



THE LITTLE BOTHY
HECKFIELD PLACE

LITTLE BOTHY

WILDSMITH

CREATED FOR THOSE WHO SEEK OUT RESPONSIBLE SKINCARE, THAT DOES NOT COMPROMISE ON EFFICACY. WILDSMITH SKIN BEGAN WITH A WALK THROUGH THE WOODS OF 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.

INSPIRED BY THE INNATE ABILITY OF WILLIAM'S TREES TO ADAPT, HEAL, AND RENEW; WILDSMITH DRAW ON DELIVERY SYSTEMS THAT TRANSPORT THE PRECISE INGREDIENT DOSAGE, TO THE SPECIFIC PART OF THE SKIN AT THE OPTIMUM TIME OF DAY AND REINFORCE THE FUNCTION OF SYNTHESISED AND ENGINEERED ACTIVES BY COMBINING THEM WITH BOTANICAL INGREDIENTS.

A PROCESS WE CALL RADICAL BOTANY.

CRAFTED IN ENGLAND USING INGREDIENTS SOURCED SUSTAINABLY, RESPECTFULLY AND ETHICALLY ACROSS THE GLOBE, WILDSMITH'S HIGH-PERFORMANCE FORMULATIONS ARE DESIGNED TO SUPPORT AND TRANSFORM SKIN HEALTH, WHILST NURTURING A DEEP CONNECTION TO THE NATURAL WORLD. QUIETLY THOUGHTFUL, IT'S ABOUT A NEW WAY OF THINKING AND A NEW PERSPECTIVE.

AND 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.

LITTLE BOTHY

HEALING MENU

WILDSMITH TIME

135 MINUTES £300

INSPIRED BY THE CIRCADIAN RHYTHMS OF NATURE, OUR TEAM PROVIDES A BESPOKE RESET. INCORPORATING KINESIOLOGY PRINCIPLES AND MECHANISMS OF MOVEMENT TO REVEAL THE BODY'S REQUIREMENTS. A THERAPEUTIC MASSAGE SEQUENCE IS APPLIED USING ESSENTIAL OIL BLENDS SPECIFICALLY FORMULATED TO THE TIME OF DAY. TREATMENT INCLUDES CRANIOSACRAL HOLDS, ABDOMINAL MASSAGE AND FOOT REFLEX ZONE THERAPY TO HELP SPARK UP THE ENERGY PATHWAYS. EXPECT TO LEAVE RECONNECTED AND IN BALANCE.

WILDSMITH RADICAL BOTANY FACIAL

90 MINUTES £220 60 MINUTES £160

AN ALL-ENCOMPASSING APPROACH TO SKIN HEALTH AND WELLBEING. DELIVERING IMMEDIATE RESULTS INCLUDING TONED, SMOOTHER, PLUMP, AND RADIANT SKIN. INCORPORATING ADVANCED MYOFASCIAL RELEASE, ACUPRESSURE, CRANIOSACRAL HOLDS AND BREATHWORK. A PERFECT BALANCE: OUR FACIAL HELPS TO ROOT, CENTRE AND ENERGISE THE MIND AND DELIVER CLEANER, HEALTHIER, MORE RADIANT-LOOKING SKIN.

WILDSMITH MASSAGE

90 MINUTES £220 60 MINUTES £160

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, MAKING YOU FEEL DEEPLY RELAXED AND REVITALISED.

REFLEXOLOGY

60 MINUTES £160

THE ANCIENT HEALING ART OF REFLEXOLOGY IS A HOLISTIC TREATMENT WITH FAR-REACHING THERAPEUTIC BENEFITS. IT RELAXES, RESTORES AND REVITALISES, WHILE PROVIDING A FINE-TUNING FOR ALL OF THE BODY'S SYSTEMS ENCOURAGING THE BODY TO FUNCTION MORE EFFICIENTLY.

REIKI

90 MINUTES £220

THIS ENERGY HEALING TREATMENT SUPPORTS THE BODY'S NATURAL HEALING PROCESS, BALANCES THE HARMONY OF SOUL AND INDUCES DEEP RELAXATION ALLOWING YOU TO IMPROVE YOUR OVERALL WELLBEING.

BIODYNAMIC THAI MASSAGE

120 MINUTES £280 90 MINUTES £220 60 MINUTES £160

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.

WILDSMITH NEW LIFE

90 MINUTES £220 60 MINUTES £160

OUR EFFECTIVE AND INDULGENT TREATMENT IS DESIGNED FOR AN EXPECTANT PARENT WHO IS 12 WEEKS PREGNANT AND OVER. DEEPLY RESTORATIVE AND RELAXING MOVEMENTS ARE COMBINED WITH THE NURTURING WILDSMITH SKIN AND BODYCARE COLLECTION TO HELP MAINTAIN SKIN TONE AND ELASTICITY.

OUR 90-MINUTE TREATMENT INCLUDES A BACK EXFOLIATION AND A FACIAL MASSAGE.

WILDSMITH SKIN RENEWAL

90 MINUTES £220

A FULL BODY EXFOLIATION, COUPLED WITH EITHER A RESTORATIVE OR PURIFYING BODY WRAP.

WILDSMITH SKIN RENEWAL IS DESIGNED TO HELP REGENERATE SKIN CELLS, STIMULATE CIRCULATION AND ENCOURAGE LYMPHATIC DRAINAGE, WHILST SIMULTANEOUSLY SUPPORTING THE NERVOUS SYSTEM TO LEAVE YOU LOOKING AND FEELING RADIANT.

WILDSMITH HANDS / FEET

60 MINUTES £100

WILDSMITH HANDS OR FEET TREATMENT INCORPORATES ESSENTIAL WORK TO REPAIR CUTICLES AND TIDY NAILS, COMBINED WITH AN INDULGENT EXFOLIATION AND A RELAXING MASSAGE USING A BLEND OF NATURAL OILS TO IMPROVE CIRCULATION AND SOFTEN THE SKIN. LEAVING THE SKIN FEELING SMOOTH AND HYDRATED.

MASTER PRACTITIONERS

NATUROPATHY

1 2 0 M I N U T E S £ 3 5 0 9 0 M I N U T E S £ 2 8 0

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. THERAPY MAY INCLUDE DIETARY CHANGES, HERBAL MEDICINE, AND NUTRITIONAL MEDICINE, AS WELL AS LIFESTYLE CHANGES.

MASTER NATUROPATH - ASHMINA MANOLIDIS ND
AVAILABLE ON THURSDAYS

OSTEOPATHY

1 2 0 M I N U T E S £ 3 5 0 9 0 M I N U T E S £ 2 8 0

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. 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.

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

EMOTIONAL WELLBEING

90 MINUTES £280

EMOTIONAL WELLBEING WORKS IN POSITIVE PSYCHOLOGY, COACHING PSYCHOLOGY, COUNSELLING AND NATURE THERAPY. OUR EMOTIONAL WELLBEING SESSIONS COMBINE THESE DISCIPLINES TO CREATE A UNIQUE APPROACH THAT HELPS YOU FEEL CENTRED, CONFIDENT IN WHO YOU ARE AND ASSURED ABOUT THE DECISIONS YOU MAKE. PSYCHODYNAMIC TRAINING HELPS YOU UNDERSTAND AND RESPECT THE COMPLEXITY OF YOUR INDIVIDUAL WELLBEING. NATURE COMPLEMENTS THE INTERACTION SO THAT IT FEELS APPROACHABLE AND INVITING.

MASTER WELLBEING PSYCHOLOGIST – AMY STEADMAN
AVAILABLE ON REQUEST

CRANIOSACRAL THERAPY

90 MINUTES £280 60 MINUTES £220

CRANIOSACRAL THERAPY SUPPORTS YOUR BODY'S INNATE ABILITY TO BALANCE, RESTORE, AND HEAL ITSELF. YOUR CRANIOSACRAL PRACTITIONER LISTENS, VIA THE HANDS, TO WHAT IS GOING ON IN YOUR BODY AND IDENTIFIES AND RELIEVES PAIN OR TENSION HELD THERE. 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 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. 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. 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. IT 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.

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

MOVEMENT

PERSONAL TRAINING

60 MINUTES £100 PER SESSION

WE ARE OFFERING ONE-TO-ONE PERSONAL TRAINING IN A VARIETY OF MOVEMENT FORMS FROM LOW TO HIGH INTENSITY, INDOOR OR OUTDOOR, TAILORED TO EACH GUEST'S SPECIFICATIONS.

YOGA

60 MINUTES £100

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.

PILATES

60 MINUTES £100

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.

OUR PRIVATE SESSIONS ARE FOR UP TO TWO PEOPLE.

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

YOGA

PILATES

STRETCHING

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

OPENING TIMES

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

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

THE LITTLE BOTHY IS OPENED FROM 10AM TO 8PM WITH THE LAST BOOKING AT 7 PM. OUT OF HOURS 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 MASSAGES 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.

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 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 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.