

ZEN



Zone out. Energise your mind. Nourish your Soul.

WELLNESS IS NOT JUST A DESTINATION; IT'S A WAY OF LIFE...

We have created the ultimate wellbeing centre for mind, body, and wellness experiences on our 500-acre Cotswold estate, specially curated for you and bringing together specialists from around the country. Immerse yourself in our holistic experiences, designed to give you the tools to make small, tangible changes to your everyday life and empower you to improve your own health and wellbeing.



Weekly Classes

Weekly talks and classes include breathwork, crystal sound baths, forest bathing, guided meditation, reflexology, nutrition, Qi Gong, life coaching and more.



1:1 Treatment & Therapies

Book personal treatments and therapies from reflexology and reiki to life coaching, Ayurveda and nutrition consultations.





Breathwork & guided meditation

60 minutes | £35

Rest & Recharge Breathwork session will benefit those wanting to feel less stressed, anxious, tired, or overwhelmed. Expect to leave feeling profoundly relaxed and regenerated on a physical and emotional level. You will also have learned practical techniques to support your own physical and mental health on a daily basis.



Qi Gong

60 minutes | £35

Qi gong is an ancient Chinese healing art and self-cultivation system. This includes simple, gentle movement, posture, breathing techniques, self-massage and meditation. These practices can improve and maintain health: physical, mental, emotional and spiritual. The session will bring more vitality, peace and freedom into your life!



Facial yoga with Gua Sha techniques

60 minutes | £35

Using a beautiful crystal gua sha, we will guide you through a routine that you can use at home to apply your evening moisturiser. The movements encourage the facial muscles to relax, the skin to drain toxins, promoting a clearer complexion and encouraging the products to penetrate the skin, aiding the active ingredients to do their work.



Guided meditation

60 minutes | £35

An ancient therapy using visualisation, meditation and breathwork to encourage the mind to still and the body to relax.



Woodland wellbeing

90 minutes | £55

Come along and experience a beautiful outdoor guided session, under the canopy of the woodland, reconnecting to our natural environment. Our experienced Wellbeing Specialist will guide you around the estate's own nature trail, on a slow meander. This activity is hugely beneficial for mental health, deep relaxation and clearing your mind of worries.

Runs from 2nd April – 31st October



Awakening yoga flow

60 minutes | £35

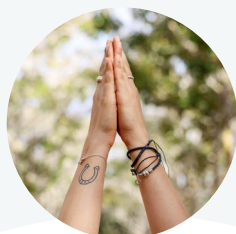
A mindful movement practice where we increase the depth and intensity of the postures starting with a slow flow to wake the body and eventually build energy for your day. This encourages us to keep our whole body activated as we go through the sequence with control and precision. An intensely paced class.



Crystal Bowl Sound Bath

60 minutes | £35

You will be guided through a relaxing meditation using the beautiful sounds of the crystal bowls. The session is a complete escape from the day-to-day rush of life and will centre and focus you whilst leaving you feeling mentally calmer and more relaxed.



Yang to Yin Flow yoga

60 minutes | £35

A fusion of energising yoga postures to build strength and flexibility and finishing with a deep stretch sequence for relaxation.

1:1 Treatment

Homeopathy

Initial consultation up to 90mins | £200

Follow-up appointments | £150

Homeopathy heals by naturally stimulating your own body to restore balance and health. This one-to-one consultation seeks to explore the symptoms you are experiencing, while taking into account your holistic physical, mental and emotional health history, the pathology of your symptoms and any inherited tendencies.

Nutrition Consultation

75 minutes | £138

Specialising in nutritional health for menopausal women, weight loss and digestive issues, Marianne can help you rediscover hormonal balance, your waistline and energy, helping you feel like yourself again and hold back the aging process.

Intuitive Massage

60 minutes | £95 90 minutes | £135

A unique treatment for each individual, intuitive massage is a relaxation and healing experience designed to move stagnant energy using intuitive practices and movements, with techniques including Swedish massage, reflexology, reiki, craniosacral therapy, myofascial release and stretching.

Life Coaching

60 minutes | £200

The missing piece of the wellness puzzle, life coaching enhances your self-awareness, personal esteem and motivates you to work towards what you want in life, leaving you feeling more energised and resilient, to help you function more effectively both at home and at work.

Japanese Kibodo Facial Massage

60 minutes | £110

A traditional Japanese facial massage and beauty treatment, Kibodo works to promote relaxation and increase blood circulation, helping to tone facial muscles, resulting in a refreshed and youthful complexion. Kibodo can reduce stress and tension while promoting a sense of wellbeing.

Ayurvedic Consultation & Treatments

60 minutes | £115

Ayurvedic treatments reach way beyond the muscles, to benefit internal body systems, the mind and emotions. Using luxurious, healing medicinal oils and finely ground herbal powders, herbal pastes and poultices, body scrubs and skin nourishers, Ayurvedic treatments work to detoxify, stimulate or calm, strengthen and rejuvenate the body and mind. Choose from four treatment options: Abhyanga, Pinda Svedana, Udvartana or Shirobhyanga and Padabhyanga. See our website for full treatment descriptions.

Facial Reflexology

60 minutes | £80

By working the reflexes on the face, we aim to bring balance to the whole body, with the unique added benefit of leaving you looking refreshed, rested and glowing!

Foot Reflexology

60 minutes | £80

A complementary therapy, which works on the feet to help heal the whole person, not just the prevailing conditions. Deeply relaxing, reflexology can help restore and maintain the body's natural equilibrium.

Head to Toe Ritual

90 minutes | £110

A combination of foot, hand and facial reflexology. A deeply relaxing experience that will leave you feeling relaxed and rejuvenated with a renewed sense of well-being.



Locals Class Passes

4 OR 8 X MINDFULNESS CLASSES

For weekly classes you may want to book regularly. This package can be used across these classes:

Breathwork and meditation

Sound bath meditation

Qi gong

Guided meditation

All yoga and pilates classes on the Zen timetable

Choose any four combination of these for £60.

Choose any eight combination of these for £100.

Passes are valid for 3 months from date of purchase.





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www.dormyhouse.co.uk/spa/zen