lymphatic system to release retained fluid, expel toxins and restore inner equilibrium. It is particularly beneficial for those managing, chronic swelling, helping in recovery from Chronic Fatigue Syndrome, ME and Fibromyalgia. A treatment that listens to what your body needs ~ leaving you lighter, clearer and deeply reconnected to your wild, vital self.





HOLISTIC TREATMENTS



REFLEXOLOGY

60 MINS - £90

Unwind and reconnect with your body's innate intelligence through the art of reflexology. Rooted in the intricate wisdom of nature, this holistic therapy applies pressure to reflex points on the feet and hands.

Following the body's natural energetic pathways, reflexology gently releases tension, encourages detoxification, and revitalises circulation. Experience a profound sense of relaxation and a renewed equilibrium that resonates throughout your being.





FACIAL TREATMENTS

WILDHIVE NOURISHING RADIANCE FACIAL

60 MINS - £90

Deeply relaxing treatment that harnesses the power of Tribe517s exceptional plant-based salves, creams, oils and balms to restore moisture, vitality and luminosity to the skin. A facial created to perfectly suit your skin and to promote its ideal health. Coupled with our revered face and scalp massage to bring deep relaxation and rest tight muscles. Address pro-age, sensitivity, deep hydration, instant glow or healing, depending on your complexion needs.

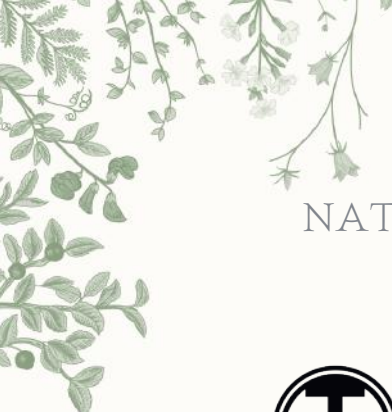


WILD HONEY MINI FACIAL

30 MINS - £50

Our mini Tribe517 facial is a quick pick-me-up nourishing treatment that leaves the skin feeling refreshed, re-energised and improves the overall appearance.





NATURAL PRODUCTS



tRiBe517

Tribe517 is an award-winning, modern artisan, professional spa collective. Each ingredient is hand-selected and blended, for efficacy, fragrance and texture to be a multi-use fusion. A whole new take on product, and so simple and pleasurable to use for miraculous results. Tribe517 believe in the wellbeing of the planet, the therapist and the guest.



100 Acres is a British botanical bath & body brand, creating luxurious, all-natural, British-made fragrance products that are, quite simply, bottled incarnations of the botanical British countryside.

100% natural botanical ingredients.
Made in the British Countryside.
Tread Lightly on the Planet.

EVOLVE™ ORGANIC BEAUTY

Evolve Organic Beauty was created to establish a new beauty standard, where organic purity meets clinical performance. Their mission is to create innovative, sustainable, and science-backed skincare that works in harmony with your skin and the planet, proving that beauty can be both highly effective and truly responsible.



CANCELLATION POLICY

SPA TREATMENT CANCELLATION POLICY

We respectfully ask 72 hours notice to cancel appointments.

In the event of cancellation within 72 hours of the appointment or in the event of same day cancellation, full payment will be required.

If the hotel is able to resell the treatment slot, we will refund the full amount to the cardholder that made the original booking.

A late arrival may mean that your treatment time is reduced or we are unable to honour your booking. Please note that in such cases, no refunds will be made.





WILDHIVE

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