

# HECKFIELD PLACE



## MEET OUR MASTER PRACTITIONERS

DISCOVER THE HEALING POWER  
OF THE GREAT OUTDOORS  
ALONGSIDE A DEEP SENSE OF  
WELLBEING THROUGH TIME  
SPENT WITH OUR MASTER  
PRACTITIONERS.

GUIDED BY HEALING PHILOSOPHIES ROOTED IN THE NATURAL WORLD,  
OUR PRACTITIONERS JOIN OUR TALENTED LITTLE BOTHY TEAM AND ARE  
SKILLED IN A RANGE OF EXPERTISE ACROSS MODALITIES.



### OSTEOPATHY

Our Resident Master Practitioner Benjamin Pluke M. OST comes from a long line of body healers. His work focuses on balance and the movement of joints, organs and circulation - believing that a balanced body can work to heal itself.



### NATUROPATHY

Our Resident Naturopath Ashmina Manolidis ND works on finding balance in mind, body and spirit to help people live their life to the fullest through naturopathy, iridology, craniosacral therapy and more.



### BODYWORK

With over 20 year of experience, our vising Bodywork expert Morag McDowall is passionate about helping people reset their health through myofascial, sports massage and craniosacral therapies.



### EMOTIONAL WELLBEING

Our Resident Master Practitioner Amy Steadman (MSc) uses nature-based positive therapy to help you live and feel better. She puts wellbeing at the centre of personal development, helping to alleviate stress, and enhance inner calm.



## MORE ABOUT THEIR PRACTICE



### ASHMINA MANOLIDIS ND NATUROPATH AND CRANIOSACRAL PRACTITIONER & REFLEXOLOGIST

With over 40 years of experience, ashmina followed in the footsteps of her father, a leading osteopath, and has a deep love for treating, caring and helping people improve their lifestyle to live a joyful life.

She started her lifelong career as a naturopath after graduating from the sydney college of naturopathy, along with studying under the renowned john upledger best know for the developer of craniosacral therapy.

Ashmina has a respectful, hands-on approach and her practice incorporates iridology, along with craniosacral therapy and reflexology, lifestyle coaching and supplementation.

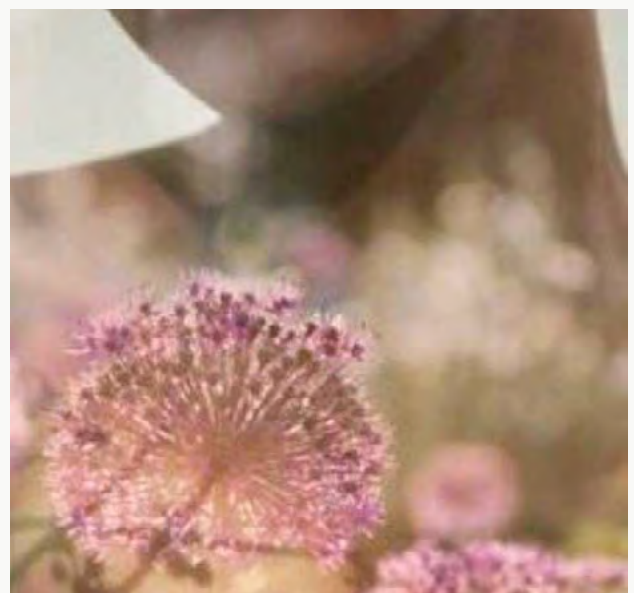
## WHAT TO EXPECT

Our naturopathic philosophy is to treat the cause, not the symptom. It's based on the premise that the body contains a healing ability, which can be stimulated by the correct nutrients, pure water, fresh air, appropriate exercise, adequate rest and relaxation, a positive attitude and peace of mind.

It is a multidisciplinary approach to health care that recognises the body's innate ability to heal itself. Your naturopathic practitioner will examine all areas of your diet and lifestyle that may adversely affect your health by using a number of diagnostic techniques.

Therapy may include dietary changes, herbal medicine and nutritional medicine, as well as lifestyle changes to optimise health and aid recovery.

120 minutes £350 – 90 Minutes £280







## MORE ABOUT THEIR PRACTICE



### BENJAMIN PLUKE M.OST OSTEOPATH

From a long line of body healers, Benjamin started observing his father's treatment from an early age and later completed a four-year masters in osteopathy. His work focuses on balance, balance with gravity, and with movement of our joints, organs, and circulation, believing that a balanced body will be able to heal itself. He uses techniques to encourage a balanced spinal posture through traditional manipulation and muscle work, organ movement and more to ease the limbs into a more comfortable position.

## WHAT TO EXPECT

### OSTEOPATHY

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body and is based on the principle that the wellbeing of an individual depends on the alignment of skeletal and muscular system, with ligaments and connective tissues functioning smoothly together.

Osteopaths use touch, massage, stretching and physical manipulation to increase joint mobility, ease muscle tension, enhance blood and nerve supply to the tissues and activate the body's own healing mechanism.

120 minutes £350 – 90 Minutes £280



## MORE ABOUT THEIR PRACTICE



### MORAG MCDOWALL

CRANIOSACRAL, SPORTS AND MYOFASCIAL  
PRACTITIONER

Morag has 20 years' experience as a myofascial, sports massage and craniosacral therapist and integrative nutrition. She has a passion for helping people rid themselves of pain as much as possible, and resetting their health through integrative nutrition, having experienced her own health issues with chronic fatigue syndrome.

She studied sports massage therapy with the then school of bodywork essentials for health in London, along with myofascial release (MFR) with the renowned school Jing in Brighton and craniosacral therapy (CST) in the biodynamic approach with the institute of craniosacral studies.

## WHAT TO EXPECT

### CRANIOSACRAL THERAPY

Craniosacral therapy supports your body's innate ability to balance, restore and heal itself through light-touch hands-on therapy that addresses compensation and compressions within the craniosacral system.

90 Minutes - £280 - 60 Minutes £220

### MYOFASCIAL RELEASE

Myofascial Release (MFR) is a gentle but incredibly powerful soft tissue therapy and form of bodywork which provides sustained by gentle pressure to the body to eliminate pain and restore movement.

90 Minutes - £220 - 60 Minutes £180

### SPORTS MASSAGE

Sports Massage is one of the most effective bodywork therapies for releasing muscle tension and restoring balance to musculo-skeletal system and relieve stresses to the joints, ligaments and tendons.

90 Minutes £220 - 60 Minutes £180







## MORE ABOUT THEIR PRACTICE



### AMY STEADMAN MSc

WELLBEING PSYCHOLOGIST

Our Resident Wellbeing Psychologist Amy Steadman (MSc) uses nature-based positive therapy to help you live and feel better by putting wellbeing at the centre of personal development.

Amy's philosophy is centred around creating a proactive space to focus on your emotional wellbeing. She uses her psychodynamic expertise and an in-depth scientific knowledge to create uplifting experiences of self-discovery and growth.

As an ecopsychologist, Amy uses nature where possible to improve wellbeing, attention, focus and creativity through open and non-judgmental dialogue to help you feel more grounded in the present, and optimistic about the future.

## WHAT TO EXPECT

Nature therapy is a safe and enriched environment that promotes personal growth, neural integration and a coherent narrative of our life experiences. It offers the opportunity to press pause on the autopilot of everyday life, see the bigger picture and feel truly heard and validated.

Sessions can take place walking in nature, or stationary indoors, are available as a one-off or as a series and can accommodate individuals, couples or groups. Sessions can focus on different themes, ranging from 'How to Slow Time: Embracing Life's Finitude' and 'Re-Wilding': How to Be Your Most Authentic Self' and more.

90 Minutes £280 – 60 Minutes £200





DISCOVER A RENEWED SENSE OF WELLBEING  
DURING YOUR NEXT ESCAPE TO HECKFIELD.

Alongside our master practitioners, the Little Bothy is home to massages, facials and more. Every treatment we offer can be personally tailored to the needs of each guest by our wellness team. Our experienced practitioners and therapists will guide and help deliver a profound sense of wellbeing.

TO LEARN MORE AND TO BOOK PLEASE CONTACT  
[SPA@HECKFIELDPLACE.COM](mailto:SPA@HECKFIELDPLACE.COM)