

# A GREY FRIDAY, A HIDDEN GARDEN, AND SPACE TO BREATHE

## THE SPA GARDEN AT IVERIDGE HALL



What began as a grey, rainy Friday quietly unfolded into something much more grounding. Steam rising into soft winter air, the steady warmth of water against skin, and the rare feeling of being held by a space that understands rest rather than rush.

Tucked away within the wider wellbeing setting of Iveridge Hall, the Spa Garden is an outdoor retreat designed to help guests step away from the pace of everyday life and reconnect with themselves in a slower, more intentional way.

Created by Richard Hill, the Spa Garden was envisioned as a nurturing, nature inspired environment where wellbeing is not prescribed, but personal. Since opening, the space has evolved organically, shaped not by rigid structure, but by listening closely to guest feedback and allowing experiences to unfold naturally.

Unlike more regimented spa environments, the Spa Garden encourages guests to shape their own visit. There is no pressure to move through the space in a particular order, no sense of being rushed from one experience to the next. Instead, guests are invited to listen to their own needs and move at a pace that feels right for them.

At its heart, the Spa Garden blends relaxation, recovery, and social wellbeing, grounded in the belief that health is multidimensional. Guests are invited to move between warmth, water and stillness in a way that feels natural to them, whether that means quiet solitude or gentle connection. It is a space designed for breathing out, switching off, and allowing both body and mind to settle.

The experience unfolds across the thermal spa pool with massage jets, the outdoor fire pit, heated relaxation lounge, aromatherapy steam cabin, Himalayan salt sauna, ice barrel experience, and a dedicated yoga and wellbeing space, all designed to support restoration throughout the seasons.

Morning and twilight spa sessions begin with a gentle garden orientation, followed by optional gentle yoga. From there, time is left intentionally open. Guests can move between facilities, book a holistic massage as an optional add on, or simply rest and enjoy a healthy power bowl meal as part of the experience.

Beyond the spa itself, Iveridge Hall offers a wider range of mind and body sessions, including gentle yoga, hatha yoga, pilates, restorative yoga and vinyasa yoga. Guests can book sessions individually or through membership options, and the space also hosts seasonal retreats that combine yoga, spa access, and shared meals.

Private hire is available too, making the Spa Garden a flexible setting for group bookings, celebrations, workshops, and wellbeing days tailored to specific needs or interests.

What stands out most is how the Spa Garden complements the wider Iveridge Hall offering. Whether arriving after a movement class, a workshop, or simply seeking a pause, the spa provides a place to rest, reflect and reconnect in a peaceful outdoor setting. There is a personal warmth here that comes from being a small, family run business, where every guest is genuinely seen, and cared for.

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## ACCESS LIFE NOTES

Community and connection naturally grow through shared experience. The design of the space allows guests to connect gently with others if they wish, while still protecting personal space and quiet. Many guests return regularly, forming friendships and finding familiarity in the space. The Spa Garden sees itself as a beacon of wellbeing, somewhere people can arrive alone or together and feel welcomed, supported and at ease.

Accessibility and guest needs are approached through openness and conversation rather than assumption. Feedback plays a significant role in shaping how the Spa Garden continues to evolve, often through small but meaningful changes. The team actively encourages guests to reach out ahead of their visit if they have health considerations or specific needs, allowing the experience to feel informed, supported, and comfortable from the outset.

Looking ahead, the Spa Garden hopes to continue expanding its offerings while preserving the calm, nature centred essence that defines it. With plans to enhance guest comfort and introduce new wellbeing experiences, the aim remains the same: to welcome a broader community into a space that values care, connection, and holistic wellbeing.

Sometimes the most restorative places are not the loudest or most polished. They are the ones that listen, adapt, and grow alongside the people who walk through their doors. The Spa Garden at Iveridge Hall is quietly doing just that.

During my visit to the Spa Garden at Iveridge Hall, the team were open, welcoming and happy to talk through the space and how everything worked. The spa garden itself is largely navigable, with single steps at the entrances to the spa area and steps into the thermal pool. These were discussed openly on arrival, and transferring into the pool felt manageable for me, with staff nearby if needed.

As we walked around the space together, access was explored through open conversation rather than assumption. I shared examples of portable ramps, which the team responded to positively and felt could be a helpful addition. They were keen to explore this further and look into buying a ramp to support future guests.

Guests with additional access needs or health considerations are encouraged to contact the team ahead of their visit so they can offer guidance, answer questions, and help guests decide what will feel right for them. As with many evolving wellbeing spaces, accessibility here is an ongoing conversation, and the Spa Garden team are receptive to feedback and shared learning.

If you are unsure whether a space will meet your needs, asking questions in advance can help you feel informed, confident, and supported before you arrive. The team will be delighted to help.

I am very much looking forward to returning and can see this becoming a place I come back to when I need to slow the day down and create space for unhurried rest.