

Treatment list



The Star Alfriston, East Sussex BN26 5TA
01323 870495

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

Bespoke Holistic Body Massage

A deeply relaxing and nurturing holistic body massage using organic oils and balms for sensitive skin. This treatment leaves you feeling nourished inside and out. Choose your pressure, from deep tissue massage to a lighter touch.

45 minutes / £75

60 minutes / £90

90 minutes / £110

Add Ons

–Back Massage using organic oils and balms.

–Express Facial using products by The Organic Alchemist for sensitive skin.

–Reflexology.

All 30 minutes / £65

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, hands & arms, using advanced massage techniques alongside gentle skincare products by The Organic Alchemist. This treatment involves a double cleanse, light lymph work and soothing mineral mask, leaving your skin replenished and spirits lifted.

60 minutes / £80

BODY & FACE

Best of Both–facial & massage

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

60 Minutes / £80

90 Minutes / £110

Wildsmith Face & Body

A results-driven face and body treatment beginning with the Wildsmith Radical Botany Facial, combining award-winning formulas, breathwork and myofascial release to leave skin smooth, plump and radiant. The treatment continues with a bespoke Wildsmith Rebalancing Massage focused on areas of concern, using slow, restorative techniques to ease muscular tension, improve circulation and restore balance and wellbeing.

60 minutes / £110

90 minutes / £165

ACUPUNCTURE

Acupuncture appointments are available on Monday afternoons with Aleksandra Rebic.

Please enquire for details, by calling the hotel.