

Wellness menu

Daily wellness journal to take home.

Inside, there are 12-weeks of pages for reflecting on your mindful goals, habits, meals, water intake, sleep and the things you're grateful for.

Mood-boosting short yoga class for your lunch break.

Get your body moving, the energy flowing and everyone ready for a productive afternoon.

30-minute guided wellness walk.

Perfect for breaking up long bouts of sitting, enjoy the fresh air while taking in the local scenery.

Take a break, meditate.

Give your brain a much-needed break and increase energy levels with 5-minutes of mindful meditation.

Pre-and-post meeting gym & spa time.

Including access to the HarSPA & Club before or after your meeting. Ideal for taking time to unwind and relax.

15-minute neck & shoulder massage for your break.

(HarSPA therapists or neck cushion massager's). Leave everyone feeling refreshed and revitalised

Give the gift of wellness with a TEMPLESPA wellness gift set to take home.

What could be better than gifting a moment of calm and relaxation?

Finish your day with spa at the bar.

Treat your guests to wellness inspired cocktails with a side of TEMPLESPA's award-winning skincare products.



Ahoy there!

We're turning the tide, one meeting at a time. That's why all our Meeting & Event menus are now printed on recycled paper stock and our dishes highlight locally and sustainably sourced ingredients. To find out more about how we're turning the tide visit harbourhotels.co.uk



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