

THE
BOTHY

is a space
for us all

to reconnect
with nature.

To alter
and rebalance
our perception
of TIME.

A special space
in the landscape

where time slows,
and your rhythms

are reset.

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WILDSMITH

TREATMENTS

Designed to support recovery, repair and balance, Wildsmith Treatments are inspired by the universal principle of circadian rhythm, and delivered by highly trained wellness practitioners who will guide and help deliver profound results.

Each treatment incorporates Wildsmith Skin's clinically proven, high-performance formulations created to support and transform skin health, with the connection between practitioner and guest enabling expert diagnosis for treatments aligned to the time of day.

WILDSMITH TIME

135 MINS £310

Inspired by the circadian rhythms of nature, our team provides a bespoke reset that incorporates 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 FULL BODY MASSAGE

90 MINS £230 – 60 MINS £170

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.

WILDSMITH SKIN RENEWAL

90 MINS £230

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, while simultaneously supporting the nervous system to leave you looking and feeling radiant.

WILDSMITH THERAPEUTIC HAND TREATMENT

60 MINS £170

Wildsmith's hand zone therapy uses pressure point techniques and massage to help restore a sense of calm to the whole body. This treatment incorporates an indulgent exfoliation and nourishing mask to stimulate circulation, bringing oxygen and nutrients to the muscles to allow them to stretch and relax.

REIKI

90 MINS £230

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

WILDSMITH RADICAL BOTANY FACIAL

90 MINS £230 – 60 MINS £170

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: the Radical Botany facial helps to root, centre and energise the mind and deliver cleaner, healthier, more radiant-looking skin.

WILDSMITH NEW LIFE

90 MINS £230 – 60 MINS £170

An effective and indulgent treatment, 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.

This 90-minute treatment includes a back exfoliation and a facial massage.

WILDSMITH THERAPEUTIC FOOT TREATMENT

60 MINS £170

Focussing on the lower body, and in particular feet, is an important part of our overall health and wellbeing. Incorporating an indulgent exfoliation and purifying mask to stimulate circulation, this treatment relaxes muscles and keeps tissues healthy. Wildsmith's foot zone therapy uses pressure point techniques and massage to activate the self-healing effect in the body, helping to calm the nervous system, bringing balance to the whole body.

REFLEXOLOGY

60 MINS £170

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.

BIODYNAMIC THAI MASSAGE

90 MINS £230 – 60 MINS £170

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.

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MASTER PRACTITIONERS

NATUROPATHY

120 MINS £350 – 90 MINS £280

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 MONDAYS

MYOFASCIAL RELEASE

90 MINS £220 – 60 MINS £180

Myofascial release 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.

RESIDENT MYOFASCIAL RELEASE THERAPIST
MORAG MCDOWALL- AVAILABLE ON REQUEST

CRANIOSACRAL THERAPY

90 MINS £280 – 60 MINS £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 non-invasive, craniosacral therapy is suitable for all ages.

RESIDENT CRANIOSACRAL THERAPIST
ASHMINA MANOLIDIS ND- AVAILABLE ON MONDAYS
MORAG MCDOWALL- AVAILABLE ON REQUEST

ADVANCED REFLEXOLOGY

90 MINS £280 – 60 MINS £220

A complementary treatment which addresses the reflex areas that correspond to all organs, systems, glands and parts of the body, through ears, hands and feet.

A clinical reflexologist is trained to work safely on people with medical concerns without prior written or verbal permission from their doctor. A diagnostic assessment is part of the treatment before and during your session.

MASTER NATUROPATH FOR DIAGNOSTIC REFLEXOLOGY
ASHMINA MANOLIDIS ND
AVAILABLE ON MONDAYS

OSTEOPATHY

120 MINS £350 – 90 MINS £280

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. 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 PLUKE M.OST
AVAILABLE ON TUESDAYS AND ON REQUEST

SPORTS MASSAGE

90 MINS £220 – 60 MINS £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 achy 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.

RESIDENT SPORTS MASSAGE THERAPIST
MORAG MCDOWALL- AVAILABLE ON REQUEST

EMOTIONAL WELLBEING

90 MINS £220 – 60 MINS £180

Combining positive psychology, ecopsychology and coaching, our restorative nature therapy sessions are designed to help you feel more aligned, balanced and centred. Enhance your sense of inner calm by developing the powerful practice of slowing down, pausing and reflecting. You will learn more about yourself through 'lightbulb' moments of realisation and walk away rooted with a deeper connection to others, to nature and more importantly to yourself.

MASTER WELLBEING PSYCHOLOGIST
AMY STEADMAN
AVAILABLE ON REQUEST

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MOVEMENT

Movement means more than just exercise; it is a fundamental aspect of life. Mindful movement affects every part of our body's functions. It supports healing and recovery. It helps to prevent injury.

Keeping our body mobile is key to a healthy life

YOGA

60 MINS

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 MINS

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.

FARM FIT

90 MINS

A one-of-a-kind experience in an awe-inspiring farm setting. 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 movement session.

STRETCHING

60 MINS

This class is a wonderful way to lengthen your whole body, to keep your muscles flexible, strong and healthy.

The low intensity class has been created to improve the range of motion in the joints.

WOODLAND MOVEMENT

60 MINS

An outdoor body weight interval training, this movement session takes you across our Woodlands and Heckfield estate, and has been carefully designed and refined to lengthen, strengthen and tone your whole body while improving your cardiovascular fitness. This class can be adapted for all levels.

MEDITATION

60 MINS

Meditation is the practice of training the mind to be more present, focused, and better connected us and the world around us. This powerful practice can offer you a moment to experience mindfulness and a deeper sense of awareness, gain a sense of perspective and understanding of the thinking mind and the body, and finish feeling recharged and refocused. In good weather, we may practice outdoors in some of Heckfield's beautiful natural spaces.

PILATES REFORMER

60MINS

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.

COLD WATER IMMERSION

60 MINS

A chance to offer yourself an experience to plunge into the benefits of cold-water exposure, this session involves a short warmup and a paced walk or jog to our beautiful Lower Lake. Here you will be guided through a series of stretches, breathing exercises and coldwater science before taking a dip – a moment to experience a boost of feel-good chemicals in the body and leave feeling energized for the rest of the day.

FOREST BATHING WALK

90 MINS

Embodying the Japanese art and practice of Shinrin-Yoku ('Forest Bathing'), the Forest Bathing experience is an opportunity to reconnect with yourself, and with nature, as you explore the diverse and peaceful trails among Heckfield's natural landscape. This guided walk invites you to learn more about the Forest, take some time to breathe deeply and connect to your senses, contemplate your surroundings, and practice mindfulness and meditation-based exercises. Spending time in Forest spaces offers a wealth of benefits for the mind and body, so be prepared to finish the session feeling refreshed, recharged, and alive.

SAUNA RITUALS

60 MINS

Our gentle, nature inspired sauna rituals are curated and led by our resident sauna masters. Our deep passion of sauna rituals lies in our belief of its therapeutic benefits. The ceremonial sessions will transport you to a deep sense of relaxation while your cardiovascular system is challenged and your mind is tuned by the pure essential oils are infused to the air.

PERSONAL TRAINING AND PRIVATE MOVEMENT SESSION

Max 2 People – 60 MINS £110

We offer 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.

GROUP CLASSES

60 MINS £35 – 90 MINS £50

Please refer to the daily schedule or contact the Bothy for more information. 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.

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OPENING TIMES

The Bothy is open daily Monday to Sunday from 7am to 8pm.
Treatments are available from 9.30am to 6.30pm with the last booking at 5.30 pm
Out of hours appointments are subject to availability.

APPOINTMENTS

We recommend you allow at least three hours at The Bothy to slow down and realign to nature's rhythms. We kindly ask you reserve a time to enjoy the Waters, movement spaces, hydrotherapy and thermal experiences. If you wish to use any of these spaces before or after your treatment, it is not necessary to make an additional booking.

Join us at: Dawn (7 AM – 12 PM),
Noon (12 PM – 4 PM) or Dusk (4 PM – 8 PM).

Please book your treatment in advance to ensure that your preferred time and date is available and arrive at least 30 minutes prior to your treatment to allow time to prepare. More time will allow you to experience our wellbeing journeys on a deeper level - incorporating our Wildsmith treatments, thermal experiences, movement programmes, and session with our Master Practitioners, as well as spending time in nature.

If you are interested in a more extensive experience in addition to your treatment, please let us know and we would be delighted to curate a bespoke wellbeing journey during your stay.

SPECIAL CONSIDERATIONS

Most treatments can be adapted to accommodate allergies or injury. Please contact us and let us know of any 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 hands/feet only. Our movement classes are available after 12 weeks of pregnancy. We recommend waiting six weeks after the birth before resuming exercise.

We only invite guests aged sixteen or over to the Bothy and no furry friend please.

CANCELLATIONS

Since Bothy time is reserved especially for you, we kindly ask a minimum of twenty-four hour's notice of any cancellations. Cancellations made within twenty-four hours will be subject to the full charge.

VALUABLES

We do not assume liability for any loss or damage to personal property. The Bothy shall not be liable for any accident or injury suffered by any guest.

GRATUITIES

10% discretionary service charge is added to all Bothy bookings and is included in your bill.

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