



Spa Treatments at Cottons Hotel

for your face

ESPA Intensive Facial	55mins	£58.00
- Skin Radiance		
- Skin Purifying		
- De-Sensitiser		
- Re-Hydrator		
Performance Facials		
- Lift & Firm	55mins	£58.00
- ESPA Age Defyer with active serum	1hr 25mins	£77.00
- Regenerating Facial	55mins	£58.00
- Aromatherapy, Back, Face and Scalp 	1hr 25mins	£85.00

for your body

Traditional Full Body Massage  	55mins	£58.00
ESPA Aromatherapy Massage  	1hr 10mins	£69.00
- Detoxifier		
- De-Stresser		
- Intensive Muscle Warmer		
- Jet Lag Reviver		
- Immune Booster		
- Energiser		
- Body Toner		
ESPA Lifesaving Back Treatment 	55mins	£58.00
ESPA Total Body Care 	1hr 25mins	£85.00
ESPA Ultimate Body Wrap	1hr 10mins	£70.00
- Marine Algae		
- Marine Mud		
- Oshadi Clay		








specialist treatments

Chakra Balancing Body Treatment	1hr 55mins	£98.00
Anti-Cellulite Hip and Thigh Treatment	55mins	£70.00
Indian Head Massage	40mins	£46.00
Reflexology	55mins	£56.00

pregnancy

ESPA Pre-natal Treatment	1hr 25mins	£87.00
ESPA Post-natal Treatment	1hr 30mins	£87.00
Maternity Massage	50mins	£58.00

gentlemen please

Purifying Face, Shoulder & Scalp Massage  	55mins	£58.00
Stress Buster  	1hr 25mins	£85.00
Back, Face & Scalp with Hot Stones	1hr 40mins	£98.00
Lifesaving Back Treatment 	55mins	£58.00
Male Grooming - Prescriptive Manicure	45mins	£31.00
Jetlag Reviver  	55mins	£58.00

express treatments

ESPA Express Facial	25mins	£36.00
ESPA Back, Neck & Shoulder Massage	25mins	£36.00
ESPA Shoulder & Scalp Massage	25mins	£36.00
ESPA Body Polish	25mins	£36.00
ESPA Salt & Oil Scrub	25mins	£36.00
ESPA Eye Lift	25mins	£36.00
Jessica Nail Tidy & Varnish	25mins	£23.00

tanning

St Tropez Full Body Spray Tan	£30.00
St Tropez Half Body Spray Tan	£18.00

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:

 £14.00

 £8.00

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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
Eyebrow Threading	10mins	£15.00
Lip Threading	10mins	£8.00
Chin Threading	10mins	£8.00

finishing touches

Make Up Lesson	55mins	£47.00
Day/Evening Make-over	40mins	£40.00
Bridal Make-over	2 x 40mins	£75.00

electrolysis

Electrolysis	10mins	£14.00
Electrolysis	25mins	£22.00

your nails

Nail Tidy & Re-varnish	25mins	£23.00
Prescriptive Manicure	45mins	£31.00
Prescriptive Manicure Deluxe with Thermal Mittens	55mins	£37.00
Le Remedi Hand Treatment by Jessica	25mins	£22.00
Aroma Spa Pedicure	55mins	£36.00
Jessica Aroma Spa Pedicure Deluxe with Thermal Booties	1hr10mins	£42.00
Jessica Geleration		
- Jessica Gel Manicure	40mins	£40.00
- Jessica Gel Pedicure	55mins	£45.00
- Gel Removal (when bought with Manicure/Pedicure)	+15mins	£5.00
- Gel Removal	15mins	£12.00

Jan/12

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Lash Perfect Lashes

Full Set	1hr 30mins	£70.00
Infills (2-3 weeks)	45mins	£35.00

day programmes

Express	55mins	£92.00
Holistic	1hr 55mins	£125.00
Detox	2hrs 25mins	£140.00
Relax	2hrs 40mins	£160.00
Sheer Indulgence	3hrs 30mins	£190.00
Gents - Re-Charge	2hrs 15mins	£150.00
Pregnancy - Journey to New Beginnings	3hrs 45mins	£170.00

signature packages

Escape	from £99.00
Retreat	from £249.00

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.



t: 01565 622133

e: cottons.spatreatments@shirehotels.com

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