

# Spa Days

cottonmill

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# Classic Treatments

## *60 Minutes*

### *Face*

ELEMIS Superfood Pro-Radiance  
ELEMIS Sensitive Skin Soother  
ESPA Inner Beauty Facial  
ESPA Optimal Skin Health Facial  
Be Nurtured Facial

### *Body*

ELEMIS Garden of England  
ELEMIS Body Nectar  
Nourishing Wrap  
ESPA Lift-and-Firm Hip & Thigh Treatment  
ESPA Body Wrap

### *Massage & Well-being*

ESPA Inner Calm Massage  
Aromatherapy Associates Well-being Personalised Massage  
Rahanni Healing  
Reflexology Crystal Healing & Massage  
Upper Body Bliss

### *Pregnancy*

ELEMIS Peaceful Pregnancy Massage  
ESPA Prenatal Relax & Restore

## *90 Minutes*

### *Body*

ELEMIS Garden of England

### *Massage & Well-being*

ESPA Inner Calm Massage

### *Pregnancy*

ELEMIS Peaceful Pregnancy Face &  
Body Experience  
ESPA Prenatal Relax & Restore

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# Premium Treatments

## *60 Minutes*

### *Face*

ELEMIS Pro-Collagen Age Defy  
ELEMIS Dynamic Resurfacing Precision Peel

### *Massage & Well-being*

ELEMIS Freestyle Deep Tissue Massage  
ELEMIS Deeper Than Deep Hot Stone Massage  
Aromatherapy Associates Intensive Muscle Release  
Aromatherapy Associates The Ultimate Detox Reviver

### *Sand*

ELEMIS Poultice-Powered Muscle Release  
ELEMIS Amber & Quartz Body Restore Ritual  
ESPA Quartz Poultice Massage  
Cottonmill Sound & Sand

### *Water*

ELEMIS Exotic Frangipani Body Scrub With Wrap & Vichy Shower  
ESPA Vichy Affusion Massage  
Cottonmill Cottonmill Signature Vichy

# Premium Treatments

## *90 Minutes*

### *Face*

ESPA Natural Face Lift

### *Body*

ESPA Back, Face & Scalp Treatment  
Be Nurtured Back, Face & Scalp

### *Massage & Well-being*

ELEMIS Freestyle Deep Tissue Massage  
ELEMIS Deeper Than Deep Hot Stone Massage  
ESPA Strength & Resilience Massage  
ESPA Mindful Massage  
Aromatherapy Associates Inner Harmony Cottonmill Signature

### *Sand*

ESPA Quartz Poultice Massage

### *Water*

ESPA Vichy Affusion Massage

