

The Pig-in the Cotswolds Treatment Menu

Signature Massage Rituals

The Grounding Ritual

Soothe mental anxiety and stress

60/90 mins - £148/£193

Working on half of the body at a time, this specialist massage treatment is thoughtfully tailored to ease away stress and give your mind and body the space and time to reset and re-align, leaving you feeling replenished, rooted and right-at-home in your skin.

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 massage is blended with stretches to help your body repair and recover by releasing tension and tightness from overworked muscles, soothing aches and stiffness and boosting circulation.

60 minutes back of the body
90 minutes full body

Traditional Tailored Massage

Rooted in GROUND's "Tog Go Bog E" way of life - simply meaning, take it gently.

60/90 mins - £148/£193

Like us, GROUND believe that, often, the simplest things are exactly what we need: settling into a slower pace and taking a quiet moment for yourself. This treatment begins with a little light breath work to help you fully relax and is followed with a full-body massage*, blending aromatherapy with unhurried, intentional movements to ease muscle tension in the body and calm a busy mind.

*Upgrade to Hot Stone Massage for an 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 type with a tailored blend of therapeutic massage and lymphatic drainage, using products thoughtfully created with naturally derived botanicals that work on the skin and gut microbiome connection. Beginning with a thorough consultation, this facial is completely bespoke to you, helping to relax the body and mind from the inside out.

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 pregnancy ritual begins with an aromatherapy foot bath and some gentle breath work, followed by a rich botanical exfoliation of the lower legs and feet to soothe inflammation and ease fluid retention. A combination of restorative reflexology movements and tailored massage, this treatment has been carefully crafted to help rejuvenate tired, heavy 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 9am – 7pm, daily, and our staying guests at THE PIG-in the Cotswolds are welcome to use the peaceful spaces inside and outside - even if you haven't booked a treatment with us. All you need to do is book a free 60-minute slot with our team.

If you are visiting for the day, you are very welcome in Fieldhouse and can book a 120-minute slot (treatment not included) for £60 per person, by emailing us at fieldhouse@thepighotel.com or calling 01285 740000.

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

- Soak in your surroundings at Fieldhouse and enjoy the use of the sauna, steam room, outdoor heated hydrotherapy pool and garden terrace.

Please bring a pair of flip-flops or flat sandals to wear – 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 can provide a sustainable option for you to wear for a small additional charge.

We'll take care of the rest and provide a dressing gown, a towel and a locker to keep your valuables safe.

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

Founded in Ireland by Peigín 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.

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. You'll leave feeling rested, grounded and just a little more like yourself.