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21 August 2015

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Tantrum Club, the new spa day that encourages screaming and punching



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By Sonia Haria BEAUTY EDITOR, STELLA

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Think of a spa day and relaxing treatments probably spring to mind. But the new Tantrum Club at Ockenden Manor Spa in peaceful West Sussex is a day off with a difference. Based on research showing that it is better to express – rather than repress – emotion and frustration, participants are encouraged to scream, shout, stamp, punch and air-kick their stresses away.



Ockenden Manor Spa

During the Tantrum Club spa days, which run from next month until mid-2016, the mentor and ‘tantrum instructor’ Katie Phillips will lead a 90 minute tantrum class which aims to deal with work or relationship-related aggression. The 90 minute session includes wailing, shaking, stamping out irritations, punching, air-kicking and beating beanbags with cricket bats. Interestingly, balloon-popping and war-cries are also included as stress relievers.

Katie will also guide on how to best understand your emotions, how to recognise responses to stress and how to deal with them and why suppression is so dangerous. After the session, once the internal pressure valve has been released, guests can relax with a 25 minute aromatherapy massage, lunch and the afternoon in the spa to recover and relax.



Ockenden Manor Spa

The Tantrum Club spa days will take place on 8 September 2015, 13 October 2015, 10 November 2015, 8 December 2015, 12 January 2016, 9 February 2016 and 8 March 2016 priced from £125 per person for a day.
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