



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. 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.

## 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

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.

## 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\*

## MOVEMENT

BODYISM PERSONAL TRAINING MAXIMUM 2 PEOPLE

60 MINUTES £100 PER SESSION

WE ARE OFFERING ONE-TO-ONE PERSONAL TRAINING, FROM BOXING TO 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 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.

LITTLE BOTHY

## 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

BODYISM SIGNATURE

BODYISM STRETCHING

YOGA

MAT PILATES

MEDITATION

WILD WATER IMMERSION

FOREST BATHING

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

£25 | HOUR CLASS

## 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](mailto: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 12<sup>TH</sup> WEEK, WE CAN OFFER REIKI AND MANICURE/PEDICURE ONLY.

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.