

PENNYHILL PARK



Contrast Therapy Retreats

Unlock your potential with breathwork expert Jacko Jackson

Saturday 17th January

Saturday 18th April

Saturday 24th October

London Road, Bagshot, Surrey GU19 5EU

exclusive.co.uk/pennyhill-park



Certified



Corporation



Seasonal retreats

Join us throughout the seasons to breathe deep, take the plunge, and discover the power of contrast therapy.

Contrast therapy is a game-changer for recovery, resilience and relaxation. By alternating between heat and cold, you'll boost circulation, ease muscle tension, reduce inflammation, and sharpen mental clarity. From soothing saunas to invigorating cold plunges, this retreat at Pennyhill Park's award-winning spa is designed to help reset body and mind.

Led by breathwork expert David "Jacko" Jackson, you'll learn how to control your stress response through tailored breathing techniques, helping you stay calm and in control, even in extreme temperatures.

A bespoke Comfort Zone hot and cold spa treatment enhances the experience, using targeted cryo spheres massage and therapies to soothe tired muscles, reactivate circulation, and leave you feeling revitalised. With expert coaching, indulgent spa time, and a nourishing group lunch, this is wellness at its finest.



Your expert coach... **David Jackson**

David "Jacko" Jackson, is a renowned breathwork coach and former professional rugby player, specialising in stress resilience and performance. As a master instructor with Oxygen Advantage, he helps people harness the power of breath to enhance recovery, focus, and wellbeing. Transforming how you breathe, move, and feel.

Saturday

9am – Meet at Pennyhill Park spa

Head to the spa at Pennyhill Park and ease into your day with a warm welcome and refreshments. Settle in, meet your fellow guests, and soak up the surroundings. David Jackson will introduce the group, set the scene and outline the journey ahead.

10am – Master your breath with David Jackson

David "Jacko" Jackson will guide you through a powerful breathwork session, teaching you how to harness the power of breath to control stress, boost resilience, and optimise recovery. You'll learn practical breathing techniques designed to enhance your experience with hot and cold therapy. Then, put your new skills into action as you move between the sauna and cold plunge, using breathwork to stay calm and centered, maximising the benefits of contrast therapy.

12pm – Refuel and recharge at lunchtime

Regroup in Themis restaurant for a sharing lunch with fellow guests. Relax and recharge, ready for the afternoon's therapy experience.

From 1.30pm – Your wellbeing spa treatment

After lunch, you'll experience a personalised 1:1 Body Strategist Longevity Hot and Cold Wellbeing Experience from Comfort Zone. Combining the use of hot and cold therapies such as cryo spheres, along with advanced acupuncture-inspired massage techniques that reactivate and improve microcirculation, you'll benefit from a profound sense of wellbeing and deep muscle relaxation, whilst hydrating and nourishing skin, and toning the body. Treatment times will be confirmed on the day.

For the rest of the afternoon you can explore the spa at your leisure, taking on your learnings to continue your own contrast therapy journey or simply taking time to relax. Immerse yourself in the benefits of our thermal cabins, saunas, and other experiences, each designed to support your recovery, boost circulation, and promote overall wellbeing. These thermal therapies will help maximise the therapeutic effects of the day, leaving you refreshed, revitalised, and balanced.

Staying the night? The evening is yours

After a rejuvenating time in the spa, check into your hotel room and take some time to relax and unwind in your own space. Enjoy dinner with an indulgent Michelin-starred tasting menu experience at Latymer, or a more relaxed meal at Hillfield. Room service is available too, if you prefer to stay in the comfort of your room.

Sunday

7am - 10.30am - Breakfast in Hillfield

After a restful night, start your day with a delicious breakfast in Hillfield. Whether you're in the mood for a hearty full English, indulgent eggs Benedict, or something lighter like fresh fruit and pastries, it's entirely up to you. Enjoy a relaxed morning before checking out of your room by 11am, feeling rejuvenated and ready to take on the world.

7am - 2pm - Spa access

Spend your final hours at the spa with access post check-out until 2pm, putting everything you've learned into practice. Use your breathwork techniques to enhance your experience as you move between the hot and cold experiences, maximising the therapeutic benefits. Whether it's a final dip in the hydrotherapy pool or a soothing sauna session, indulge in a well-earned moment of relaxation before you leave.



The details

When can you book?

Saturday 17th January

Saturday 18th April

Saturday 24th October

Contrast Therapy Retreat includes...

Day experience:

- Contrast therapy expert breathwork with Jacko Jackson
- Body Strategist Longevity Hot and Cold Wellbeing Treatment - 55 minutes
- Shared lunch in Themis restaurant
- Full use of all spa facilities, including contrast therapy journey guide

Overnight experience:

- It's all of the above, plus...
- Spa access until 2pm on departure day
- Overnight stay in the room or suite of your choice
- Breakfast in Hillfield restaurant

Optional extras during your stay:

- Enjoy dinner at one of our restaurants - [click here for our dining experiences](#)
- Book additional spa treatments - [click here to view our treatments](#)

Overnight experience

From £645 for one

£845 for two sharing a room

Day experience

£325 per person, £240 per member

[Click here to book](#) or call 01276 486150

Optional extras are subject to availability and will be charged as taken. This experience is for ages 16+ and may not be suitable for those with health conditions, contact us for more details.

