

# Spa Days

## Treatment Choices

cottonmill

## 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

### 90 Minutes\*\*

#### Body

ELEMIS Garden of England

#### Massage & Well-being

ESPA Inner Calm Massage

#### Body

ELEMIS Garden of England ELEMIS  
Body Nectar Nourishing Wrap  
ELEMIS Touch Face & Back  
ESPA Body Wrap

#### Pregnancy

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

#### Massage & Well-being

ESPA Inner Calm Massage  
ESPA Be Nurtured Massage  
Cottonmill Signature Massage  
Upper Body Bliss  
Full Body Scrub with Back, Neck & Shoulder Massage

#### Pregnancy

ELEMIS Peaceful Pregnancy Massage  
ESPA Prenatal Relax & Restore

#### Men

ELEMIS Superfood Pro-Radiance Facial  
ELEMIS High Performance Skin Energiser Facial  
Gentleman's Full Body Scrub with Back, Neck & Shoulder Massage

## Premium Treatments

*ANY 60 minute premium treatment can be substituted for a 60 minute classic treatment if you would prefer.*

### 60 Minutes

#### Face\*

ELEMIS Pro-Collagen Age Defy  
ELEMIS Dynamic Resurfacing Precision Peel

#### Massage & Well-being

ELEMIS Freestyle Deep Tissue Massage

## Premium Treatments

*ANY 90 minute premium treatment can be substituted for a 90 minute classic treatment if you would prefer.*

### 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  
Cottonmill Signature Inner Harmony

#### Men

ELEMIS Freestyle Deep Tissue Massage  
ELEMIS Deeper Than Deep Hot Stone Massage

*Please note:*

*\* Facials are available from 1st August 2020*

*\*\* 90 minute treatments are unavailable until further notice under government guidelines.*



[cottonmillspa.com](http://cottonmillspa.com)