

RELAX & RECOVER

WELLNESS AT SILVERSTONE

Escapade Silverstone
Silverstone Circuit, Towcester
Northamptonshire
NN12 8TN

ESCAPADE
Silverstone
HOTEL AND RESTAURANT



REFUEL YOUR BODY & MIND

Beyond the roar of the track, discover a laid back sanctuary built for quiet downtime, active recovery, and essential reset. Our wellness space at Escapade Silverstone is the ultimate spot to shift down a gear, tune up your wellbeing, and recharge entirely on your own terms.

Alongside a thoughtfully curated setup, we've teamed up with a collective of skilled therapists and practitioners to bring a grounded, holistic approach to your stay. Whether you're fuelling up for the days ahead or letting off steam after a day trackside, it's everything you need to restore your energy. All set against the iconic backdrop of Silverstone Circuit.



15M SWIMMING POOL

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

FINNISH SAUNA ROOM

Unwind and detoxify in our Finnish dry 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.

YOUR SPACE, YOUR PACE

Whether you prefer time in our two dedicated treatment rooms, quiet in-residence treatments, or interactive wellness weekends and workshops, we've built a setup that adapts to you.

OUR WELLNESS PROVIDERS

SK PERFORMANCE & WELLBEING

IN-HOUSE RECOVERY AND PERFORMANCE

Operating from our dedicated treatment rooms, our in-house team delivers a high-performance blend of sports science, targeted bodywork, and restorative care. Led by motorsport specialist Sam Kibble, the SK Performance & Wellbeing team focuses on athletic resilience, mobility tune-ups, and tailored training to accelerate recovery and enhance output. Alongside performance therapy, Apex integrates soothing treatments, including Swedish massage and gua sha, tailored whether you need to release muscle tension after a day trackside, or take time out to reset, recharge, and unwind.

HEAL WELLBEING

IN-RESIDENCE RELAXATION

Heal Wellbeing delivers restorative spa therapies directly to your residence, creating a completely private sanctuary without you needing to step out your front door. Their experienced team focuses on stress release and full-body relaxation, offering everything from targeted back, neck, and shoulder massages to hydrating and anti-ageing facials, reflexology and calming bodywork. Heal also offers a range of bespoke integrative holistic therapies, fully customised to help you completely unwind during your stay.

SEED WELLNESS

WORKSHOPS AND WELLNESS WEEKENDS

Seed Wellness leads our scheduled workshops, interactive masterclasses, and curated wellness weekend retreats. From open-air yoga and mobility sessions on the roof deck overlooking the circuit, to guided breathwork, immersive sound baths, and mindfulness masterclasses, their team brings a practical edge to group wellbeing. Every session is designed to sharpen focus, restore balance, and give you the ultimate space to unwind and reset against the backdrop of the track.

THE TEAM

Behind Escapade Wellness is a collaborative team of resident therapists, coaches, and guest specialists applying high-level precision and care to every guest, drawing from a diverse range of disciplines.

THERAPISTS AND BODYWORK SPECIALISTS

Bringing expertise across Swedish and deep tissue massage, sports therapy, gua sha, acupuncture, and holistic bodywork to release tension and support recovery.

PERFORMANCE AND MOVEMENT COACHES

Specialising in strength and conditioning, sports science, personal training, pilates, and exercise rehabilitation tailored to your physical goals.

HOLISTIC AND SPA PRACTITIONERS

Offering relaxing facials, hot stone therapies, and calming wellbeing treatments to relieve stress, restore balance, and leave you deeply refreshed.

GUEST TEACHERS AND WORKSHOP LEADERS

Hand-picked experts facilitating group movement sessions, mindfulness masterclasses, and immersive wellness weekends.




concept 2
MATRIX

RELAX, RECOVER, PERFORM

PRICE LIST

Signature therapies can be enjoyed in the comfort of your residence or within our dedicated treatment rooms. All other therapies, fitness sessions, and classes are hosted across our treatment rooms, pool, and gym space.

SIGNATURE TREATMENT	PRICE FROM
Massages	**£90** 45 mins Back, Neck & Shoulder **£90** 40 mins Indian Head **£90** 45 mins Foot Reflexology **£100** 60 mins Full Body / Swedish **£130** 90 mins Full Body / Swedish
Facials	**£100** 45 mins **£120** 60 mins

AVAILABLE IN TREATMENT ROOMS ONLY

TREATMENTS	PRICE FROM
Performance Sports Massage	**£60** 30 mins **£100** 60 mins **£150** 90 mins
Deep Tissue Massage	**£100** 60 mins **£140** 90 mins
Gua Sha Recovery Massage	**£100** 60 mins **£140** 90 mins
Aromatherapy	**£95** 60 mins **£130** 90 mins
Hot Stone Ritual	**£100** 60 mins **£140** 90 mins
Pregnancy Massage	**£100** 60 mins **£140** 90 mins

CLASSES	PRICE FROM
Personal Training	**£100** 75 mins
Yoga, Pilates, Mobility and Breathwork Classes	**Private Sessions** *(1:1 or 1:2)* **£120** 45 mins **£150** 60 mins **Group Classes** **£20** per person *(minimum four to maximum six participants)*

WE ALSO OFFER

- Bespoke and Tailored Treatments
- Wellness Retreats
- Pool, sauna and gym – day and season passes
- Pop-up Clinics

AVAILABLE IN YOUR RESIDENCE

SIGNATURE TREATMENTS

Effortless resets and deep-tissue downtime. Unwind, switch off, and let our signature massages and facials restore your natural rhythm, to be enjoyed from the comfort of your residence, or within our dedicated treatment rooms.

SIGNATURE MASSAGES

BACK, NECK & SHOULDER

A targeted pit stop focusing on high-tension zones to unblock stiffness and restore range of motion.

INDIAN HEAD MASSAGE

A clearing, stress-relieving treatment designed to quiet mental noise and ease upper-body tightness.

FOOT REFLEXOLOGY

A restorative pressure-point treatment engineered to release lower-body tension, boost circulation, and rebalance your system.

CLASSIC FULL BODY / SWEDISH

A smooth, balanced treatment engineered to improve circulation, ease tired muscles, and restart your energy.

EXTENDED FULL BODY / SWEDISH

Extended time on the table to systematically work through every muscle group and leave you completely recharged.

PRICING

£90	45 mins	Back, Neck & Shoulder
£90	40 mins	Indian Head
£90	45 mins	Foot Reflexology
£100	60 mins	Classic Full Body / Swedish
£130	90 mins	Extended Full Body / Swedish

SIGNATURE FACIALS

CLASSIC FACIAL

A fast-acting skin refresh designed to cleanse, exfoliate, and revive tired-looking skin. Uses high-performance active botanical ingredients and targeted facial massage to flush out deep impurities, boost local circulation, and restore hydration. Ideal for city-worn skin, post-travel dehydration, or a quick pre-event glow.

DEEP RESET FACIAL

An intensive, multi-step facial overhaul that deeply restores skin health and barrier function. Combines deep pore extraction, targeted LED or micro-massage techniques, and nutrient-rich hydration treatments to repair environmental damage. Perfect for anyone dealing with congested skin, dullness, or fatigue from travel and training.

PRICING

£100	45 mins
£120	60 mins



PERFORMANCE SPORTS MASSAGE

Focused physical bodywork engineered to target tight muscle groups, loosen restricted joints, and accelerate overall recovery. Uses dynamic sports techniques, deep cross-friction, and targeted stretching to break down tissue tightness and flush out lactic acid. Ideal for athletes, active travelers, and anyone focused on lowering injury risk while keeping their body in prime shape.

PRICING

£60 30 mins **£100** 60 mins **£150** 90 mins

DEEP TISSUE MASSAGE

Heavy-duty bodywork targeting the deeper structural layers of muscle and connective fascia. Slow, deliberate strokes and sustained direct pressure work into chronic tension points to unblock stubborn knots and lengthen tight fibres. Best for active guests, athletes, or anyone dealing with deep-seated muscle tightness, posture fatigue, or chronic stiffness.

PRICING

£100 60 mins **£140** 90 mins

GUA SHA RECOVERY MASSAGE

Instrument-assisted recovery therapy using smooth scraping tools across tight muscle channels. The technique creates micro-circulation, breaks up soft tissue restrictions, and rapidly flushes cellular waste and inflammation out of overworked zones. Excellent for speeding up recovery after heavy training sessions, track days, or relieving persistent muscle aches.

PRICING

£100	60 mins
£140	90 mins

HOT STONE RITUAL

Thermal recovery therapy using smooth, heated basalt stones worked directly over main muscle groups. Radiant heat penetrates deep into muscle tissue, expanding blood vessels and melting away tightness without needing aggressive manual pressure. Best for easing stiff joints, relaxing rigid muscles, and delivering effortless, deep-level relaxation.

PRICING

£100	60 mins
£140	90 mins

AROMATHERAPY RITUAL

A soothing sensory treatment pairing essential oil blends with smooth, rhythmic bodywork. Therapeutic essential oils absorb into the skin while fluid pressure calms the central nervous system, lowers heart rate, and drops mental tension. Designed for guests seeking deep stress reduction, emotional balance, and complete mental and physical renewal.

PRICING

£95	60 mins
£130	90 mins

PREGNANCY MASSAGE

Nurturing, specialised bodywork tailored specifically for expectant mothers in a comfortable, supported setup. Uses gentle, rhythmic strokes to relieve lower back pressure, improve lymphatic circulation, and reduce fluid retention in legs and ankles. Ideal for mothers-to-be looking to ease body strain, improve sleep quality, and enjoy safe, relaxing downtime.

PRICING

£100	60 mins
£140	90 mins

IN-PERSON OR ONLINE COACHING AVAILABLE TOO

COACHING & CLASSES

Our trackside gym is equipped with everything you need, from free weights and cardio machines to specialised movement and rehab tools. Beyond performance training, our studio hosts upbeat group workouts and restorative studio classes. Drop in for social Yoga, Mat Pilates, or mobility sessions with friends, or work 1:1 with our certified coaches on tailored strength, endurance, or recovery goals. Whether you're here to sweat, stretch, or fine-tune your performance, we make sure every session feels energising, rewarding, and completely tailored to your tempo.



PRICING

Personal Training
£100 75 mins

Yoga, Pilates, Mobility & Breathwork Classes
£120 45 mins *(1:1 or 1:2)*
£150 60 mins *(1:1 or 1:2)*

Group Classes
£20 per person
(minimum four to maximum six participants)

POP-UP CLINICS

Exclusive rotating residencies featuring visiting master practitioners, physical therapists, and health specialists. Offers access to advanced modalities, cutting-edge recovery tech, and specialised consultation work not on our standard treatment menu. Perfect for guests seeking expert advice, specialised therapy, and innovative physical treatments such as integrative medicine, somatics, breathwork and more.

PRICING
Bespoke

BESPOKE & TAILORED TREATMENTS

Fully customised bodywork sessions built on the spot to address your specific physical needs. Practitioners combine techniques like deep tissue, stretching, trigger point work, fascia release, and bioenergetic frequency retunes for whole system health, based on a quick initial assessment. Best for guests with complex physical demands, mixed muscle strain, or specific recovery goals.

PRICING
Bespoke

POOL, SAUNA & GYM HALF-DAY PASSES

Half-day passes grant full access to our trackside gym, 15m swimming pool, Finnish sauna, and wellness spaces. While hotel guests enjoy complimentary access throughout their stay, our limited half-day passes give non-residents and local visitors off-peak use of our modern facilities to train, recharge, and maintain their routines. Choose between a morning lap (9 AM – 1 PM) or an afternoon session (1 PM – 5 PM). Each pass includes a complimentary juice at

PRICING
£40 Single half-day pass
£360 10 half-day passes bundle

WELLNESS RETREATS

Comprehensive, multi-day reset programs designed to completely restore physical and mental baseline performance. Blends structured movement classes, daily recovery bodywork, contrast thermal sessions, and high-grade nutrition. Built for anyone looking for a complete health reset, deep downtime, and long-term recovery strategies.

PRICING
Bespoke



Escapade
Silverstone

CORPORATE DAYS AND GROUPS

For those planning events, corporate days or team away days, we can tailor specific health, wellness and performance services to elevate your event. From yoga sessions on the roof deck to massages 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 our team of specialists.

PRICING FROM £1,000

To discuss your plans, contact
wellness@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 initial consultation 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.

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. Half-day passes may not be available on bank holiday weekends.

HEALTH AND SAFETY

Your wellbeing 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.

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.

WELLNESS PARTNERS AND YOUR DATA

To deliver your chosen treatments safely and tailored to your needs, consultation and health intake forms are shared securely with our third-party wellness practitioners and treatment providers. You can withdraw your consent at any time, but we may then be unable to provide certain treatments. Personal and health information is processed strictly in accordance with our Privacy Policy and applicable data protection laws.

FULL TERMS AND CONDITIONS

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



Silverstone

GET IN TOUCH

NEED HELP CHOOSING?

wellness@escapade.silverstone.co.uk

BOOK NOW

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