



LITTLE BOTHY
HECKFIELD PLACE

LITTLE BOTHY

WILDSMITH

WILDSMITH SKIN IS INSPIRED BY THE ARBORETUM AT HECKFIELD PLACE. PLANTED IN THE EARLY 19TH CENTURY 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 FROM ACROSS THE GLOBE, THE 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 SKIN CARE RESULTS AS WELL AS SUPPORT YOU TO BREATHE WITHOUT BOUNDARIES, ALLOWING SELF-EXPLORATION.

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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

WILDSMITH FACIAL

60 MINUTES £125 - 90 MINUTES £180

OUR SIGNATURE FACIAL MASSAGE USES A COMBINATION OF TECHNIQUES INCLUDING; ACUPRESSURE'S AND LYMPHATIC DRAINAGE, AS WELL AS SCULPTING MOVEMENTS TO RELIEVE TENSION, STIMULATE AND CONTOUR. OUR SUPER OIL CONTAINS SEVENTEEN BIOACTIVE PLANT OILS WHICH WILL DELIVER A POWERFUL POTENT BOOST TO YOUR SKIN, PACKED WITH PROVEN ANTIOXIDANTS, ANTI-INFLAMMATORY AND ANTIBACTERIAL PROPERTIES.

LITTLE BOTHY FACIAL

45 MINUTES £90

OUR TIME PRECIOUS LITTLE BOTHY FACIAL COVERS ALL THE ESSENTIALS, WHILE DELIVERING RESULTS AND PRIORITISING INDIVIDUAL NEEDS AND EXPECTATIONS AND CAN BE TAILOR MADE TO EACH GUESTS REQUIREMENTS.

MASSAGES

LITTLE BOTHY MASSAGE

45 MINUTES £90 - 60 MINUTES £125 - 90 MINUTES £180

THIS UNSCRIPTED MASSAGE IS INDIVIDUALLY ADAPTED TO SUIT YOUR VERY UNIQUE NEEDS, FOCUSING ON YOUR SPECIFIED AREAS OF PRIORITY, AT A PRESSURE OF DECIDED COMFORT.

LITTLE BOTHY FOOT RITUAL

45 MINUTES £90

OUR SOLE SOOTHING RITUAL SNUFFLES AWAY SKIN FROM SEASONS PASSED BY, WITH A HEELING AND WARMING TOUCH, LEAVING FEET FEELING FRESH AND WEIGHTLESS.

LITTLE BOTHY

BODY TREATMENTS

LITTLE BOTHY SCRUB

45 MINUTES £ 90

OUR RAW SUGAR SCRUB WITH SCENTED BALANCING YLANG YLANG, SLEEP INDUCING LAVENDER AND DEEPLY HYDRATING NEROLI WILL SOFTEN AND SMOOTH YOUR SKIN.

LITTLE BOTHY WRAP

90 MINUTES £ 180

THIS BODY COCOONING RESORATIVE WRAP, CREATED TO INVIGORATE, ENERGISE AND STIMULATE WITH ACTIVE ESSENTIAL OILS INCLUDING BLACK PEPPER, GINGER AND EUCALYPTUS, YOUR BODY WILL BE BUFFED AND THEN BEAUTIFULLY ENVELOPED WHILE RECEIVING A TRANQUIL SCALP MASSAGE ALL COMPLETED WITH A FULL BODY HYDRATION.

HOLISTIC

REIKI

60 MINUTES £ 115

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

INDIAN HEAD MASSAGE

45 MINUTES £ 90

A RANGE OF RHYTHMS AND ACUPRESSURES FOR RELAXING, ENRGISING AND BALANCING THE UPPER BODY, INCLUDING; HEAD, FACE, NECK AND SHOULDERS, WITH AN AIM TO HARMONISE YOUR BODY'S ENERGY.

IN ADDITION

LITTLE BOTHY MANICURE/ PEDICURE

60 MINUTES £100

A MAINTANANCE TREATMENT WHERE THE SKIN IS INVIGOTATINGLY BUFFED, NOURNISHINGLY WRAPPED AND COMPASIONATLY MASSAGED LEAVING YOUR SKIN COMFORTABLY HYDRATED. WHILE THE NAILS ARE SHAPED AND POLISHED TO A BEAUTIFUL FINISH.

ESSENTIAL MANICURE/ PEDICURE

45 MINUTES £70

THE HAND / FOOT PRIOTITIES DECIDED BY YOU, WHETHER IT IS THE NAILS THAT ARE GENTLY FILED AND SHAPED AS DESIRED AND FINISHED WITH A POLISH OR ...

SKIN IS REMODELED INTO A SOFT TOUCHING AND WONDERFULLY TIDIED CUTICLES WITH NATURALLY SHAPED AND BUFFED FINISH.

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

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

HECKFIELD SIGNATURE TRAIL RUN

BODY FLOW

WILDERNESS CHALLENGE

MEDITATION WALK/ FOREST BATHING

WILD WATER EXPOSURE

CLASSES 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

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.

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; COUGH, FEVER,
BREATHLESSNESS, SORE THROAT, HEADACHES 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 YOUR MOBILE PHONE OFF OR TO A SILENT SETTING WHILST IN, OR AROUND, THE SPA. PLEASE BE AWARE THAT DUE TO DEMAND, ON OCCASION TREATMENTS MAY TAKE PLACE AT THE GARDENER'S COTTAGE, THIS IS ON SITE HERE 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 WHILST VISITING THE LITTLE BOTHY. WHILE WE ENDEAVOR TO TAKE CARE OF YOUR BELONGINGS, 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 SECESSION. GUESTS MUST BE 16 YEARS OR OVER TO ATTEND ANY GYM SECESSIONS. 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 TWENTY FOUR HOURS CANCELLATION NOTICE SO SOMEONE ELSE MAY ENJOY THAT TIME. CANCELLATIONS MADE WITHIN TWENTY FOUR HOURS WILL BE SUBJECT TO THE FULL CHARGE OF THE TREATMENT BOOKED.