

# The Pig-in the South Downs Treatment Menu

## The Natural Lift Facial

60/90 mins - £135/£185

A facial to bring back a natural lift and a bit of life to the skin. We begin with a deep cleanse and gentle exfoliation to refresh the complexion, followed by nourishing products chosen for you on the day. Usingsmooth Gua Sha stones and slow, considered massage, your therapist works across the face to encourage movement, ease tension and help restore tone. Skin is left feeling firmer, looking brighter and quietly refreshed, with a soft, healthy glow. Finished with a tailored mask and a layer of nourishing products to settle and restore.  
90 minute facials include a back massage.

## Upper Body Unwind

60/90 mins - £135/£185

A simple sort-out for tight shoulders and tired skin. We start with a proper back scrub to work away dry skin-leaving everything smoother and refreshed. After a warm cleanse, a slow, calming back massage eases built-up tension and helps you properly unwind. Then it's onto a facial, tailored to your skin on the day. We'll cleanse, gently exfoliate and restore, finishing with a relaxing facial massage to bring back that fresh, just-back-from-the-country glow. You'll leave feeling lighter, brighter and a little more put together.

## The Made-For-You Massage

60/90 mins - £135/£185

A proper, head-to-toe massage, shaped around you. We'll start with a quick chat to see what you're in need of - whether that's stretching out after a long walk, softening tired shoulders, or simply switching off for a while. From there, your therapist will tailor everything, from pressure to pace, using a mix of slow, flowing movements and deeper, targeted work where it's needed most. Expect muscles to loosen, minds to quieten, and skin to be gently nourished with warm, aromatic oils. You'll leave feeling more like yourself again.

## The Natural Glow Facial

60/90 mins - £135/£185

A freshen-up for skin that's looking a little tired or lacklustre. We start with a deep cleanse to clear the day away, followed by a resurfacing exfoliation facial massage. A brightening mask, chosen for your skin on the day, helps to even things out and restore moisture where it's needed. This facial encourages circulation and brings a natural, healthy colour back to the skin.

90 minute facials include a back massage.

## Warm Stones Massage

60/90 mins - £145/£195

A deeply warming massage to help you properly settle in. Heated stones are used alongside unhurried, flowing movements, allowing warmth to sink into the body. The heat gently softens and relaxes, encouraging everything to slow down without the need for firm pressure. It's a more immersive, comforting experience - ideal when you're feeling run down or in need of a bit of stillness. You'll leave feeling calm and quietly restored.

## Pregnancy Massage

60/90 mins - £135/£185

A gentle, comforting massage designed to support you through pregnancy. Adapted as your body changes, we focus on areas that tend to feel it most - lower back, hips, legs and shoulders - helping to ease everyday aches. You'll be carefully supported throughout, so you can properly relax, while slow, soothing movements help release tension and encourage a sense of calm. Using carefully chosen oils, everything is designed to feel safe and quietly restorative. A chance to lie back, switch off and have a moment to yourself.

For your safety and peace of mind, expectant mothers must be past their first trimester to have the Pregnancy Massage.

## *Full Body Scrub*

60 mins - £135

A full-body scrub to smooth, soften and wake up the skin. Using a blend of natural salts, this treatment gently lifts away dry, dull patches, leaving skin feeling fresher and more even. After a rinse, a nourishing body balm is applied to seal in moisture. Simple, effective, and leaves you with that just-stepped-out-of-the-shower feeling.

## *Rebalance Wrap*

90 mins - £195

A lighter, rebalancing treatment for when you're feeling a bit off. We begin with a full body scrub to refresh the skin, before a body mask rich in natural, antioxidant-packed ingredients is applied. You'll be wrapped up and left to rest, while a gentle foot massage helps you properly switch off. After a rinse, a nourishing body balm is applied, followed by a relaxing head massage to finish. A good one when you're feeling a little sluggish.

## *Recovery Wrap*

90 mins - £195

A slow, comforting treatment for when your body's feeling a bit overdone. We start with a full body scrub to smooth the skin, before you're wrapped up warm in a soothing blend of magnesium, turmeric and calming botanicals. You'll be left to rest while a gentle foot massage helps you properly zone out. After a rinse, a nourishing body balm is applied, followed by a relaxing head massage to finish. For tired muscles and everyday aches - especially after long walks or busy days.

## *Pig Signatures*

### *The Garden Reset*

Personalised Full Body Massage & Facial

120 mins - £245

A long, unhurried treatment for when you need to slow down. Begin with a full body massage, shaped around what your body needs on the day - easing tension and helping you unwind. Then it's onto a personalised facial, with a deep cleanse, gentle exfoliation and nourishing mask, finished with a relaxing facial massage. You'll leave feeling calmer, quieter, and in no particular rush to get up.

### *The Garden Glow*

Full Body Scrub & Personalised Facial

120 mins - £245

A head-to-toe freshen-up for skin that's feeling a little tired. We start with a full body scrub to smooth and soften, followed by a warm rinse and a nourishing balm. Your treatment continues with a personalised facial to cleanse, refresh and bring back a natural glow. Expect smoother skin, brighter days, and a bit more glow about you.

### *The Garden Retreat*

Scrub or Wrap, Personalised Full Body Massage & Facial

150 mins - £295

When you feel like going all in. Begin with your choice of a full body scrub or wrap, followed by a full body massage to help you fully unwind. The treatment finishes with a personalised facial to cleanse and restore. A long, indulgent treatment from top to toe - well worth setting aside the time for.

## *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.

