



SPA, HEALTHCARE & RETIREMENT

1

2

3

4

5

6

CONTENTS

Spa, Healthcare & Retirement

08.19

003

Welcome

Spa, Healthcare & Retirement is one of six brochures in a series from Inside Out Contracts that are specific to the contract environment.

004

Our Work

From boutique spas to national care centres and retirement living, we have worked with some of the industry's leading brands and venues.

005

Product Guide

We work with some of the world's best manufacturers to bring you exceptional and innovative products.

007

Featured Products: Part I

Get the look from some of our most exciting spa, healthcare & retirement projects from the in-vogue Glow Bar to aged care living at Elmbidge Manor.

021

Selected By Inside Out

Take an extended look at our range with a snapshot of selected products ideal for spa, healthcare & retirement.

023

Featured Products: Part II

Saving the best for last; more from our featured products and projects.

033

Design: Space Planning

Optimise the space in your venue and increase your profits with our design and space planning service.

035

Design: Bespoke Manufacture

Our UK workshop delivers original, bespoke design to customise your project and bring your ideas to life.

WELCOME

Inside Out Contracts is one of the UK's leading suppliers and manufacturers of contract furniture. With over 15 years in the industry, you can be assured of our unrivalled expertise and competitive prices to help you with your next project.

Spa & Healthcare is a guide to inspire your furniture selection, including sneak previews of live projects. Featuring a range of carefully curated products with a focus on innovative design and durability, this brochure provides essential information for any venue, no matter the size.

- SPECIALIST KNOWLEDGE
- BESPOKE SERVICE
- SAMPLE SERVICE
- SPACE PLANNING
- DELIVERY PROMISE
- LEGALLY COMPLIANT
- GUARANTEE

Spa & Healthcare is one of six collective brochures. For the full range of brochures please visit our website or call our office to request your copy.

Telephone
020 8305 3130

Email
mail@insideoutcontracts.com

Head Office & Showroom
Inside Out Contracts Ltd
Building 16
42 Creek Road
London
SE8 3FN

Opening Times
Monday - Friday
9.00 - 5.30

OUR WORK



PRODUCT GUIDE

Inside Out Contracts offers a range of diverse furniture handmade at our UK workshop and from some of the leading manufacturers throughout the world. Our focus is on innovation, quality materials and skilled craftsmanship; all covered by guarantee and certified for contract use providing complete peace of mind.

The key below provides you with a quick reference guide for each product. For more information of upholstery and or finishes, please visit our website or call our sales team.



Colours/Finishes Available



Choice of Fabrics



Available in Other Configurations



Stackable



Made in the UK



Recyclable



Made to Measure



Exterior Use Option



Self Assembly



Made in the EU

Telephone
020 8305 3130

Email
mail@insideoutcontracts.com





FEATURED

PRODUCTS



AURLAND high back chair



DIMENSIONS

W: 770 mm
D: 930 mm
H: 1080 mm
SH: 450 mm

SPECIFICATIONS



COLOMBIA armchair



DIMENSIONS

W: 630
D: 650
H: 830
SH: 480

SPECIFICATIONS



CLARENCE GARDENS

retirement living

Location:
Cheltenham, UK

Featured Products:
Adele metal armchair, Allendale side chair, Ascot dining table, Auckland executive chair, Columbia tub chair, Fergie armchair, Marble table top, Rhone 3 seater sofa, Shine lounge chair, Shirley lounge chair, Verano side table, Zinc table top

Services Provided:
Consultation, Bespoke Design, Delivery.

ORFIO table



DIMENSIONS

Various sizes available

SPECIFICATIONS



BELGRADE lounge chair



DIMENSIONS

W: 740 mm
D: 790 mm
H: 850 mm
SH: 430 mm

SPECIFICATIONS





CLARENCE GARDENS

retirement living

Location:
Cheltenham, UK

Featured Products:
Adele metal armchair, Allendale side chair, Ascot dining table, Auckland executive chair, Columbia tub chair, Fergie armchair, Marble table top, Rhone 3 seater sofa, Shine lounge chair, Shirley lounge chair, Verano side table, Zinc table top

Services Provided:
Consultation, Bespoke Design, Delivery.

ADELE METAL ^{armchair}



DIMENSIONS

W: 540 mm
D: 610 mm
H: 800 mm
SH: 490 mm

SPECIFICATIONS



FERGIE ^{armchair}



DIMENSIONS

W: 550
D: 550
H: 830
SH: 470

SPECIFICATIONS



SHIRLEY ^{lounge chair}



DIMENSIONS

W: 700 mm
D: 700 mm
H: 790 mm
SH: 450 mm

SPECIFICATIONS



RHONE ^{sofa}



DIMENSIONS

W: 1980 mm
D: 1000 mm
H: 880 mm

SPECIFICATIONS





BEAGLE sofa



DIMENSIONS

Various sizes available

SPECIFICATIONS



ALEXA high back chair



DIMENSIONS

W: 790
D: 930
H: 930
SH: 430

SPECIFICATIONS



CLARENCE GARDENS

retirement living

Location:
Cheltenham, UK

Featured Products:
Adele metal armchair, Allendale side chair, Ascot dining table, Auckland executive chair, Columbia tub chair, Fergie armchair, Marble table top, Rhone 3 seater sofa, Shine lounge chair, Shirley lounge chair, Verano side table, Zinc table top

Services Provided:
Consultation, Bespoke Design, Delivery.

MILLE console table



DIMENSIONS

W: 1200 mm
D: 400 mm
H: 760 mm

SPECIFICATIONS



POLLEN ottoman



DIMENSIONS

Various dimensions available

SPECIFICATIONS





SEVILLE ^{armchair}



DIMENSIONS

W: 440 mm
D: 425 mm
H: 805 mm
SH: 465 mm

SPECIFICATIONS



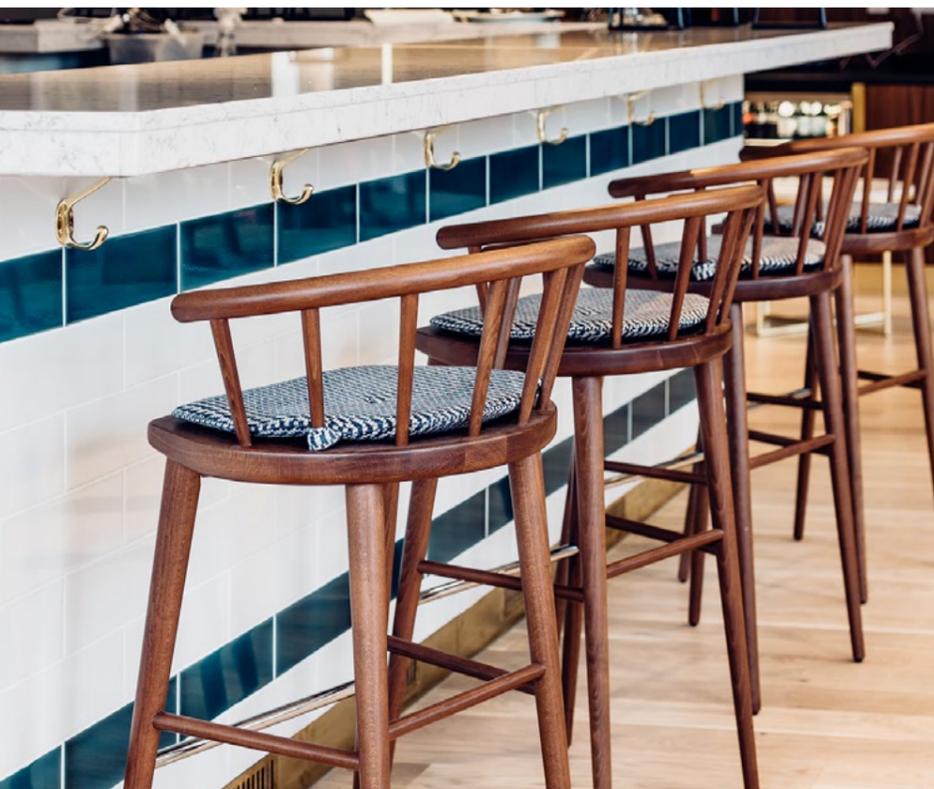
VIENNA ^{bar stool}



DIMENSIONS

W: 580 mm
D: 510 mm
H: 950 mm
SH: 780 mm

SPECIFICATIONS



CHAPELWOOD APARTMENTS

retirement living

Location:
Wilmslow, Cheshire, UK

Featured Products:
Cadiz high back chair, Seville armchair,
Seville side chair, Vienna bar stool,
Belgrade chair, Granada side table,
Lunar dining table, Intrigo armchair

Services Provided:
Consultation, Bespoke service, Installation, Delivery.

BELGRADE ^{chair}



DIMENSIONS

W: 630 mm
D: 660 mm
H: 890 mm
SH: 480 mm

SPECIFICATIONS



CADIZ ^{high back chair}



DIMENSIONS

W: 740 mm
D: 830 mm
H: 1140 mm

SPECIFICATIONS





ELMBRIDGE MANOR

aged care

Location:
Surrey, UK

Featured Products:
Bellissimo sofa, Bellissimo lounge chair,
Brompton armchair, Columbia lounge chair,
Gordon bar stool, Liberty table base, Banbury
sofa, Columbia lounge chair, Nancy stool,
Claredon sofa, Ice Cube Squar, Alpine
side chair, Betta round table

Services Provided:
Consultation, Bespoke Design, Delivery.

LOBBY ^{armchair}



DIMENSIONS

W: 750 mm
D: 900 mm
H: 790 mm
SH: 400 mm

SPECIFICATIONS



NANCY ^{stool}



DIMENSIONS

W: 355 mm
D: 355 mm
H: 470 mm
SH: 470 mm

SPECIFICATIONS



BELLISSIMO ^{sofa}



DIMENSIONS

W: 1550 mm
D: 740 mm
H: 800 mm
SH: 430 mm

SPECIFICATIONS



PRINCE ^{wing back chair}



DIMENSIONS

W: 730 mm
D: 780 mm
H: 1120 mm
SH: 480 mm

SPECIFICATIONS





ASHINGTON 3 ^{armchair}



DIMENSIONS

W: 600 mm
D: 680 mm
H: 885 mm
SH: 470 mm

SPECIFICATIONS



BETTA ^{table}



DIMENSIONS

Ø: 750
H: 750

SPECIFICATIONS



ASRA HOUSING

aged care

Location:
Park Royal

Featured Products:
Gothenburg sofa, Lobby 2 sofa,
Bellissimo lounge chair, Bellissimo sofa,
Lobby 4 sofa, Clarendon sofa,
Aurland high back chair, Boutique armchair, Columbia
lounge chair, Lourdes tub chair,
Lobby 4 sofa, Grosvenor lounge chair,
Ashington 3 armchair, Barca armchair.

Services Provided:
Consultation, Bespoke Design, Delivery.

GROSVENOR ^{lounge chair}



DIMENSIONS

W: 790 mm
D: 800 mm
H: 1190 mm
SH: 500 mm

SPECIFICATIONS



GOTHENBURG ^{sofa}



DIMENSIONS

W: 1640 mm
D: 980 mm
H: 1020 mm
SH: 450 mm

SPECIFICATIONS





OLINDO table



DIMENSIONS

Various dimensions available

SPECIFICATIONS



GORDON tub chair



DIMENSIONS

W: 570 mm
D: 590 mm
H: 800 mm
SH: 460 mm

SPECIFICATIONS



ROYAL STAR & GARTER

aged care for veterans

Location:
Park Royal

Featured Products:
Bespoke chess table, Bespoke curved console table,
Bespoke square dining table, Bespoke coffee table,
Bespoke large dining table, Pudding armchair

Services Provided:
Consultation, Bespoke Design, Delivery.

DODIE lounge chair



DIMENSIONS

W: 670 mm
D: 670 mm
H: 860 mm
SH: 460 mm

SPECIFICATIONS



DODIE high back chair



DIMENSIONS

W: 580 mm
D: 640 mm
H: 1020 mm
SH: 510 mm

SPECIFICATIONS





MARYLEBONE chair



ARCHED WINDOW mirror



DIMENSIONS

W: 550 mm
D: 600 mm
H: 910 mm
SH: 500 mm

SPECIFICATIONS



DIMENSIONS

W: 1090
H: 2070

SPECIFICATIONS



BINSWOOD HALL

aged care

Location:
Park Royal

Featured Products:
Bespoke chess table, Bespoke curved console table,
Bespoke square dining table, Bespoke coffee table,
Bespoke large dining table, Pudding armchair

Services Provided:
Consultation, Bespoke Design, Delivery.

BELLISSIMO lounge chair



ALLURE 2 armchair



DIMENSIONS

W: 740 mm
D: 740 mm
H: 800 mm
SH: 430 mm

SPECIFICATIONS



DIMENSIONS

W: 550 mm
D: 500 mm
H: 800 mm
SH: 460 mm

SPECIFICATIONS





LOBBY 1 lounge chair



DIMENSIONS

W: 750 mm
D: 820 mm
H: 895 mm
SH: 470 mm

SPECIFICATIONS



WYCOMBE table base



DIMENSIONS

Choose your top size
H: 750

SPECIFICATIONS



MOORLANDS LODGE

aged care

Location:
Park Royal

Featured Products:
Bespoke chess table, Bespoke curved console table,
Bespoke square dining table, Bespoke coffee table,
Bespoke large dining table, Pudding armchair

Services Provided:
Consultation, Bespoke Design, Delivery.

HEMPEL armchair



DIMENSIONS

W: 610 mm
D: 640 mm
H: 890 mm

SPECIFICATIONS



SUNRISE armchair



DIMENSIONS

W: 50 mm
D: 470 mm
H: 780 mm
SH: 470 mm

SPECIFICATIONS





BROMPTON ^{armchair}



DIMENSIONS

W: 690 mm
D: 730 mm
H: 1000 mm
SH: 450 mm

SPECIFICATIONS



WESTMINSTER ^{armchair}



DIMENSIONS

W: 590 mm
D: 560 mm
H: 930 mm
SH: 500 mm

SPECIFICATIONS



CHARTERS VILLAGE

aged care

Location:
Park Royal

Featured Products:
Bespoke chess table, Bespoke curved console table,
Bespoke square dining table, Bespoke coffee table,
Bespoke large dining table, Pudding armchair

Services Provided:
Consultation, Bespoke Design, Delivery.

GRANDEUR ^{sofa}



DIMENSIONS

W: 1760 mm
D: 900 mm
H: 780 mm

SPECIFICATIONS



COOPER ^{coffee table}



DIMENSIONS

Ø800 mm
H: 350 mm

SPECIFICATIONS



SELECTED BY INSIDE OUT | spa & healthcare

CHAIRS



ANNI 2
-
lounge chair



ALEXA
-
high back chair



AURORA
-
armchair



BOUTIQUE
-
wing back chair



BASKET
-
lounge chair



BEETLE
-
lounge chair



BILLY
-
lounge chair



CHARLOTTE
-
lounge chair



CLEVES
-
lounge chair



COMBACK
-
side chair



DEUX
-
lounge chair



ECHIDNA
-
lounge chair



EMILIE
-
lounge chair



COLLINS
-
lounge chair



FREYA
-
lounge chair



CONSTANTINE
-
high back chair



Goba
-
armchair



DEL REY
-
high back chair



DODIE
-
high back chair



KNIGHTSBRIDGE
-
lounge chair



GASTON
-
side chair



HALLE
-
hair



PIPPA
-
chaise lounge



PINA
-
lounge chair



BEAUMONT
-
armchair



PRINGLE
-
high back chair



SUITE
-
lounge chair



TONELLA
-
lounge chair



UDON
-
lounge chair



YARN
-
club chair



BUNNY
-
armchair



BURLINGTON
-
armchair



CANDOR
-
armchair



FARO
-
side chair



CHELSEA
-
armchair

TABLES



ETRE
-
table



GRANADA
-
side table



MAGAZINE
-
table



MASTEA
-
table



POWELL
-
coffee table



PUCCIO
-
table



QUAFFLE
-
table



SPOKE
-
table



BUNDLE
-
side table



ANGLE
-
coffee table



CARRAWAY
-
table



LINDEN
-
dining table



HENNESSY
-
coffee table



MILLE
-
coffee table



SPY
-
coffee table

SOFAS



ROSALIE
-
sofa



AZURE
-
sofa



GULLANE
-
sofa



DOWEL
-
sofa



ELIZA
-
sofa



GOTHENBURG
-
sofa



MOAI
-
sofa



RENE
-
sofa



NOBU
-
sofa



WEEK-END
-
bench



YARN
-
day bed



TONELLA
-
sofa



TIBIDABO
-
sofa



SYLVIA
-
sofa



NATURE
-
sofa



GRAZER
-
bench



RUMBA
-
sofa



FJORD
-
modular seating



GEMINI
-
sofa



SUITE armchair



DIMENSIONS

W: 610 mm
D: 530 mm
H: 760 mm
SH: 460 mm

SPECIFICATIONS



COCO high back chair



DIMENSIONS

W: 680 mm
D: 870 mm
H: 1070 mm
SH: 450 mm

SPECIFICATIONS



MOORS NOOK

retirement living

Location:
Woking, UK

Featured Products:
Albert special armchair, Bespoke boutique armchair,
Bespoke sofa, Harold lounge chair, Igloo tub chair

Services Provided:
Consultation, Bespoke Design, Delivery.

HAROLD lounge chair



DIMENSIONS

W: 850 mm
D: 850 mm
H: 850 mm
SH: 470 mm

SPECIFICATIONS



IGLOO tub chair

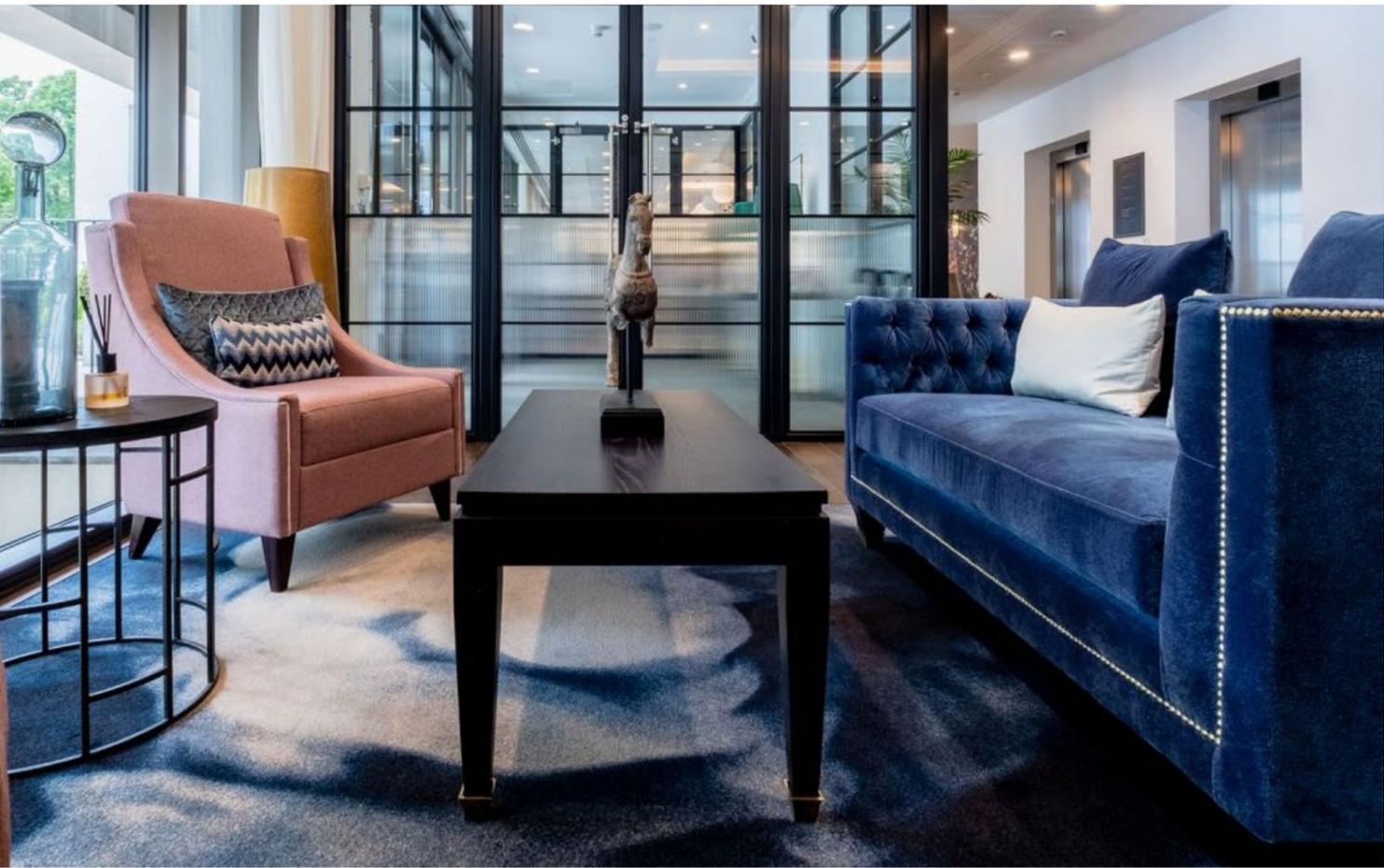


DIMENSIONS

W: 660 mm
D: 720 mm
H: 760 mm
SH: 450 mm

SPECIFICATIONS





TWICKENHAM lounge chair



DIMENSIONS

W: 730 mm
D: 840 mm
H: 790 mm

SPECIFICATIONS



CHESTER ABODE sofa



DIMENSIONS

W: 1600 mm
D: 900 mm
H: 780 mm

SPECIFICATIONS



ONE BAYSHILL RD

retirement living

Location:
Cheltenham, UK

Featured Products:
Adele metal armchair, Allendale side chair, Ascot dining table, Auckland executive chair, Columbia tub chair, Fergie armchair, Marble table top, Rhone 3 seater sofa, Shine lounge chair, Shirley lounge chair, Verano side table, Zinc table top

Services Provided:
Consultation, Bespoke Design, Delivery.

EMILIA side chair



DIMENSIONS

W: 510 mm
D: 540 mm
H: 840 mm
SH: 480 mm

SPECIFICATIONS



EMILIA bar stool



DIMENSIONS

W: 510 mm
D: 530 mm
H: 1180 mm
SH: 820 mm

SPECIFICATIONS





BELLEVIE sofa



DIMENSIONS

W: 1600 mm
D: 750 mm
H: 710 mm
SH: 410 mm

SPECIFICATIONS



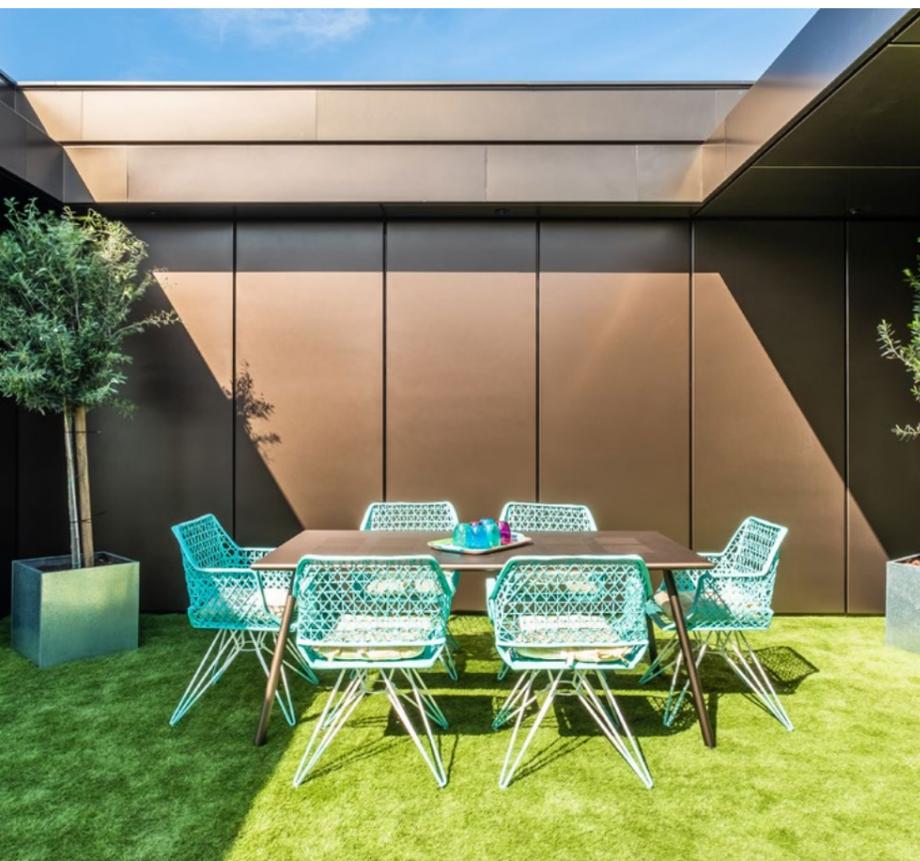
BELLEVIE armchair



DIMENSIONS

W: 850 mm
D: 750 mm
H: 710 mm
SH: 410 mm

SPECIFICATIONS



CLARENCE GARDENS

retirement living

Location:
Cheltenham, UK

Featured Products:
Adele metal armchair, Allendale side chair, Ascot dining table, Auckland executive chair, Columbia tub chair, Fergie armchair, Granada armchair, Marble table top, Rhone 3 seater sofa, Shine lounge chair, Shirley lounge chair, Verano side table, Zinc table top

Services Provided:
Consultation, Bespoke Design, Delivery.

GRANADA armchair



DIMENSIONS

W: 570 mm
D: 560 mm
H: 820 mm

SPECIFICATIONS



BELLEVIE table



DIMENSIONS

W: 1960 mm
D: 900 mm
H: 710 mm

SPECIFICATIONS





TIBIDABO high back chair



DIMENSIONS

W: 1030 mm
D: 890 mm
H: 1280 mm
SH: 294 mm

SPECIFICATIONS



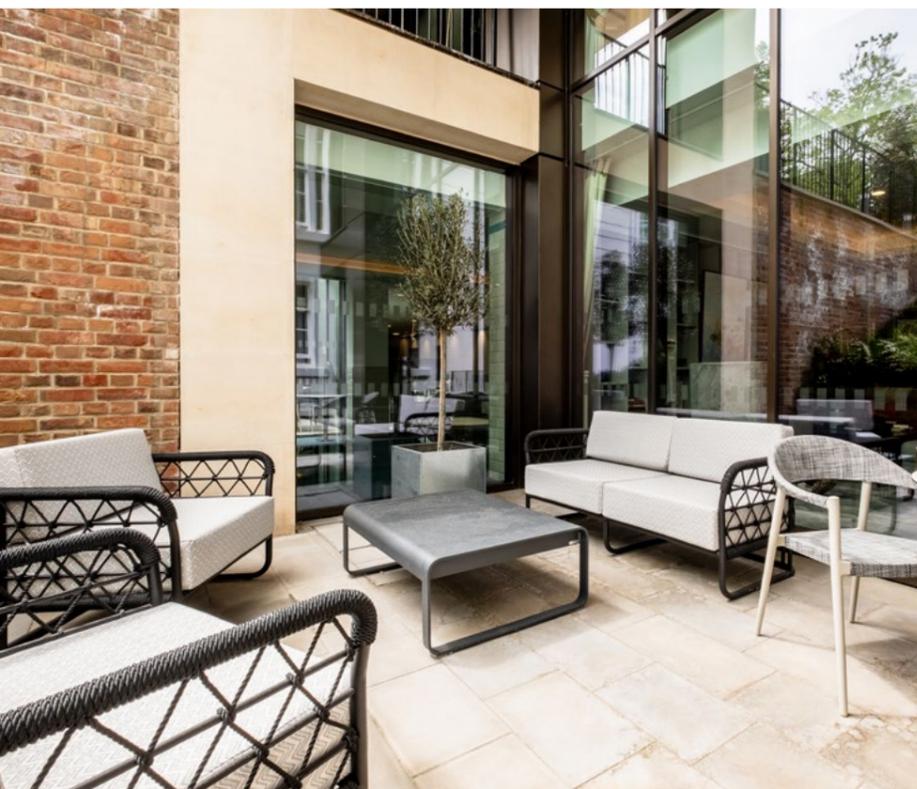
CLEVER armchair



DIMENSIONS

W: 580 mm
D: 560 mm
H: 780 mm
SH: 450 mm

SPECIFICATIONS



ONE BAYSHILL RD

wellness center

Location:
Cheltenham, UK

Featured Products:
Angle lounge chair, Azure lounge chair, Azure sofa,
Beaumont task chair, Bellevie collection, Bespoke
headboard, Carrara marble table top, Clever armchair,
Constantine lounge chair, Emilia collection, Granada
armchair, Tibidabo high back chair, Vic metal armchair

Services Provided:
Consultation, Bespoke Design, Delivery.

AZURE lounge chair



DIMENSIONS

W: 920 mm
D: 740 mm
H: 640 mm
SH: 420 mm

SPECIFICATIONS



AZURE sofa

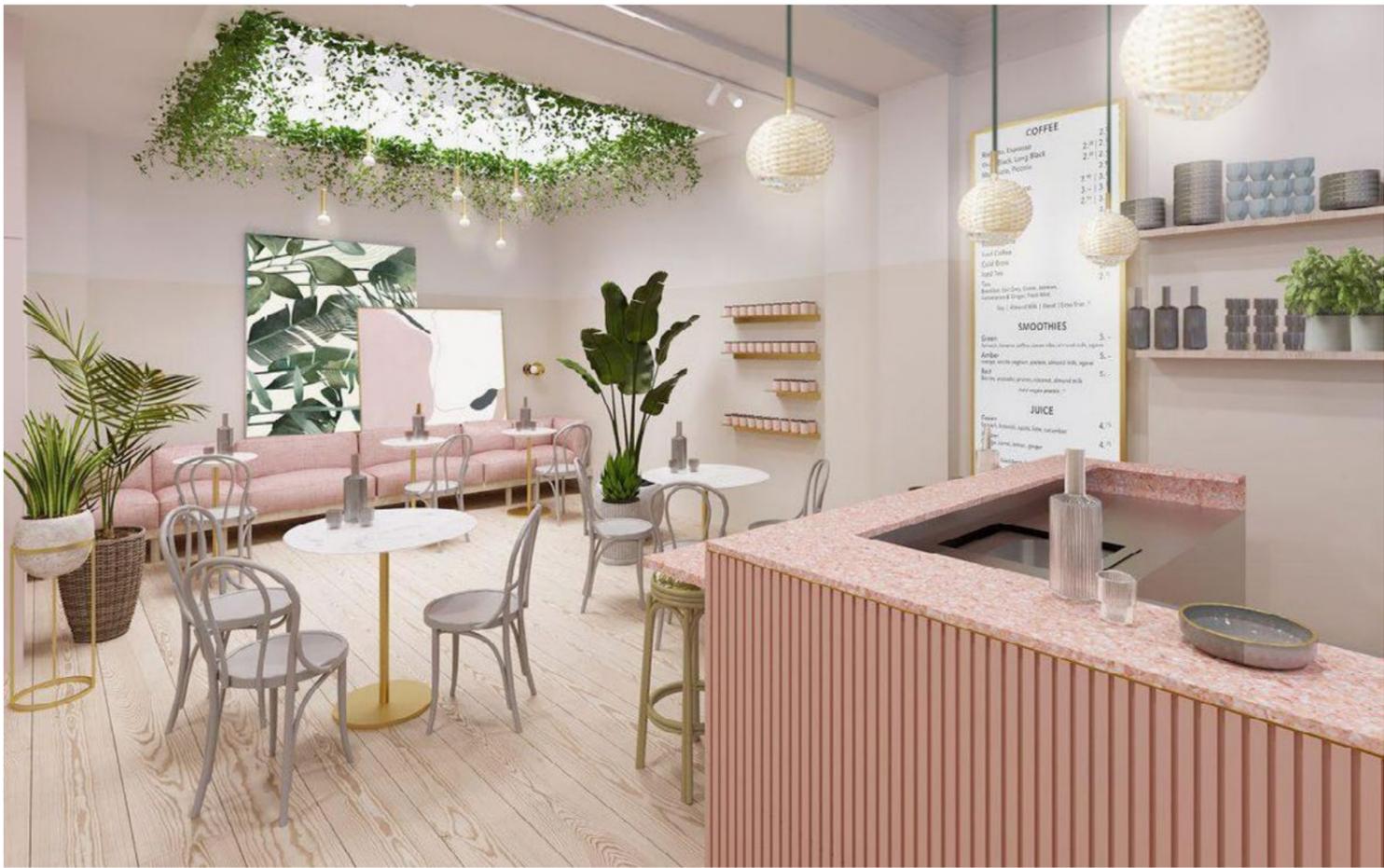


DIMENSIONS

W: 1680 mm
D: 740 mm
H: 640 mm
SH: 420 mm

SPECIFICATIONS





GLOW BAR

spa

Location:
Marylebone, London, UK

Featured Products:
Bentwood side chair, Carrara marble table tops,
Ice Cube table bases, Bespoke Banquette seating

Services Provided:
Consultation, Bespoke service, Installation, Delivery.

BENTWOOD side chair



DIMENSIONS

W: 420 mm
D: 540 mm
H: 880 mm
SH: 460 mm

SPECIFICATIONS



CARRARA marble top



DIMENSIONS

Various sizes
available

SPECIFICATIONS



BENTWOOD stool



DIMENSIONS

W: 370 mm
D: 370 mm
H: 830 mm

SPECIFICATIONS



ICE CUBE ANTIQUE table base



DIMENSIONS

W: 400
D: 400
H: 730

SPECIFICATIONS





HEADLAND

spa

Location:
Fistral Beach, Newquay, Cornwall

Featured Products:
Nub lounge chair, Nub sofa,
Surf lounger, Ikon dining table

Services Provided:
Consultation, Delivery.

NUB lounge chair



DIMENSIONS

W: 785 mm
D: 595 mm
H: 890 mm
SH: 430 mm

SPECIFICATIONS



NUB sofa



DIMENSIONS

W: 1435 mm
D: 615 mm
H: 890 mm
SH: 430 mm

SPECIFICATIONS



SURF lounger



DIMENSIONS

W: 2000 mm
D: 900 mm
H: 900 mm
SH: 210 mm

SPECIFICATIONS



TS coffee table



DIMENSIONS

Ø: 1050 mm
H: 400 mm

SPECIFICATIONS





LOBBY 2 sofa



DIMENSIONS

W: 1600 mm
D: 1000 mm
H: 920 mm

SPECIFICATIONS



STEEL X FRAME table base



DIMENSIONS

W: 500 mm
H: 710 mm

SPECIFICATIONS



RICKERBY RETREAT

spa

Location:
Rickerby Park, Cumbria

Featured Products:
Sanderson bar stool, Sanderson side chair, Sanderson armchair, Columbia armchair, Columbia sofa, Columbia lounge chair, Lobby 1 sofa, Lobby 2 sofa, Happy Apple lighting.

Services Provided:
Consultation, Bespoke Service, Installation, Delivery.

SANDERSON side chair



DIMENSIONS

W: 515 mm
D: 540 mm
H: 855 mm
SH: 470 mm

SPECIFICATIONS



SANDERSON armchair

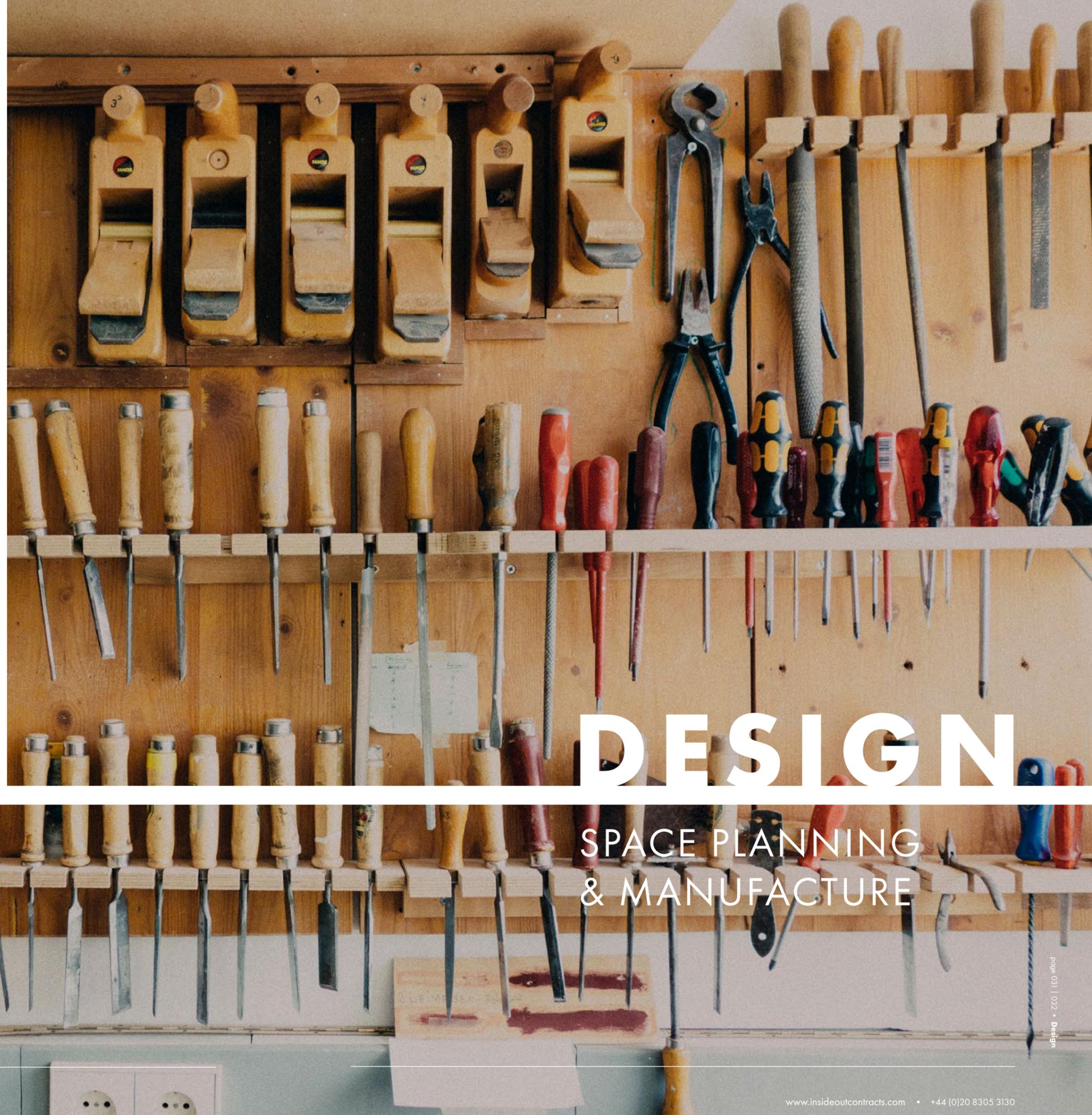


DIMENSIONS

W: 620 mm
D: 580 mm
H: 855 mm
SH: 480 mm

SPECIFICATIONS





DESIGN

SPACE PLANNING
& MANUFACTURE

FURNITURE DESIGN SERVICES

Inside Out Contracts have an experienced in-house design team ready to transform your ideas into reality. Our in-house design team will also assist with your colour schemes, offering presentation boards, samples and advice to avoid expensive design mistakes.

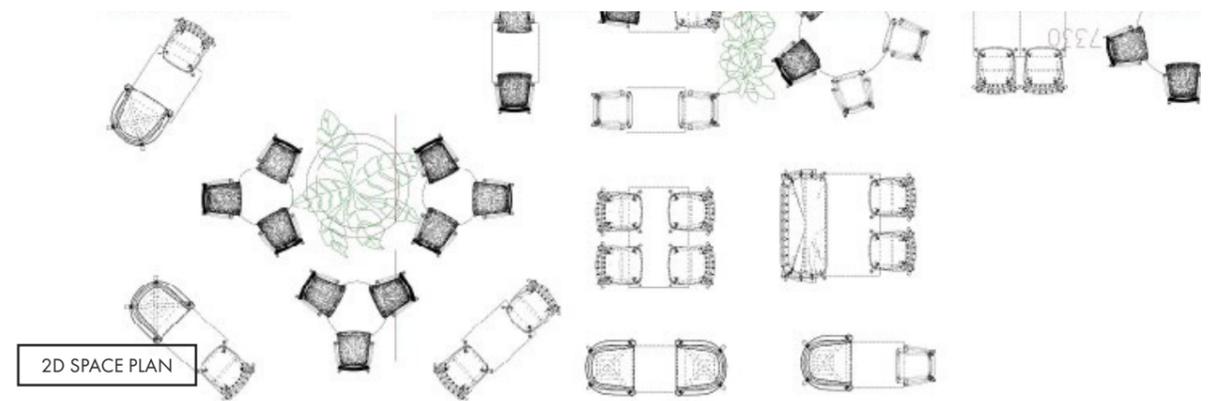
2D SPACE PLANNING

Space planning is an essential tool for interior designers and business owners to ensure their venue's space is maximised to efficiently deliver a comprehensive floorplan without the guesswork.

Using pre-existing architectural plans or conducting an on-site visit, our designers will ensure a venue is space planned to allow for the optimum amount of functional seating, whilst adhering to the specifics of your design brief.

3D SPACE PLANNING

Another alternative to optimising space is the design of a 3D space plan. Producing 3D renders allows you to easily view and customise your venue's space layout and choice of furniture from any vantage point.



BESPOKE MANUFACTURE

Traditionally hand built in our UK workshop, Inside Out Contracts offer a superior bespoke manufacturing service with expert craftsmanship. No matter how big or small your project, we can create anything from a single chair to developing a complete furniture scheme.

Our highly-skilled workshop team can manufacture a truly diverse range of products alongside a friendly and professional service. Each product is manufactured to your precise specifications, from the dimensions through to the finishing details in order to comprehensively fulfil the design brief and create a true tailor-made concept.

From an initial idea through to installation, Inside Out Contracts will help bring your ideas to life.

To find out more please view our bespoke brochure or visit our website or call our friendly sales team who are ready to help.

Telephone
020 8305 3130

Email
mail@insideoutcontracts.com

BESPOKE MANUFACTURE

Popular Selection

Seating:



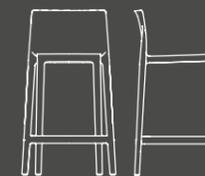
—
armchairs



—
chairs



—
sofas



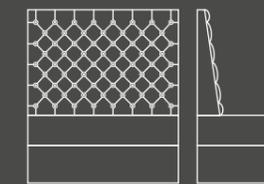
—
bar stools



—
ottomans

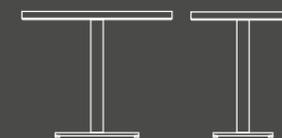


—
chaise



—
banquette seating

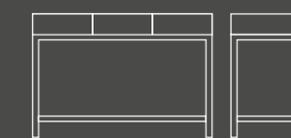
Tables & Storage:



—
tables

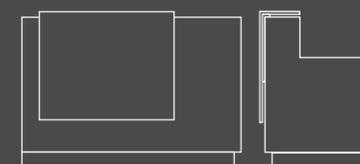


—
leaner bars



—
case goods

Other Products:



—
reception desks



—
bar fronts



—
credenzas



Inside Out Contracts are contract furniture specialists for the hotel, leisure & restaurant industry.

ADDRESS

Head Office & Showroom:
Inside Out Contracts Limited,
Building 16, 42 Creek Road,
London, SE8 3FN, UK

CONTACT

Tel: 020 8305 3130
E-mail: mail@insideoutcontracts.com
Website: www.insideoutcontracts.com

BROCHURE RANGE

- | | |
|---|---|
|  Bar & Lounge |  Spa & Healthcare |
|  Café & Restaurant |  Leisure |
|  Hotel |  Education & Workspace |