

# Spa Treatments at Cottons Hotel

## for your face

ESPA Intensive Facial	55mins	£57.00
- The Regenerator		
- The Skin Brightener		
- The Re-Balancer		
- The Re-Hydrator		
ESPA Eye Lift	25mins	£35.00
ESPA Super Active	1hr 25mins	£95.00
- Calming & Soothing		
- Lifting & Firming		
- Repairing & Restoring		
ESPA Concept Facial - Age Defyer	1hr 25mins	£75.00
Aromatherapy Back, Face & Scalp	1hr 25mins	£82.00

## for your body

Traditional Full Body Massage	55mins	£57.00
ESPA Aromatherapy Massage	1hr 10mins	£68.00
- Detoxifier		
- De-Stresser		
- Intensive Muscle Warmer		
- Jet Lag Reviver		
- Immune Booster		
- Energiser		
- Body Toner		
ESPA Lifesaving Back Treatment	55mins	£57.00
ESPA Total Body Care	1hr 25mins	£82.00
ESPA Ultimate Body Wrap	1hr 10mins	£68.00
- Marine Algae		
- Marine Mud		
- Oshadi Clay		

## specialist treatments

Totally Holistic Body Treatment	1hr 55mins	£95.00
ESPA Stimulating Hip & Thigh Treatment	1hr 10mins	£68.00
Indian Head Massage	40mins	£45.00
Reflexology	55mins	£55.00

## pregnancy

ESPA Pre-natal Treatment	1hr 25mins	£85.00
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## gentlemen please

Purifying Face, Shoulder & Scalp Massage	55mins	£57.00
Stress Buster	1hr 25mins	£82.00
Back, Face & Scalp with Hot Stones	1hr 40mins	£95.00
Lifesaving Back Treatment	55mins	£57.00
Foot & Leg Treatment with Hot Stones	1hr 10mins	£75.00
Jetlag Reviver	55mins	£57.00

## express treatments

Express Facial	25mins	£35.00
Back, Neck & Shoulder Massage	25mins	£35.00
Shoulder & Scalp Massage	25mins	£35.00
Body Polish	25mins	£35.00
Salt & Oil Scrub	25mins	£35.00
Eye Lift	25mins	£35.00
Jessica Nail Tidy & Varnish	25mins	£22.00

## hot stones & hydrotherm

We've highlighted treatments where hydrotherm or hot stones work well - just look out for the symbol and add 15 minutes to your treatment and the following supplement:



£13.00



£8.00

## tanning

St Tropez Spray		£30.00
St Tropez Half Body		£35.00
St Tropez Full Body		£50.00

## waxing and tinting

Full Leg Wax	40mins	£30.00
Half Leg Wax	25mins	£20.00
Bikini Wax	10mins	£15.00
Underarm Wax	10mins	£15.00
Lip Wax	10mins	£7.00
Chin Wax	10mins	£7.00
Eyebrow Wax	10mins	£13.00
Chest or Back Wax	25mins	£22.00
Eyelash Tint	25mins	£16.00
Eyebrow Tint	10mins	£13.00
Eyelash & Brow Tint (combined)	25mins	£26.00
Eyebrow Shape	10mins	£13.00

## finishing touches

Make Up Lesson	55mins	£45.00
Day/Evening Make-over	40mins	£35.00
Bridal Make-over	2 x 40mins	£70.00

## electrolysis

Electrolysis	10mins	£14.00
Electrolysis	25mins	£22.00

## your nails

Nail Tidy & Re-varnish	25mins	£22.00
Prescriptive Manicure	45mins	£30.00
Prescriptive Manicure Deluxe with Thermal Mittens	55mins	£35.00
Le Remedi Hand Treatment by Jessica	25mins	£20.00
Aroma Spa Pedicure	55mins	£35.00
Jessica Aroma Spa Pedicure Deluxe with Thermal Booties	1hr 10mins	£40.00

## day programmes

Express	55mins	£90.00
Holistic	1 hr 55mins	£120.00
Detox	2hrs 25mins	£135.00
Relax	2hrs 40mins	£155.00
Sheer Indulgence	3hrs 30mins	£185.00
Gents - Re-Charge	2hrs 15mins	£145.00
Pregnancy - Journey to New Beginnings	3hrs 45mins	£165.00

## signature packages

Escape	£235.00
Retreat	£395.00

Why not make your day programme a mini-break and stay overnight in one of our luxurious guest rooms?

Ask about our special rates for dinner, bed and breakfast.



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