

## EXPERIENCES AT WILDERNESS RESERVE

Our rural estate is a stunning backdrop for our beautiful homes, but it's also an 8,000-acre playground full of amazing experiences. We've created over 100 unique activities that make the most of our open spaces, lakes and woodland. Days that will live long in the memory are just a click away.

FOOD & BEVERAGE	5
ACTIVITIES	39
SPA & WELLNESS	69





## FOOD & BEVERAGE

The Estate Kitchen is Wilderness Reserve's secret weapon. Our in-house chefs have trained in some of the country's most prestigious hotels and restaurants; choosing to now make Wilderness Reserve their home. With a wealth of locally sourced seasonal ingredients to work from, they have created a range of choices, from delivered menus and hampers through to a fully serviced formal dinner or specialist fire feast – let the Estate Kitchen team take care of your celebrations, events or simply a well-deserved weekend break.





## Fire Feast Dining Experience

*Serviced £140 per person*

*Book your table in the woods, or discuss the option for exclusive hire with your host.*

Take a walk into our secluded woodlands, sit back, relax amongst the ancient tree canopies and enjoy Suffolk's best local produce being cooked over burning embers amongst family and friends. A truly memorable atmospheric evening.

### Sample Menu

#### On The Table

Cured Estate Venison, Bresaola  
Duck & Truffle Dressing  
Red Chicory, Gorgonzola  
Candied Walnuts & Truffle Dressing  
Artisan Breads with Olive Oil  
& Balsamic & Garlic Butter

#### Mains

Roasted Poussin, Gremolata, Chorizo & Pancetta Crumb  
Rib of Beef, Sherry Onions, Green Herb Sauce  
Fire Roasted Salmon, Lemon, Paprika & Honey Glaze  
Stuffed Romero Pepper, Chermoula & Roasted Chickpeas

#### Sides

Blackened Leeks & Wild Garlic Oil  
Spiced Honey Roasted Heritage Carrots  
Baked Heritage Beetroot  
Roasted New Potatoes with Garlic & Rosemary

#### Desserts

Fire Roasted Caramelized Peaches,  
Pears & Plums with Coconut Yoghurt

Selection of beer, wine and soft drinks included.

01986 802 113  
book@wildernessreserve.com









## Estate Kitchen In-House Menus

Choose from a range of In-House Menus and have a private chef cook for you and your guests in the comfort of your Wilderness property. Our Front of House team will attend to all your dining needs throughout your meal.

### Three Course Fine Dining

Wilderness Reserve formal dining allows our chefs to prepare and plate your menu, choosing from a selection of seasonal locally sourced produce and served by our Front of House team.

*1-4 guests, £165 per person*

*5-7 guests, £145 per person*

*8+ guests, £130 per person*

### Canapés

*In-House £25 per person*

Savour the grandeur and elegance of your Wilderness home and have our chefs prepare a selection of delicious canapés to start.

### Sunday Roast

Have the Wilderness chefs prepare you the ultimate Sunday Roast; choose one hearty main and a selection of sides and desserts all served by our Front of House team. The perfect relaxing Sunday afternoon, followed by an evening by the fire.

*1-4 guests, £84 per person*

*5-7 guests, £68 per person*

*8+ guests, £60 per person*



### Family Style Dining

Have the Wilderness Reserve chefs prepare the ultimate home cooked meal; choose one hearty main and a selection of sides and desserts all served by our Front of House team, ideal for a gathering of friends and family.

*1-4 guests, £64 per person*

*5-7 guests, £52 per person*

*8+ guests, £46 per person*

### The Green Egg BBQ

Each house comes equipped with a state-of-the-art BBQ to allow you or our fire chefs to bring the flame grilled flavours to the comfort of your own home. All served by our Front of House team, ideal for a summer's evening with friends and family.

*1-4 guests, £84 per person*

*5-7 guests, £68 per person*

*8+ guests, £60 per person*









### Afternoon Tea

Ideal as a lighter lunch or afternoon snack, relax with a selection of hearty, freshly sourced artisan bread sandwiches accompanied by traditional savoury treats and a classic English sweet dessert to round off your meal.

*1-4 guests, £50 per person  
5+ guests, £45 per person*

### Children

*In-House £25 per person*

A selection of child-friendly meals to suit all taste buds. Choose a main, side and dessert for the youngsters of the group!

### Breakfast

Wake to our in-house chefs and Front of House team preparing a selection of locally sourced produce with bread fresh from 'Penny Bun' Bakery, a range of preserves, Greek yoghurt, cereals and granola, fresh berries, orange and apple juice, plus your choice of a hot full or vegetarian breakfast and Low Farm poached eggs various ways on sourdough toast. A relaxing start to your day.

*1-4 guests, £56 per person  
5-7 guests, £45 per person  
8+ guests, £40 per person*

### Brunch

Start the day with our in-house chefs and Front of House team preparing a selection of locally sourced produce with bread fresh from 'Penny Bun' Bakery, a range of preserves, Greek yoghurt, cereals and granola, fresh berries, orange and apple juice, plus a choice of a baps and bagels and Low Farm eggs on sourdough. A relaxing start to your day.

*1-4 guests, £64 per person  
5-7 guests, £52 per person  
8+ guests, £46 per person*

01986 802 113  
book@wildernessreserve.com







## Estate Kitchen Delivered Menus

Choose from a range of Estate Kitchen menus, prepared by the Wilderness Reserve chefs and hand delivered to you by your host for you to enjoy in the comfort of your own property.

### Sunday Roast

*Delivered £40 per person*

Have the Wilderness chefs prepare you the ultimate Sunday Roast; choose one hearty main and a selection of sides and desserts. Delivered to your door for you to cook up at your leisure and enjoy, ideal for a relaxed Sunday.

### Family Style Dining

*Delivered £35 per person*

Have the Wilderness Reserve chefs prepare the ultimate home cooked meal; choose one hearty main and a selection of sides and desserts. Delivered to your door for you to cook up at your leisure and enjoy. Ideal for a gathering with friends and family.

### BBQ

*Delivered £45 per person*

Each house comes equipped with a state-of-the-art BBQ to allow you or our fire chefs to bring the flame grilled flavours to the comfort of your own home. Delivered to your door for you to cook up at your leisure and enjoy.

### Grazing

*Delivered £25 per person*

Our lunch menu is a lighter option for a less formal gathering; choose from a selection of cold dishes served with locally sourced artisan bread and olive oil. Delivered to your door for you to enjoy at your leisure.







### Afternoon Tea

*Delivered £30 per person*

Relax with a quintessentially English Afternoon Tea, the perfect lighter lunch option. Choose from a variety of sandwiches, sides and sweet treats delivered to your door.

### Children

*Delivered £20 per person*

A selection of child-friendly meals to suit all taste buds. Choose a main, side and dessert for the youngsters of the group!

### Full Breakfast

*Delivered £30 per person*

Wake to a selection of locally sourced produce with bread fresh from 'Penny Bun' Bakery, a selection of preserves, Greek yoghurt, cereals and granola, fresh berries, orange and apple juice, plus your choice of a full or vegetarian breakfast ingredients. Delivered to your door in the evening to allow you to wake and enjoy at your leisure.

### Continental Breakfast

*Delivered £20 per person*

Wake to a selection of locally sourced produce with bread fresh from 'Penny Bun' Bakery, buttery croissants, a selection of preserves, Greek yoghurt, cereals, granola and fresh berries. Delivered to your door in the evening to allow you to wake and enjoy at your leisure.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)



### Cheese & Charcuterie Hamper

*Delivered £32 per person*

A selection of local cheese, charcuterie and garnishes prepared and delivered to your door. Perfect for an arrival evening by the fire or a summer's evening relaxing in the Suffolk countryside.

### Suffolk Sparkling Hamper

*Delivered £85 per hamper*

Sit back on your first night in your Wilderness property and enjoy a glass or two of Flint English Sparkling Wine, delicious Gnaw and Harris & James chocolates, truffles and fresh strawberries.

### Brewers of Suffolk Hamper

*Delivered £80 per hamper*

A luxury hamper with a range of local lagers, bitters and IPAs, including a selection of Southwold Adnams & Earl Soham. Accompanied by a selection of Adnams and Fairfield snacks.

### Suffolk Wine Tasting Hamper

*Delivered £120 per hamper*

A hamper that celebrates great Suffolk wines! A selection of three locally produced wines and a Suffolk English sparkling wine. All accompanied by some tasty nibbles to enjoy sitting by the fire or in the garden.

### Movie Night Hamper

*Price £18 per person*

*Upgrade with a bottle of regional wine £20*

*Upgrade with a hot chocolate treat £20*

A perfect treat for your movie night including a selection of crisps, chocolate, popcorn, fizzy pop and pick'n'mix sweets from our traditional sweet shop.

### Bloody Mary Hamper

*Price £80 per hamper*

Mix up your own hangover cure or tasty evening tippie. The Bloody Mary Hamper includes a bottle of vodka, locally produced tomato juice and all your traditional garnishes.

### Suffolk Gin Hamper

*Price £100 per hamper*

Sample a range of local Suffolk gin in the comfort of your property. Your hamper consists of three bottles of gin (20cl) with a variety of garnishes and tonics for all tastes.





## Quench Your Thirst

Someone once quoted “There is nothing in the world so irresistibly contagious as laughter and good humour”. We do agree, however we would argue that laughter and good humour are much more contagious with a glass of wine in hand!

We have a wide range of wines from across the globe carefully selected by our sommelier, along with a full spectrum of spirits, beers and soft drinks to cater for all.

### Private Wine Tasting

*£100 per person – minimum £200  
– 90-minute tasting*

Let us join you for a one-of-a-kind wine tasting experience that will take you on a journey to discover the six best wines from around East Anglia. Champagne upon arrival and a later tasting will start your stay in excellent style. Our expert sommelier will guide you through a curated selection of hidden gems, each with its own unique flavour profile and story. Whether you are a seasoned wine connoisseur or just starting to explore the world of wine, you won't want to miss this opportunity to taste some truly exceptional wines that are off the beaten path.

Why not add a pairing charcuterie board or a delivered sharing meal for an additional £30 per person.







## White

Casa Albali Verdejo – Sauvignon Blanc, Valdepeñas, 2017 | £18.00  
*A refreshing aromatic wine which shows notes of apple & tropical fruit. Region Castilla-La Mancha, Spain.*

Vinuva Organic Pinot Grigio, IGT Terre Siciliane, 2018 | £20.50  
*Light, delicately flavoured & refreshingly dry with hints of apple. Region Sicilia, Italy.*

Rare Vineyards Marsanne – Viognier, Pays d’Oc, 2019 | £22.50  
*Soft & aromatic with notes of peach blossom & citrus. Region Languedoc-Roussillon, France.*

Don Jacobo Rioja Viura Tempranillo Blanco, Bodegas Corral, 2018 | £25.50  
*Fresh, dry, crisp & modern; from this classic Spanish region using the local Viura grape. Region Rioja, Spain.*

Errázuriz 1870 Peñuelas Block Sauvignon Blanc, Casablanca Valley, 2018 | £27.50  
*Overtones of herbs, fresh cut grass & tropical fruit. Region Casablanca Valley, Chile.*

Dashwood Sauvignon Blanc, Marlborough, 2018 | £30.00  
*Hints of grapefruit, lime, pear & passion fruit, marries well with a grassy herbaceousness. Region Marlborough, New Zealand.*

Kleine Zalze Vineyard Selection Chenin Blanc, Stellenbosch, 2017 | £32.50  
*Ripe & silky smooth with a rich guava fruit with a honey finish. Region Stellenbosch, South Africa.*

Flagstone Word of Mouth Viognier, Western Cape, 2017/2018 | £35.00  
*Unusually aromatic, ripe watermelon, juicy peaches with a touch of spice. Region Western Cape, South Africa.*

Paco & Lola Lolo Tree Albariño, Rías Baixas, 2017 | £37.50  
*Notes of zippy, green apple & lemon peel with a hint of white-fleshed plum. Region Galicia, Spain.*

Gavi di Gavi, Toledana, Domini Villa Lanata, 2016/2018 | £40.00  
*Refreshing gooseberry & mineral laced style with delicate floral hints, dry but not austere. Region Piemonte, Italy.*

Chablis, Les Sarments, Vignerons de Chablis, 2016 | £42.50  
*Citrus & a touch of stone fruit; fresh with a mineral note. Region Burgundy, France.*

Zuccardi Q Chardonnay, Uco Valley, Mendoza, 2018 | £45.00  
*Notes of white floral & fruits with great acidity. Region Mendoza, Argentina.*

## Red

Altoritas Merlot, Central Valley, 2017 | £18.00  
*Soft, light & fruity Merlot with plummy aromas & a hint of spice. Region Central Valley, Chile.*

Élevé Pinot Noir, Vin de France, 2017/2018 | £20.50  
*From the foothills of the Pyrenees, soft, lightly oaked cherries & blueberries with a hint of spice. Region Languedoc-Roussillon, France.*

Don Jacobo Rioja Vendimia Seleccionada, Viticultura Ecológica Bodegas Corral, 2019 | £25.50  
*Aromatic notes of red fruits & spice. Region Rioja, Spain.*

Portillo Malbec, Uco Valley, Mendoza | £28.00  
*Hints of plumb, blackberries & a touch of vanilla, with fresh fruit flavours supported by sweet & round tannins.*

Fiorebella Rosso Appassimento, Rosso del Veneto | £30.00  
*Intense ruby-red, with a bouquet reminiscent of cherry, dried fruit & chocolate.*

Feudi Salentini 125 Primitivo del Salento, 2015 | £32.50  
*Elegant with notes of ripe plum, cherry jam & cocoa. Region Puglia, Italy.*

Kleine Zalze Vineyard Selection Cabernet Sauvignon, Stellenbosch, 2016 | £35.00  
*Blackcurrant richness coupled with a hint of soft vanilla. Region Stellenbosch, South Africa.*

Vidal Reserve Pinot Noir, Marlborough, 2016/2017 | £37.50  
*Fragrant with a gentle extraction of red berry flavours. Region Marlborough, New Zealand.*

Brouilly, Château de Corcelles, 2017 | £40.00  
*Fresh with developed cherry & raspberry fruit, backed by a smooth finish. Region Burgundy, France.*

Fleurie Château de Bellevue, Domaine Loron, 2016 | £42.50  
*Bright & fresh with delicious strawberry aromas. Region Burgundy, France.*

Puro Organic Malbec, Mendoza, 2017 | £45.00  
*Sweet blueberry & violet with a hint of milk chocolate & vanilla. Region Mendoza, Argentina.*

Château des Bardes, Saint-Émilion Grand Cru, 2015 | £48.00  
*Rich, fruit aromas, juicy, sweet tannins backed by soft touches of vanilla. Region Bordeaux, France.*

## Rosé

Kleine Zalze Cellar Selection Rosé, Coastal Region, 2018 | £18.00  
*Fresh, light bodied with delicate notes of summer fruits. Region Coastal Region, South Africa.*

Bottega Pinot Grigio Rosato, delle Venezie | £22.50  
*Rosé that boasts red fruits, raspberries & cherries along with racy acidity & a delicious fruity finish.*

Coreaux Varois en Provence Rosé, Reflet, Estandon | £27.00  
*A fresh & silky body with notes of citrus & pink grapefruit.*

## English Sparkling Wine & Champagne

Chapel Down Classic Brut, England | £40.00  
*Lively refreshing mousse with good depth, crisp fruit with ripe red apple, peach & light tropical fruit aromas.*

Laurent-Perrier La Cuvée Brut NV | £55.00  
*Dry & lemony with a crisp, biscuity finish. France.*

Veuve Clicquot Yellow Label Brut NV | £60.00  
*Reflecting the traditions of the past, this is full yet dry & has a rich, creamy style with biscuity flavours. France.*

Laurent-Perrier Cuvée Rosé NV | £75.00  
*Delicate soft with overtones of summer fruit. France.*

Laurent-Perrier Grand Sceile | £185.00  
*50/50 blend of Chardonnay & Pinot Noir with honeyed nutty aromas.*

## o% Sparkling

Wild Life Botanicals Sparkling Blush | £25.00

Wild Life Botanicals Sparkling Nude | £25.00

## Spirits

Vodka  
 Absolut Original £30.00  
 Chase Potato Vodka £45.00  
 Grey Goose L’Original Vodka £55.00  
 Tiro’s Handmade Vodka £57.00  
 Koniks Tail Vodka £60.00

Gin  
 Tanqueray London Dry Gin £30.00  
 Hendricks Gin £40.00  
 Chase GB Extra Dry Gin £42.00  
 Mermaid Gin £47.00  
 Mermaid Pink Gin £47.00

Rum  
 Havana Club 3 Year £30.00  
 Mount Gay Eclipse Barbados Golden Rum £35.00  
 Soggy Dollar Island Spiced Rum £45.00  
 Rumbullion £55.00  
 Diplomático £57.00

Whisky  
 Monkey Shoulder £42.00  
 Hatozaki Blended Whisky £45.00  
 Glenlivet Founders Reserve £50.00  
 Balvenie 12 Year Old Doublewood £65.00  
 Dalmore 12 Year Old £70.00  
 Nc’Nean Organic Single Malt Scotch Whisky £72.00  
 Teeling Single Malt Whisky £78.00  
 Suntory Yamazaki Distiller’s Reserve £118.00

## Spirits

Cognac & Armagnac  
 Hine Rare Cognac £65.00  
 Castarede XO Bas Armagnac £75.00

Port & Sherry  
 Dalva Ruby Port £25.00  
 Dalva Tawny Port £27.00  
 Dow’s Late Bottled Vintage Port £35.00  
 Gonzalez Byass Matusalem, Oloroso £37.00  
 Dulce Muy Viejo  
 Tequila, Sambuca & Liqueurs  
 Luxardo Sambuca £25.00  
 Cazabel Honey £27.00  
 Cazabel Blanco £30.00  
 Cazabel Coffee £30.00  
 Bottega Limoncino £32.00

## Beer, IPA & Cider

Bottled Beer & IPA  
 Peroni Nastro Azzurro 0.0% £4.10  
 Peroni Nastro Azzurro (Gluten Free) £4.50  
 Birra Moretti £4.50  
 Innis & Gunn Gunnpowder IPA £4.70  
 Innis & Gunn Lager £4.70  
 Hawkstone IPA £4.70  
 Hawkstone Lager £4.70

Cider  
 Aspoll Draught Suffolk Cyder £5.10  
 Hawkstone Cider £5.10

## Soft Drinks & Mixtures

Fever Tree Tonic Water £1.90  
 Fever Tree Light Tonic £1.90  
 Fever Tree Soda £1.90  
 Martin Frobisher’s Orange Juice £2.50  
 Martin Frobisher’s Cranberry Juice £2.50  
 Martin Frobisher’s Pineapple Juice £2.50  
 Martin Frobisher’s Apple Juice £2.50  
 Martin Frobisher’s Tomato Juice £2.50  
 Coca Cola Icon Glass 330ml £2.70  
 Diet Coca Cola Icon Glass 330ml £2.70  
 Sprite Zero 200ml £2.70  
 Belvoir Pink Lady Sparkling Juice 250ml £3.10  
 Belvoir Elderflower Cordial 500ml £6.10  
 Belvoir Blackberry & Blueberry Cordial 500ml £6.10

## Bottled Water

Belu Still Natural Mineral Water 330ml £2.50  
 Belu Sparkling Natural Mineral Water 330ml £2.50  
 Belu Still Natural Mineral Water 750ml £4.50  
 Belu Sparkling Natural Mineral Water 750ml £4.50







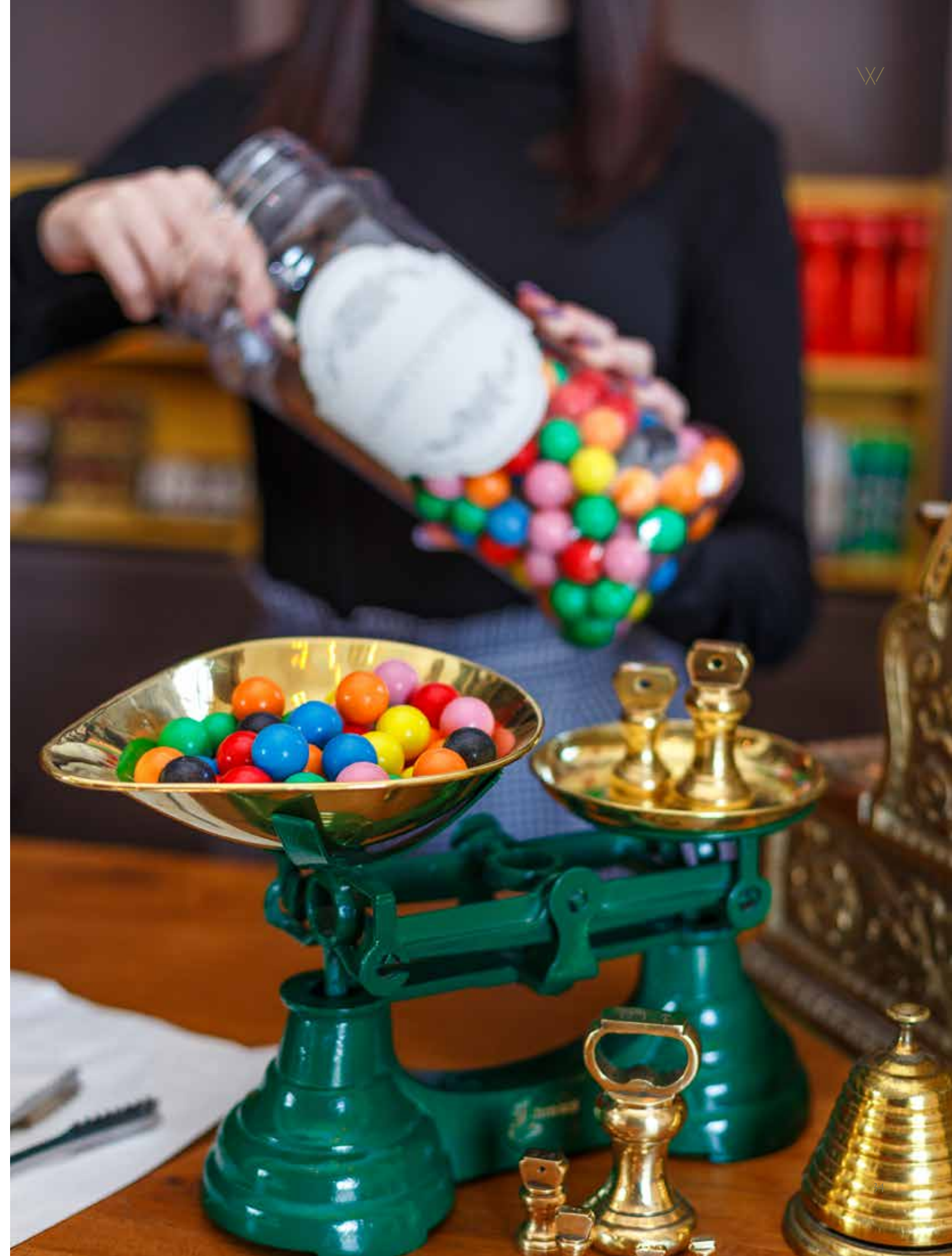
## Wilderness Café & Receptions

Tucked away in the Suffolk countryside are our Sibton Sweetsshop Reception and our Chapel Estate Café Reception. Both host a range of locally produced items to stock your larder throughout your stay or just to stop in for a bag of nostalgic sweets. From chutneys and cheese to cured meat and wines, the shop has plenty to choose from for you to indulge on the sofa in your Wilderness property.

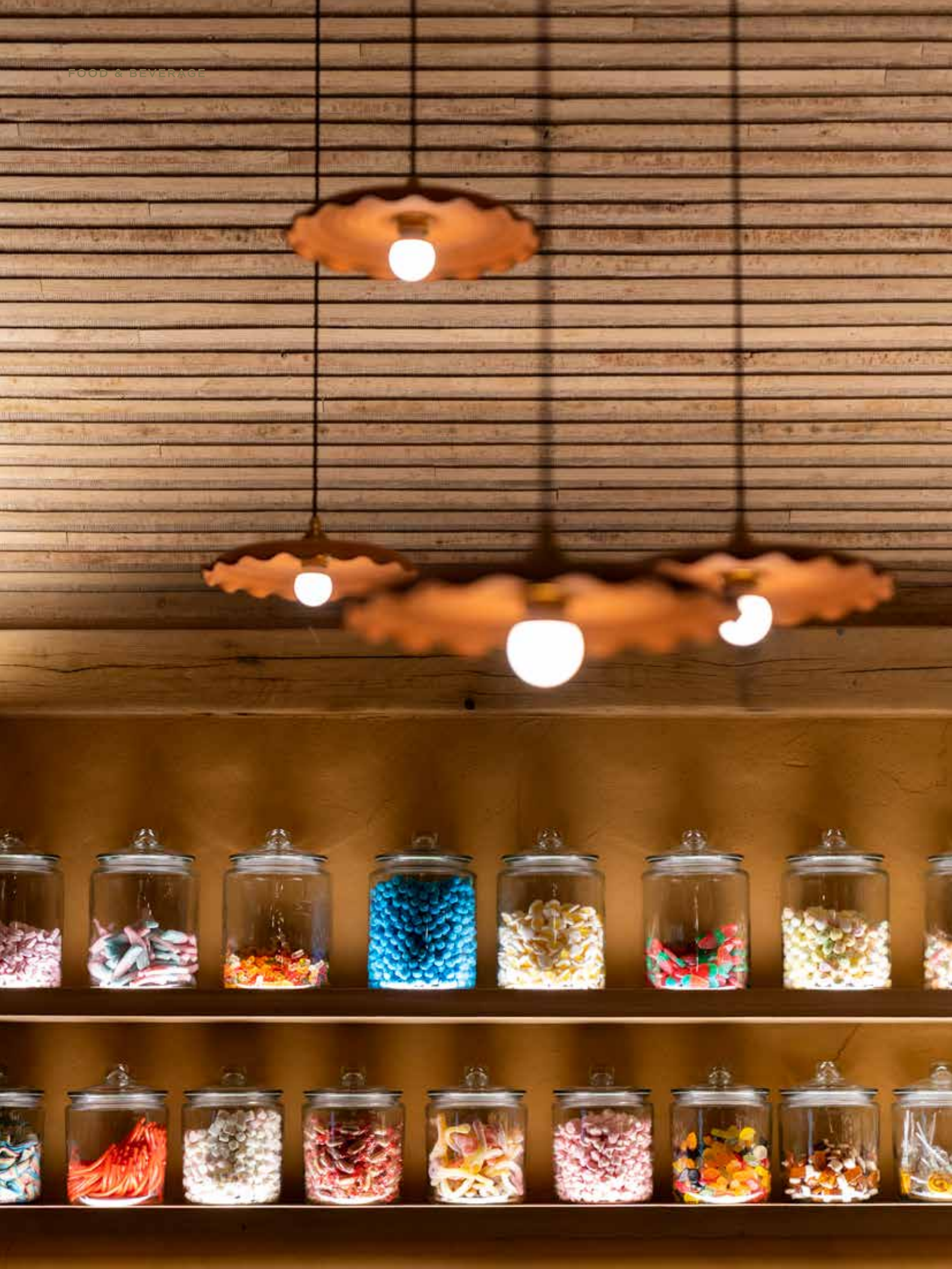
Our Chapel Estate Café Reception offers a selection of Black Dog Deli and Harvey & Co pastries to enjoy with a cup of coffee, Breckland Orchard Posh Pop, or treat yourself to a glass of Suffolk grown grapes!

















# ACTIVITIES

Wilderness Reserve's dedicated team of rangers are on hand to ensure that you get the most from your stay and our 8,000 acres of rural Suffolk. We have created over 40 unique activities from wild swimming and nature walks, to target sports and spoon carving – all of which take full advantage of the natural environment, lakes and woodlands. Allow our host team to build a bespoke itinerary to perfectly suit your group.





## Targets Sports

Our target sports provide every guest with the opportunity to embrace the incredible countryside at Wilderness Reserve. Enjoy your session in the tranquility of our private woodlands, or if your Wilderness home allows, right on your doorstep.

### Air Rifles

*£75 per person – minimum £150  
– 90-minute session*

Enjoy an exhilarating shooting experience. Steady your eye and test your nerve with our targets, ranging from 10 to 50+ yards. You'll receive expert tuition from your ranger on how to use these high-powered pneumatic rifles and scopes to assist you in successfully hitting our reactive and explosive targets.

### Archery

*£75 per person – minimum £150  
– 90-minute session*

Challenge your family and friends while enjoying the relaxing space across our parkland or at your very own Wilderness home. Our ranger will come to you with everything you need for a memorable experience.

### Axe Throwing

*£75 per person – minimum £150  
– 90-minute session*

Easily master the technique of axe throwing in the comfort of your very own space at Wilderness. This experience will be tailored to your group's needs. Can be delivered at your Wilderness home or surrounding parkland.

01986 802 113  
book@wildernessreserve.com



## Tailored Target Sports

Enjoy two activities in the same session. Pair two from Axe Throwing, Archery or Rifle Shooting into a great experience for small and large groups. Mix the competition up and see what everyone is made of.

*£125 per person – minimum £250 – 90-minute session*



01986 802 113  
book@wildernessreserve.com





### Tag Archery

£75 per person – minimum 6 people – 90-minute session

Take aim, duck, dive and shoot the opposition (before they shoot back). Using our specialist Tag Archery equipment, you will bring archery to life. Over various games and challenges, you will compete in this fun, addictive, friendly and energetic pastime.



### ACTIVITIES

#### Laser-Clay Shooting

£75 per person – minimum £150  
– 90 minute session

Laser clays are an inclusive, fun, and accessible way to enjoy target shooting without the kickback. You will use laser converted shotguns to provide real-time feedback and scoring. With five different available games, you and your guests will have a wonderful time enjoying this classic and highly addictive English pastime. Laser clays can be done at any time, day or night.

#### Shotgun Shooting

£125 per person – minimum £750  
– 90-minute session

A traditional country pursuit for both ladies and gentlemen. You'll receive expert tuition from your Wilderness Reserve rangers in gun handling, while safely developing your shooting skills to become a "crack shot". Suitable for beginners through to experienced marksmen. With up to 25 cartridges per person, you may be assured of an exhilarating experience.

Each additional cartridge costs £1.

Not available on Sundays.



01986 802 113  
book@wildernessreserve.com









## Time with the Rangers

Wilderness Reserve provides a brilliant team of outdoor activity and tailored experience experts. Each ranger has their own specialism – from survival and wild swimming to ecology and nature immersion; providing the most memorable and immersive experiences, channeling the best of the estate's remarkable countryside setting into your memories, lasting forever.

Time with our rangers will allow you to explore various locations around our 8,000-acre estate.

### Bonfire Experience

*£45 per person – minimum £270  
– 90-minute session*

Enjoy our bonfire experience, sitting on our blanket-covered woodland seats while taking in the beauty of the ancient English oak, hazel and hornbeam trees around you. Toast a marshmallow and enjoy a sausage roll, beer, cider, Pimm's or mulled wine from our Land Rover Series One bar. Remember we love to tailor, ask about extra special options.



## Bonfire Extras

Enjoy and add on an extra accompaniment to your nature experience.

### Acoustic Guitar Performer

£350

Add the background sound of guitar or embrace and get the sing-along going.

### Fire Performance

£350

Scale that wow factor up and bring in our amazing fire performer to amaze and surprise.

### Axe Throwing

£350

Enjoy the adventure of axe throwing with your immersive and tailored bonfire experience.





## Scavenger Hunt

*£45 per person – minimum six people  
– 90-minute Session*

A medium to large group favorite. Break into teams and take on the estate! Solving problems, conundrums, and taking on physical challenges across the estate. You will get to explore in style during this fun-filled multi-generational adventure activity. Have you got what it takes to win this fully interactive challenge with pace and style?

## Treasure Trail

*£45 per person – recommended for small to medium-sized groups – 60 to 90-minute adventure*

Designed for couples and small family groups. This fun-filled exploratory trail takes you to some of the most beautiful nature spots of our estate. Using What Three Words and solving geocache-style trail clues, you will find and follow a nature trail to a hidden chest of treasure.



## Survival Skills

*£75 per person – minimum £150 – 90-minute session*

Take the survival challenge and learn how to make shelters, light fires and manage your environment while leaving no trace. Fast-paced inclusive activity for all ages tailored specifically to you. Ideal for small families to large gatherings; book your taste of Wilderness adventure.

## Spoon Carving

*£75 per person – minimum £150 – 90-minute session, plus use kit for the rest of your stay*

Enjoy a relaxing and rewarding carving session right on your doorstep or hidden remotely on our idyllic estate. The experience is tailored to you and your guests' needs and abilities. Finish off with your very own kitchen knife, spatula or spoon. Careful, this is very addictive. Great for couples and large gatherings.



## “Wild Child” Activities

Create happy memories for your little ones with this range of fun and inclusive activities. Particularly well suited to building smiles and burning off that excess energy! Some of our wild child activities are great for parent-child bonding too. Slow down and immerse yourself in our child-friendly Wilderness adventures. All “Wild Child” activities take place in a woodland area. Please ensure children are wearing appropriate footwear and clothing for a natural woodland environment.

### Adventure Camp

*£75 per child – 90-minute session*  
– minimum £150 - age 6+

Drop your children into Kendall’s Wood tipi and enjoy some time with your adult guests or embrace a spa treatment while the children dive into nature immersion and adventure. Your young warriors (age six plus\*) will enjoy nature to the fullest with their own rangers for some independent child-led play and adventure. Den building,, pond dipping,, adventurous fire lighting, or wizard-wand whittling enthusiasts – your young ones will come back happy and smiling with memories to last a lifetime.

\*Children under the age of six will need an adult carer for welfare needs. Adults can also join and play and build those memories for free.

### Bear Hunt

*£40 per child – 90-minute session*  
– minimum £228 – age 2+

Fancy taking your little ones on a trail to discover the magic of Kendall’s Woodland? Toby Bear is ready to hibernate, but needs your help to find his friends and craft a den fit for a bear. Enjoy a bear trail to find the snuggly beasts hiding under logs and climbings trees to then build a small den that’s fit for their bear. With a selection of games and child-led imaginative play, your ranger will guarantee memories that last a lifetime for all.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)









## Guided Nature Walks

Take a guided nature trail and explore your special part of our 8,000-acre Wilderness Reserve straight from your doorstep. With our passionate ecologists and rangers you'll be sure to have an enjoyable journey. Our woodlands, meadows, rivers, lakes and parkland are home to over 150 species of bird, 28 butterfly, red, roe and fallow deer, otters, hares and an abundance of dragon and damselflies. There's certainly a lot to take in during your ramble, how much will you be fortunate enough to see?



## Guided Nature Walk Options

Choose from one of the following specialist guided options:

*£75 per person – minimum £150 – 90-minute session*

**Nature Walk** – Explore and learn about the conservation and regeneration of our Suffolk landscape, bringing her true beauty back for the benefit of our flora and fauna. Enjoy this gentle ranger-led trail with a relaxed connection to nature.

**Dawn Chorus (March to July)** – Nature's Symphony! The early bird gets the worm and the best place to raise their young! Using binoculars, scope and parabolic microphones, early risers can immerse themselves in nature, as we hear and see the best the estate has to offer.

*£100 per person – minimum £200 – 120-minute session*

**Nature's Breakfast** – Wake early and enjoy a freshly prepared breakfast in nature, with your binoculars and walking feet at the ready. You'll be joined by our estate ecologist as we take in all of nature's delights and start your day energised!

01986 802 113  
book@wildernessreserve.com





## Beekeeping experience

*£110 per person - minimum £220 - 150 minutes*

Get Bee-Suited up for an unforgettable Beekeeping Adventure! Join our expert estate Beekeeper David as we dive into the complex and captivating world of the Honeybee. Donning bee suits, you'll explore the estate hives, each around 30,000 bees strong. We unravel the mysteries of honey production, indulging in delicious samples of local honey in this immersive experience.

Join estate Beekeeper David on an informative/immersive experience learning about beekeeping

- Put on protective bee suits
- Open the hives and handle the frames filled with Honeybees, learn about pollinators
- Honey Tastings at end of session – From the different flowers/pollen types across the estate
- Bee related goodies to take home.



## ACTIVITIES

### Hawk Walk

*From £400 – 90-minute session*

Take a long ramble on foot through the rolling landscape of Wilderness Reserve while engaging in the traditional pursuit of hawking. Receive personal expert tutelage in handling and flying trained hawks, working them through the trees as you walk below. Book now and set your date to immerse into nature alongside these majestic raptors.

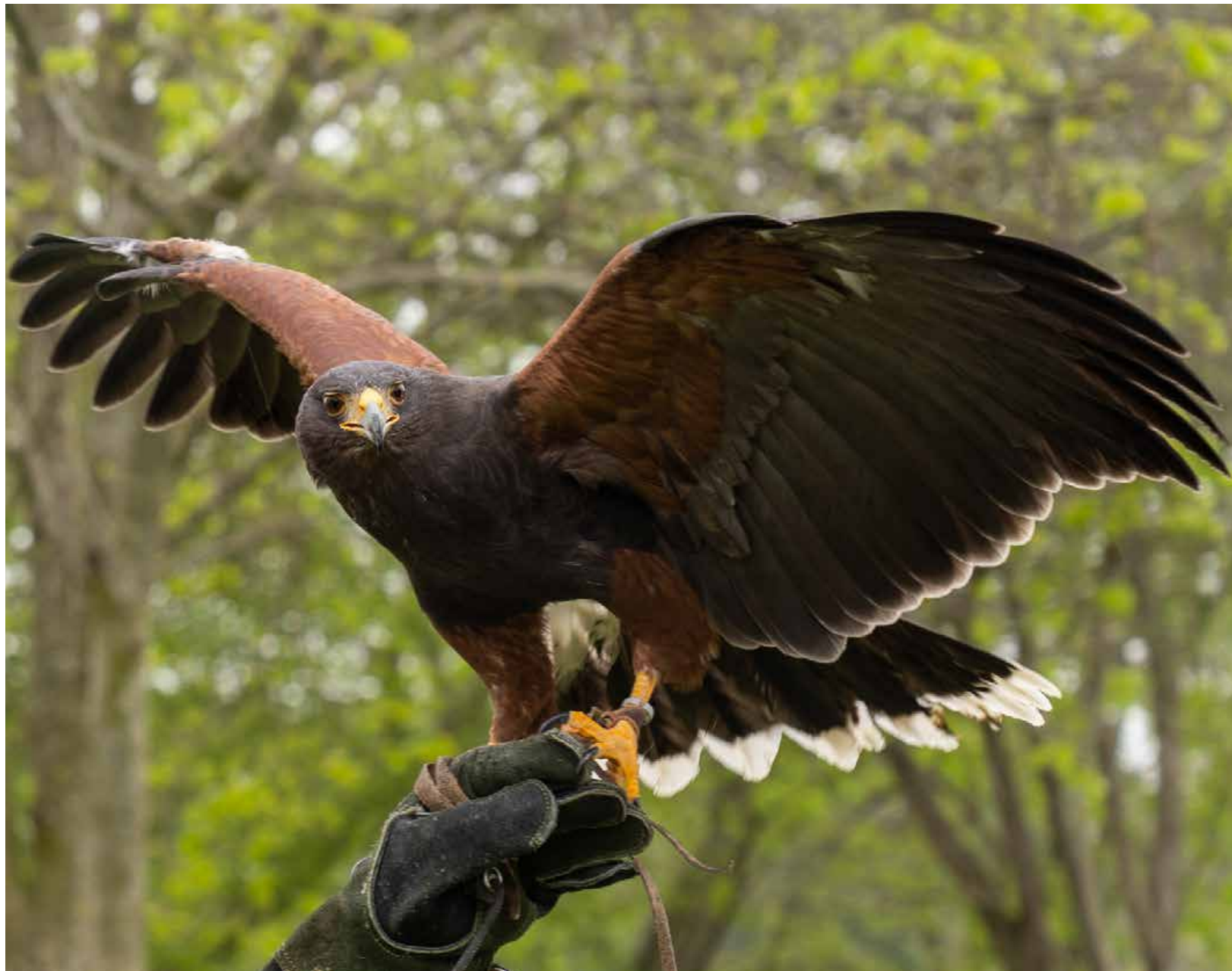
### Raptor Experience

*From £450 - 90 minute session*

Consider this traditional country pursuit with your own private introduction to these beautiful birds of prey and receive personal training in the principles of raptors. Be part of the flight with Eagle-owls and Harris's Hawks as they fly overhead and learn the skill of handling these wonderful birds of prey. Take the lead, feed, and fly your raptors amongst the trees from you Wilderness Reserve home. This session can be tailored perfectly for large groups.

*01986 802 113*

*book@wildernessreserve.com*





## Water Adventures

Wilderness Reserve's lakes were imagined and designed over 300 years ago by Lancelot "Capability" Brown, England's most famous landscape architect. Our nine-mile wide, 8,000-acre estate embraces his vision and still today makes improvements following his ethos and guidelines. Embrace history and create a memorable experience by enjoying our lakes while you stay with us. By selecting one of our water adventures, you'll have the chance to enjoy the best of English nature and relax amid the charms of sleepy Suffolk.

### Raft Race

*£50 per person – minimum eight people  
– 90-minute session*

Looking for a fun and exciting group activity? Look no further than our raft race. Our rangers will guide your group through the process of designing and constructing a raft, using basic materials and teamwork. Not only is raft building a great way to bond with your family and friends, it's also a unique and challenging problem-solving experience. Paddles at the ready, set, go!



### Paddleboard Adventures

*£75 per person – 90-minute session – minimum £150*

Are you ready to take your paddleboarding skills to the next level? Our paddleboard coaching is designed to help you improve your technique, build endurance, and have more fun on the water. Led by certified instructors, fun and entertaining adventures are guaranteed; is there a better way to improve and learn more?

After your ranger experience you can develop your skills for the rest of the day at your leisure.

### Paddleboard Hire

*£50 per board hire per day*

Looking for a fun and healthy outdoor activity? Look no further than paddleboarding! Not only is paddleboarding a great way to get some exercise and enjoy the beauty of nature, it's also a fun and exciting way to explore.



### Paddleboard Yoga

*£75 per person – minimum £150 – 90-minute session*

Looking to add a new dimension to your yoga practice? Try paddleboard yoga! Our certified instructors will lead you through a flow of yoga postures and breathing exercises on a stand-up paddleboard (SUP) in a peaceful natural setting. Not only is paddleboard yoga a fun and challenging way to practice yoga, it's also a great way to get a full-body workout and enjoy the beauty of nature. Our experienced instructors will provide all the gear you need and teach you the basics of SUP, so you can focus on your yoga practice. Why wait? Sign up for a paddleboard yoga session and discover the benefits of this unique and rewarding activity!

### Wild Swimming Experience

*£45 per person – minimum £300 – 60-minute session*

Escape the crowds and experience the beauty of nature with a wild swimming experience. Whether you're a seasoned swimmer or a beginner, our rangers will help you feel comfortable and confident in the water. Not only is wild swimming a great way to exercise and relax, it's also an opportunity to immerse yourself in the beauty of the natural world. With a freshly cooked bacon or portobello bap, drinks and even a Whiskey Mac, you'll all warm up in style around our self-styled fire cauldrons of oak and ash from the estate. Fresh towels at the ready!





## Yoga

*£50 per person – minimum £150 – 90-minute session*

Book a transformative yoga experience that will leave you feeling renewed, rejuvenated, and ready to take on the world. Our skilled and compassionate instructors will guide you through a variety of yoga styles, from gentle and restorative to energetic and invigorating. Whether you are a seasoned yogi or just starting your practice, there's never been a better time than now to let nature perfect your breathwork and yoga poses.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)



## Evening Entertainment

### Murder Mysteries

£1200 two actors 0-16 people  
£2000 five actors 17 plus

An interactive dinner time murder mystery show tailored to you and your guests' wants and needs. This fun activity is led by professional actors playing various roles to immerse you into the depths of your imagination. You and your guests will all be assigned a character, with various fun participations throughout, but will you find the murderer?

Food and drink are not included in this package.

### Fire Eaters

£350 per fire performer

A fire show is captivating and exhilarating for all to see. From spinning fire poi to body burning, flame swallowing and twirling, to Dragon Breath. Embrace the excitement of adding fire into your evening entertainment and book your very own professional fire eater.

### Acoustic Music

£350 solo performer  
£700 acoustic trio – two hours

The sound of a well-played acoustic guitar adds value to any evening entertainment. With an eclectic list of oldies and modern music, our male performer is bound to raise the energy with his vocals and interactive personality. Or why not book his band for added charm and energy to your gathering?

### Private Wine Tasting

£100 per person – minimum £200  
– 90-minute tasting

Let us join you for a one-of-a-kind wine tasting experience that will take you on a journey to discover the six best wines from around East Anglia. Champagne upon arrival and a later tasting will start your stay in excellent style. Our expert sommelier will guide you through a curated selection of hidden gems, each with its own unique flavour profile and story. Whether you are a seasoned wine connoisseur or just starting to explore the world of wine, you won't want to miss this opportunity to taste some truly exceptional wines that are off the beaten path.

Why not add a pairing charcuterie board or a delivered sharing meal for an additional £30 per person.

01986 802 113  
book@wildernessreserve.com





## SPA & WELLNESS

Wilderness Reserve is dedicated to the restoration of the natural landscape and our expert Spa team are on hand to ensure the journey to wellness flows through to those guests resident on the estate too. We believe that the best way to fully appreciate and enjoy the treatments on offer is in the privacy of your own home; during your stay our therapists will come to you. For those wishing to further indulge in a restorative break, we have created three dedicated Spa houses complete with their own private swimming pools, hot tubs, saunas, steam and treatment rooms.



## Wilderness Reserve Body Treatments

### Wilderness Reserve Signature Treatment

Back Scrub with a Back, Neck and  
Shoulder Massage with Facial

*60-minute treatment – £95*  
*90-minute treatment – £130*

Available for couples

This effective, indulgent treatment is individually adapted to your personal needs. Your ritual begins with sea salt and brown sugar back exfoliation with invigorating essential oils in a rich shea butter balm. Followed by a back, neck and shoulder massage working with luxurious Bamford body oils. To finish, a relaxing and rejuvenating facial. This is the perfect treatment, giving you an introduction to the full range of Wilderness Reserve treatments.

### Indian Head Massage

*60-minute treatment – £130*

Available for couples

Much of our fatigue and tension finds its way into our head and neck. This concentrated back, scalp and neck massage clears and revitalises the mind to improve concentration and promotes a feeling of calm and well-being.



### Hot Stone Massage

*90-minute treatment – £180*  
*60-minute treatment – £140*

Available for couples

Using basalt stones made from volcanic rock, this treatment will gently melt away areas of built up stress or tension.

### Deep Tissue Massage

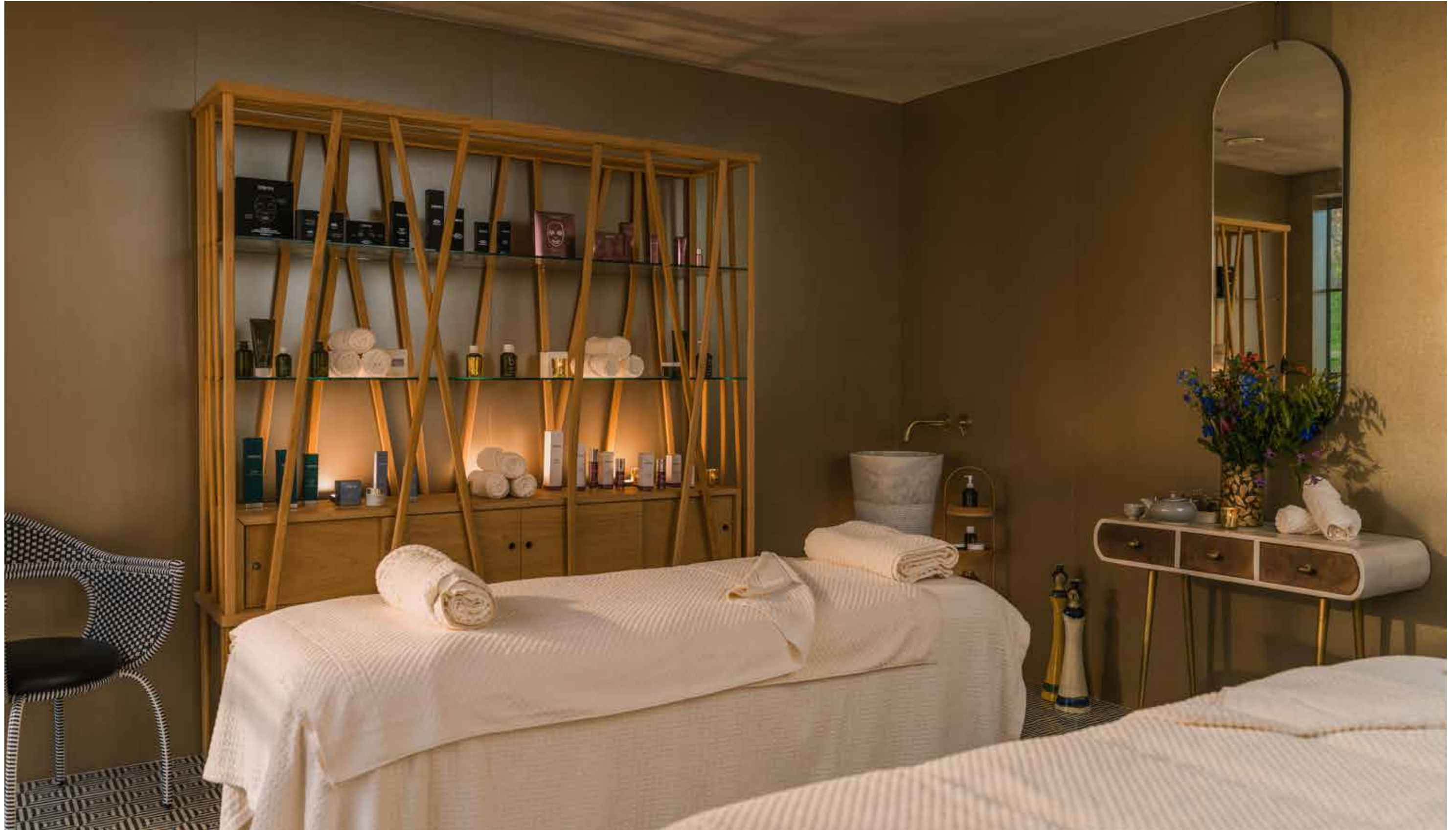
*90-minute treatment – £180*  
*60-minute treatment – £140*

Available for couples

Relax and unwind as your spa therapist focuses on the deeper layers of muscle tissue. Let the warm essential oils relieve acute tension and pressure whilst leaving your skin hydrated and replenished.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)











## Treatment Additions

Our additions cannot be booked on their own, you can only book these with another treatment.

*30-minute treatments – £75 per person*

Back, neck and shoulder massage

Bamford Facial

Indian Head Massage

Deep Tissue Back, Neck & Shoulder Massage

Hot Stone Massage

Full Body Exfoliation £55

01986 802 113  
book@wildernessreserve.com







## Bamford Body Treatments

### Bamford Signature Treatment

*90-minute treatment – £180*

Available for couples

Targeted ancient techniques that nurture your wellbeing. Starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Japanese shiatsu massage is then used to open the body's meridians and start to unblock the energy channels. Swedish massage targets areas of concern and releases specific points of tension, then a heated chakra stone is placed on the abdomen for a gentle abdominal massage to improve gut health. A face and Indian head massage calms the mind and increases circulation to improve scalp and hair condition.

### Bamford Full Body Massage

*60-minute treatment – £130*

Available for couples

This therapeutic signature massage uses a combination of shiatsu and the therapist can adapt the treatment to help soothe tight muscles and strengthen areas of concern, leaving you feeling restored and revived. Specific pressure points are targeted to help rebalance the body, relieve tension and encourage profound relaxation.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)



## Jade Hot & Cold Stone Massage

90-minute treatment – £180

Available for couples

Jade is a symbol of purity and serenity. This profoundly relaxing full body treatment uses a combination of hot volcanic and cold Jade stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

## De-Stress Massage

60-minute treatment – £130

Available for couples

Focusing on the back of the body, this massage eases tense muscles and reduces stress levels, while restoring and realigning energy. The treatment starts with an Epsom salt foot bathing ritual to draw toxins from the body and allow it to absorb magnesium to help reduce inflammation. Shiatsu pressure points along the body release tension and balance energy flow, followed by Swedish back and leg massage to help improve circulation. The treatment finishes with a relaxing reflex zone foot therapy.

01986 802 113  
book@wildernessreserve.com





## Bamford Facial Treatments

Bamford Skincare is made using the finest natural and organic ingredients for beautiful skin. The powerful, active ingredients work alongside our carefully designed holistic facials to achieve targeted visible results.

### Choose your facial

Your spa therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford products.

#### Awakening

A resurfacing radiance boost using a powerful fruit acid elixir & exfoliating mask. Designed to leave skin smoother, and glowing. Particularly recommend for sun damage, uneven texture or between seasons.

#### Rejuvenating

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed to lift and firm the skin and help reduce the appearance of fine lines. Particularly recommended for dry or mature skin.

#### Detoxifying

A detoxifying cleansing treatment, including optional extraction of impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

### Choose your time

Available for couples

90-minute treatment – £170

60-minute treatment – £130

### Treatment Additions

Facial Extraction – £10

30-minute Back, Neck and Shoulder Massage – £75

30-minute Hot Stone Back Massage – £75



## Bamford Wellness Facial

90 minutes – £200

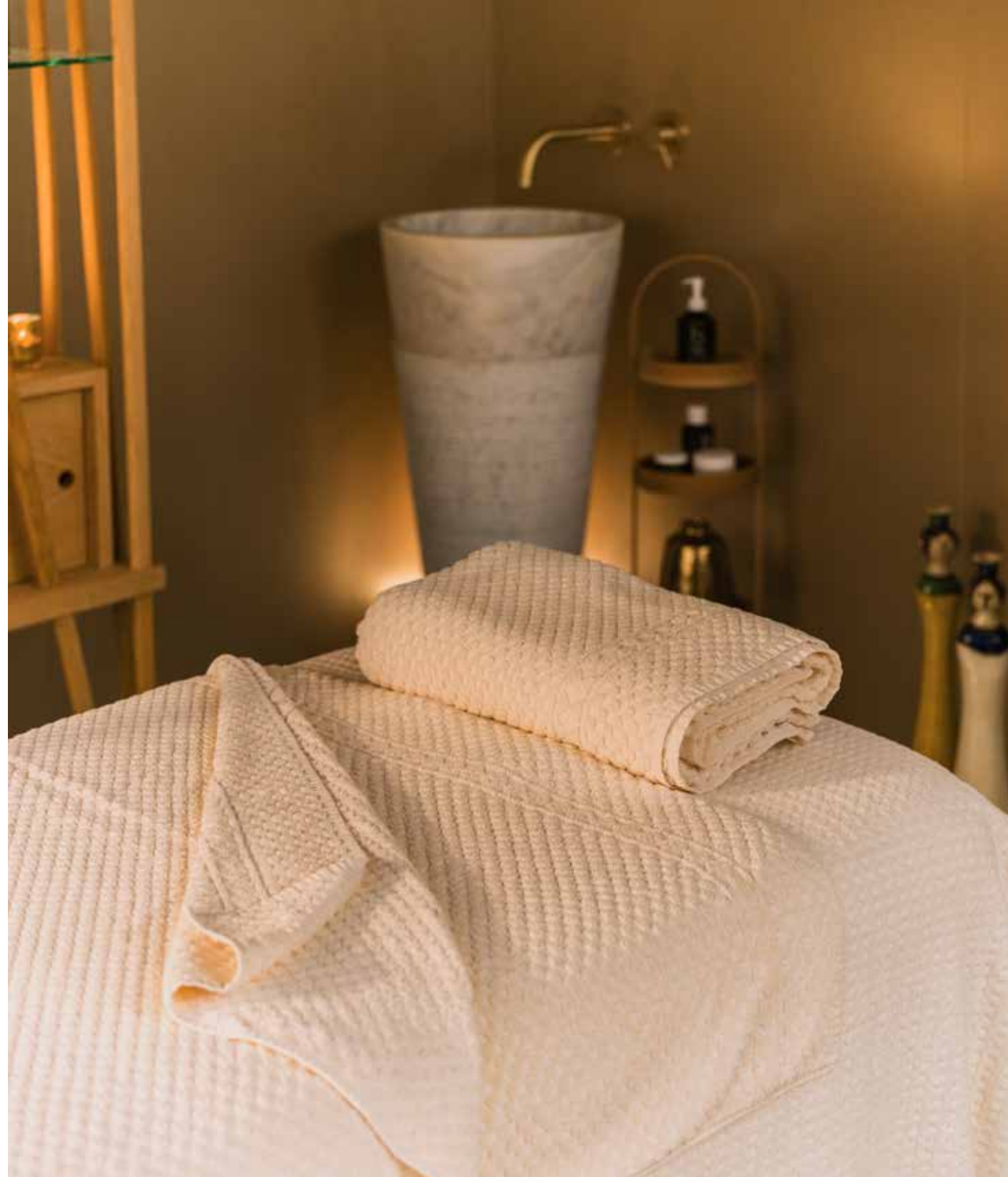
Available for couples

Targeting skin health from the outside-in, the Bamford Wellness Facial combines two massage techniques including Gua Sha to ease muscle tension, support lymphatic flow and reduce puffiness in the face, neck and décolleté.

Throughout the treatment your therapist responds to your personal needs and concerns using a tailored selection of Bamford skincare products following the holistic Cleanse, Refine, Treat, Nourish framework.

Suitable for all skin types. Includes a head, neck and stomach massage to target areas of the body that contribute to skin health from the inside.





## Bamford Pregnancy Treatments

### Bamford Pregnancy Massage

*60-minute treatment – £130*

Developed by an expert in pregnancy yoga, this treatment is designed specially for the second and third trimesters of pregnancy (after 12 weeks and up to 40 weeks). A full body massage using gentle unscented oils, the treatment targets back ache, tension and heavy legs. This warm oil massage provides a peaceful and gently uplifting experience.

### Bamford Pregnancy Facials

*60-minute treatment – £130*

Your therapist will create a facial tailored to your skin's needs using a personalised selection of Bamford products.

### Awakening

Designed to leave skin smoother, and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

### Rejuvenating

A deeply hydrating treatment using a rejuvenating mask made with soy stem cells and hyaluronic acid. Designed for dry and mature skin.

### Detoxifying

A detoxifying cleansing treatment using steam to extract impurities. Designed to brighten, balance the skin microbiome and reduce the effects of pollution. Recommended for oily, pigmented or menopausal skin.

### Signature Pedicure

*60-minute treatment*

*Gel Bottle Pedicure – £95*

*BIAB Pedicure – £95*

*Gel Removal – £20*

### Signature Manicure

*60-minute treatment*

*Gel Bottle Manicure – £85*

*BIAB Manicure – £95*

*Gel Removal – £20*

01986 802 113

[book@wildernessreserve.com](mailto:book@wildernessreserve.com)



## Bamford Male Treatments

### Men's Signature Massage

*90-minute treatment – £160*

Available for couples

This targeted treatment has been created to work on the back of the body. A combination of traditional Japanese massage, Swedish massage, hot stone therapy, acupressure facial and reflex zone foot massage. This treatment relieves over tired muscles, reduces tension and promotes deep relaxation.

### Men's Signature Facial

*60-minute treatment – £130*

Available for couples

Especially designed for male skin using products from our Bamford Grooming Department. The treatment includes a deep cleanse, followed by facial reflexology to help stimulate cell regeneration; Jade stones aid circulation and cold Moonlight stones soothe and tone. The treatment finishes with a mask chosen by your therapist to address your individual needs.

### Male Grooming

#### Manicure

*60-minute treatment – £65*

Includes file, dry cuticle tidy, hand and arm exfoliation, and to finish, our tension releasing hand and arm massage.

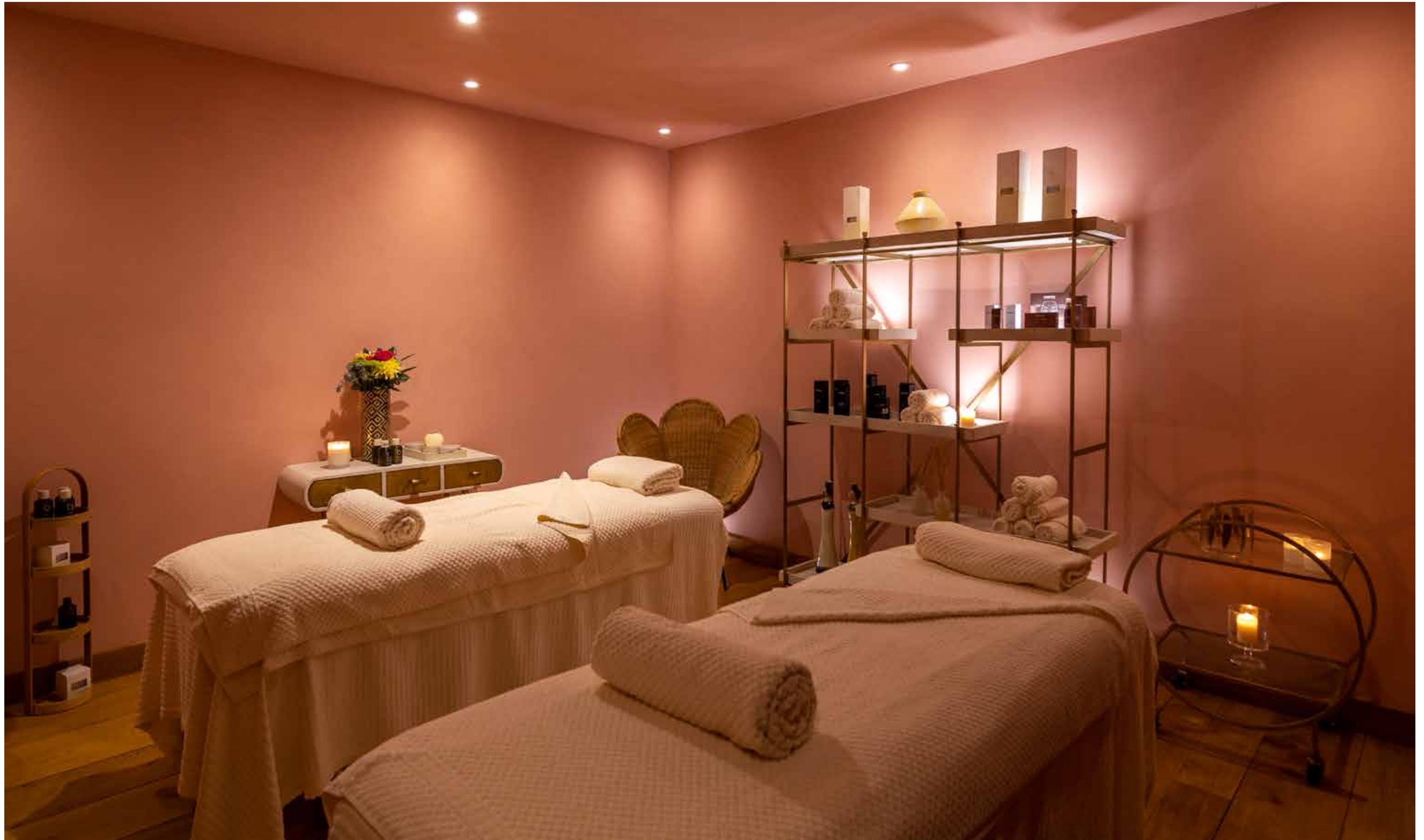
#### Pedicure

*60-minute treatment – £75*

Includes file, dry cuticle tidy, hand and arm exfoliation, and to finish, our tension releasing foot and leg massage.













## mSKIN Facials & Body Treatments

### Celestial Black Diamond Facial

*90-minute treatment – £240*

Our most opulent anti-ageing facial. A luxurious experience that harnesses the power of mSKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes a unique facial peel and uses products enriched with Retinol, Fine Diamond Particles, and our patented NAC Y2™ formula. With a combination of Wrinkle Minimising Wand movements and signature massage techniques, this facial ensures skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

### Celestial Black Diamond Sculpting Body Treatment

*60-minute treatment – £270*

Opulent and indulgent, this powerful body treatment delivers dramatic results from mSKIN's Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically-inspired formulas, this treatment encourages lymphatic drainage to tone and firm the skin. Expect a smoother, sculpted figure with age-defying results.

### mSKIN Harley Street/Dramatic Healing Facial

*60-minute treatment – £180*

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes, this facial epitomises the best of mSKIN's famed surgically-inspired skincare. Harnessing the power of our exclusive NAC Y2™ complex to strengthen the epidermal barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your skin. Expect dryness, dehydration, sensitivity, and redness immediately lessened and improved – helping you achieve that feeling of total skin confidence.







### Rose Quartz Restorative Facial

*60-minute treatment – £180*

A powerful facial that combines restorative properties with the most innovative formulas to lift, firm and sculpt your complexion. Using a three-level approach to facial massage – including our signature massage technique, Wrinkle Minimising Wand and Rose Quartz stone massages – this treatment is the epitome of self-love. It's designed to relax and soothe the mind while alleviating any irritation within inflamed skin.

### Rose Quartz Restorative Body Treatment

*60-minute treatment – £250*

An indulgent full-body ritual utilising mSKIN's Radiance Collection and soothing aromatic practices. Consisting of a total body exfoliation, brush, and calming massage with our decadent Rose Gold Oil – this treatment restores positive energy and infuses the skin with radiance. It also includes the gentle application of a Rose Quartz Brightening Mask and a reviving back and chest massage with Rose Quartz crystals, for a deeply tranquil experience that leaves skin glowing from the inside out.



01986 802 113  
book@wildernessreserve.com



## III SKIN Additions

Our additions cannot be booked on their own, you can only book these with another treatment.

*III SKIN Face Mask – £22*

No added time – can add this to any treatment.

### Celestial Black Diamond Lifting and Firming Face Mask

Intensely nourishes to completely tone and tighten the skin.

### Sub-Zero De-Puffing Energy Facial Mask

A refreshing mask that revitalises tired, puffy, lacklustre complexions.

### Rose Gold Brightening Facial Mask

A hydrogel sheet mask to elicit radiant skin after each use.

### Y Theorem Bio Cellulose Facial Mask

Advanced masking technology soothes, softens and strengthens stressed skin.

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)



## Finishing Touches

### Signature Manicure

The Gel Bottle gel polishes are rich, highly pigmented, chip-resistant and offer extremely long lasting shine. Includes file, dry cuticle tidy, hand and arm exfoliation, and of course the application of your chosen gel/normal polish. To finish, our tension releasing hand and arm massage.

*Gel Bottle Manicure – £85*

*BIAB Manicure – £95*

*Gel Removal – £20*

### Signature Pedicure

The Gel Bottle gel polishes are rich, highly pigmented, chip-resistant and offer extremely long lasting shine. Includes file, dry cuticle tidy, foot rasp, exfoliation and application of your chosen gel/normal polish. To finish, our blissful relaxing foot and leg massage.

*Gel Bottle Pedicure – £95*

*BIAB Pedicure – £95*

*Gel Removal – £20*





## Wilderness Reserve Wellbeing

### Reflexology

*60-minute treatment – £130*

An ancient Chinese technique that uses pressure point massage to the feet to restore the flow of energy throughout the body. Based on the principle that there are reflexes in the feet that correspond to every organ, pressure is applied to these points to relieve tension, improve circulation, and promote the natural functioning of the whole body – leaving all the systems of your body functioning fully at their natural state. This treatment will leave you feeling calm and relieved of any built-up stress and tension. Using our Bamford Body Cream, a rich body cream encouraging deep hydration and cell renewal.

### Wild Swimming Experience

*£42 per person – minimum £300 – 60-minute session*

Wild swim in style. Add a fire pit, abundance of warm towels and fresh gowns with some warmed drink over the fire. Enjoy an après Whisky Mac or hot Sloe Gin around your fire while the ranger cooks your bacon or vegan sausage bap.

### Yoga

*£50 per person – minimum £150 – 90-minute session*

Yoga is an ancient practice that involves physical poses, concentration, and deep breathing. A regular yoga practice can promote endurance, strength, calmness, flexibility, and wellbeing. Yoga is now a popular form of exercise around the world.







## Spa Treatment Packages

### Bamford Ultimate Package

*120-minute treatment – £260*

Bamford 60-Minute Facial  
Bamford 60-Minute Signature Massage

### Bamford Refreshed Package

*150-minute treatment – £300*

Bamford Jade Hot and Cold Stone Massage  
Energising Body Renewal

### III SKIN Ultimate Package

*120-minute treatment – £430*

Rose Quartz Restorative Facial  
Rose Quartz Restorative Body Treatment

01986 802 113  
[book@wildernessreserve.com](mailto:book@wildernessreserve.com)







## Spa Experiences

Join us for a Wilderness Spa Masterclass.

### Skincare Masterclass

You'll be given a professional skin type analysis and skincare tips, before we show you how to give yourself the perfect facial. There's the opportunity to try all the Bamford or mSKIN products, spend time with friends or family and enjoy a bottle of your choice to top it all off! Ideal experience for individuals and larger groups. Great to spend time with our highly qualified spa therapists. Learn from the experts in the comfort of your own property.

*111SKIN Products 60-minute experience*

*£60 per person*

*Bamford Products 60-minute experience*

*£60 per person*

*Minimum spend – £120*

### Massage Masterclass

Always wanted to know how to give a massage? Our expert Wilderness therapists will introduce you to basic techniques at our massage masterclass.

*60-minute experience – £60 per person*

*Minimum spend – £120*

01986 802 113

[book@wildernessreserve.com](mailto:book@wildernessreserve.com)





## Spa Etiquette

### TREATMENT TIMES

The time listed by each treatment is the length of time treatment takes, so please make sure you allow enough time after the treatment to fully relax and enjoy our Wilderness Reserve Spa & Wellness experience.

### THERAPIST ARRIVAL AT YOUR PROPERTY

Our therapists can arrive up to half an hour before your treatment at your property. The therapists need time to create a relaxing spa environment in your property.

### SPA ATTIRE

Please do keep your underwear on during treatments. We also recommend getting into our cosy Wilderness Reserve dressing gowns to begin the relaxation.

### CANCELLATION POLICY

All bookings are confirmed upon receipt of full payment. Sometimes things don't go to plan and you can't make your appointment. However, please do let us know if you can't make it as other guests may be able to take advantage of your slot. If you need to change or cancel an appointment, we ask that you give us 24 hours' notice or we will need to charge the full cost of your treatment.

### HYGIENE

It's always helpful to shower before treatments, therapies and before using any of the spa facilities. You'll be more comfortable and well, smell great too!

### MEDICAL CONDITIONS

When you book your treatment, please let us know of any health conditions or medications you're taking. On the day of your treatment you'll be asked to complete a health questionnaire to ensure we are providing you with the best service and results, whilst ensuring your comfort and safety. In some cases, medical approval may be needed. Medical release forms are also available if you wish to go ahead with treatments having been made aware of any risks involved.

### MINIMUM AGE

We love all ages for our spa treatments and experiences, however 16 years and younger do need to be accompanied by an adult.

### MOTHERS TO BE

Firstly, congratulations! Please do let us know if you are expecting a baby as some treatments aren't recommended at this time.





## CONTACT US

All of the Wilderness Reserve experiences are available on a first-come-first-served basis, our chefs, rangers and spa therapists can book up quickly, so we would strongly recommend discussing your requirements earlier to ensure availability during your stay.

To discuss your individual requirements in more detail, or to book and schedule your itinerary, call your host on: 01986 802 113 or email them at: [book@wildernessreserve.com](mailto:book@wildernessreserve.com) Prices are subject to change, check for updates at [www.wildernessreserve.com](http://www.wildernessreserve.com)

