



# *The Garden Cabin*

**TREATMENT MENU**

*by*

**BRAMLEY**

# *Rooted within*

Teffont House's peaceful garden, overlooking the flowing stream and walled grounds, is home to The Garden Cabin, where Bramley's treatments invite you to slow down and reconnect with nature.

Inspired by the calming movement of water, the quiet beauty of the landscape and the restorative power of botanicals, each treatment is thoughtfully designed to restore calm, balance and joy to both body and mind.

Through nurturing touch, pure essential oils and immersive sensory experiences, we invite you to pause, breathe deeply and experience a little Botanical Magic™.





## FACIAL TREATMENTS

### **Botanical Facial 60 mins | £85**

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A deeply restorative facial tailored entirely to your skin's needs using our unique blends of essential oils and active ingredients. Whether your skin is in need of hydration, balance, soothing or renewal, this sensory treatment helps restore radiance while encouraging a moment of calm and pause. Your complexion is left feeling nourished, refreshed and beautifully glowing.

### **Brightening Apple Peel AHA Facial 60 mins | £90**

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Inspired by nature's ability to gently renew and restore, this results-driven facial combines glycolic, lactic and apple-derived malic acids to smooth, brighten and revitalise tired skin. As facial tension melts away through relaxing massage techniques, circulation is stimulated and skin is encouraged back to its natural glow. Expect a softer, brighter and more luminous complexion alongside a wonderful sense of rejuvenation.

### **Magical Restorative Facial 60 mins / 90 mins | £90 / £110**

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Designed for skin feeling stressed, depleted or out of balance, this nurturing facial helps gently reset both complexion and mind. A refining AHA peel and probiotic-rich serum work to rebalance and support the skin barrier, while cooling rose quartz crystals soothe, calm and restore equilibrium. The treatment is complemented by either a therapeutic abdominal or deeply relaxing foot massage, encouraging a complete sense of wellbeing from within.

### **Mini Botanical Facial 45 mins | £70**

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A gentle introduction to Bramley, thoughtfully tailored to your skin's individual needs. This nurturing facial helps refresh, brighten and restore the complexion through calming botanicals and soothing facial massage. Perfect for younger skin, first facials or mothers-to-be looking for a moment of pause.



## BODY TREATMENTS

### **Botanical Body Massage**

Back, Neck, Shoulder & Scalp - 45 mins | £70

Full Body - 60 mins / 90 mins | £90 / £125

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A slow, grounding massage designed to calm the body and quiet the mind. Your therapist will select a botanical-rich body oil to suit your needs; whether you seek emotional balance, muscle relief, relaxation or restoration. Warm, flowing massage movements help ease tension, soften tired muscles and leave you feeling deeply nurtured from head to toe.

### **Magical Restorative Body Massage**

Back, Neck, Shoulder & Scalp - 45 mins | £80

Full Body - 60 mins / 90 mins | £100 / £130

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A bespoke and deeply comforting full-body massage combining Bramley's essential oil-rich body oils with warmed selenite crystals to ease tension and restore calm. The soothing warmth of the crystals helps melt away muscular stress while encouraging the body and mind into a deeply restorative state. Inspired by the grounding power of nature and touch, this treatment leaves you feeling balanced, comforted and completely restored.

### **Calming Head & Upper Body Massage** 45 mins | £70

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A restorative upper body massage designed to release built-up tension and bring a sense of lightness and calm. Focusing on the scalp, neck, shoulders and upper arms, soothing massage techniques and carefully selected essential oils help improve circulation, soften tight muscles and quiet an overactive mind. Perfect for those carrying the weight of busy modern life in the upper body.

### **Balancing Probiotic Back Treatment** 45 mins | £75

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A purifying and rebalancing treatment designed for areas often neglected yet deeply affected by stress, hormones and daily life. The back and upper arms are deeply cleansed, exfoliated and treated with probiotic-rich formulations to help restore harmony to the skin. Relaxing massage techniques support circulation and wellbeing, leaving both skin and body feeling clearer, calmer and renewed.



## WELLNESS RITUAL TREATMENTS

### **Teffont Invigorating Ritual with Cryotherapy** 90 mins / 120 mins | £140 / £180

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Exclusive to The Garden Cabin at Teffont House, this immersive top-to-toe treatment begins with time in our aromatic sauna, designed to melt away mental stress and prepare the body for the invigorating touch of cryotherapy globe massage. The powerful hot-to-cold contrast therapy supports lymphatic drainage, helps reduce inflammation, boosts circulation and releases endorphins, leaving the nervous system deeply calmed while relieving deep muscle tension.

The experience includes a soothing cryotherapy globe facial to calm redness, sculpt and refresh the complexion, restoring a serene, rested glow. From head to toe, the body feels nourished, lifted and radiant making this exclusive ritual both restorative and revitalising.

### **Relaxing Ritual** 90 mins / 120 mins | £140 / £180

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A deeply immersive wellbeing ritual designed to help you fully unwind, exhale and prepare for restorative rest. Combining soothing touch, calming scent and gentle sensory therapies, this full face and body experience helps quiet the nervous system and release the pressures of modern life. Warm copper foot rituals, sleep-focused massage techniques, calming facial therapies and warm botanical poultice compressions work together to cocoon the body in comfort, leaving you feeling grounded, soothed and ready for deep rest.

### **Hormonal Rebalancing Ritual** 90 mins / 120 mins | £140 / £180

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A restorative face and body ritual created to bring the body and mind back into balance. Tailored entirely to your individual needs, this treatment combines nurturing body therapies, skin-supporting botanicals and calming massage techniques to encourage circulation, release tension and restore harmony. From gentle exfoliation and body brushing to Gua Sha facial rituals and nutrient-rich massage, every element is designed to leave skin radiant and the ones whole self-feeling rebalanced and renewed.



## **ADD-ON TREATMENTS**

15 minutes each - £25

### **Revive**

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Enhance your foot cleanse and revive tired feet with a purifying mask designed to draw out impurities while you relax into your treatment. Finished with a soothing foot massage using Bramley's Sunflower Replenishing Body Balm.

### **Re-Set**

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It all starts with the mind. Unwind with a calming scalp massage, incorporating Bramley's indulgent Dandelion Enriching Hair Mask smoothed through the lengths of your hair with a jade comb.

### **Rebalance**

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Incorporating Bramley's Kombucha Rest Day Serum, this probiotic abdominal massage helps restore balance to the body, supporting relaxation and overall wellbeing.

### **Re-Glow**

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Reignite your skin's natural radiance with Bramley's Apple Peel AHA Face Exfoliator, complemented by a rose quartz lymphatic massage to leave the complexion refreshed, sculpted and glowing.