



lifehouse

spa & hotel

looking after business

Lifehouse is situated near Colchester in Essex, 80 minutes by train from London Liverpool Street and 60 minutes by car from London Stansted Airport.

With 89 contemporary bedrooms surrounded by 130 acres and set in 12 acres of English Heritage Listed Gardens, the adults-only hotel has the facilities and expertise to look after your business requirements. Discrete and private meeting rooms for up to 60 people, extensive team building space for bespoke events, a Mediterranean-inspired restaurant, leisure facilities and an in-house team of wellness experts for all your workplace wellbeing needs – at Lifehouse, we look after business.

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contents

Choose Lifehouse	3
Corporate & Group Accommodation	4
Meetings & Events	6
The Thorpe Suites	7
The Cottage Boardroom	8
Delegate Packages	9
Team Building	10
Private Dining	11
Workplace Wellness	12
Testimonials	13



choose lifehouse

for meetings & events

superb location

- Set within 130 acres of countryside and 12 acres of English Heritage Listed Gardens
- 10 minute drive to beautiful Essex Sunshine Coast
- Close to Frinton Golf Course
- Walking distance to mainline Thorpe-le-Soken train station
- 80 minutes direct from London Liverpool Street
- 25 minute drive from Colchester
- 25 minute drive from Harwich Port
- 60 minute drive from London Stansted Airport

the place to meet

- Fully-equipped private meeting spaces for up to 60 people
- Flexible layouts and packages available to suit your requirements
- Bespoke private dining available
- Extensive grounds for Team Building
- Exclusive facilities ensures our full care and attention for your event
- Never overcrowded with other businesses

catering for your every need

- Working lunch
- Brain food snacks
- BBQ on private outdoor terrace
- Afternoon Tea
- Private dining
- Vibrant and naturally healthy Mediterranean-inspired food

health & wellbeing specialists

- Experienced team of experts
- Chartered Physiotherapist
- Yoga, Pilates and Meditation
- Energy Healer
- Life Coach
- Reiki Master
- Personal Training
- Sports Injury & Rehabilitation
- Shiatsu & Acupuncture
- Bespoke corporate wellness sessions to meet business needs

for corporate & group accommodation

a quiet night's sleep

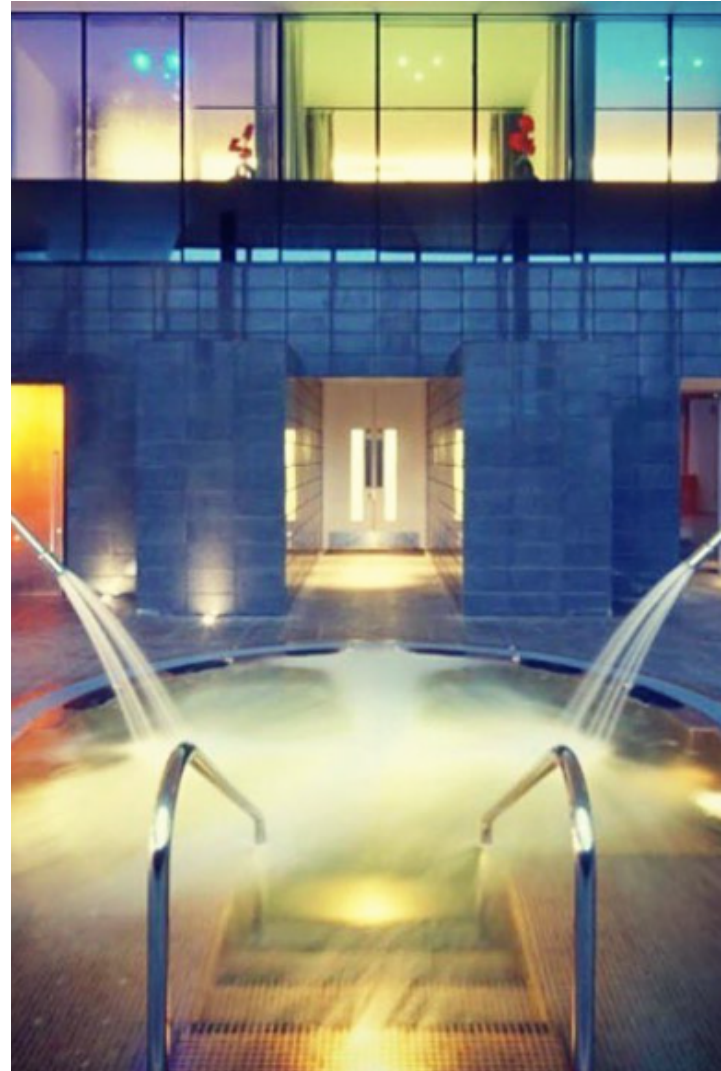
- 89 contemporary double or twin bedrooms overlooking historic gardens, countryside or courtyard garden.
- All rooms include robes, slippers, tea, coffee, Wifi and more....
- Strictly over 18s (16 with a Parent or Guardian)

the restaurant at lifehouse

- Italian Executive Chef, Ugo Simonelli, leads a passionate team to create vibrant Mediterranean-inspired menus
- Serving breakfast, lunch, dinner and afternoon tea
- Private dining available
- Bar & outdoor sun terrace

fitness & leisure facilities

- State-of-the-art gym with cardio and strength training equipment
- Personal training
- Activity schedule including HIIT, yoga, pilates, toning and much more
- Jogging track within the grounds
- 18m swimming pool
- Hydrotherapy pool
- Sauna, steam room, salt inhalation room
- Plunge pool



choose a quiet night's sleep

Scandinavian-designed 4* hotel with contemporary bedrooms. All ground floor bedrooms lead directly onto the beautiful historic gardens, and upper floor rooms enjoy views over the grounds from Juliet balconies. The luxurious signature rooms feature additional working and leisure space.

All corporate guests benefit from complimentary Wi-Fi and unlimited access to the gym, pool and leisure facilities.

For regular corporate stays, please enquire about setting up an exclusive rate.

Please contact Matt for further information
01255 863448 matt.f@lifehouse.co.uk



meetings & events

Designed to accommodate exclusive and bespoke private events within an intimate setting, we offer a variety of meeting spaces so that you can create your perfect event. The select number of rooms ensures that our undivided care and attention is given to your event and never crowded with other delegates.

the thorpe suite

The Thorpe Suite is the largest conference room and is located within a private internal courtyard, including a large terrace area overlooking a picturesque garden, perfect for outdoor entertaining and breakout sessions.

The space can be configured into one large space, or two separate meeting rooms with soundproof walls.

The Thorpe Suite can be set up in a variety of seating styles to suit your event, with natural daylight, complimentary Wi-Fi, air conditioning, a 55" TV and AV equipment for presentations.

Maximum capacity: 80 delegates
Dimensions: L14.7m x W4.3m x H2.2m



Boardroom
28 people



Cabaret
40 people



Classroom
28 people



Dinner
40 people



Reception
80 people



Theatre
60 people



U-Shape
28 people



thorpe 1

Thorpe provides a space sized L6m x W4.3m x H2.2m for a maximum of 24 delegates.



Boardroom
12 people



Classroom
8 people



Theatre
24 people



thorpe 2

Thorpe is the larger of the two spaces, with an area of L8.7m x W4.3m x H2.2m and capacity for up to 40 delegates.



Boardroom
20 people



Classroom
16 people



Theatre
40 people



Dinner
20 people



U-Shape
16 people

the cottage boardroom

Located in the original Grade II Listed Stables, the Cottage Boardroom is a unique and intimate space for up to 12 delegates, discreetly located away from other visitors and provides natural daylight and Smart TV. The space can be set up boardroom and dining for small groups.

The Stables' outdoor terrace is available for breakout sessions and al fresco refreshments.

Room dimensions:
L6m x W4.3m x H2.7m



Boardroom
12 people



Dinner
12 people



delegate packages

for your event

We offer flexibility and privacy to create the perfect meeting or event.

Day Delegate Rate

- Meeting room hire
- free Wi-Fi,
- Smart TV for projection
- flipchart and stationery kit
- Morning and afternoon tea, coffee and biscuits
- Working or restaurant lunch
- Water & cordials
- Minimum 8 delegates

Residential Delegate Rate

- 1 day meeting room hire
- free Wi-Fi
- AV equipment
- Smart TV for projection
- flipchart and stationery kit
- Working or restaurant lunch
- Morning and afternoon tea, coffee and biscuits
- Water & cordials
- 3 course dinner
- 1 night accommodation in a contemporary room (single occupancy)
- Full English or Healthy Breakfast
- Full use of leisure facilities
- Minimum 8 delegates

Twilight Meeting Space

- Available Sunday-Thursday from 18.00–23.00.
- AV hire included.
- Refreshments, if required, can be selected from the Room Service Menu.

Half Day Delegate Rate

- Half day meeting room hire: 08.30 – 12.30 or 13.00 – 17.30
- 1 serving of tea, coffee and biscuits
- Smart TV
- Flipchart, pads and pens
- Organiser's stationery kit
- Mineral water
- Wireless internet access

For more information please contact our Events Team
01255 863475 events@lifehouse.co.uk

team building

Situated within 130 acres of peaceful countryside, Lifehouse has plenty of space for outdoor activities.

We have dedicated grounds for a variety of team building events, including:

Archery & Axe Throwing

Falconry & Bird of Prey displays

Clay Pigeon Shooting

Treasure Hunts

Geotagging, Bushcraft & so much more.

We are also able to cater for bespoke themes to create an unforgettable experience.

However 'out there' your ideas may be let's discuss them.

For more information please contact our Events team:
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private dining

Let us entertain you

Executive Chef, Ugo Simonelli, would be honoured to welcome your guests. The 2 Rosette light and airy restaurant offers freshly prepared dishes inspired by the crisp, vibrant flavours of the Mediterranean from Ugo's Italian heritage. Ugo can also cater for private dining for up to 40, with a bespoke and tailored menu to impress your guests. Ugo uses fresh, seasonal produce which is locally sourced wherever possible, taking advantage of being situated within one of the most abundant areas in Britain. Each dish offers a careful balance of naturally nutritious flavours and textures that reflect the taste of Italy.



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workplace wellness

With an experienced team of health and wellness specialists on hand to provide expert advice on a range of subjects, Workplace Wellness programmes can be specifically designed and tailored to the individual requirements of each company.

Topics can include:

- Practical nutrition
- Postural assessment & back care
- Exercise & fitness
- Yoga & pilates
- Stress and sleep deprivation
- Time and performance management
- Positive communication
- Meditation & mindfulness

Workshops can be designed as 30, 45 or 90 minute sessions with practical exercises and participation.

Comprehensive handouts are provided so that your team can take the information away and refer to them later on.

Options available:

Create your bespoke Workplace Wellness workshop by selecting the subjects most appropriate for your team

Add business training modules to your bespoke Workplace Wellness package to create a day that combines business and wellbeing



what our clients say

"I have visited Lifehouse several times for a relaxing break to enjoy the spa, treatments and delicious food, little did I know that Lifehouse is so much more than just a spa.

On speaking with the Corporate Sales Manager, I discovered Lifehouse was available to host a number of activities for team building. I worked with them to organise the perfect event, we stayed for one night, had a fantastic three course dinner and the following day we took part in a morning of archery and an afternoon of clay pigeon shooting. Every detail was taken care of with transport from the station to the external activity companies, and not forgetting the correct amount of bottles on our wine order!

The staff at Lifehouse went above and beyond to ensure our event ran as smoothly as possible and their attention to detail was second to none.

I would highly recommend a visit, whether it be for a relaxing spa break or an adventure activity, Lifehouse can provide you with everything you need!"



Executive Assistant,
Royal Bank of Canada

"We recently had the pleasure of working with the team at Lifehouse to host a leadership development event for our Senior Managers. Without doubt this turned out to be one of our most successful leadership events. Although our focus during the event was on strategy execution, we also had a section on 'wellbeing' which is a key part of our people strategy.

The Lifehouse environment provided the perfect opportunity to combine the focus on corporate strategy with health and well-being. The environment, accommodation and food were all fantastic and the helpfulness and customer service provided by all of the Lifehouse team during our stay was exceptional.

We were able to make use of all of the spa facilities and experience the fantastic treatments on offer. It's fair to say it wasn't all fun – the 7am morning run and workout on day 2 was quite a shock for a few of the team!

Our sincere thanks to all of the team at Lifehouse from all of the Senior Managers at Virgin Holidays who had an amazing few days."



Director of People & Performance,
Virgin Holidays

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