



THE
WOODLAND
RETREAT



Tucked into the woodland a short walk from the main house, The Woodland Retreat is a place apart. Intimate and secluded, it's where time slows, birdsong replaces background noise and restoration happens naturally.

Exclusively for hotel guests, The Woodland Retreat offers a carefully curated menu of holistic treatments from two of our trusted wellness partners, MODM and Bamford, each rooted in the healing properties of botanicals and the restorative rhythms of nature. Breathwork, meditation, therapeutic touch and plant-based products come together here to nurture body and mind in equal measure.

Signature treatments of 80 minutes are available within The Woodland Retreat itself (spaces are limited, so we recommend booking ahead).

MODM WELLNESS

A Scottish wellness brand close to our heart, MODM is built around a single belief: that slowing down is an act of self-care. You'll already find their products in your bedroom here, their treatments take that care a step further. Each session begins with guided meditation and breathwork, creating the conditions for genuine rest before a single hand is laid. Using the brand's signature Neroli + Rose blend and ultra-nourishing botanical formulas, these are treatments designed to meet you where you are.

MODM Signature Holistic Experience

80 MINUTES — WOODLAND RETREAT £195

From head to toe, this is a full surrender. Breathing and guided meditation open the session, settling the mind before the treatment begins in earnest. What follows is a comprehensive body, face and scalp massage using MODM's signature Neroli + Rose blend - flowing, intentional, and responsive to wherever the body holds tension. Gentle stretching and warming movements create space throughout, dissolving stress and leaving you deeply relaxed yet somehow more present. The Woodland Retreat at its most immersive.

BAMFORD WELLNESS

Bamford's philosophy is simple: slow down, tune in, and let nature do the rest. Drawing on ancient healing techniques and botanical skincare, each treatment is a considered and deeply personal experience, shaped entirely around you.

Bamford Signature Treatment

80 MINUTES — WOODLAND RETREAT £195

This is where ancient technique meets modern understanding. Beginning with an Epsom salt foot ritual to draw out toxins and replenish the body's magnesium reserves, your treatment unfolds at its own pace. Japanese shiatsu opens the meridians, Swedish massage to ease tension in areas of particular concern, and a heated chakra stone placed on the abdomen for a gentle, gut-supporting massage. A face and Indian head massage quiets the mind and wakes the scalp. The treatment closes with guided yogic breathing - slow, deliberate, restorative.

Your therapist will personalise each session around one of four wellness routes:

B SILENT	deep stillness and rest
B VIBRANT	energy and invigoration
B BALANCED	harmony and equilibrium
B STRONG	grounding and resilience

Bamford Wellness Facial

80 MINUTES - WOODLAND RETREAT £195

The Bamford Wellness Facial combines Gua Sha with a carefully tailored selection of Bamford skincare, following the holistic Cleanse, Refine, Treat, Nourish framework. Lymphatic flow, muscle tension and puffiness across the face, neck and décolleté are each addressed with intention. A head, neck and stomach massage draws the whole body into the treatment - a quiet acknowledgement that what shows on the face is often felt much deeper. Grounding, clarifying, and gently transformative. Suitable for all skin types.

A Moment's Retreat

50 MINUTES - WOODLAND RETREAT £140 - DAILY AT 5.30PM

A Moment's Retreat distils the essence of each of our treatments into 50 minutes - the same skilled hands, the same considered approach, the same restorative intention. Available each evening at 5.30pm.

To arrange a treatment, please speak with our reservations team or ask at reception. We recommend booking in advance. The Woodland Retreat is intimate by design, and availability is limited.