

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
- 6 treatment rooms to enjoy a range of our treatments
- 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

Back, Neck and Shoulder Massage (30-minutes)

Monday - Thursday £50 | Friday - Sunday £55

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

COMPLETELY BESPOKE MASSAGE

Full Body Massage (60-minutes)

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.

BACK TO BASICS

Back Polish and Back, Neck and Shoulder Massage (30-minutes)

Monday - Thursday £50 | Friday - Sunday £55

This back treatment is a refreshing treatment that leaves the skin soft, smooth, and beautiful all over. The perfect treatment for the areas you can't reach.

BODY GLOW

Full Body Polish (60-minutes)

Monday - Thursday £90 | Friday - Sunday £100

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

BODY TREATMENTS

PEACEFUL ESCAPE

A Full Body Massage with either a 15-minute Facial or a 15-minute Scalp Massage. (75-minutes)

Monday - Thursday £100 | Friday - Sunday £110

This is a wonderful way to achieve pure relaxation. Tension is massaged away, and aching muscles soothed. Add on the 15-minute treatment of your choice.



BUMPS A DAISY PREGNANCY MASSAGE

Pregnancy Massage (60-minutes)

Monday - Thursday £90 | Friday - Sunday £100

We understand the strain your body goes under during pregnancy. This treatment will help ease those unwanted aches and pain. Your therapist will begin with a relaxing full body massage followed by an express hydrating facial. Grapefruit, mandarin and neroli oils are used to help ease the effect of water retention, muscle fatigue and encourage a much needed restful night's sleep.

WINTER WARMER

Hot Stones (60-minutes) (October - May only)

Monday - Thursday £95 | Friday - Sunday £105

This idyllic massage uses warm stones to allow deep relaxation of your muscles.

BODY TREATMENTS

THE TRANQUIL TOUCH

**45-minute Back, Neck and Shoulder Massage +
45-minute Illuminate Your Day Facial (90-minutes)**
Monday - Thursday £125 | Friday - Sunday £135

An utterly uplifting experience, which includes a relaxing massage followed by a hydrating boosting facial.

THE PERFECT TRIO OF TREATMENTS

A Back, Neck and Shoulder Massage, Express Hydrating Facial complete with a Relaxing Scalp Massage. (75-minutes)
Monday - Thursday £110 | Friday - Sunday £120

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.

OUR COTSWOLD SIGNATURE

Full Body Massage with Express Hydrating Facial (90-minutes)
Monday - Thursday £125 | Friday - Sunday £135

A 90-minute treatment that combines a massage and facial offers a luxurious and comprehensive spa experience, allowing for both relaxation and rejuvenation.



FACIALS

MINDFUL MASSAGE

Face and Scalp Massage (30-minutes)

Monday - Thursday £50 | Friday - Sunday £55

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.

ILLUMINATE YOUR DAY FACIAL (60-minutes)

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 fresh and radiant. The rice bran oil is proven to improve skin's elasticity making it appear more youthful and plumper. 1 hour of pure bliss!

EXPRESS HYDRATING FACIAL (30-minutes)

Monday - Thursday £50 | Friday - Sunday £55

Give yourself an instant glow with our 30-minute Express Facial. Let us give your skin what it deserves.



FACIALS

COLLAGEN BOOST FACIAL (60-minutes)

Monday - Thursday £85 | Friday - Sunday £95

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.

OUR COTSWOLD SIGNATURE

Illuminate Your Day Facial with Back, Neck and Shoulder Massage (90-minutes)

Monday - Thursday £125 | Friday - Sunday £135

A 90-minute treatment that combines a massage and facial offers a luxurious and comprehensive spa experience, allowing for both relaxation and rejuvenation.



SPA DAY PACKAGES

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.

UNWIND

Monday - Thursday £69 | Friday - Sunday £79

Choice of a 30-minute treatment, either Express Hydrating Facial, Recharge Massage, Back to Basics or Mindful Massage. 1.5 hours use of facilities and a glass of prosecco is also included.

GETAWAY

Monday - Thursday £119 | Friday - Sunday £129

Choice of a 60-minute treatment, either Illuminate Your Day Facial, Collagen Boost Facial, Completely Bespoke Massage, Bumps a Daisy Pregnancy or Body Glow. 3 hours use of facilities and a cream tea is also included.

FIG AND VANILLA JOURNEY

Monday - Thursday £75 | Friday - Sunday £85

30-minute Back to Basics Treatment. Take away a product of your choice from our Fig and Vanilla Range. 1.5 hours use of facilities also included.

COTSWOLD ESCAPE

Monday - Thursday £135 | Friday - Sunday £145

Choice of a 75-minute treatment, either Perfect Trio of Treatments or Peaceful Escape Treatment. 4 hours use of facilities and a £10 food voucher to be used at Cotswold House Hotel is also included.

SPA DAY PACKAGES

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

PAMPER DAY

Monday - Thursday £149 | Friday - Sunday £159

90-minutes worth of treatments, these include a 30-minute Back to Basics treatment, 45-minute Illuminate Your Day Facial and a 15-minute Lower Leg Ritual. 2 hours use of facilities, glass of prosecco and a £10 food voucher to be used at Cotswold House Hotel is also included.

DAY DREAMER

Monday - Thursday £189 | Friday - Sunday £199

Choice of a 90-minute treatment, either The Tranquil Touch, Our Cotswold Signature - Massage or Our Cotswold Signature - Facial. All day use of facilities and a Full Champagne Afternoon Tea is also included.

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.

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 between 12 - 37 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