



# THE PIG-in the South Downs

## Treatment Menu

All facial and massage treatments are  
£125 for 60 minutes

*Please speak to our reception team before booking a treatment if you are within your first trimester of pregnancy.*

### LUMINANCE BRIGHTENING FACIAL

A luxurious treatment designed to even out the skin's complexion, tone and appearance for a radiant glow. An exfoliating massage delivers ultra-refined luminosity and provides intense hydration for a youthful look and feel. Packed with the brightening benefits and relaxing scent of Orange Blossom.

### CLASSIC SCULPT PRESCRIPTIVE FACIAL

Perfectly tailored to meet your skin's unique needs. This treatment includes a facial massage designed to contour and sculpt, leaving your skin visibly plump and lifted. Your therapist works with traditional Gua Sha stones to refine and relax stressed-out skin, promoting a naturally radiant and hydrated healthy complexion.

### UPPER BODY UNWIND

This personalised massage targets your back, arms, face and scalp. Your treatment begins with a warm exfoliation of the back, followed by a soothing massage, and finishes with a facial where your skin is thoroughly cleansed and treated with a facial balm perfectly tailored to your needs.

### BESPOKE MASSAGE

Indulge in our bespoke full body massage, where we craft a personalised experience just for you. Our skilled therapists use a carefully blended selection of natural oils to help your body and mind really relax.

### HOT STONE MASSAGE

This deeply relaxing body massage uses aromatherapy oils and volcanic stones to ease stress and improve blood circulation. It is said that one stone movement is equivalent to ten hand movements.

### MUM TO BE MASSAGE

Melt away in this truly luxurious massage – it's the ultimate relaxation for mums to be. Your bump is treated to a gentle exfoliation, cleanse and a nourishing remedy balm designed to improve skin elasticity while you enjoy a soothing scalp massage. Suitable for those in their second and third trimester.



## Body Wraps & Scrubs

### **SALT GLOW EXFOLIATION MASSAGE - 60 MINUTES, £95**

A deep, full body exfoliation and massage using Himalayan pink salt and natural white sea salts to refine and smooth your skin. After showering, relax with a gentle, nourishing massage.

### **MUSCLE RECOVERY WRAP - 60 MINUTES, £115**

Our customised body wrap harnesses the incredible power of magnesium and turmeric to improve sleep and reduce muscle pain. An anti-inflammatory lavender mask is applied to the body while your therapist gives you a relaxing foot massage to leave you rested and refreshed.

### **DIGEST & DETOX WRAP - 60 MINUTES, £115**

This treatment begins with a luxurious superfood body brush, followed by a body mask packed with vitamins and antioxidants to reduce inflammation and stimulate collagen production. While wrapped in the mask, enjoy a reflexology-inspired foot massage to aid digestion and relaxation. After showering, your treatment finishes with a nourishing oil massage.

### **GOOD TO KNOW**

Our therapists have been professionally trained to offer safe and effective spa treatments for those going through a cancer journey. Just ask at reception to speak to one of the Potting Shed team if you would like to know more.

### **OUR PRODUCT HOUSE**

#### **Tribe517**

We've teamed up with our friends at Tribe517 to help you unwind and completely relax in our quiet and calming treatment rooms.

Tribe517 are a family-run, natural and award-winning skincare brand who handcraft their products in the beautiful south Wales countryside. Ours was a friendship that was meant to be – Tribe517 share THE PIG's ethos of using homegrown and ethically sourced botanical ingredients that help care for the planet as well as mind and body.

Just like us, Tribe517 are passionate about the provenance of their ingredients, which include their own honey. They are also committed to getting the million details right: from recycling and re-using everything they possibly can, to crafting in small batches to ensure the best quality.

Our Tribe517 products are suitable for anyone who has nut-based allergies on the skin.

