



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 MINUTES £90 - 60 MINUTES £125 - 90 MINUTES £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. WILDSMITH 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.

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.

BIODYNAMIC THAI MASSAGE

60 MINUTES £180 - 90 MINUTES £220
120 MINUTES £280

ROOTED IN THE PHILOSOPHY OF TRADITIONAL THAI THERAPY, BIODYNAMIC BODYWORK EMBRACES A RANGE OF THERAPEUTIC METHODS, WHICH ARE EFFECTIVE IN BALANCING AND RELIEVING BOTH PHYSICAL AND EMOTIONAL CONDITIONS. IT INCLUDES MANIPULATION OF MUSCLES AND TENDONS, THERAPEUTIC AND RHYTHMICAL TOUCH, ENERGY DISTRIBUTION, DEEP-DRAINING AND BIO-ENERGETIC FIELD WORK OF THE SUBTLE BODY. THIS THERAPY IS PERFORMED OVER COMFORTABLE CLOTHING THAT IS PROVIDED TO YOU.

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 REFLEX ZONE THERAPY POINTS TO RESTORE THE FLOW OF ENERGY THROUGHOUT THE BODY.

THE LITTLE BOTHY PREGNANCY MASSAGE

60 MINUTES £125 - 90 MINUTES £180

OUR EFFECTIVE AND INDULGENT TREATMENTS ARE DESIGNED FOR MOTHERS WHO ARE 12 WEEKS PREGNANT AND OVER. DEEPLY RESTORATIVE AND RELAXING MOVEMENTS ARE COMBINED WITH THE MOST NURTURING WILDSMITH COLLECTION TO HELP MAINTAIN SKIN TONE AND ELASTICITY. OUR 90 MINUTE TREATMENT INCLUDES A BACK SCRUB AND A MINI FACIAL.

BODY TREATMENTS

THE LITTLE BOTHY SCRUB

60 MINUTES £125

OUR WILDSMITH 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 WILDSMITH 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 - 90 MINUTES £180

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.

RESIDENT PRACTITIONERS

LITTLE BOTHY

NATUROPATHY
120 MINUTES £350 - 90 MINUTES £280
FOLLOW-UP 60 MINUTES £200

OUR NATUROPATHIC PHILOSOPHY IS TO TREAT THE CAUSE, NOT THE SYMPTOM. NATUROPATHIC PRINCIPLES ARE BASED UPON THE PREMISE THAT THE BODY CONTAINS A HEALING ABILITY WHICH CAN BE STIMULATED BY THE CORRECT NUTRIENTS, PURE WATER, FRESH AIR, EXERCISE, ADEQUATE REST, A POSITIVE ATTITUDE AND PEACE OF MIND. IT IS THEREFORE A MULTIDISCIPLINARY APPROACH TO HEALTH CARE THAT RECOGNISES THE BODY'S INNATE ABILITY TO HEAL ITSELF. YOUR NATUROPATHIC PRACTITIONER WILL EXAMINE ALL ASPECTS OF YOUR DIET AND LIFESTYLE THAT MAY ADVERSELY AFFECT YOUR HEALTH BY USING A NUMBER OF DIAGNOSTIC TECHNIQUES. IN THIS WAY, THE TREATMENT IS DIRECTED TOWARDS THE CAUSE AND NOT JUST THE SYMPTOMS OF YOUR COMPLAINT. THERAPY MAY INCLUDE DIETARY CHANGES, HERBAL MEDICINE AND NUTRITIONAL MEDICINE, AS WELL AS LIFESTYLE CHANGES. FOLLOW-UP CONSULTATIONS ARE USUALLY SCHEDULED TWO WEEKS AFTER THE FIRST CONSULTATION TO ASSESS PROGRESS. FURTHER CONSULTATIONS MAY BE REQUIRED BUT WILL BE ASSESSED AT THIS TIME.

RESIDENT NATUROPATH - ASHMINA MANOLIDIS ND
AVAILABLE ON THURSDAYS

OSTEOPATHY
120 MINUTES £350 - 90 MINUTES £280
FOLLOW-UP 60 MINUTES £200

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 WELL BEING 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.

RESIDENT OSTEOPATH - BENJAMIN RAPHAEL PLUKE M.OST
AVAILABLE ON MONDAYS AND ON REQUEST

CRANIOSACRAL THERAPY
LITTLE BOTHY

90 MINUTES £280 – 60 MINUTES £220

CRANIOSACRAL THERAPY SUPPORTS YOUR BODY'S INNATE ABILITY TO BALANCE, RESTORE, AND HEAL ITSELF. THIS DEEPLY PROFOUND TREATMENT IS A LIGHT-TOUCH HANDS-ON THERAPY THAT ADDRESSES COMPENSATION AND COMPRESSIONS WITHIN THE CRANIOSACRAL SYSTEM INCLUDING THE MEMBRANES AND CEREBRAL-SPINAL-FLUID THAT PROTECT THE BRAIN AND SPINAL CORD. THIS VITAL SYSTEM EXTENDS FROM THE BONES OF THE SKULL, FACE AND MOUTH, WHICH MAKE UP THE CRANIUM, DOWN TO THE SACRUM AREA. THIS IS A CLIENT-LED THERAPY, THAT MEANS, YOUR BODY WILL SET THE PACE OF THE WORK AND SINCE IT IS YOUR BODY (RATHER THAN YOUR MIND) THAT SETS THE PRIORITIES, YOU MAY FIND THAT THE REASON YOU CAME FOR TREATMENT IS NOT ACTUALLY WHAT CHANGES FIRST. THIS IS A GENTLE APPROACH AND DOES NOT USE MANIPULATION. YOUR CRANIOSACRAL PRACTITIONER LISTENS, VIA THE HANDS, TO WHAT IS GOING ON IN YOUR BODY AND IDENTIFIES & HELPS TO RELIEVE PAIN OR TENSION HELD THERE. YOUR PRACTITIONER SENSES TENSIONS IN THE BODY AND HELPS TO RELEASE THEM IN A SUPPORTED AND COMFORTABLE WAY. DURING THE SESSION YOU MAY FEEL A DEEP SENSE OF RELAXATION AND MAY BECOME AWARE OF HEAT, TINGLING, PULSATION. AFTER A SESSION YOU MAY FEEL CALM AND ENERGISED, WITH INCREASED CLARITY OF MIND AND A FEELING OF WELL-BEING. BECAUSE IT IS SO GENTLE AND NONINVASIVE, CRANIOSACRAL THERAPY IS SUITABLE FOR ALL AGES.

RESIDENT CRANIOSACRAL THERAPIST

ASHMINA MANOLIDIS ND- AVAILABLE ON THURSDAYS

MORAG MCDOWALL- AVAILABLE ON FRIDAYS AND ON REQUEST

MYOFASCIAL RELEASE

90 MINUTES £220 – 60 MINUTES £180

MYOFASCIAL RELEASE (MFR) IS A GENTLE BUT INCREDIBLY POWERFUL SOFT TISSUE THERAPY. IT IS A FORM OF BODYWORK WHICH PROVIDES A SUSTAINED (BUT GENTLE) PRESSURE INTO MYOFASCIAL RESTRICTIONS IN THE BODY TO ELIMINATE PAIN AND RESTORE MOVEMENT. DURING THIS PROCESS, THE CONNECTIVE TISSUE FIBRES REORGANISE THEMSELVES IN A MORE FLEXIBLE & FUNCTIONAL WAY.

FASCIA IS A SEAMLESS "WEB" OF CONNECTIVE TISSUE THAT COVERS AND CONNECTS THE MUSCLES, ORGANS, AND SKELETAL STRUCTURES, LOCATED

LITTLE BOTHY

BETWEEN THE SKIN AND THE UNDERLYING STRUCTURE OF MUSCLE AND BONE.
MUSCLE (MYO) AND FASCIA FORM THE MYOFASCIA SYSTEM.

IN THE BODY'S NORMAL, HEALTHY STATE, FASCIA IS RELAXED AND HAS THE ABILITY TO STRETCH AND MOVE WITHOUT RESTRICTION. WHEN WE EXPERIENCE PHYSICAL OR EMOTIONAL TRAUMA (INJURIES/STRESS), SCARRING OR INFLAMMATION, THE FASCIA LOSES ITS PLIABILITY AND BECOMES TIGHT, RESTRICTED AND A SOURCE OF TENSION TO THE REST OF THE BODY. SINCE FASCIA IS AN INTERCONNECTED WEB, THE RESTRICTION OR TIGHTNESS TO FASCIA AT ONE PLACE, WITH TIME, CAN SPREAD TO OTHER PLACES IN THE BODY LIKE A PULL IN A SWEATER. THE GOAL OF MYOFASCIAL RELEASE IS TO RELEASE THE FASCIAL RESTRICTIONS, RESTORE TISSUE HEALTH, REDUCE PAIN AND INCREASE MOVEMENT WITHIN THE BODY AT ONE OR MORE PLACES.

ADDITIONALLY, MYOFASCIAL RELEASE CAN HELP ALLEVIATE SYMPTOMS RELATED WITH TMJ TO INCLUDE PAIN AND STIFFNESS CAUSED BY CLENCHING THE JAW AND GRINDING TEETH.

SPORTS MASSAGE

90 MINUTES £220 - 60 MINUTES £180

SPORTS MASSAGE IS ONE OF THE MOST EFFECTIVE BODYWORK THERAPIES FOR RELEASING MUSCLE TENSION AND RESTORING BALANCE TO THE MUSCULO-SKELETAL SYSTEM. A CONSTANT BUILD UP OF TENSION IN THE MUSCLES FROM REGULAR ACTIVITY MAY LEAD TO STRESSES ON THE JOINTS, LIGAMENTS, TENDONS AS WELL AS THE MUSCLES THEMSELVES.

THIS BUILD UP OF TENSION CAN COME FROM OVERUSE IN PLAYING SPORT, WORKING OUT OR INDEED FROM POSTURAL MUSCLE IMBALANCES E.G. FROM DESK-BASED JOBS. THEREFORE, SPORTS MASSAGE IS NOT NECESSARILY RESERVED ONLY FOR THE ACTIVE SPORTS PERSON.

MINOR EVERYDAY INJURIES ARE COMMON BUT ARE BECOMING LESS ADEQUATELY DEALT WITH BY CONVENTIONAL METHODS. THESE INJURIES CAN BE EXTREMELY PAINFUL AND MAY SERIOUSLY AFFECT A PERSON'S OCCUPATION, SPORT OR QUALITY OF LIFE.

SPORTS MASSAGE CAN TREAT MANY MINOR PROBLEMS QUICKLY AND EFFECTIVELY AND IN A COMPLEMENTARY ROLE WITH OTHER THERAPIES (E.G. MYOFASCIAL RELEASE), CAN GREATLY SPEED RECOVERY.

SPORTS MASSAGE IS USUALLY VERY SPECIFIC AND MAINLY FOCUSES ON THE AREA OF THE BODY REQUIRING ATTENTION. FOR EXAMPLE, IF YOU EXPERIENCE TIGHT, TENSE AND ACHEY SHOULDERS, THE THERAPY WILL FOCUS ATTENTION ON YOUR SHOULDERS AND POSSIBLY AREAS OF YOUR BACK AND NECK/CHEST. IT IS A VERY DEEP MASSAGE AND SOME OF THE TECHNIQUES MAY FEEL A LITTLE UNCOMFORTABLE FROM TIME TO TIME AND YOU MAY EXPERIENCE A LITTLE DISCOMFORT AFTERWARDS UNTIL YOUR MUSCLES HAVE SETTLED FROM THE TREATMENT.

TRIGGER POINT THERAPY IS OFTEN USED WITHIN THE SPORTS MASSAGE TREATMENT IN ORDER TO IDENTIFY THE KEY AREA OF TENSION, WHICH WHEN WORKED ON, LET'S THE TENSION GO.

RESIDENT SPORTS AND MYOFACIAL PRACTITIONER
MORAG MCDOWALL
AVAILABLE ON FRIDAYS AND ON REQUEST

IN ADDITION

THE LITTLE BOTHY MANICURE/ PEDICURE

60 MINUTES £100

NAIL POLISH CHANGE

30 MINUTES £50

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

LITTLE BOTHY

MOVEMENT

PERSONAL TRAINING

60 MINUTES £100 PER SESSION

WE ARE OFFERING ONE-TO-ONE PERSONAL TRAINING, FROM BOXING, GUIDED RUNS AROUND THE ESTATE, TAILORED TO EACH GUEST'S SPECIFICATIONS.

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.

PILATES

60 MINUTES £100 - MAXIMUM 2 PEOPLE

THIS CLASS IS A WONDERFUL WAY TO LENGTHEN AND STRENGTHEN YOUR MUSCLES – PARTICULARLY YOUR ABDOMINAL, BACK AND PELVIC AREAS. THE CLASS HAS BEEN CREATED SO THAT ITS CO-ORDINATION, POSTURE AND BALANCE SKILLS CAN BE APPLIED THROUGHOUT EVERYDAY LIFE.

PILATES REFORMER

60 MINUTES £100

DURING A PILATES REFORMER SESSION, YOU WILL WORK ON BALANCE, ALIGNMENT, CORE STRENGTH AND MUSCLE TONE. THE INSTRUCTOR WILL ADJUST THE EXERCISES TO SUIT YOUR NEEDS, INDIVIDUAL STRENGTH AND FLEXIBILITY. PLEASE NOTE THAT THIS IS ONE TO ONE SESSION.

FARM FIT

90 MINUTES £150

ONE OF A KIND EXPERIENCE IN AN AWE-INSPIRING FARM SETTINGS. WE HAVE CREATED A CIRCUIT-BASED CLASS WITH INNOVATIVE FUNCTIONAL HUMAN BODY MOVEMENTS USING TRADITIONAL FARM TOOLS. CARRYING MILK CHURNS, USING HAY BALES, PICKING UP ROPES, MANOEUVRING LOADED WHEELBARROW, OR LIFTING WOODEN POLES RESULTS IN AN EXHILARATING FITNESS PROGRAM.

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

STRETCHING

YOGA

PILATES

MEDITATION

COLD WATER IMMERSION

FOREST BATHING WALK

WOODLAND CIRCUIT

CLASSES MAY TAKE PLACE OUTDOOR AND ARE GREAT FOR THAT EXTRA BIT OF MOTIVATION. PLEASE ASK ONE OF OUR TEAM MEMBERS FOR DETAILS OF WHAT WE ARE ABLE TO OFFER AS A GROUP CLASS OR A PRIVATE SESSION

30/60 MINUTES £25 - 90 MINUTES £40

SPA REMINDERS

LITTLE BOTHY

OPENING TIMES

THE LITTLE BOTHY SPA AND KEEPER'S COTTAGE 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
OR INJURY. PLEASE CONTACT US WITH ANY QUERIES AND LET US
KNOW OF ANY MEDICAL OR HEALTH CONCERNS.
PREGNANCY MESSAGES AND FACIALS ARE AVAILABLE AFTER 12 WEEKS
OF PREGNANCY. IF YOU ARE UNDER THE 12TH WEEK, WE CAN OFFER
REIKI, CRANIOSACRAL THERAPY AND MANICURE/PEDICURE ONLY.

OUR MOVEMENT CLASSES ARE AVAILABLE AFTER 12 WEEKS OF
PREGNANCY. IT IS ALSO RECOMMENDED TO WAIT SIX WEEKS AFTER
THE BIRTH BEFORE RESUMING EXERCISE.

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

LITTLE BOTHY

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 SPA 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 MOVEMENT 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.