



Cotswold House
Hotel & Spa

SPA TREATMENT MENU

www.bespokehotels.com/cotswoldhouse

DECLÉOR
PARIS

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.

Decleor's holistic treatments are famous worldwide for their heavenly feel and simply stunning results. Every treatment begins with the unique back diagnostic massage; utterly relaxing for you and a wonderful insight to your therapist into your overall state of health – and therefore your precise needs. The use of expert massage techniques and 100% pure, preservative-free Essential Oils address the demands of every single skin type to leave all complexions balanced, comforted and glowing with health.

They will leave you feeling completely revitalised and restored. All of our treatments are designed to be equally suitable for men and women.

Our facilities include:

- Hydrotherapy pool
- Aromatic steam room
- Relaxation suite
- Seven therapy rooms to enjoy a range of therapies and unique signature treatments.

The Spa Team





Cotswold House Hotel & Spa

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Ultimate Vitamin Glow

Award winning vitamin facial to leave your skin visibly radiant - 60min

This internationally renowned, multi-award winning facial is power-packed with vitamins and anti-oxidants. Stress simply melts away thanks to five deeply relaxing massage techniques and the ideal rebalancing aromatic elixir for your complexion. Our deliciously warm and decongesting mask softly cocoons skin, providing the perfect environment for it to flourish. Skin is left deep cleansed, perfectly replenished and glowing with vitality.

Mon-Thurs £70 | Fri-Sun £80

Harmonie Calm

Desensitises and reinforces stressed, fragile and reactive skin - 1hour 15min

This intensely soothing treatment instantly relieves irritated complexions. Acting like a calming comfort blanket, Blueberry Extract soothes angry, sore skin; a cooling algae plasticizing mask peels away to reveal a calmer, soother surface. Redresses all types of sensitivity whether due to stress, poor diet, illness, medication or simply general fatigue. Skin becomes clear, soothed and more resilient to environmental aggressions.

Mon-Thurs £75 | Fri-Sun £85

Oxygenating Pure & Matt

Intensely balancing and detoxifying for visible clarity
1hour 15min

This mattifying facial targets spots, blemishes, open pores and excessive shine. Includes a balancing and deeply oxygenating power mask to bring instant clarity to dull, devitalised skin; a three-stage massage ritual also intensively detoxifies, relaxes and refines uneven texture. Brings previously oily, combination and dull skin back to life leaving it luminous, crystal clear, beautifully matte and completely flawless.

Mon-Thurs £75 | Fri-Sun £85

White Radiance

Vitamin C packed facial for sheer brilliance
1hour 15min

Exclusive and advanced Vitamin C technology is applied twice during the brightening facial to help restore luminosity, lighten pigmentation marks and turbo charger for cell regeneration, A potent radiance revealing mask targets all causes of uneven skin tone including pregnancy, menopause and sun damaged, correcting and regulating for a positive difference. Skin reclaims its natural fresh faced finish, perfection for any special occasion.

Mon-Thurs £75 | Fri-Sun £85

Discovery Facial

The effective rescue remedy for perfectly radiant skin
30min

Discover what makes Decleor facials world famous with this divine 'taster'. When you're short of time but want to bring back an irresistibly healthy complexion, this is the perfect rescue remedy. For rapid results, your expert therapist uses a combination of massage, Essential Oils and gentle polish to smooth and revitalise tired skin leaving it fresh and radiant instead.

Mon-Thurs £50 | Fri-Sun £55

Aurabsolu Glow Power Boost

A power booster facial to awaken the skin and senses
30min

For instant refined and flawless skin, this power packed facial will awaken even the most tired of complexions in the shortest of times. Exquisite massage techniques revitalise the mind and body whilst the powerful infusion of Essential Oils in the hydrogel mask leave the skin with an airbrushed luminosity and as fresh as the morning dew.

Mon-Thurs £50 | Fri-Sun £55

DECLEOR FACIALS



Three technologically advanced facials to fight every concern, each with precise and blissful rituals. Based on 40 years of skincare expertise and utilising the latest technological breakthroughs in anti-ageing care, they bring a new lease of life to maturing complexions, offering dramatic improvement in skin tone and clarity.

Collagen Plump and Lift

Ultimately effective anti-ageing facial leaving the skin plumper and firmer - 1 hour 15min

Energising but luxurious, specialised massage helps recharge skin tissues while an indulgent, collagen-rich mask infuses the complexion with skin-plumping nutrients. The skins natural renewal process is kick-started for firmer, radiant skin.

Mon-Thurs £80 | Fri-Sun £90

Advanced Sculpt and Lift

Triple performance to eliminate wrinkles, loss of tone and dryness – 1hour 15min

Wrinkle correcting, radiance boosting and visibly plumping, our advanced solution to anti-ageing gives outstanding results. Concentrating on improving lines, loss of firmness, dryness and sensitivity, it rehydrates and strengthens from within. Includes the exclusive Excellence Sculpting Massage to focus on key area – eyes, face, neck, chest and arms. Using our toning and re-energising QI boosters plus the premium Excellence range, its stimulates collagen production to invigorate, recharge and firm skin for new luminosity.

Mon-Thurs £80 | Fri-Sun £90

Hyaluronic Acid Wrinkle Resist

Youth-boosting anti-wrinkle treatment - 1hour 15min

Hyaluronic Acid and powerful youth-boosting ingredients combine with gentle exfoliation to target lines and wrinkles and deliver immediate, dramatic results. A potent mask packed with antioxidants and Galanga extract lifts, plumps and firms for a luminous, younger-looking complexion.

Mon-Thurs £80 | Fri-Sun £90

Vital Eyes

Anti ageing and visibly plumping for a smoother eye zone - 45min

Delicately nurturing the most sensitive and delicate part of the face, this specialised treatment is fatigue fighting, moisture quenching and wrinkle erasing. Decleor's unique toning eye technique stimulates micro circulation and encourages cell renewal while an intensively repairing, anti ageing eye mask also decongests and de-puffs. Leaves even contact lens wearers, hay fever sufferers and smoker with a dramatically brighter, younger looking eye zone.

Mon-Thurs £45 | Fri-Sun £50

DECLEOR ADVANCED ANTI-AGEING FACIALS



Deep Tissue Muscle Energiser Massage

Banishes tight muscles with deeply therapeutic massage techniques - 30min or 60min

Powerful, deep and strongly rhythmic movements make this customised massage pure therapy for body and soul. Created to alleviate stress deep down and release the discomfort of aching muscles (whether through fatigue or stress), 100% natural, Decleor Essential Oil Balms actively work with your body to release localised areas of intense tension. Leaves your mind feeling less cluttered and muscles intensely relaxed.

Mon-Thurs - 30min £45 | 60min £75

Fri-Sun - 30min £50 | 60min £85

Cotswold House Spa Signature Body Massage

(Not suitable for any stage of pregnancy)

Aroma Blend Refine & Firm Massage - 30min or 60min

A tailor-made body shaping ritual for lasting skin transformation. A completely new approach to massage and body sculpting. This highly effective massage is completely bespoke to you and your refining and firming needs, your therapist will blend a fusion of essential oils and plants oils to focus on what you would like to achieve and how you would like to feel. Your body will feel recharged and your emotions balanced.

Mon-Thurs - 30min £45 | Fri-Sun - 30min £50

Mon-Thurs - 60min £75 | Fri-Sun - 60min £80

Radiant Mum 2 Be

Safe and nurturing pregnancy ritual, suitable for pregnancies over 12 weeks - 1hour 15min

Pregnancy can take its toll on your body so relax and let a highly trained therapist safely and gently treat you to a truly nurturing experience. This blissful face and body treatment includes a comforting tummy mask that actively helps reduce the risk of stretch marks plus draining massage to reduce water retention thus lightening 'heavy' legs. A skin brightening facial ensures you look as glowing as you feel.

Mon-Thurs £80 | Fri-Sun £90

Aromatherapy Body Massage

30min, 60min, 90min

Everyday stresses and strains simply disappear with our heavenly Aromatherapy Massage to either relax, detoxify, tone or stimulate. The incredibly soothing sensation of the Warm Aromatherapy Balms, expertly blended from an exquisite elixir of natural Essential Oils, melt away tensions and ease stress for renewed energy and velvety skin.

Mon-Thurs - 30min £40 | 60min £70 | 90min £85

Fri-Sun - 30min £45 | 60min £80 | 90min £95

Aromatherapy Warm Stone Massage

Divine heated stones relax away muscle tension and strains - 60min

The most blissful way to soothe body and mind, stress doesn't stand a chance against this divine warm stone massage. Your personalised sensorial journey relies on the therapist's intuitive touch in harmony with smooth, heat releasing stones. Individually shaped, these magical stones help release tension, soothe aches and rebalance energy levels; the use of luxuriously melting Aromatic Balms ensures skin emerges soft as silk too.

Mon-Thurs £75 | Fri-Sun £85

Red Island Exfoliating Ritual

60min

Inspired by the magical island of Madagascar, powdered fruit seeds of Orange and Apricot plus essential oils and spices are used to polish and perfect skin leaving it in supreme condition. A delightfully relaxing massage with warm aromatherapy oils then allows your therapist to focus on any areas of tension and stress, re-energising and restoring vitality for skin that's beautifully nourished and exceptionally soft all over.

Mon-Thurs £70 | Fri-Sun £75



Aroma Wraps

Three tailor made cocooning full body envelopments. Each envelopment comprises three key elements- exfoliation, body mask then scalp and back massage. Offering total pleasure and comfort, our massage will then maximise penetration of the active ingredients for top to toe benefits. Expertly tailored to your specific needs.



Vanilla & Ylang Ylang Relaxing Hydration

Intensely calming and nourishing for super soft skin - 60min

Banish stress with this cocooning and warming relaxation wrap. Developed to improve wellbeing by relieving stress and unloading busy minds, indulgent self-heating ingredients actively helps reduce tension and stress. The perfect treatment for anyone with a hectic, demanding lifestyle who finds it hard to switch off, this sublimely relaxing envelopment includes deliciously soothing Vanilla as well as brightening Papaya Extract to leave skin satin smooth.

Mon-Thurs £70 | Fri-Sun £80

Anti-Fatigue Citrus Energy Boost

Energising and revitalising to improve circulation - 60min

Aches, pains and tiredness melt away with this super-stimulating treatment. The antidote to poor circulation, the refreshing full body wrap eases aching muscles and fights fatigue. Ideally situated to those who enjoy sport and or an active lifestyle, this warming zesty treatment also ensures cold hands and feet become a thing of the past. Revitalising Essential Oils of Lemon, Pepper and cypress even target varicose veins for total comfort all over.

Mon-Thurs £ 70 | Fri-Sun £80

Pepper & Grapefruit Slim Effect

Detoxifies and firms - 60min

Naturally invigorating and detoxifying Essential Oils are used to ultimate effect in this fat fighting and firming body envelopment. Combined with highly effective drainage massage techniques, the potent wrap drains toxins and cleanses away impurities to smooth the appearance of cellulite and refine overall shape. Fabulous for anyone wanting to lose weight and improve lumpy skin texture making in brilliant pre-holiday or post over indulgence.

Mon-Thurs £ 70 | Fri-Sun £80



Aroma Solutions

Each Shorter on time but not visible results, four targeted treatments tackle specific problems areas. One treatment is often all you'll need.

Soft Hands

**Repairing and renewing for supple, younger looking hands
30min**

Indulgently rich moisturising products combine with skin smoothers and soothers to nurture hard working hands. The perfect remedy for dry and damaged skin, this conditioning treatment works to nourish and repair split cuticles and hang nails plus strengthen weak, brittle nails. Includes a delicious hand and arm massage to leave you feeling ultra-relaxed and pampered. Superbly restorative after nail extensions.

Mon-Thurs £50 | Fri-Sun £55

Soft Feet

Transforms dry, cracked skin to velvety smooth - 30min

Tired, sore feet are lovingly conditioned and nourished in this luxuriously comforting treatment. Focused on restoring dry, cracked heels to smooth and silky, purifying and hydrating ingredients target any rough areas, including callouses. Aching feet and calves are also soothed thanks to a divine leg and foot massage. Skin is left polished, velvety and beautifully supple making it the ideal pre-holiday or post-party ritual.

Mon-Thurs £50 | Fri-Sun £55

Cellulite Expert Detox Therapy

Detoxing and re-sculpting for problem areas - 60min

Combat problem area like hips, thighs and buttocks with this dramatically re-sculpting treatment. After rejuvenating head to toe skin polish, your therapist uses bespoke intensive massage techniques to either eliminate toxins or help tone and firm. Use of Decleor's Slim Effect products which utilise state of the art contouring technology, means your body will look and feel smoother firmer and tighter.

Mon-Thurs £70 | Fri-Sun £80

Cleansing & Purifying Back Treatment

Decongests and brightens for a beautiful back - 30min

A facial for you back! Following our unique back diagnostic massage to relax and release blocked energy, a skin brightening exfoliation re-oxygenates skin while targeting spots, blackheads and general congestion. Essential Oils and Plant Extracts help rebalance and control oil and moisture levels. Essential pre-wedding and holidays, it transforms skin to super smooth and velvety to touch.

Mon-Thurs £45 | Fri-Sun £50

Tranquillity Scalp

Intensively relaxes to ease tension & aid sleep - 30min

Deeply relaxing, this blissful scalp treatment incorporates a pressure point massage to banish tension and encourage a good night's sleep. With stimulating and purifying Eucalyptus, Pepper and Rosemary – plus calming Lavender Essential Oils – it gives immediate results. With the option of including an exfoliation to target flakiness and styling product build up it also purifies the scalp and conditions hair. Simply serene.

Mon-Thurs £38 | Fri-Sun £45

Expert Firming & Toning Therapy

Reparative, targeted body sculptor - 45min

Bothered by stretch marks or loose skin? Our intensive localised mask – rich in youth boosting immortelle Essential Oil- doubles your skin's natural collagen reserves to combat slackening skin. Ideal for thighs, bust or stomach, skin regains tone, elasticity and hydration to leave it looking and feeling firmer and revitalised just as it should be.

Mon-Thurs £50 | Fri-Sun £55

TARGETED TREATMENTS



Intensive Energising Face Treatment

Kick Starts tired skin and minimises irritation - 60min

Over worked and skin showing the strain? This fatigue-fighting, anti-ageing treatment also targets and treats shaving bumps and irritation. An invigorating and hydrating pure energy mask made from Oak and Green Clay decongests deep down to re-energise skin. Combined with stress releasing massage techniques and Aromessence Triple Action serum with active Clove Oil, skin is left relaxed, smooth and healthy looking-reduced beard growth is a bonus.

Mon-Thurs £60 | Fri-Sun £70

Express Energising Face Treatment

Time saving and face saving - 30min

The high-speed solution to re-energise skin, this half hour anti-ageing treatment can be slotted into the busiest diary. Developed to re-charge and revive skin instantly, it includes thorough exfoliation and revitalising massage to give tired skin a lease of new life. Leaves every skin type clear, fresh and with reduced beard growth thanks to highly potent Clove Oil.

Mon-Thurs £40 | Fri-Sun £45

Intensive Energising Body Treatment

Blitzes tension and re-charges the mind - 60min

Combat long work hours and muscles tired from sport in this deeply re-charging treatment. Begins with an intense, therapeutic massage to de-stress tense neck and shoulders concentrating on tight or aching muscles. Followed by a full body exfoliation working to remove any dead skin cells on the body. An application of a heated body mask is applied on specific zones to de-stress and relieve any aching muscles.

Mon-Thurs £70 | Fri-Sun £80

Men's Deep Tissue Back and Shoulder Massage

The ultimate stress-buster - 30min

Highly Targeted treatment focussing solely on releasing tension in the back and shoulders with a powerful deep tissue massage. Intensely de-stressing to actively revitalise mind and body.

Mon-Thurs £45 | Fri-Sun £50

ONLY FOR MEN



So much more than a lick of paint, a Manicure/Pedicure means looking after the health of your Hands/Feet, Nails and Cuticles.



Express Manicure Or Pedicure

File, Cuticle work, Moisturise & Paint

Mon-Thurs £30 Fri-Sun £35

CND Shellac Manicure Or Pedicure

File, Cuticle work & Shellac application

Mon-Thurs £30 Fri-Sun £35

Shellac Removal

Removal, Nail File & Nourish

Mon-Thurs £15 Fri-Sun £20

Spa Manicure Or Pedicure

Includes a comforting warm soak, cuticle and nail grooming, mask application with heated boots/mitts, skin smoothing with an exfoliating lotion, a massage and an application of nail polish.

Mon-Thurs £50 Fri-Sun £55

Smooth Touch

Full Leg £30

Half Leg £20

Bikini £15

Under Arm £15

Lip £9.50

Eyebrow wax £9.50

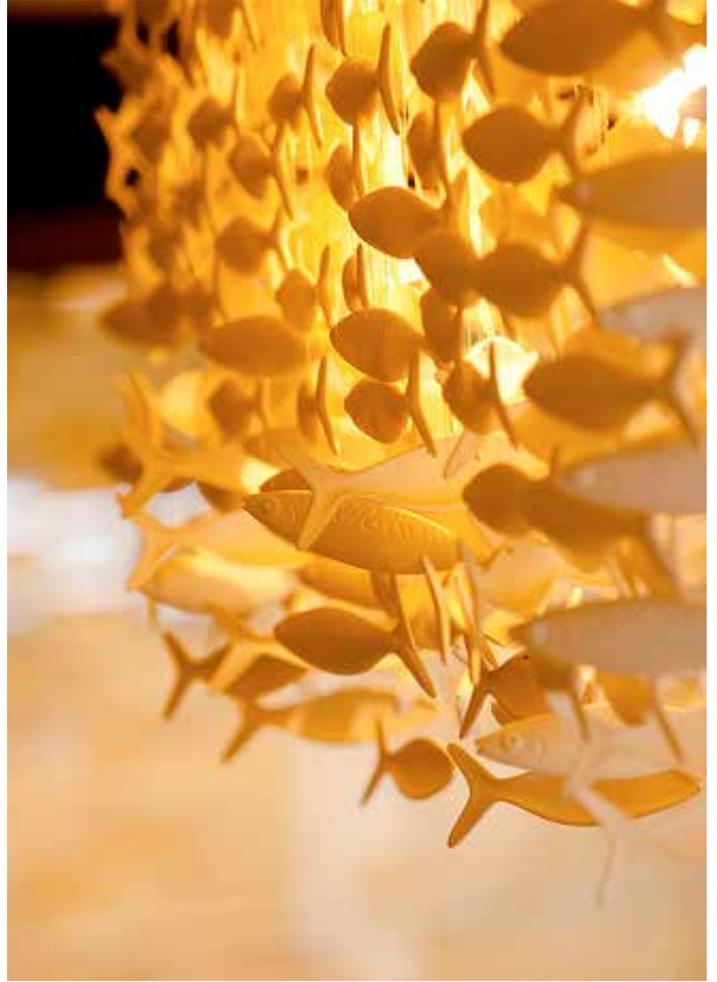
Tinting

Eyelash Tint £15

Eyebrow Tint £12

Eyelash & Eyebrow tint £25

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A tint test is required 24hours before appointment to ensure that there is no allergic reaction.



We have created a warm and relaxed spa ambience with an array of therapeutic experiences, holistic therapies and pure pamper. Our Bespoke Packages incorporate the key elements of the spa, thermal bathing, hydrotherapy, body cleansing and gentle exercise.

Choose either of our Bespoke Most Loved spa days or create something unique to suit your needs, such as our Be Quick, Be Complete or Be Superior packages. Our trained therapists will help create your perfect Bespoke treatment. Please collect vouchers for The Cotswold Grill from Spa Reception on arrival.

Spa Exclusive Use

Make the Spa your own for the day/night and you can make believe it's all yours, inviting friends to join you for a really indulgent treat.

Hire it for between 2 and 18 guests.

For more information please contact:
spamanager@cotswoldhouse.com



Be Quick

Choice of 25 minute express Face or Body treatment. Two hours facility use and a £5 voucher to be used in The Cotswold Grill.

Mon-Thurs £55 | Fri-Sun £60

Be Complete

Choice of any 60min treatment. Use of facilities all day and a £10 voucher to be used in The Cotswold Grill.

Mon-Thurs £95 | Fri-Sun £100

Be Superior

85 minutes worth of treatments. Use of facilities all day, glass of bucks fizz on arrival, a £20 voucher to be used in The Cotswold Grill and a £20 voucher towards spa products.

Mon-Thurs £145 | Fri-Sun £155

Be two....gether Mother & Daughter

25 Minute Discovery Facial

25 Minute Back, Neck & Shoulder Massage and a 25min Manicure or Pedicure each.

£10 voucher to the use at The Cotswold Grill for lunch

*Daughters must be over 18 years old

£180 Mon-Thurs | £190 Fri-Sun

Be Precious

Perfect for those special occasions.

Includes a 75 Minute facial and our Tranquil Scalp Massage.

£10 Voucher to be used in The Cotswold Grill for lunch

£115 Mon-Thurs | £125 Fri-Sun



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 re-schedule appointments otherwise the full treatment cost will be charged.

7 days' notice is required to cancel or re-schedule a Spa Day. Cancellations made less than 7 days before the scheduled Spa Day will be charged in full, unless we can re-sell the day. We will, of course, make every effort to do this and will advise if successful.

Treatment Time

Please check in at the spa reception at least 15 minutes prior to your scheduled appointment to allow time to change and relax and to avoid a reduction in treatment time. All times given include allowances for a room change round between treatments.

Children

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

Gift Vouchers

Gift vouchers are available for any treatment, package or monetary value and can be purchased at reception or by credit card over the phone.

Consultation and Health

For your first visit to the spa, a 15 minute consultation will be added to your treatment time to analyse your suitability for all treatments. Please make your Spa therapist aware of any medical conditions. All personal information will be kept secure and confidential.

If you have high blood pressure, heart conditions, are pregnant or have another medical conditions or complications, please seek medical advice from a member of the staff before using the facilities. We may advise you to consult your doctor before signing up for any spa services.

Due to health & safety considerations and the overriding safety of our guests, the capacity of the spa is restricted to 30 guests at any one time.

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