

Spa Days

Treatment  
Choices

cottonmill

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## Classic Treatments

### 60 Minutes

#### Face

ELEMIS Superfood Pro-Radiance  
ELEMIS Sensitive Skin Soother  
Aromatherapy Associates  
The Ultimate Aromatherapy Facial

#### Body

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

#### Massage & Well-being

Aromatherapy Associates Well-being Personalised Massage  
Cottonmill Signature Massage  
Upper Body Bliss  
Full Body Scrub with Back, Neck & Shoulder Massage

#### Pregnancy

ELEMIS Peaceful Pregnancy Massage  
Aromatherapy Associates Ultimate Pregnancy Massage

#### Men

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

### 90 Minutes

#### Face

Aromatherapy Associates  
The Ultimate Aromatherapy Facial

#### Body

ELEMIS Garden of England

#### Pregnancy

ELEMIS Peaceful Pregnancy Face &  
Body Experience

## 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

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

#### Sand

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

#### Water

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

#### Men

ELEMIS Poultice-Powered Muscle Release Massage  
ELEMIS Freestyle Deep Tissue Massage  
ELEMIS Deeper than Deep Hot Stone Massage  
Aromatherapy Associates Intensive Muscle Release Massage  
Cottonmill Signature Vichy Massage

## Premium Treatments

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

### 90 Minutes

#### Massage & Well-being

ELEMIS Freestyle Deep Tissue Massage  
ELEMIS Deeper Than Deep Hot Stone Massage  
Cottonmill Signature Inner Harmony

#### Men

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

*Please note under government guidelines we are not able to perform treatments of more than 60 minutes.*

