

Spa Days

Treatment
Choices

cottonmill

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 our Sand and Water treatments are
available from the 17th May onwards.*

