

TAKE.  
WELLNESS



Take wellness to  
the next level.

Transform your home into a sanctuary of wellness and vitality with Take Wellness.

Contact us and take the first step towards creating your dream wellness space. Let us be your partner in holistic home health.

### Gloucestershire Showroom

Unit 2, Athelney Way, Cheltenham. GL52 6RT

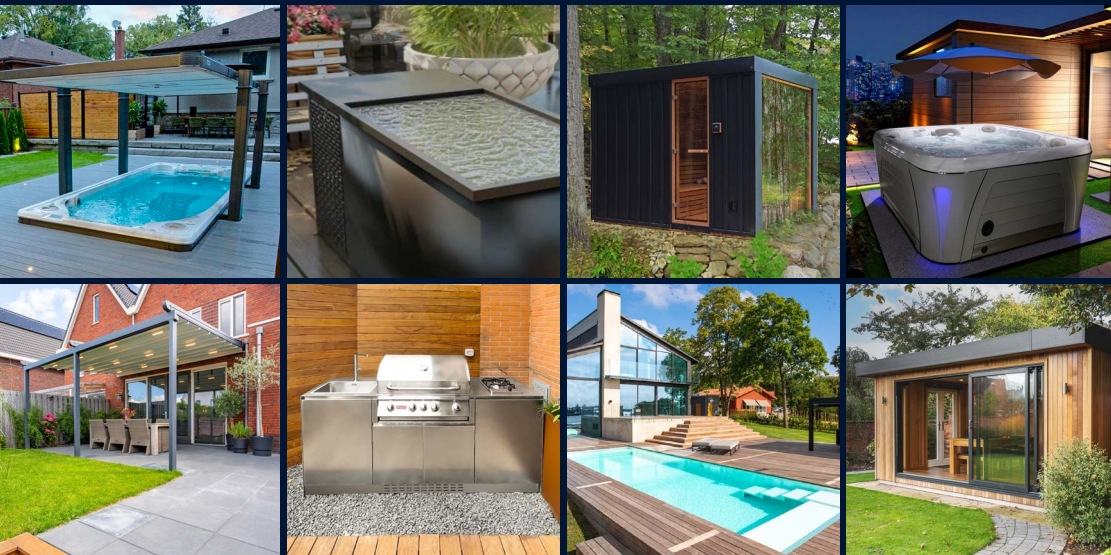
Call: **01242 228792**

### South Wales Showroom

Unit C1, Coedcae Lane Industrial Estate,  
Pontyclun. CF72 9HG

Call: **01443 804310**

or email: **info@takewellness.co.uk**



[www.takewellness.co.uk](http://www.takewellness.co.uk)



At Take Wellness, we understand the importance of creating a home environment that nurtures your well being on every level – physical, mental and emotional.

As our lives become increasingly busy, it's important that we take time to relax, focus on our health and wellbeing, and enjoy special moments with our family and friends. Creating a wellness space in your own home is a simple and affordable way to improve your health and fitness, aid recovery and reduce stress.

With years of experience in the wellness industry, our team brings a wealth of knowledge and expertise to every project. From understanding the latest trends in wellness design to implementing innovative solutions tailored to your unique needs, we have the skills and insight to bring your vision to life.

From the first phone call or visit to one of our showrooms, we take the time to understand our customer's needs and find the perfect solutions to help make their wellness dreams a reality. We take care of every detail from selection and installation, to maintenance and aftercare so that our customers can enjoy the process and look forward to relaxing in their wellness space.

*Helping you live your best life every day.*

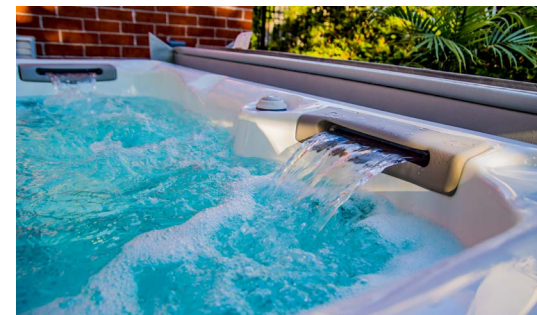
# THE RELAXATION EXPERIENCE YOU'VE BEEN DREAMING OF

**GET CLOSER TO WATER**

## **Water is life's game-changer.**

It's such a big part of who you are. 60% of your body is made of it, 70% of the earth is covered in it. There's a connection to water in all of us, something magical that draws us to it. There is a sense of freedom when you're around it and a feeling of power that comes from it.

**So how can you get closer to water? ...**

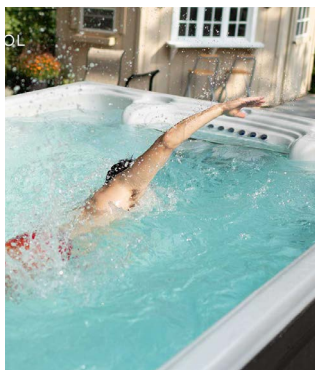
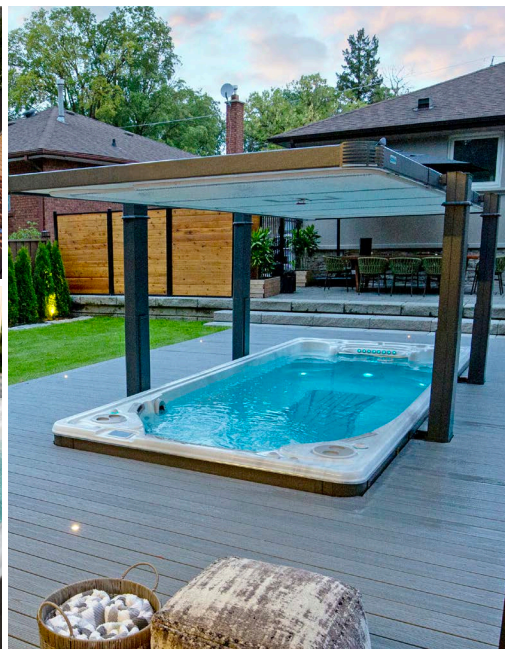
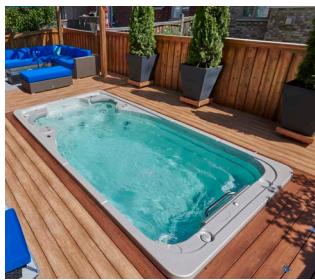


## 1. HOT TUBS

Hot tubs are perfect for unwinding after a long day, soothing tired muscles, and promoting overall stress relief. With their therapeutic jets and warm water, they offer hydrotherapy that can alleviate muscle aches and improve circulation. Additionally, hot tubs create a tranquil ambiance, making them ideal for socializing or spending special moments with friends and family.



## 2. SWIM SPAS



A swim spa is designed to be multi-functional by offering a place to swim, exercise, have fun and relax. Swim Spas are at the top of their class in both design and innovation. As the number one jetted swim spa in the industry, providing the perfect pool that allows you to swim, soak or play.



## 3. CHILL BATHS



*“Feel the cold. Embrace it. And it will make you feel alive like never before.”*

**Wim Hof**

# 4. SAUNAS



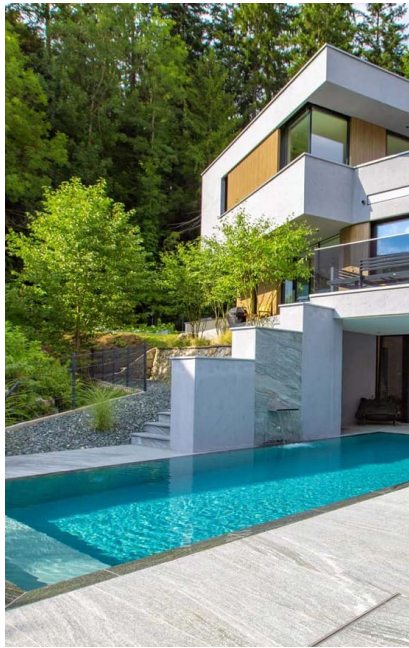
## INDOOR (TRADITIONAL AND INFRA) AND OUTDOOR

Take Wellness are sauna specialists, both Kate and Simon are Sauna Masters. Take Wellness offers fully bespoke sauna design and installation services tailored to your specific project. Whether a home sauna installation, garden sauna cabin, or a large commercial sauna fit-out, we'll work with you to bring your sauna vision to life within your desired space, budget and design preferences. We pride ourselves on being the local experts in the sauna field.





5.  
POOLS



Take Wellness have teamed up with an Niveko. Established in the swimming pool and hot tub trade for over 25 years. Together we have a wealth of expertise and a reputation for service and aftercare that lasts beyond the sell.

Based in the heart of the Cotswolds, we travel the length of the UK for our customers. Our ability to manage all aspects of pool and spa construction projects with our unrivalled team of engineers brings you the highest quality from concept to completion.

## HARMONIZING HOME AND NATURE

**MERGING INDOOR SPACES  
WITH THE GREAT OUTDOORS**

**Outdoor living isn't just about food;  
it's about forging lasting connections.**

Gather with loved ones under the open sky, where laughter mingles with the rustle of leaves. Whether it's a casual barbecue with friends or an intimate family dinner beneath the stars, our outdoor spaces are designed to foster meaningful social interactions. Strengthen bonds, share stories, and create cherished memories amidst the backdrop of nature's splendor.



## 6. PERGOLAS & GAZEBOS

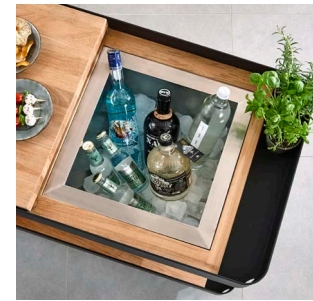


Enjoying the outdoors throughout the year with indoor-style comfort: with the luxurious and durable aluminium verandas and high quality glass sliding doors you can enjoy the outdoors 365 days a year. With a Deponti product, you'll experience the best of all seasons at home. Curious about Deponti garden Pergolas?

**Visit our showrooms we let the products speak for themselves.**



## 7. OUTDOOR KITCHENS INCLUDING BBQS



An outdoor kitchen... so inside, so outside. Now is the time to think about the kitchen for your outdoor spaces. Because your life is also there. Our Italian steel outdoor kitchens are the perfect solution to enjoy your moments of relaxation in the open air.

**Elegant. Made in Italy. Indestructible.  
And above all, accessible to everyone.**



## 8. GARDEN ROOMS



Whether you want to entertain, relax or work from home, we'll work with you directly to design and install the perfect cabin. From garden offices to bars, BBQ cabins to gyms, we offer an array of options to choose from.

**No two garden rooms are the same.**



## 9. DECKING



We are committed to craftsmanship and exquisitely designed and engineered products and spaces. Take Wellness is more than a brand; we are a testament to the beauty, innovation, and craftsmanship that transform outdoor spaces into breathtaking retreats. Simon is a qualified Landscape Architect and will work with you to create your dream outdoor space. We believe that no two outdoor spaces are alike. Our diverse range of decking and cladding options reflects this belief. Whether you're envisioning a tranquil retreat or an entertainment hub, our products offer the flexibility and quality to bring the vision to life.



*“Just wanted to write a review to congratulate you on the service we received on purchasing our hot tub with you, from the moment I stepped into the showroom and spoke with Laura to the delivery and installation team the service was first class... Highly recommend using this local company who provide a personal touch.”*

*“Take Wellness are an absolute pleasure to deal with, a great buying experience from beginning to end. Blown away by both the product and service. If you're thinking of a Hot Tub then look no further and give them a call, you won't find better!!”*

*“Outstanding product and service, they are an absolute pleasure to deal with. Professional and friendly nothing was too much trouble and unlike some companies they actually answer your messages lol. Can't recommend Take Wellness enough, a high calibre company. Thank you all.”*



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