

Treatment list



BODY

Wildsmith Rebalancing Massage

A bespoke therapeutic massage using essential oil blends aligned to specific times of day to support circadian rhythm. Slow, relaxing massage techniques restore balance and harmony to the body whilst improving circulation, reducing muscular tension, alleviating stress and enhancing overall wellbeing.

60 minutes / £125

90 minutes / £185

Wildsmith Muscle Recovery Massage

A targeted deep massage focusing on muscles and connective tissue. Using firm pressure and stretching techniques, this treatment helps relieve tension, reduce muscle fatigue and support physical recovery.

60 minutes / £125

90 minutes / £185

Wildsmith Ceramide Skin Repair

This full body treatment begins with a gentle exfoliation, followed by the application of a ceramide rich balm that restores moisture, enhances skin hydration, comforts sensitive skin and supports a softer, more resilient skin barrier.

60 minutes / £125

Holistic Whole Body Massage

A deeply relaxing and nurturing full body holistic massage. Using organic oils and balms. This treatment leaves you feeling nourished inside and out.

60 Minutes / £80

The Star Bespoke

A nurturing full-body treatment tailored to your individual needs. Suitable for pregnancy and for those undergoing or recovering from cancer treatment.

60 minutes / £110

South Downs Deep Tissue

A targeted massage designed to release deep-seated tension and muscular stress.

45 minutes / £75

Reflexology

A deeply relaxing and therapeutic treatment that works on reflex points in the feet to support overall wellbeing. Suitable for pregnancy and cancer care.

60 minutes / £90

FACE

Wildsmith Radical Botany Facial

This clinically proven, results-driven facial, utilises award-winning Wildsmith skin formulas to deliver notably toned, smooth and plump looking skin. Incorporating a sequence of breathwork, myofascial release, acupressure, and craniosacral holds to dissipate tension and restore balance, this extraordinary facial surpasses expectations to help re-energise the mind, while delivering cleansed, healthy, radiant looking skin.

60 minutes / £125

90 minutes / £185

Whole Being Facial

A nourishing facial massage that includes the neck, head, hand & arms. Using advanced massage techniques alongside local, organic skincare products. This treatment involves a double cleanse, light lymph work, soothing mineral mask, This treatment leaves your skin replenished and spirits lifted.

60 minutes / £80

BODY & FACE

Best of Both – facial and massage

This treatment offers the best of both a holistic facial and upper body massage.

60 Minutes / £80

90 Minutes / £110

The Express Star

Perfect as a standalone treatment or an add-on.

Choose from

Back Massage (30 minutes)

Express Facial (30 minutes)

30 minutes / £65

ACUPUNCTURE

Acupuncture appointments are available on Monday afternoons with Aleksandra Rebic.

Please enquire for details, by calling the hotel.

The Star

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