

# Spa Days

cottonmill

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# Cottonmill

Enjoy use of the Cottonmill facilities, including a 14.5-metre swimming pool, thermal area with sauna, steam, 2 spa pools, heated seat, a state-of-the-art gym, and poolside terrace. After a treatment, rest in the Rose Relaxation Room. For comfort, you will receive a robe and flip-flops on arrival.

## Half Day

### The Sundown

Mon-Thurs £70 | Fri & Sun £80

4.00pm – Close  
Includes a 3 course dinner in the Brasserie

### Afternoon Delight

Mon-Thurs £80 | Fri & Sun £90

2.00pm – Close  
Includes Afternoon Tea in the Pantry

### Evening Escape

Mon-Thurs £150 | Fri & Sun £160

4.00pm – Close  
1 x 60 minute classic treatment  
Includes a 3 course dinner in the Brasserie and a glass of Prosecco or wine

## Full Day

### The Sopwell

Mon-Thurs £80 | Fri & Sun £110

9.00am – 6.00pm  
Includes a 3 course lunch in the Pantry

### The Classic

Mon-Thurs £150 | Fri & Sun £170

9.00am – 6.00pm  
1 x 60 minute classic treatment  
Includes a 3 course lunch in the Pantry

### The Harmony

Mon-Thurs £230 | Fri & Sun £250

9.00am – 6.00pm  
1 x 60 minute classic treatment  
1 x 60 minute premium treatment  
Includes a 3 course lunch in the Pantry

### The Babymoon

Mon-Thurs £200 | Fri & Sun £220

9.00am – 6.00pm  
1 x 60 minute pregnancy massage  
1 x 55 minute manicure or pedicure  
Includes a 3 course lunch in the Pantry

### The Gentleman

Mon-Thurs £185 | Fri & Sun £205

9.00am – 6.00pm  
1 x 60 minute men's body treatment  
1 x 30 minute Vichy treatment  
Includes a 3 course lunch in the Pantry

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

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*See list of classic or premium treatments on the reverse to make your selection*

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# The Club at Cottonmill

A truly world-class facility, join The Club at Cottonmill for a day. As well as all the Cottonmill facilities, you will have access to its exclusive inner sanctum, including the massaging hydrotherapy pool, landscaped spa garden with loungers, cabanas, fire pits and hot tubs.

Discover the Whisper Room and Deep Relaxation Room, experience showers, panoramic sauna and botanical steam room to ensure total wind down for body and mind. For comfort, you will receive a robe and flip flops on arrival.

## Half Day

### The Duchess

Mon-Thurs £240 | Sun £260

2.00pm - Close  
1 x 60 minute premium treatment  
1 x 55 minute manicure or pedicure  
Includes a 3 course dinner in the Brasserie with a glass of Prosecco

### The Refresh

Mon-Thurs £180 | Fri & Sun £200

2.00pm - Close  
1 x 60 minute premium treatment  
Includes Afternoon Tea in the Pantry

### Evening Retreat

Mon-Thurs £185 | Fri & Sun £205

4.00pm - Close  
1 x 60 minute premium treatment  
Includes a 3 course dinner in the Brasserie with a glass of Prosecco

## Full Day

### The Elements

Mon-Thurs £280 | Fri & Sun £305

9.00am - 6.00pm  
2 x 60 minute premium treatments  
Includes a 3 course lunch in the Pantry

### The Sanctuary

Mon-Thurs £315 | Fri & Sun £340

9.00am - 6.00pm  
1 x 90 minute premium treatment  
1 x 60 minute facial  
Includes a 3 course lunch in the Pantry and a glass of Prosecco

### Babymoon Plus

Mon-Thurs £230 | Fri & Sun £255

9.00am - 6.00pm  
1 x 90 minute pregnancy massage  
1 x 55 minute manicure or pedicure  
Includes a 3 course lunch in the Pantry

### The Nobleman

Mon-Thurs £270 | Fri & Sun £295

9.00am - 6.00pm  
1 x 60 minute men's facial  
1 x 60 minute men's body treatment  
Includes a 3 course lunch in the Pantry

### The Club Day

Mon-Thurs £140 | Fri & Sun £180

9.00am - 6.00pm  
Includes a 3 course lunch in the Pantry

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

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*See list of classic or premium treatments on the reverse to make your selection*

## 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 Massage  
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 Poullice-Powered Muscle Release  
ELEMIS Amber & Quartz Body Restore Ritual

#### Water

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

#### Men

ELEMIS Poullice-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

*Treatments are even better together.  
Our Double Treatment Room is available upon request.*

*Please note under government guidelines we are not able to  
perform treatments of more than 60 minutes.  
Our water treatments are also currently unavailable.*

