

The Pig-in the Cotswolds Treatment Menu

Signature Massage Rituals

The Grounding Ritual

Soothe mental anxiety and stress

60/90 mins - £148/£193

This specialist massage treatment will provide you with the space and time to tap into your body's ability to self-repair and re-align and will leave you feeling replenished and grounded in your body.

90 minutes includes face
Gua Sha and scalp massage

Muscle Recovery Ritual

Repair and Recovery

60/90 mins - £158/£203

Flowing, rhythmical and firm; this back of body massage was created to assist in releasing the overworked muscles of the body from their tense & tightened position. Helping to alleviate aches & stiffness while also improving circulation.

60 minutes back of the body
90 minutes full body

Tog Do Bog E: Take it Softly

A GROUND Approach to Traditional Massage

60/90 mins - £148/£193

This full body massage treatment incorporates aromatherapy and breath work alongside slow and rhythmical techniques helping to alleviate muscular tension while having a meditative, deeply relaxing effect.

*Upgrade to Hot Stone Massage for additional £10

90 minutes includes face Gua Sha and scalp massage

Face Rituals

The Biome Repair Facial

Restore and support skin barrier

60/90 mins - £148/£193

Designed to restore the skin's delicate microbiome when compromised and sensitive to outside aggressors. The Biome facial works to soothe & repair the skin's natural barrier, helping to reduce inflammation and increase natural skin function.

90 minutes includes Abdominal or Back Massage

The Biome Bespoke Facial

Bespoke facial ritual designed upon consultation

60/90 mins - £158/£203

Designed to support each and every skin using a tailored combination of therapeutic massage techniques, lymphatic drainage and bio identical ingredients. All with the aim to work on the skin and gut microbiome connection, relaxing both the mind and the skin. This facial treatment is customised based on thorough consultation making it especially beneficial for those with challenging skin conditions.

90 minutes includes Abdominal or Back Massage

Pregnancy specialised

(Please note we are only able to provide services within the second and third trimester)

The Comforting Ritual

60/90 mins - £148/£193

Relief for the second and third trimester.

Relieve pain, improve sleep and induce a profound sense of calm with this deeply comforting ritual.

It is an intuitive and grounding massage designed to soothe and release tired muscles specifically in the shoulders, back, hips and lower legs as the body grows throughout pregnancy.

90 minutes includes face Gua Sha and scalp massage

The Restorative Ritual

60/90 mins - £158/£203

Ease tension in the face, scalp, head and neck

Combining nurturing facial massage with soothing Gua Sha techniques this slow, flowing massage treatment works to reconnect mind and body. The focus within the treatment is on the face, neck, décolleté and scalp

90 minutes includes either hand and arm or foot and leg massage

Soul to Soul connection

60 mins - £158

Soothe inflammation, reduce fluid retention

This deeply relaxing ritual commences with an aromatherapy foot bath & mindful breath work followed by a rich botanical exfoliation of the lower legs & feet.

Combination of restorative reflexology and massage release tension and restore balance.

Ideal to Ease tired, heavy, aching legs

A little something extra?

Body Polish - Uplifting or balancing

30 minutes - £52

Body Wrap - Purify or Restore

30 minutes - £57

Hand and foot ritual or Scalp Massage

30 minutes - £52

Hand & Foot Treatments

We use UK based 'GelBottle' polish to look after and nurture your nails whilst giving you beautiful colour all at the same time. Every product is 100% vegan and PETA-certified cruelty-free.

Fieldhouse Signature Manicure

Settle in for a moment of calm

60 minutes - £65

A soothing treatment designed to leave the hands feeling cared for and beautifully refreshed. Your nails will be expertly filed and shaped, cuticles gently tidied, and hands and arms treated to a relaxing massage to soften and restore. Finished with the application of your chosen nail varnish.

30 min gel removal - £35

A removal of gel polish, followed by shape and file of nails, and light cuticle work. Designed to restore your nails back to natural elegance.

Upgrade to gel polish...

Swap your polish for gel and enjoy beautifully glossy nails that last a little longer - £12

* Please ensure you book a gel removal service if you will be wearing gel at your appointment.

* Pedicures are carried out in the treatment rooms

Fieldhouse Signature Pedicure

Settle in for a moment of calm

75 minutes - £75

A restorative treatment designed to soothe and relieve tired feet. Nails are carefully filed and shaped, cuticles gently tidied, and feet treated to exfoliation and hard skin removal to restore softness and comfort. Relax further with a calming foot and leg massage before finishing with the application of your chosen nail polish.

Experiencing Fieldhouse

Fieldhouse is open to everyone – from 8am – 7pm daily, all you need to do is book your experience with our team.

Treatments

To book a treatment at Fieldhouse you can book online, call us on 01285 740000 or email us at fieldhouse@thepighotel.com We will give you a short consultation form to fill in for your therapist when you arrive. A light homemade treat and refreshing drink will be offered for you to enjoy after your treatment – on us!

If you've experienced an oncology journey within the past five years, please let us know before your appointment so we can thoughtfully tailor your treatment and support your needs. .

Wellbeing

Spend time soaking in the surroundings at Fieldhouse, including use of the sauna, steam room, outdoor heated hydrotherapy pool & garden terrace.

Non-Resident 120 Minute Wet Facilities - £60 per person (Treatment not included)
To book please call our team on 01285 740000 or email us at fieldhouse@thepighotel.com

If you are staying at THE PIG-in the Cotswolds, use of Fieldhouse for 60 minutes, per day is included in your stay, but we suggest you call ahead to book the times that suit you most during visit – just call our team to book.

All you need to bring with you is a pair of flip-flops or flat sandals to wear around the Fieldhouse – this really helps us reduce our single-use wastage and supports our PIG commitment to make thoughtful, responsible decisions for people and planet.

If you forget your footwear on the day (we've been there, it happens!) we can provide a sustainable option for you to wear for a small additional charge. We'll take care of the rest when you arrive and provide a dressing gown, a towel and a locker to keep your valuables safe while you enjoy your treatment.

This is your time to completely switch off – so please keep your phone on silent or tuck it away in your locker.

Our Product House GROUND

Sometimes, the best things grow naturally.

Founded in Ireland by Peigin Crowley, GROUND is a founder-led Irish house of wellbeing inspired by the natural world and a simple belief: that looking after ourselves shouldn't feel complicated. Every product and treatment is thoughtfully created using naturally derived botanicals, with kindness, care and a real understanding of how good it feels to simply slow down. It felt right at home at Fieldhouse. Like us, GROUND believes that sometimes the simplest things are exactly what we need. A walk in the fresh air.

Time spent outdoors. A slower pace. A quiet moment to yourself.

Together, we've curated a new collection of treatments and rituals designed to help you escape the day-to-day for a little while. Every treatment begins with a conversation, allowing our therapists to tailor your experience to exactly what you need on the day. Whether you've arrived after a morning exploring the Cotswolds, a busy week at work or simply because you fancied a little time to yourself, you'll leave feeling rested, grounded and just a little more like yourself.