

19  25

CHAMPNEYS  
HEALTH SPA

# WELCOME TO CHAMPNEYS

— BRITISH WELLBEING SINCE 1925 —



# Step into tranquility

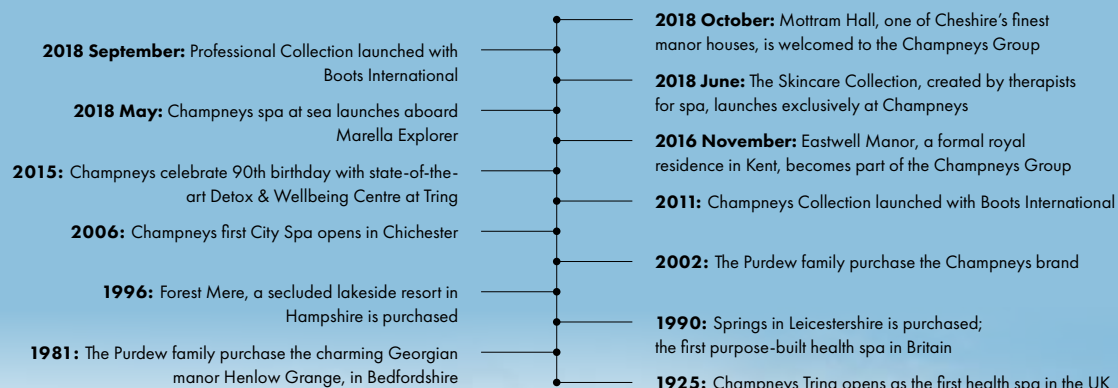
ALL ORGANISATIONS NEED TO TAKE TIME TO REASSESS THEIR POSITION, PLAN STRATEGIES, FOCUS, AND JOIN FORCES TO CREATE BETTER WAYS OF DOING THINGS.

What better place to achieve objectives than at Champneys Tring. Step away from the hustle and bustle of the office to a beautiful and relaxing location, surrounded by acres of green space in the heart of Hertfordshire; the perfect backdrop to your next conference.

At Champneys, wellness is a way of life. Past, present and future, whatever we do, it's all about nourishment

of the mind, body and soul. As the UK's original health spa, few can lay claim to the traditions inherent in our very being. Established in 1925, Champneys was the first health resort of its kind. We've set trends and started health revolutions; our passion for wellbeing drives who we are and what we do. We create moments of calm; it's what we do best.

## CHAMPNEYS TIMELINE



# A corporate offering

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CONFERENCE DAYS AND STAYS ARE THE FOUNDATION TO  
WHICH A UNIQUE AND PERSONAL EXPERIENCE CAN BE  
CREATED FOR YOUR ORGANISATION.

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## DAY DELEGATE PACKAGE

Includes:

- Flexible arrival time
- Meeting room hire
- LCD projector, screen and flipchart
- Pens and paper
- Free Wi-Fi
- Unlimited servings of tea, coffee, fresh fruit juice, mineral water and snacks
- Fruit basket
- Healthy, nutritious hot and cold three course buffet lunch or working finger buffet
- Full use of the spa and fitness facilities (sauna, steam room, swimming pool and gym)

## STAY DELEGATE PACKAGE

For longer meetings you will receive everything listed in the Day Delegate Package, plus:

- Three course dinner • Accommodation • Breakfast

## ECO DELEGATE PACKAGE

At Champneys we are working to minimise our environmental impact and increase sustainability. You can assist by opting into our eco delegate conference package at no extra cost.

- Hard-topped conference table (no linen) reducing use of water, chemicals and energy
- Stationery placed on the side table rather than at each place setting, reducing waste
- Natural daylight in our meeting rooms – reducing energy usage
- Champneys Bag for Life for each delegate to use for conference materials
- On-site bottled, filtered water – reducing plastic and glass usage
- Free bike parking available at the venue
- Recycling facilities for your waste materials
- Delegate incentives to use public transport; show the retail team your travel ticket and receive 10% off Champneys product

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## ADDITIONAL INFORMATION

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All meeting rooms are subject to a minimum occupancy – a supplement will be payable if your numbers are below this. All rates are inclusive of VAT. All rates are inclusive of complimentary use of Wi-Fi. Bedroom upgrades and spa treatments are available at a supplement.

For prices please contact [corporate.bookings@champneys.com](mailto:corporate.bookings@champneys.com)



# Meeting of minds

BOARD MEETINGS, TEAM AWAY DAYS, STRATEGY PLANNING SESSIONS...  
ADD CLARITY AND CREATIVITY TO YOUR AGENDA WHEN YOU MEET AT CHAMPNEYS.

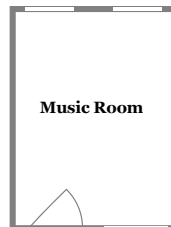
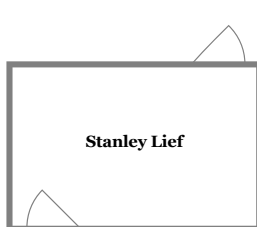
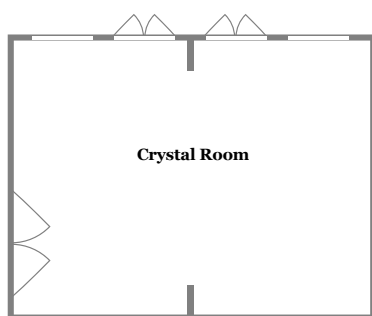
Six remarkable rooms seating from 2-100 delegates, each flooded with light, full of heritage and instantly setting the scene; the perfect backdrop for your next retreat allowing space and time to let inspiration flow.

With a focus on deliciously healthy and nutritious

food, our lunches and dinners are prepared by our Head Chef, plus the use of our renowned luxurious spa facilities make an event at Champneys Tring the perfect corporate retreat to keep you motivated and inspired.



## ROOM LAYOUTS



Room layouts show indicative proportions and window/door positions. Please contact us for any specific information required.

## ROOM CAPACITIES

**Crystal Room:** Boardroom – 40,  
Theatre – 100, Cabaret – 80, U Shape – 40

**Stanley Lief:** Cabaret – 30 (3 tables of 10)

**Music Room:** Boardroom – 18,  
Cabaret – 30 (3 tables of 10),  
U Shape – 16, Theatre – 30

**New Court 5:** Boardroom – 50,  
Theatre – 60, U Shape – 26

**New Court 3:** Boardroom – 12,  
U Shape – 20

**New Court 2:** Boardroom – 10



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# Executive wellness retreats

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WELLNESS IS A STATE OF BEING. THE WELLNESS OF YOURSELF AND  
THAT OF YOUR TEAM CAN UNLOCK IMMEASURABLE GAINS.

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Trends have come and gone, but our unwavering commitment to encouraging wellness endures – let us create your perfect executive retreat. Whether you are looking to refocus, re-energise or just relax, you'll be fuelled with healthy, nutritious and delicious meals and snacks devised by our nutritionists and created by our Head Chef throughout your time with us.

The Champneys medical team can ensure your executives are taking care of themselves with full health appraisals, including a cholesterol test and body composition analysis.

Our fitness team are on hand to put you through your paces with personal training sessions and workout programmes to take away and continue

at home. Join an array of fitness classes on offer, from stress-relieving yoga, Pilates and meditation, to energising HIIT, Zumba and Fitsteps. Try a virtual ride or a boxing session in our brand new state-of-the-art Urban Gym and Cycle studio.

No trip to Champneys would be complete without a treatment from one of our world-class therapists. We have all of the pampering treats you could possibly imagine to leave you feeling refreshed and rejuvenated.

Each retreat is personalised to your individual requirements and can include one-to-one consultations with experts in many differing fields. We look forward to working with you and planning your perfect stay with us.

## MIND, BODY & SOUL





# Sleep well

FROM STANDARD ROOMS TO SUITES, EACH OF OUR 90 BEDROOMS AT CHAMPNEYS TRING OFFER COUNTRYSIDE CHARM WITH A MODERN TWIST; PERFECT FOR A PEACEFUL NIGHT'S SLEEP. WE RECOGNISE THE IMPORTANCE OF A GOOD NIGHT'S SLEEP, THAT'S WHY QUALITY SLUMBER IS ON OUR LIST OF PRIORITIES. SLEEP WELL, YOUR COMFY BED AWAITS.



# Perfectly positioned

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CHAMPNEYS TRING IS PERFECTLY POSITIONED – ONLY 30 MILES  
FROM THE BUZZ OF LONDON, YET FREE OF INTERRUPTIONS,  
SET AMONGST BEAUTIFUL ENGLISH COUNTRYSIDE.

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WE ALSO OFFER CORPORATE SERVICES ACROSS THE GROUP.  
PLEASE CONTACT US FOR MORE INFORMATION.

TELEPHONE 03333 210 143 | [CORPORATE.BOOKINGS@CHAMPNEYS.COM](mailto:CORPORATE.BOOKINGS@CHAMPNEYS.COM) | [CHAMPNEYS.COM](http://CHAMPNEYS.COM)