

COTSWOLD
HOUSE

HOTEL & SPA

SPA TREATMENT MENU

TREATMENT MENU

The Spa at Cotswold House has been created to provide a complete Spa Retreat in the beautiful Cotswold Countryside. We welcome you into our tranquil and relaxing setting located in our stunning hotel gardens. It's the perfect environment to forget the worries and stresses of everyday life.

As you enter the Spa you will be embraced by the aroma of our products from The Natural Spa Factory. We are proud to be working with a local product from Bath which is 100% Naturally Sourced and vegan friendly. The Natural Spa Factory all began in 2009, where it was set up by a Husband and Wife supplying independent businesses with natural, authentic and considered products that can provide inSPAration to spas, salons, hotels and a true home spa experience for those of us who crave nice things.

They use botanically sourced ingredients derived by nature like herbs, plants and flowers and try to avoid as many nasties as possible.

Our treatment menu is designed to be equally suitable for men and women and for you to leave feeling completely revitalised and restored.

Our facilities include:

- Hydrotherapy pool
- Aromatic steam room
- Relaxation area
- 5 treatment rooms to enjoy a range of our treatments
- Manicure room
- Hair Salon

OPENING TIMES

**Our opening times are 10am - 6pm,
7 days a week.**

If you are staying at Cotswold House or the Noel Arms, please be advised that you will need to book a 2-hour slot to use our Spa facilities. We recommend booking as soon as you can to avoid disappointment.



BODY TREATMENTS

RECHARGE

30 minute Back, Neck and Shoulder Massage

Monday - Thursday £50 | Friday - Sunday £55

A deeply relaxing massage targeting the Back, Neck and Shoulders. This 30-minute treatment is designed for relieving tension, improving flexibility and eliminating stress. A perfect treatment for any time of the day.

ENERGISING AND DETOXIFYING BODY POLISH

1hr

Monday - Thursday £85 | Friday - Sunday £95

Our Natural Spa Factory's body polish's are perfect for exfoliating dead skin cells, smoothing the skin and stimulation circulation. The Natural Spa Factory polish's are also packed with iron and vitamins to purify and brighten the body. This treatment entails a full body polish before being smothered in our hydrating body milk!

THE ESSENTIAL HOT STONE THERAPY

1hr Hot Stone Massage

Monday - Thursday £85 | Friday - Sunday £95

A full body massage with the use of Basalt Hot Stones to help penetrate deeper in the muscles. The heat from the stones helps ease muscle tension and promote deep relaxation.



BODY TREATMENTS

COMPLETELY BESPOKE

1hr Full Body Massage

Monday - Thursday £85 | Friday - Sunday £95

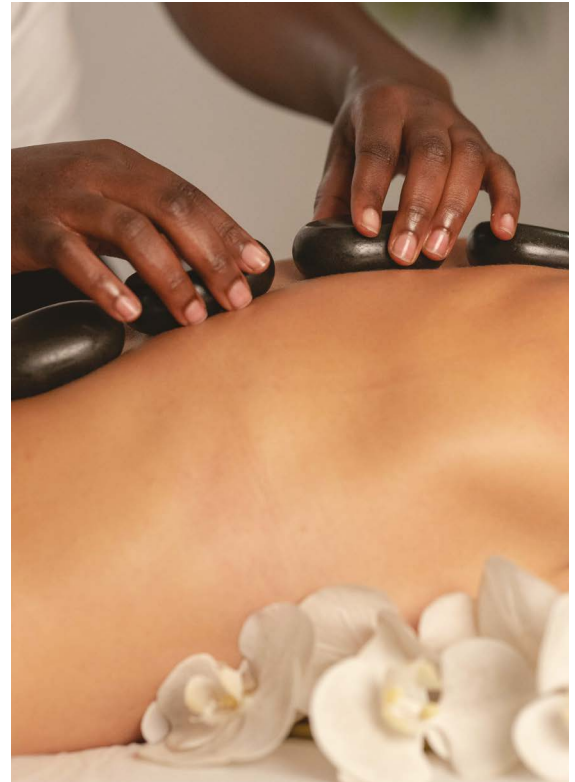
Our most popular treatment. This full body massage is tailor made to your personal needs. Your therapist will focus on the areas which you think need the most work, to help you feel rebalanced and recharged.

THE PERFECT TRIO OF TREATMENTS

1hr 15minutes Trio. Back, Neck and Shoulder Massage, Facial and Scalp Massage

Monday - Thursday £110 | Friday - Sunday £120

A Back, Neck and Shoulder Massage, Express Facial complete with a scalp massage. Ideal for those who want a taste of everything. This treatment is the meaning of pure relaxation from start to finish. Your therapist will completely tailor this treatment to you, focusing on your skin concerns, areas of tension and pressure points. This is an all round treatment to leave you feeling completely brand new.



FACIALS

ILLUMINATE YOUR DAY!

1hr Illuminate Facial

Monday - Thursday £85 | Friday - Sunday £95

Energise your skin with a nutritional boost from The Natural Spa Factory's Illuminate facial range. Packed with natural ingredients such as rice bran oil and alpine plants to leave skin feeling fresh and radiant. The rice bran oil is proven to improve skin's elasticity making it appear more youthful and plump. 1 hour of pure bliss!

COLLAGEN BOOST

1hr 15minutes Collagen Facial

Monday - Thursday £100 | Friday - Sunday £110

Bring your skin back to life with our Collagen Facial. This facial encourages exceptional moisturising properties, whilst boosting those dehydrated cells. This luxurious facial helps to restructure the dermal tissue and fight against ageing. The skins natural renewal process is kick started for firmer and more radiant skin!

ILLUMINATE YOUR DAY!

30 minute Illuminate Facial

Monday - Thursday £55 | Friday - Sunday £60

Give yourself an instant glow with our 30-minute Illuminate facial. This facial is a great start to a healthy skin routine. Let us give your skin what it deserves.



FACIALS

23 CARAT GOLD FACIAL - 1hr 15 minutes Anti-Ageing Facial *(Monday - Thursday £100 | Friday - Sunday £110)*

This treatment is suitable for all skin types, but in particular those in search of anti- ageing results. This facial uses The Natural Spa Factory's finest natural ingredients. Developed from the most luxurious ingredients, our Gold range is the perfect combination of Grape leaf, pearl and caviar extract, gold shine and skin loving ingredients. This treatment also includes a Back, Neck and Shoulder massage to really send you to Cloud 9!

EXTRAS

BUMPS A DAISY

1hr Pregnancy Treatment

Monday - Thursday £90 | Friday - Sunday £100

We understand the strain your body goes under during pregnancy. Your therapist will begin with a relaxing full body massage followed by an express facial. Essential oils are used to help ease the effect of water retention, muscle fatigue and encourage a much needed restful night's sleep! **A DOCTOR'S NOTE IS MANDATORY BEFORE HAVING ANY TREATMENTS WHILST PREGNANT.**

LOWER LEG AND FOOT RITUAL

30 minutes

Monday - Thursday £40 | Friday - Sunday £50

A perfect treatment for tired, achy legs. Your treatment begins with a relaxing foot soak in our Natural Spa Factory Himalayan Salts to help encourage the removal of any unwanted hard skin. An exfoliation is performed followed by a lower leg and foot massage which is strongly advised after a long walk around the Cotswolds!

NAIL TREATMENTS

COTSWOLD DELUXE PEDICURE

1hr/1hr 15 minutes with Gel

Monday - Thursday £50 | Friday - Sunday £60

A little treat for the feet! Using luxury ProSpa OPI Products to soak, exfoliate, massage, and mask your feet, your therapist will then complete nail shaping and cuticle work to then finish with the OPI Infinite Shine of your choice. Upgrade to OPI Gel for an additional £10.

COTSWOLD DELUXE MANICURE

1hr/1hr 15 minutes with Gel

Monday - Thursday £50 | Friday - Sunday £60

Using luxury ProSpa OPI Products to soak, exfoliate, massage, and mask your hands, your therapist will then complete nail shaping and cuticle work to then finish with the OPI Infinite Shine of your choice. Upgrade to OPI Gel for an additional £10.

Please remove existing gel polish prior to your nail treatment.

TINTING

EYEBROW - 15 minutes - £15

EYELASH - 15 minutes - £15

EYELASH AND EYEBROW - £25

Patch test is required 24 hours before appointment.

WAXING

EYEBROW - 15 minutes - £12

LIP - 15 minutes - £12

CHIN - 15 minutes - £12

UNDERARM/FOREARMS - 15 minutes - £15

BIKINI - 20 minutes - £18

BRAZILIAN - 30 minutes - £30

HOLLYWOOD - 30 minutes - £45

½ LEG/¾ LEG - 30 minutes - £20/£25

FULL LEG - 45 minutes - £30

MEN CHEST/BACK - 30 minutes - £25

SPA DAY PACKAGES

'UNWIND'

Monday - Thursday £69 | Friday - Sunday £79

Choice of a 30-minute treatment, either a Back, Neck, and Shoulder Massage or a 30 minute facial. 1.5 hours facility use and glass of prosecco.

Enjoy 10% off our Spa retail.

A locker with a robe, slippers and towel are provided for your day.

'PAMPER DAY'

Monday - Thursday £129 | Friday - Sunday £149

Includes a 30-minute Express Facial, 30 minute Back, Neck and Shoulder Massage and a 30 minute Manicure or Pedicure. 4 hours facility use.

Glass of prosecco to be enjoyed at the Spa.

Enjoy 10% off our Spa retail.

A locker with a robe, slippers and towel are provided for your day.

'THE GETAWAY'

Monday - Thursday £119 | Friday - Sunday £129

Choice of any 60-minute treatment, 4 hours facility use and a Cream Tea to be enjoyed at Cotswold House Hotel.

Enjoy 10% off our Spa retail.

A locker with a robe, slippers and towel are provided for your day.

'DAY DREAMER'

Monday - Thursday £149 | Friday - Sunday £159

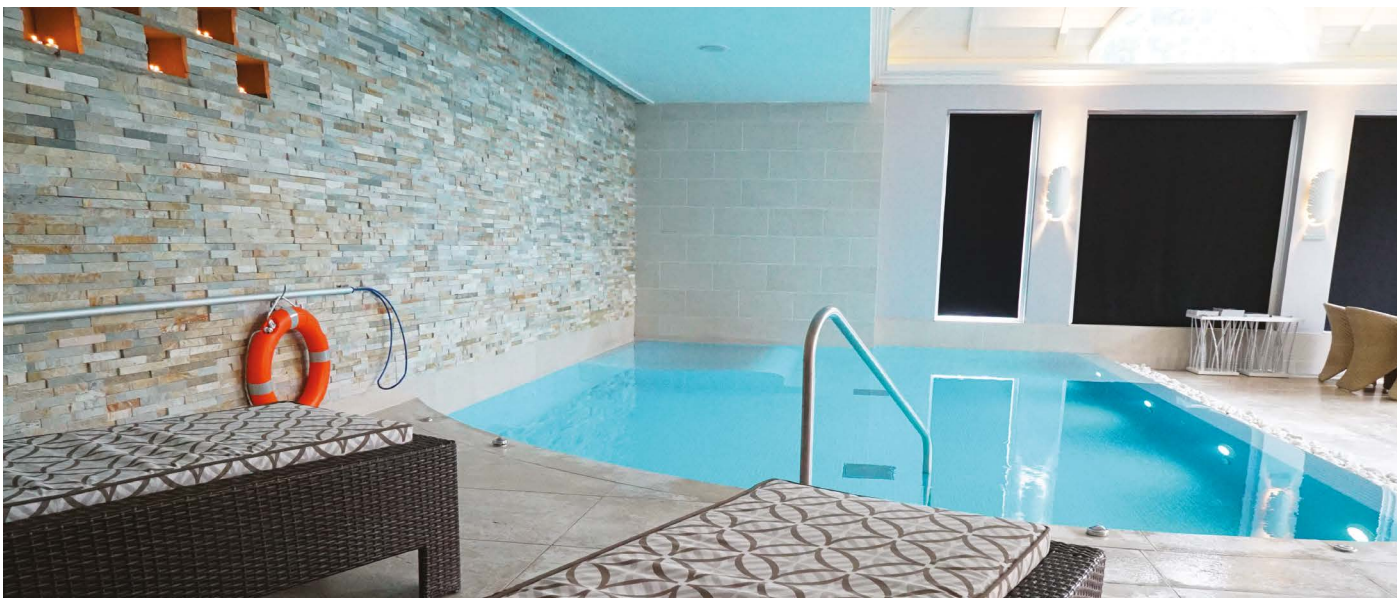
Choice of any 75-minute treatment and all-day facility use from 10am - 5:30pm.

£15 to be enjoyed at Cotswold House Hotel towards food and drinks.

A glass of prosecco to be enjoyed at the Spa.

Enjoy 10% off our Spa retail.

A locker with a robe, slippers and towel are provided for your day.



SPA EXCLUSIVE USE

Make the Spa your own for the evening. Enjoy exclusive use from 6pm onwards. This can be for facility use only, or why not add a few indulgent treatments. The Spa can accommodate up to 11 guests at one time. Choose either one of our Spa Days or create something unique to suit your needs.

For more information, please contact the Spa Manager on spamanager@cotswoldhouse.com.

INFORMATION

BOOKING AND CANCELLATION POLICY

When making your appointment, credit card details will be required at the time to confirm your booking. 48 hours' notice is required to cancel or reschedule appointments and Spa Days otherwise the full cost will be charged, unless we can resell the day. We will, of course make every effort to do this and advise if successful.

TREATMENT TIME

Please arrive at the Spa at least 15 minutes prior to your scheduled appointment to allow time to change relax and fill out our consultation form. If you are late and there is no room to move your appointment, we will unfortunately have to make a reduction in your treatment time.

AGE

The Spa facilities and treatments are only available for persons 18 years old and over.

GIFT VOUCHERS

Gift vouchers are available for any treatment, day package or monetary value. They can be purchased at the Spa, over the phone or on our website, www.cotswoldhouse.com

CONSULTATION AND HEALTH

Please make the Spa aware of any medical conditions you may have when booking your treatments. All personal information will be kept secure and confidential. If you have high blood pressure, heart conditions, cancer or any other medical condition or complications please seek medical advice from your doctor before signing up for any spa treatment or spa day.

PLEASE NOTE WE ARE UNABLE TO OFFER ANY TREATMENTS TO CLIENTS UNDER 12 WEEKS PREGNANT. A DOCTOR'S NOTE IS MANDATORY BEFORE HAVING ANY TREATMENTS WHILST PREGNANT. If you are pregnant, please speak to a member of the reception team before using the facilities. Our Bumps a Daisy treatment is only suitable for pregnancies over 12 weeks.

CONTACT DETAILS

Tel: 01386 840330

Email: spareception@cotswoldhouse.com

Website: www.cotswoldhouse.com/spa

 [cotswoldhousespa](https://www.instagram.com/cotswoldhousespa)  [@Spacotswold](https://www.facebook.com/Spacotswold)

COTSWOLD HOUSE

HOTEL & SPA

The Spa at Cotswold House
Back Ends, Chipping Campden, GL55 6AU



Spa Gift Vouchers
Available Here