

# COTSWOLD HOUSE

HOTEL & SPA

## SPA TREATMENT MENU



*La Sultane de Saba®*

# TREATMENT MENU

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The Spa at Cotswold House Hotel has been created to provide a complete spa retreat in the glorious Cotswold Countryside. We welcome you into a tranquil and relaxing setting in our peaceful landscaped townhouse garden, the perfect environment to forget the worries and stresses of everyday life.

For our treatments we have chosen the exclusive La Sultane de Saba Spa brand, with products carefully selected for their product integrity, therapeutic principles and results orientation.

Our therapies have been designed for maximum benefit and are delivered with expertise and commitment to your well-being, mixing traditional and contemporary treatment methods, because we believe that combining the two helps maximise the results.

Our variety of products and treatments ensure balance and wellbeing, helping you towards a total renewed state of rejuvenation.

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 suite
- Six therapy rooms to enjoy a range of therapies and unique signature treatments

## 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.*

La Sultane de Saba  
PARIS



TRAVEL BEYOND  
YOUR SENSES

## THE PRODUCTS WE USE

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### LA SULTANE DE SABA

The exclusive French spa skincare brand, La Sultane de Saba unleashes the secrets of precious rituals and recipes that have been passed down through generations, dating back to the time of the Queen of Sheba and Cleopatra.

This family-owned, Parisian-based artisan brand has its roots in Morocco, with expertise that spans across the lands of the rising sun. Each treatment and product is a treasure, hand crafted with heart and soul. Every essence of this is captured within The Spa at Cotswold House to deliver an awe-inspiring experience.

We reveal the power and results that can be achieved from these pure, natural ingredients combining rare essences from the mystical Eastern lands with age-old remedies.

You're guaranteed to drift into another world where each step takes you on a 'journey'. Here is where you will discover a truly magical sense of well-being both inside and out.



## FACE

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La Sultane de Saba facials encapsulate skin-perfecting techniques from the French beauty spas with ancient natural and organic Eastern remedies. This powerful combination ensures you will experience a deeply relaxing facial as well as achieving exceptional results. Each treatment will be tailored to your skin's specific needs and concerns, and our team of highly-trained therapists will adapt your treatment to optimise results.

### RADIANT ROSE FACIAL

#### 30-minutes

*Monday - Thursday £55 | Friday - Sunday £60*

#### 60-minutes

*Monday - Thursday £90 | Friday - Sunday £100*

Experience our Radiant Rose facial using our delicate Rose range, which is renowned for restoring radiance and youthfulness to the skin. This facial focuses on smoothing and hydrating the skin whilst the natural rose pigment enhances and brightens your overall complexion. Your skin is left looking fresh and dewy with rose petal softness.



### 23-CARAT GOLD FACIAL

#### 60-minutes

*Monday - Thursday £100 | Friday - Sunday £110*

#### 75-minutes

*Monday - Thursday £115 | Friday - Sunday £125*

Cleopatra was known to sleep in a gold mask to enhance her beauty. This exceptionally relaxing, performance facial harnesses the magical benefits of 23-Carat gold along with luscious caviar extract, mother of pearl, vitamin E and argan oil. This is the ultimate anti-ageing, lifting and nourishing treatment bringing immediate results.

*Upgrade to a 75 minute version which includes the nourishing Gold peel off mask. This setting mask will be applied over the face including eyes and mouth areas, bringing instant results enhancing radiance and tone.*

## FACE

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### **PURE ARGAN OIL FACIAL**

**30-minutes**

*Monday - Thursday £55 | Friday - Sunday £60*

**60-minutes**

*Monday - Thursday £90 | Friday - Sunday £100*

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Packed with anti-oxidants, essential fatty acids and a high concentration of vitamin E, this highly acclaimed argan oil, sourced direct from the Moroccan argan tree, offers an exceptional level of nutrients to revive and restore a lack-lustre complexion.

Great for all skin types and especially those needing some extra TLC. The healing and nourishing virtues encourage skin cell regeneration, restoring a more youthful complexion which is velvety soft and visibly brighter.

### **MINDFUL MASSAGE - 30-minutes**

*Monday - Thursday £50 | Friday - Sunday £55*

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This face and scalp massage can help reduce tension in the face and head, increasing circulation to those important muscles. It can also help relieve headaches, sinusitis, tired eyes, and sore scalp. Clear your mind with this 30-minute treatment.

## BODY

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### **BACK, NECK AND SHOULDER MASSAGE - 30-minutes**

*Monday - Thursday £55 | Friday - Sunday £60*

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A relaxing Shea Butter massage targeting the Back, Neck and Shoulder's. This treatment is designed for relieving tension, improving flexibility and eliminating stress. A perfect treatment for any time of the day.

### **BLACK SOAP CLEANSE WITH BACK MASSAGE**

**30-minutes**

*Monday - Thursday £60 | Friday - Sunday £70*

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Our traditional Black Soap deeply cleanses and opens up any clogged pores. This refreshing back treatment leaves the skin soft, balanced and beautiful all over. The perfect treatment for the areas you can't reach.

### **LOWER LEG AND FOOT RITUAL - 30-minutes**

*Monday - Thursday £45 | Friday - Sunday £55*

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A perfect treatment for tired, achy legs. Your treatment begins with a relaxing foot soak 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 Cotswold's!

### **SWEETNESS IN BLOOM PREGNANCY MASSAGE**

**60-minutes**

*Monday - Thursday £90 | Friday - Sunday £100*

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We understand the strain your body goes under during pregnancy. This massage treatment will help ease those unwanted aches and pains. A mixture of warm Shea Butter and Orange Blossom Oil are used to help ease the effect of water retention, muscle fatigue and encourage a much needed restful night's sleep.



## BODY

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### **BODY POLISH - 60-minutes**

*Monday - Thursday £95 | Friday - Sunday £105*

This luxurious treatment starts with a deep exfoliating body polish with the famous Black Soap. This treatment helps to remove dead skin cells and boosts circulation. Followed by a relaxing Shea Butter massage leaving you feeling brand new. Skin is left feeling soft, supple and re-nourished.

### **DEEP CLEANSING RASSOUL RITUAL - 90-minutes**

*Monday - Thursday £150 | Friday - Sunday £160*

An age-old purifying ritual from the heart of Morocco. The traditional Black Soap deeply cleanses and exfoliates the skin with the help of a Kessa Mitt. Once pure relaxation sets in you will then be smothered in Rassoul Lava Clay from the foothills of the Atlas mountains, warmed with a luscious Honey, Rose and Ginger Mask and melted Shea Butter. The body is enveloped in this highly effective, detoxifying wrap whilst you enjoy an express facial and scalp massage.

The minerals and vitamins effectively removes impurities, conditions, smooths and restructures the skin's tissue leaving skin noticeably radiant and beautifully soft.

### **SHEA BUTTER MASSAGE - 60-minutes**

*Monday - Thursday £90 | Friday - Sunday £100*

A warm signature blend of pure natural Shea Butter melted with your chosen oil, then gently drizzled over the body and a truly relaxing full body massage is performed. A combination of flowing, rhythmic moves, using pressure to suit you, will melt away stress and tensions whilst easing aching muscles.

### **THE TRIO - 75-minutes**

*Monday - Thursday £115 | Friday - Sunday £125*

A Back, Neck and Shoulder Massage, Express Hydrating Facial complete with a Relaxing 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 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.





## SPA DAY PACKAGES

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You will receive a robe, towel and flips flops to use for the duration of your day. A selection of complimentary teas and coffee is also available to enjoy.

### ZEN

*Monday - Thursday £75 | Friday - Sunday £85*

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- 1 x 30 minute treatment
- 1.5 hours of facility use
- Tea and coffee available
- £5 towards retail

### SPA EXCLUSIVE USE

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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 13 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](mailto:spamanager@cotswoldhouse.com).

### HIDEAWAY

*Monday - Thursday £125 | Friday - Sunday £135*

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- 1 x 60 minute treatment (Excluding Gold Facial)
- 3 hours of facility use
- Cream Tea served at Cotswold House
- Tea and coffee available
- £10 towards retail

### ULTIMATE ESCAPE

*Monday - Thursday £200 | Friday - Sunday £210*

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- 1 x 90 minute treatment each, choices are:
  - Deep Cleansing Rassoul Ritual
  - Shea Butter Massage & Argan Oil Facial
  - Radiant Rose Facial & Back, Neck and Shoulder Massage.
- All day use of facilities. 10am - 5:30pm
- Champagne Afternoon Tea served at Cotswold House
- Tea and coffee available
- £10 towards retail



# INFORMATION

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## 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. Gift vouchers only to be purchased online through our website.  
[www.cotswoldhouse.com](http://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.

If you are pregnant, please speak to a member of the reception team before using the facilities. Our Sweetness in Bloom treatment is only suitable for pregnancies between 12 - 37 weeks.

## CONTACT DETAILS

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Tel: 01386 840330

Email: [spareception@cotswoldhouse.com](mailto:spareception@cotswoldhouse.com)

Website: [www.cotswoldhouse.com/spa](http://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  
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Spa Gift Vouchers  
Available Here