KIN HOUSE

Activities & Wellbeing

CREATIVE & ENTERTAINMENT

Film night in the Study
(Maximum 24 guests)

Settle in and watch one of your favourite movies or the latest release in the Study, which is kitted out with deck chairs and bean bags. We'll provide plenty of snacks, including jars of sweets and popcorn, as well as ice buckets of Uncommon sparkling wine, beer and soft drinks.

Candle painting with Bable

Create your own bespoke candle designs in this workshop with Bable's Bianca White. You'll learn the brushwork skills needed to decorate your candles with bright and playful patterns, plus different painting styles and techniques.

Wild plant medicine workshop

Our native wild plants are filled with nutrients and healing properties that you can't find on the supermarket shelves, and this workshop shows you how to preserve your own liqueurs, immune-boosting tonics, infused oils and balms. You'll taste a wide range of medicinal mixtures, herbal teas and wild snacks during the session to inspire you to create your own delicious remedies at home.

Choose from the following workshops, which feature different wild plant recipes:

- Alcoholic liqueurs and tinctures
- Infused oils and balms
- Tonics and immune-supporting vinegars

All materials and plants are provided, and you'll leave with lots of resources to take away and practice with at home. By the end of this workshop, you'll have the confidence and competence to use these methods at home.

OUTDOORS

Lawn games

Bring your A-game and enjoy a spot of croquet, boules or kubb on the lawns. We can provide picnic rugs and baskets filled with tasty treats or a light lunch – please enquire for more details.

Foraging walk

Explore the local countryside with our herbalist and forager, and learn how to identify the edible and medicinal wild herbs that grow on our doorstep. Discover the ancient folklore surrounding our local plants, how to cook with them, and how they're used in modern medicine. After a leisurely stroll, stop for a refreshing wild herbal tea, brewed using ingredients you've collected along the way.

EAT & DRINK

Bespoke wine tasting

Whether you want to sample the best English wines, learn more about natural winemaking techniques, or how to tell your Burgundy from your Barossa, we can tailor a tasting to suit you.

Bespoke cocktail-making workshop

Master the myriad ways to make a margarita, put your own spin on the classic martini, or craft flavoured gins using fruit and spices in a cocktail-making workshop with our expert mixologist. This session is adapted to the seasons, or we can design something bespoke.

MIND & BODY

All mind and body classes are for a minimum of 12 guests

Restorative Pilates

Slow down and recharge in this breathwork and Pilates-based movement class. The session will help you feel connected to your body, so you'll leave invigorated, centred and strong.

Dynamic Pilates

Get your energy flowing in this upbeat, full-body workout. A great way to kick start your morning or boost your mood, you'll build strength, tone and mobility for an overall feeling of wellbeing.

Yoga

Wind down the tempo in this gentle and calming yoga flow that focuses on deep breathing and slow muscle and joint release to re-energise the mind and body.

Barre

A fun, energetic class targeting the legs, glutes and core to help lengthen, strengthen and tone, whilst encouraging good posture. Feel the heat as you hold and pulse for a serious metabolic boost.

Mindful movement

Meditation and movement combine to create an invigorating experience that will aid concentration, ease aches and pains, and boost energy. The session begins with a guided meditation to settle the mind, before warming up and relaxing your muscles with a Pilates-based flow.

Mental fitness

A healthy mind is a healthy body, and this session teaches how meditation and journaling can manage stress, promote peace and exercise the brain. Get handy tips to keep your mind mentally fit, and learn practical ways to combat anxiety and frustration.

Reiki and spiritual health

We all have the power to heal and manifest a happier, healthier life for ourselves. Soul Pilates founder, reiki master and spiritual coach Nic Lenny has drawn on her own burn-out experience in a corporate career to create this workshop that blends reiki healing with practical ideas you can incorporate into everyday life.

Sound bath

Relax your mind and body with a soul-soothing gong bath led by our experienced kinesiologist. One of the most ancient forms of healing, the gongs bathe your body with gentle frequencies to relieve stress, kick start your immune system and restore balance.

BEAUTY & WELLBEING

Bespoke massage
60 or 90 minutes

This bespoke full-body treatment is completely tailored to you, whether you're looking to release tension, ease stress or need an energy boost.

Deep tissue massage
60 or 90 minutes

A deep-pressure massage to relieve muscle tension and soften areas of tightness. Using a mix of energising and light pressure to promote circulation, your therapist will ease away aches and pains so you leave feeling relaxed and rejuvenated.

Dr. Barbara Sturm instant glow facial
60 minutes

Dr. Barbara Sturm's cult-worthy 'Glow Drops' are the hero ingredient in this radiance-boosting facial. Wild rose and purslane extracts nourish and awaken the skin, helping restore your complexion's natural glow, whilst smoothing the appearance of fine lines.

Dr Barbara Sturm anti-ageing facial
80 minutes

The ultimate overhaul for tired, lacklustre skin. This 80-minute treatment replenishes natural moisture levels using a bespoke range of Dr Barbara Sturm products to plump, smooth and repair your skin's own barrier function.

Aromatherapy Associates rose facial
60 minutes

Tailored to your individual skin needs, a combination of pure essential oils and plant extracts from Aromatherapy Associates' range are applied with specialised massage techniques to restore and recondition your complexion. The result? Naturally luminous, glowing skin.

Manicure
Classic or gel, 20 or 45 minutes

The perfect pick-me-up for overworked hands. Your nails will be filed and buffed, cuticles tidied, followed by your choice of polish and a relaxing hand massage to rehydrate and moisturise the skin.

Men's manicure
20 minutes

For those who want pristine hands, without the polish.

Pedicure
Classic or gel, 20 or 45 minutes

A restorative treat for tired feet, this pedicure includes the full works: file, buff, cuticle tidy and soak, followed by a deep exfoliation to soften and smooth rough skin. Toes are topped with your polish of choice.

Hair styling and blowdries
45 or 60 minutes

Your stylist will work with you to create your chosen look, whether it's full bouncy waves, a sleek and glossy blow dry, chic bun or romantic braid.

Bespoke make-up
60 minutes

Our make-up artists come armed with a wide range of products so each look is completely bespoke to you. They'll work to create your preferred look, or recommend colours to suit your skin tone.

To find out more about pricing and to book any of our activities, classes or treatments, send us a note at hello@kinhouse.co.uk, or call us on 01249 479385.