

PENNYHILL PARK



Contrast Therapy Retreat

Unlock Your Potential: Hot & Cold Therapy with David Jackson

19th - 20th July 2025

23rd - 24th August 2025

20th - 21st September 2025

London Road, Bagshot, Surrey GU19 5EU

exclusive.co.uk/pennyhill-park



Certified



Corporation



Hot & Cold: The Ultimate Reset

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 you reset your body and mind.

Led by breathwork expert David 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 massage, heat, and cooling 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 Jackson is a renowned breathwork coach and former professional rugby player, specialising in stress resilience and performance breathing. As a master instructor with Oxygen Advantage, he helps people harness the power of breath to enhance recovery, focus, and wellbeing. His expert guidance will transform 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 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 centred, 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 transformative sessions.

From 1.30pm – Your personalised therapy experience

After lunch, each guest will enjoy a personalised 1:1 Body Strategist Longevity Hot and Cold Wellbeing Experience from Comfort Zone. Combining the use of hot and cold therapies, along with advanced 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. Your treatment time will be confirmed on the day, and it will be carried out by one of our expert therapists, allowing you to fully unwind and rejuvenate at your own pace.

You will also have the opportunity to explore the spa at your leisure, following your own contrast therapy journey, expertly curated by our team. Take time to immerse yourself in the benefits of alternating between hot and cold 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.

When you're ready, 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. When you're ready, enjoy dinner in one of our exceptional restaurants. Will you choose an indulgent Michelin-starred tasting menu experience at Latymer, or perhaps a more relaxed meal in our field-to-fork restaurant, Hillfield? If you prefer to stay in the comfort of your room, our room service is also available to ensure your evening is as restful as the day.

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 by 11am, feeling rejuvenated and ready to take on the world.

7am – 2pm – Spa access

Spend your final hours at the spa, 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 19th – Sunday 20th July 2025

Saturday 23rd – Sunday 24th August 2025

Saturday 20th – Sunday 21st September 2025

Your Contrast Therapy Retreat includes:

- Expert-led breathwork and practical session with David Jackson.
- Body Strategist Longevity Hot and Cold Wellbeing Treatment – 55 minutes.
- Full use of all spa facilities, including contrast therapy journey guide.
- Shared lunch in Themis restaurant.
- Overnight accommodation in the room or suite of your choice.
- Breakfast in Hillfield restaurant.
- Post-retreat spa time: Full access to the spa until 2pm on Sunday.

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](#)

From £870 for one, £1140 for two, per room

[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.

