



THE LITTLE BOTHY
HECKFIELD PLACE

LITTLE BOTHY

WILDSMITH

WILDSMITH SKIN IS INSPIRED BY HECKFIELD PLACE'S ARBORETUM. PLANTED IN THE EARLY 19TH CENTURY, IT WAS CURATED BY WILLIAM WALKER WILDSMITH, A HORTICULTURALIST FAMED FOR HIS PROGRESSIVE APPROACH TO CULTIVATION AND SUSTAINABILITY. CRAFTED IN ENGLAND USING INGREDIENTS SOURCED SUSTAINABLY, RESPECTFULLY AND ETHICALLY ACROSS THE GLOBE, WILDSMITH'S RANGE OFFERS ADVANCED SCIENTIFIC SOLUTIONS, NATURAL FRAGRANCES AND LUXURIOUS TEXTURES, DELIVERING A TRULY MINDFUL SKINCARE EXPERIENCE.

AT WILDSMITH WE NURTURE A DEEP CONNECTION TO THE NATURAL WORLD – RESTORING THE RELATIONSHIP BETWEEN NATIVE PLANTS AND BEINGS. IT'S ABOUT A NEW WAY OF THINKING AND A NEW PERSPECTIVE. FOR US THIS IS RADICAL BOTANY. WE ARE QUIETLY, THOUGHTFUL AND RADICAL IN A BEAUTIFULLY HUMAN WAY.

JUST AS WE NEED TO BE UNDERSTOOD INTELLECTUALLY AND EMOTIONALLY, WE ACHE TO BE HEARD PHYSICALLY. WE NEED RESPECTFUL HANDS THAT TOUCH WITH INTENTION, QUESTION AND LISTEN TO OUR BODIES. WILDSMITH THERAPISTS ARE EXPERIENCED, HIGHLY TRAINED WELLNESS PRACTITIONERS, WHO WILL GUIDE AND HELP DELIVER PROFOUND SKINCARE RESULTS AS WELL AS SUPPORT YOU TO BREATHE WITHOUT BOUNDARIES, ALLOWING SELF-EXPLORATION.

WILDSMITH SKIN IS A BRAND FOR PEOPLE WHO SEEK A MORE NATURALLY SOURCED AND CREATED PRODUCT THAT DEMANDS EVIDENCE-BASED RESULTS. MADE WITH PLANT-DERIVED, NUTRIENT-RICH BOTANICALS, BOOSTED WITH THE MOST ADVANCED BIO ACTIVES, WILDSMITH SKIN BLENDS SCIENCE WITH NATURE TO CREATE PRODUCTS THAT DELIVER CLINICALLY PROVEN RESULTS.

FACIALS

THE LITTLE BOTHY FACIAL

45-60-90 MINUTES £90- £125 - £180

OUR SIGNATURE FACIAL STARTS WITH NOURISHING CLEANSING BALM CONTAINING ROSEHIP OIL AND KUKUI BUTTER TO DEEPLY CLEAN THE SKIN. POLISHING POWDER WITH WALNUT SHELL AND CRANBERRY SEED IS USED TO EXFOLIATE AND RESURFACE. WILD SMITH SUPER OIL CONTAINING 17 PREMIUM PLANT OILS WILL DELIVER A POWERFUL POTENT BOOST TO YOUR SKIN WITH PROVEN ANTIOXIDANTS, ANTI-INFLAMMATORY AND ANTIBACTERIAL PROPERTIES. THIS HOLISTIC FACIAL APPLIES A COMBINATION OF TECHNIQUES INCLUDING ACUPRESSURE AND LYMPHATIC DRAINAGE AS WELL AS SCULPTING MOVEMENTS TO RELEASE TENSION, HYDRATE, SOOTH AND BRIGHTEN THE SKIN.

DEEP CLEANSING AND EXTRACTIONS ARE AVAILABLE WITH THE 90 MINUTES FACIAL. PLEASE SPEAK TO YOUR THERAPIST.

MASSAGES

THE LITTLE BOTHY MASSAGE

60 MINUTES £125 - 90 MINUTES £180

THIS UNSCRIPTED MASSAGE IS INDIVIDUALLY ADAPTED TO SUIT YOUR UNIQUE NEEDS. COMBINING THE NATURAL THERAPEUTIC PROPERTIES OF ESSENTIAL OILS AND RANGE OF DIVERSE MASSAGE TECHNIQUES, MAKES YOU FEEL DEEPLY RELAXED AND REVITALISED.

BACK, NECK AND SHOULDERS MASSAGE

45 MINUTES £90

THIS TREATMENT TARGETS CHRONIC ACHES AND EASES MUSCULAR TENSION IN TENSE AREAS SUCH AS NECK, SHOULDERS AND UPPER/LOWER BACK. EXPECT IMPROVED BLOOD CIRCULATION AND RELAXED MUSCLES AND JOINTS.

THE LITTLE BOTHY FOOT TREATMENT

60 MINUTES £125

A RELAXING TREAT FOR TIRED FEET, STARTING WITH A WARMING FOOT BATH FOLLOWED BY A GENTLE SCRUB TO EXFOLIATE AND REMOVE DEAD SKIN CELLS WHILE SMOOTHING THE SURFACE OF THE SKIN. OUR GENTLE FOOT MASSAGE FOCUSES ON REFLEXOLOGY POINTS TO RESTORE THE FLOW OF ENERGY THROUGHOUT THE BODY.

BODY TREATMENTS

THE LITTLE BOTHY SCRUB

60 MINUTES £125

OUR HIMALAYAN SALT SCRUB WITH SCENTED BALANCING YLANG-YLANG, SLEEP-INDUCING LAVENDER AND DEEPLY HYDRATING NEROLI WILL EXFOLIATE AND IMPROVE THE TEXTURE OF YOUR SKIN. THE FINAL TOUCH IS THE APPLICATION OF WILDSMITH LOTION TO SOOTHE SKIN.

THE LITTLE BOTHY SCRUB & WRAP

90 MINUTES £180

ENCOURAGING THE BODY TO DEEPLY RELAX, THIS TREATMENT STARTS WITH OUR SIGNATURE HIMALAYAN SALT BODY SCRUB. YOUR BODY WILL BE BUFFED AND THEN BEAUTIFULLY COCOONED IN A RESTORATIVE WRAP OF ACTIVE ESSENTIAL OILS INCLUDING BLACK PEPPER, GINGER AND EUCALYPTUS, AFTER A TRANQUIL SCALP MASSAGE, THE TREATMENT ENDS WITH A WILDSMITH LOTION APPLICATION TO HYDRATE AND BRIGHTEN THE SKIN.

HOLISTIC

REIKI

60 MINUTES £125

THIS PHYSICAL, EMOTIONAL AND SPIRITUAL TREATMENT AIDS THE BODY'S NATURAL HEALING PROCESS AND HELPS TO DEVELOP WELFARE, INDUCES DEEP RELAXATION ALLOWING YOU TO IMPROVE YOUR OVERALL WELLBEING.

SCALP MASSAGE

45 MINUTES £90

A RANGE OF RHYTHMS AND ACUPRESSURES FOR RELAXING, ENERGISING AND BALANCING THE UPPER BODY, INCLUDING INDIAN MASSAGE TECHNIQUES ON THE HEAD, FACE, NECK AND SHOULDERS.

IN ADDITION

THE LITTLE BOTHY MANICURE/ PEDICURE

60 MINUTES £100

A MAINTENANCE TREATMENT WHERE THE SKIN IS INVIGORATINGLY BUFFED, NOURISHINGLY WRAPPED AND COMPASSIONATLY MASSAGED LEAVING YOUR SKIN COMFORTABLY HYDRATED. WHILE THE NAILS ARE SHAPED AND POLISHED TO A BEAUTIFUL FINISH.

NAIL POLISH CHANGE

30 MINUTES £50

PLEASE NOTE - ALL OF THESE TREATMENTS WILL TAKE PLACE IN THE GARDENERS COTTAGE

LITTLE BOTHY

MOVEMENT

BODYISM PERSONAL TRAINING

60 MINUTES £100 PER SESSION

WE ARE OFFERING ONE-TO-ONE PERSONAL TRAINING, TAILORED TO EACH GUEST'S SPECIFICATIONS. GUIDED WALKS AND RUNS AROUND THE BEAUTIFUL ESTATE CAN ALSO BE ARRANGED.

YOGA

60 MINUTES £100 MAXIMUM 2 PEOPLE

YOGA CAN BRING FREEDOM OF MOVEMENT, STRENGTH, FLEXIBILITY, COORDINATION AND BALANCE INTO THE BODY WHILE RELAXING, GROUNDING AND FREEING THE MIND. THIS, IN TURN, CAN LEAD TO BETTER POSTURE AND A STRONGER CORE. WE ARE OFFERING ONE-TO-ONE SESSIONS IN OUR MOVEMENT STUDIO.

GYM

OUR GYM IS LOCATED IN THE KEEPER'S COTTAGE OVERLOOKING THE WALLED GARDEN AND IS OPEN FOR PRIVATE PRACTICE FROM 7AM TO 6PM. PLEASE CONTACT STUDY/SPA FOR RESERVATION. PRIOR BOOKING IS REQUIRED.

MOVEMENT CLASSES

FARM FIT

BODYISM SIGNATURE

BODYISM STRETCHING

YOGA

MEDITATION

WILD WATER EXPOSURE

CLASSES MAY TAKE PLACE OUTDOOR AND ARE GREAT FOR THAT EXTRA BIT OF MOTIVATION. PLEASE ASK ONE OF OUR TEAM FOR DETAILS OF WHAT WE ARE ABLE TO OFFER.

£25 1 HOUR CLASS

LITTLE BOTHY

SPA REMINDERS

OPENING TIMES

THE LITTLE BOTHY SPA AND KEEPER'S COTTAGE BODYISM GYM IS
OPEN DAILY MONDAY TO SUNDAY.

PLEASE CALL THE STUDY TO MAKE AN APPOINTMENT OR EMAIL
THE SPA TEAM ON SPA@HECKFIELDPLACE.COM.

THE SPA IS OPENED FROM 10AM TO 8PM WITH THE LAST BOOKING
AT 7 PM. OUT OF HOURS SPA APPOINTMENTS ARE SUBJECT TO
AVAILABILITY.

APPOINTMENTS

WE HIGHLY RECOMMEND BOOKING YOUR TREATMENT IN ADVANCE
TO ENSURE THAT YOUR PREFERRED TIME AND DATE IS
AVAILABLE. PLEASE ARRIVE AT LEAST 10 MINUTES PRIOR TO YOUR
TREATMENT TO COMPLETE A CONSULTATION FORM.

SPECIAL CONSIDERATIONS

MOST TREATMENTS CAN BE ADAPTED TO ACCOMMODATE
ALLERGIES, PREGNANCY OR INJURY. PLEASE CONTACT US WITH
ANY QUERIES AND LET US KNOW OF ANY MEDICAL OR HEALTH
CONCERNS.

WE WOULD LIKE YOU TO RELAX DURING YOUR VISIT, FOR THIS
REASON, WE HAVE TAKEN EXTRA MEASURES TO SAFEGUARD OUR
GUESTS PRIOR TO ARRIVAL.

FOR THE SAFETY OF OUR GUESTS AND EMPLOYEES, IF YOU OR A
MEMBER OF YOUR HOUSEHOLD HAS DEVELOPED ANY OF THE
FOLLOWING SYMPTOMS; HIGH TEMPERATURE, NEW, CONTINUOUS
COUGH, A LOSS OR CHANGE TO YOUR SENSE OF SMELL OR TASTE
WITHIN THE LAST 7 DAYS PLEASE CONTACT THE LITTLE BOTHY
PRIOR TO ARRIVAL OF YOUR APPOINTMENT, SO WE CAN OBTAIN
FURTHER INFORMATION.

AS A GENTLE REMINDER, IF YOU OR ANY MEMBER OF YOUR
HOUSEHOLD HAS RECOVERED FROM ANY OF THESE SYMPTOMS
WITHIN THE LAST 14 DAYS WE RECOMMEND YOU CALL THE SPA
PRIOR TO ARRIVAL.

SPA ENVIRONMENT

PLEASE REFRAIN FROM SMOKING AND TURN OFF YOUR MOBILE PHONE (OR TO A SILENT SETTING) WHILE IN, OR AROUND, THE SPA. PLEASE BE AWARE THAT DUE TO DEMAND, ON OCCASION TREATMENTS MAY TAKE PLACE AT THE GARDENERS COTTAGE, THIS IS ON SITE AT HECKFIELD BUT WILL INVOLVE GOING OUTSIDE SO PLEASE BE PREPARED.

GRATUITIES

10% DISCRETIONARY SERVICE CHARGE IS ADDED TO ALL SPA BOOKINGS AND IS INCLUDED IN YOUR FINAL BILL. THIS SERVICE CHARGE IS AT YOUR DISCRETION.

VALUABLES

WE ADVISE YOU NOT TO BRING OR WEAR VALUABLES WHILE VISITING THE LITTLE BOTHY. WE ENDEAVOR TO TAKE CARE OF YOUR BELONGINGS, HOWEVER, WE DO NOT ASSUME LIABILITY FOR ANY LOSS OF, OR DAMAGE TO, PERSONAL PROPERTY. THE SPA SHALL NOT BE LIABLE FOR ANY ACCIDENT OR INJURY SUFFERED BY ANY GUEST.

AGE RESTRICTIONS

GUESTS MUST BE 18 YEARS OR OVER TO RECEIVE A BODY TREATMENT IN THE SPA.

GUESTS AGED 14 YEARS AND OLDER MAY RECEIVE A FACIAL, MANICURE OR PEDICURE TREATMENT IF ACCOMPANIED BY A PARENT OR GUARDIAN FOR THE DURATION OF THE TREATMENT.

GUESTS UNDER 14 YEARS OLD MAY RECEIVE A TAILORED TREATMENT IF ACCOMPANIED BY A PARENT OR GUARDIAN FOR THE DURATION OF THE TREATMENT.

GUESTS MUST BE 10 YEARS OR OVER TO ATTEND ANY YOGA SESSIONS AND MUST BE ACCOMPANIED BY A PARENT OR GUARDIAN FOR THE DURATION OF THE SESSION.

GUESTS MUST BE 16 YEARS OR OVER TO ATTEND ANY GYM SESSIONS. PLEASE ASK FOR MORE DETAILS.

CANCELLATION POLICY

WE UNDERSTAND THAT SCHEDULES CHANGE AND WE WILL DO OUR BEST TO ACCOMMODATE YOUR NEEDS. SINCE YOUR SPA TIME IS RESERVED ESPECIALLY FOR YOU, WE KINDLY ASK YOU TO GIVE A MINIMUM OF 24-HOURS FOR ANY CANCELLATIONS SO SOMEONE ELSE MAY ENJOY THAT TIME. CANCELLATIONS MADE WITHIN 24 HOURS WILL BE SUBJECT TO THE FULL CHARGE OF THE TREATMENT BOOKED.