

RELAX & RECOVER

WELLNESS WITH FORMULA HEALTH



ESCAPADE
Silverstone

Escapade Silverstone
Silverstone Circuit, Towcester
Northamptonshire
NN12 8TN



REFUEL YOUR BODY & MIND

Beyond the roar of the engines, discover an exclusive sanctuary designed for peak performance and unparalleled recovery. Our purpose-built wellness area at Escapade offers a discreet escape to unwind, recharge, and optimise your potential.

We've curated a collection of exceptional facilities and partnered with Formula Health, leveraging a decade of elite motorsport experience to deliver a performance-based approach to health and recovery. All set against the thrilling, iconic backdrop of Silverstone Circuit, the home of British motorsport.



15M SWIMMING POOL

Our expansive indoor pool features floor-to-ceiling windows offering unparalleled views of the iconic Grand Prix circuit.

SAUNA ROOM

Unwind and detoxify in our Finnish sauna, perfect for muscle recovery and promoting overall wellbeing.

TRACKSIDE GYM

Our private gym is equipped with top-of-the-line cardio and resistance equipment from Matrix Fitness, ensuring an effective workout with inspiring trackside views.

TWO TREATMENT ROOMS

Experience personalised therapies and functional medicine insights from Formula Health in our dedicated, tranquil treatment spaces.

FORMULA HEALTH

A TRAILBLAZER IN MOTORSPORT AND PERSONALISED MEDICINE

Gemma Fisher M.Ost Med, the founder and CEO of Formula Health, has built a reputation as one of the most respected health and human performance professionals in the motorsport world. Notably recognised for her role in revolutionising Formula 1 pitstops by applying her diagnostic mindset to this human-machine phenomenon.

With a Master’s degree in Osteopathic Medicine and a passion for proactive health, she spent over a decade as a Performance Coach and Human Performance Specialist in elite motorsport.

PIONEERING
THERAPIES

AWARD-
WINNING

PERFORMANCE
DRIVEN

DIAGNOSTIC
MINDSET



THE TEAM

Gemma's vision for Formula Health reflects her dedication to applying the same level of precision and care to all clients from the whole team. Her innovative approach bridges the gap between personalised health data and holistic wellbeing interventions, making Formula Health a trusted name for those seeking excellence.

THE TEAM COMPRISES OF

OSTEOPATHS & MASSAGE THERAPISTS

Boasting qualifications in Acupuncture, Nutritional Therapy, Strength & Conditioning, Sports Therapy, and a variety of massage disciplines

PERFORMANCE COACHES

Focused on Personal Training, Pilates & Exercise Rehabilitation

DOCTORS & NURSES

Providing pop-up IV-drip clinics and medical assessments for drivers and teams





TREAT. TRAIN. RECOVER

PRICE
LIST

CORE THERAPIES & INTEGRATED MEDICINE CONSULTATIONS

Osteopathy	£180 £90	60 mins initial consult 30 mins follow-up
Medical Acupuncture	£90	30 mins
Biomechanical Assessments	£180	60 mins
Sports Injury Clinic	£90	30 mins
Integrated Medicine	£250 £190	90 mins initial consult 60 mins follow-up
Sports Massage, Deep Tissue & Myofascial Release Therapy, Thai Aromatherapy Massage	£100 £60	60 mins 30 mins
Myofascial Release Cupping	£60	30 mins
Kinesiotaping	£60	30 mins
Compression Recovery Boots	£60	30 mins
DNA Nutrigenetics Kits	£125 £249 £250 £330	DNA kit only DNA epigenetics kit only DNA kit & consult DNA epigenetics kit & consult
Nutritional Therapy & Functional Medicine	Continuous Glucose Monitors (CGM Blood Sugar Analysis) £75 Monitor only £275 Monitor and two consults Microbiome Tests (Gut Health Test) £399 Microbiome test only <i>Will require clinician follow-up to interpret results</i>	

Personal Training	Human Performance Assessment / Personal Training £150 60 mins
Yoga, Pilates, Mobility & Breathwork Classes	1-to-1 or 1-to-2 £150 60 mins £120 45 mins Group Classes £30 Per Person <i>min. four to max. eight participants</i>

WE ALSO OFFER

- Pop-up clinics:**
- Digital Gait Analysis & 3D-Printed Orthotics Prescription
 - Metabolic Analysis
 - IV-Drip Therapy
 - Hyperbaric Oxygen Therapy

Products / Supplements

A carefully curated range of products and supplements are available on site to support your personalised protocol.

OSTEOPATHY

Our osteopathy treatments offer personalised, hands-on therapy to ease pain, improve movement, and boost your overall comfort. Whether it's tension from long drives, aches after a track day, or ongoing issues, our osteopathic care includes:

JOINT AND MUSCLE TECHNIQUES

To help you move better and feel less discomfort

POSTURAL CHECKS

To improve your alignment and reduce future problems

RELAXATION TECHNIQUES

To calm your body and mind, especially useful during stressful times or after intense activity

PRICING

£180 60 mins initial consult



A HOLISTIC APPROACH TO WELLBEING & RECOVERY

COMPRESSION RECOVERY BOOTS

PRO TIP: COMBINE WITH A
DEEP TISSUE MASSAGE

Indulge in a rejuvenating session with our compression recovery boots. This relaxing treatment uses a sequential inflation and deflation cycle to massage your legs, from foot to thigh, promoting blood and lymphatic fluid circulation. By flushing out lactic acid and other metabolic waste, the boots help reduce muscle soreness and swelling, leading to a faster and more effective recovery. Whether you're an athlete or simply looking to unwind, this session is perfect for improving your flexibility, enhancing your range of motion, and leaving you feeling refreshed and revitalised.

PRICING
£60 30 mins



MYOFASCIAL RELEASE CUPPING

Myofascial release cupping is an advanced therapy that uses suction cups to gently lift and separate the layers of muscle and fascia. This process effectively breaks up adhesions, relieves stubborn tension, and promotes better joint movement and tissue quality. It's a highly targeted method to release deep-seated tightness and improve your body's overall mobility, helping you to recover faster and perform better.

PRICING
£60 30 mins

KINESIO TAPING

Kinesiotaping applies a specialised elastic tape to support your muscles and joints without restricting your movement. It's the perfect way to reduce swelling, improve posture, and accelerate injury recovery. While Kinesio tape may seem simple, its effectiveness is highly dependent on precise application. Our skilled practitioners know exactly how to apply the tape to create the correct tension and direction of pull, ensuring you get the maximum therapeutic benefit. Improper application can be ineffective or, in some cases, even harmful.

PRICING
£60 30 mins

MEDICAL ACUPUNCTURE

This treatment works by inserting fine needles into specific points on your body. This stimulates the nervous system, prompting the release of natural pain-relieving and anti-inflammatory substances. It's a highly effective way to address muscular tension and pain, making it particularly beneficial for sports-related injuries and the kind of chronic discomfort that can build up from an active lifestyle. By targeting the root cause of the issue, medical acupuncture helps to restore your body's balance, allowing for faster healing and a return to peak performance.

PRICING
£90 30 mins

BIOMECHANICAL ASSESSMENTS

Just like a race engineer analyses telemetry, our biomechanical assessments break down your movement patterns to pinpoint imbalances and weaknesses. Whether you're an athlete aiming to shave seconds off your track time or someone recovering from an injury, we provide a precise, data-driven approach. After your assessment, you'll receive a detailed report and a customised rehabilitation program via our app. This targeted program is designed to build strength, improve stability, and get you back to peak performance with a clear plan of action.

PRICING
£180 60 mins

MASSAGE THERAPY

STAY HYDRATED BEFORE & AFTER YOUR SESSION

Whether you're pushing your limits on the track or staying active, your muscles need focused care to perform at their best. Our Sports Massage, Deep Tissue, and Myofascial Release Therapy is designed to reduce muscle tension, improve flexibility, and speed up recovery after intense physical activity. Whilst Thai Aromatherapy massage offers pure relaxation and restoration. Our practitioners will create a targeted treatment plan just for you, focusing on your specific needs to release tight muscles and restore circulation. This is not a one-size-fits-all approach, it's a precision-driven therapy that helps you prepare for your next challenge and perform at your peak.



PRICING

Sports Massage & Myofascial Release

£100 60 mins
£60 30 mins

Massage & Lymphatic Legs Combo

£120 60 mins
£160 90 mins

Speciality & Bespoke

£100 60 mins Thai Aromatherapy Massage
£100 60 mins Thai Foot Massage

SPORTS INJURY CLINIC

Our Sports Injury Clinic helps you move, train, and perform at your best, no matter your level or experience. We assess movement efficiency, joint function, and musculoskeletal balance to uncover the root cause of injuries and design personalised recovery plans. From rehabilitation to prevention, our specialists guide you through a tailored approach to reduce discomfort, restore strength and build long-term resilience, so you can return to your activities with confidence and ease.

PRICING

£90 30 mins

HYPERBARIC OXYGEN THERAPY CHAMBER

Hyperbaric oxygen therapy (HBOT) is a cutting-edge treatment that supercharges your body’s natural healing processes. By providing up to 100% oxygen in a pressurised chamber, we increase the amount of oxygen your blood can carry, up to 16 times more than normal. This oxygen-rich environment floods your tissues, stimulating the growth of new blood vessels, reducing inflammation, and fighting infection. HBOT is a non-invasive, drug-free therapy used to aid recovery from a variety of conditions and chronic injuries. It’s the ultimate way to boost cellular repair and get your body back to peak performance.

PRICING

POA 60-90 mins sessions offered during pop-up clinics and on special request

INTEGRATED MEDICINE

At Formula Health, we believe in a complete, integrated approach to your well-being. Osteopathy is most effective when it’s part of a wider health strategy that goes beyond just treating your symptoms. Our integrated model considers all factors of your health, from **nutrition** to fuel your recovery and provide sustained energy, to **stress management** to address the physical effects of chronic tension, and **physical fitness** to build strength, flexibility, and overall resilience. By combining these elements, we create a truly comprehensive plan to help you achieve and maintain optimal health.

PRICING

£250 90 mins initial consult
£190 60 mins follow-up

FORMULA DNA & EPIGENETICS

Discover your unique genetic makeup with our one-off **Formula DNA Saliva Test**. We analyse over 300 genetic outcomes to provide a comprehensive health blueprint, including your Live Pollution Levels and Virus Risk Score. You'll receive personalised, actionable interventions to manage your genetic health risks, with nutritional adaptations, over 600 meal suggestions, and 500+ video exercise guides. This powerful insight is designed to encourage positive behavioral change, helping you reduce stress, improve sleep quality, increase energy levels, sharpen concentration, and strengthen your immune system. It's the ultimate tool for proactive, personalized health.

Go beyond your chronological age and discover your true biological health with our **Formula Epigenetics Annual Saliva Test**. By analysing how your lifestyle, diet, and environment influence your genes, this test provides a deep dive into your body's performance data. The detailed report includes your Biological Age, along with specific scores for your eye, memory, and hearing age, and a crucial Genetic Inflammation Score. By periodically measuring your internal age, you can reinforce positive lifestyle changes and actively work to slow down the aging process, keeping you on track for a longer, healthier life.

PRICING

£125	DNA kit only
£249	DNA epigenetics kit only
£250	DNA kit & consult
£330	DNA epigenetics kit & consult

NUTRITIONAL THERAPY

Nutritional Therapy helps you combat life's stressors by focusing on your whole body. We improve energy, optimise recovery, and build resilience. Using evidence-based fuelling strategies and targeted nutrient protocols, we help you accelerate healing and sustain peak performance. Our practitioners build individual plans based on your performance goals and personalised data. Advanced diagnostics track key biomarkers: inflammation, nutrient status, gut health, and hormonal balance. This ensures every recommendation is precise, measurable, and tailored to your unique needs.

PRICING

Continuous Glucose Monitors

(CGM Blood Sugar Analysis)

£75	Monitor only
£275	Monitor and two consults

Microbiome Tests

(Gut Health Test)

£399	Microbiome test only <i>(will require clinician follow-up to interpret results)</i>
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COACHING & TRAINING

IN-PERSON OR ONLINE COACHING
AVAILABLE TOO

Our trackside gym is equipped with everything you need to enhance your performance, from weights and cardio machines to specialised rehab tools. Our certified coaches and personal trainers offer more than just a workout, they provide a tailored training program designed specifically for you. Whether you're looking to build endurance and strength for motorsport, prevent injury, or rehabilitate from a recent issue, we have a solution. We offer one-on-one sessions, small group classes, and bespoke programs with ongoing support.

PRICING

**Human Performance Assessment
/ Personal Training**
£150 60 mins

Yoga, Pilates, Mobility & Breathwork Classes
£150 60 mins
£120 45 mins

Group Classes
£30 Per Person
min. four to max. eight participants





CORPORATE DAYS AND GROUPS

For those planning events, corporate days or team away days, we can tailor specific health and human performance services to elevate your event. From yoga sessions on the roof deck to IV-drips for the whole team, we can curate structured half- and full-day programmes for small and large groups, including treatments, workshops and expert talks.

For example you could start the day with a jog around the world-famous race circuit, then head to the gym for a group class, and finish with a dip in the pool to cool down before the day's adventure. Optimise your group's performance with expert insights and coaching from the Formula Health team.

PRICING FROM £1,000

To discuss your plans, contact
formula.health@escapade.silverstone.co.uk

TERMS & CONDITIONS

BOOKINGS AND CANCELLATIONS

To guarantee your preferred time and service, we recommend booking your treatments in advance. All reservations require a credit or debit card to secure the booking.

We require 48 hours notice for all cancellations or amendments.

A 100% charge will be incurred for cancellations made after the required notice period or for no-shows. Refunds are not provided for pre-booked packages.

If you have cancelled or rescheduled an appointment more than once, we require all further appointments to be paid at the time of booking.

ARRIVAL AND ETIQUETTE

Please arrive 15 minutes before your scheduled appointment and ensure your New Client form has been completed ahead of time. Late arrivals may result in a reduced treatment time with no adjustment to the price.

For the comfort and privacy of all guests, the use of mobile phones and photography is strictly prohibited. We ask that you respect the environment and keep conversations to a minimum, especially in treatment corridors and relaxation lounges.

HEALTH AND SAFETY

Your well-being is our priority. Please inform us of any medical conditions, allergies, injuries, or if you are pregnant at the time of booking. A doctor's note may be required for certain conditions.

Pregnancy: We offer specially designed treatments for expectant mothers in their second and third trimesters. Please note that some of our facilities and treatments may be unsuitable during pregnancy.

Age Requirements: Our facilities are available for guests 16 years and older. Guests between 16 and 18 must be accompanied by a guardian.

Liability: Please keep all valuables secured in the lockers provided. We are not responsible for any loss or damage to personal belongings.

FACILITY USE

Robes, towels, and slippers are provided for your comfort. Appropriate swimwear or gym attire must be worn while using our facilities.

Non-residents may be able to access our facilities for an additional fee when booking a treatment. Please contact Concierge for details. The use of our facilities without a treatment booking is subject to availability, and day passes may not be available on bank holiday weekends.

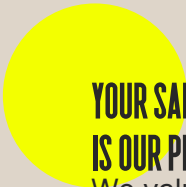
DNA DATA HANDLING AND PRIVACY

Your DNA samples and genetic data are handled by our partner, MuhDo Health Ltd. To protect your privacy, your genetic results and health information are not stored on or accessible by Formula Health's systems. This

sensitive data is managed securely according to MuhDo Health Ltd's own privacy and data retention policies which can be found here: [DNA Privacy Policy](#) and [DNA Terms & Conditions](#).

FULL TERMS AND CONDITIONS

Full policies, regulations and terms can be found online via the Escapade Silverstone website: <https://escapade.silverstone.co.uk/regulations>.



YOUR SAFETY AND WELLBEING IS OUR PRIORITY

We value your feedback. If you have any concerns or complaints, please speak to a member of our team so we can address them promptly.



Silverstone

GET IN TOUCH

NEED HELP CHOOSING?

formula.health@escapade.silverstone.co.uk

BOOK NOW



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