

Estate Experiences



Tailored for corporate groups of 10-20 people, our wellness, fitness, and team-building sessions combine movement and recovery in an elegant setting

Pricing: €20 per person | €100 instructor fee per session

Fitness & Recovery



Yoga

A calming session focusing on flexibility, balance, and breathwork.



Pilates

Strengthen your core, improve posture, and enhance mobility



Spin Class

High-energy indoor cycling session for cardio and team bonding



HIIT

Designed to boost heart rate, burn calories, and energise participants.



Strength & Conditioning

Functional class using bodyweight to build strength and endurance.



Mobility & Stretch

A restorative class to increase range of motion and reduce tightness.



Guided Ice-Bath Experience

Boost recovery and mental resilience, reduce inflammation.



Hydrotherapy Relaxation

Gentle hydrotherapy for relaxation, recovery, and stress relief.

Team-Building Activities



Treasure Hunt Challenge

A fun, interactive team treasure hunt around the Estate grounds.



Outdoor Circuit Challenge

Fun competitive circuits suitable for mixed fitness levels.



Partner Fitness Game

Collaborative movement-based games to encourage teamwork and communication.



Wellness Bingo / Mini Challenges

Quick, engaging wellness-themed challenges ideal for energising a group.



Mobility + Ice Bath Combo

A short mobility session followed by a guided cold plunge for recovery.

What's Included

- A qualified, experienced instructor
- All sessions tailored to your group
- Indoor and outdoor options available
- Equipment provided where required

Crystal Wellness Collection



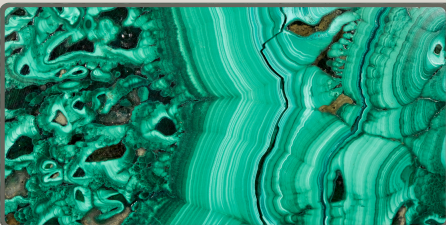
Designed for corporate groups of 10–15 guests, our spa experiences combine thermal relaxation, immersive sound healing, and restorative rituals to reset body and mind.



Amethyst Mindful Reset - €40 per person

Energy Focus: **Anxiety Relief** **Peace** **Intuition**

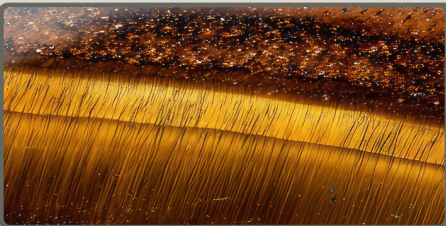
A deeply immersive sound bath to restore mental clarity and inner stillness, using soothing vibrations from singing bowls and gongs to calm the mind, balance the nervous system, and invite peace. Includes a 60-minute session.



Malachite Grounding Ritual - €49 per person

Energy Focus: **Protection** **Transformation** **Emotional Shield**

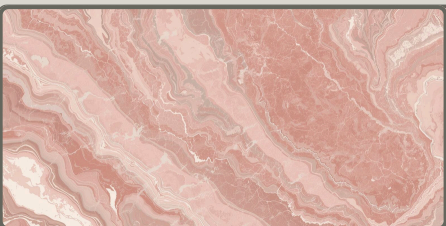
A grounding and restorative journey combining deep rest, breathwork, and immersive sound healing: 30 minutes grounding, 45-minute sound bath, 15 minutes breathwork, concluding with ceremonial cacao to seal renewal.



Tiger's Eye Power Reset - €55 per person

Energy Focus: **Courage** **Focus** **Determination**

A rejuvenating blend of thermal heat and sound therapy to reawaken inner strength, with 30 minutes in the thermal suite followed by a 60-minute grounding sound bath restoring calm, focus, and emotional balance.



Rose Quartz Restore - €126 per person

Energy Focus: **Balance** **Compassion** **Emotional Healing**

A nurturing journey of touch, heat, and sound for emotional renewal, including a 30-minute personalised treatment, 45-minute thermal experience, and 60-minute grounding sound bath, concluding with ceremonial cacao or herbal tea.



Moonstone Serenity - €139 per person

Energy Focus: **Stress Relief** **Intuition** **Emotional Stability**

Our signature premium experience uniting touch, heat, sound, and symbolic healing, including a 30-minute treatment, 60-minute thermal journey, 60-minute grounding sound bath, cacao ceremony, and Moonstone gift.

Optional enhancements: prosecco or mocktail reception, healthy snack platters, or gift bags (€30–€80 per person).