



cottonmill

Cottonmill  
an altogether  
different kind  
of Spa

The difference between a traditional spa and Cottonmill is a fundamental shift in mindset. Whereas most spas are orientated around their facilities and physical product, Cottonmill is focused on building a lifestyle community with and for its members. It's a place where people and the psychology of belonging have been put first.

The DNA of Cottonmill is similar, therefore, to the new generation private members' clubs, which are making waves across the world by offering exclusive benefits and personalised service to a carefully curated audience. Don't expect any of the stuffy rules associated with traditional clubs, however.

A stunning shared environment, located in a world-class spa, Cottonmill will be a warm and welcoming home to an elite family of like-minded individuals.

Within the spectacular Cottonmill, there is an inner sanctum, called 'The Club' at Cottonmill. Here, there are a number of additional spaces, facilities, events and benefits, which may be accessed exclusively by only a select few.

However you choose to use it, Cottonmill is as much a place to spend time with friends, to see and be seen as it is a space in which to get fit or enjoy an innovative array of pampering treatments.



# Indulgence Therapy

Everybody needs a haven. Cottonmill operates as much on receive mode as transmit, so whether you're feeling mindful or mindless, dynamic or restful, Cottonmill is interested in getting to know all the different versions of you.

The Spa at Cottonmill is a vision of unprecedented, internationally informed excellence. Conceived as a global leader, its founders have roamed from Utah to the Himalayas and everywhere in between to bring you a unique blend of ancient wisdom and leading-edge technology in a place you can call your own.

Cottonmill has also partnered with ELEMIS, and Aromatherapy Associates, two British innovators of the spa world, whose products and advanced treatments continue to challenge, develop and reconfigure the beauty industry.



# Inside Cottonmill

Designed to complement the dynamic needs of modern living, Cottonmill was brought to life by leading spa designers Sparcstudio. The dream was to build a place that felt integrated with its natural surroundings, as well as providing the latest in equipment, treatments and therapies. Cocoon-like but inspiring, somewhere sympathetic to mood and whim.

Open to all hotel guests and members, the swimming pool and state of the art gym are inspiring spaces created to enhance your fitness and well-being. After a workout, the sauna and starlit steam room ensure clarity of mind and a return to self.







### *Pool*

The 14.5m heated indoor swimming pool is atmospherically lit and ideal for either energising laps or a therapeutic soak.

There are two vitality pools to explore, as well as a sauna and steam room. Enjoy a quiet moment to read in the poolside relaxation area or terrace.

### *Gym*

Improve your fitness in a world-class gym equipped with the latest Technogym 'Artis' line of cardio strength and training machines. Flooded with light from the Georgian windows that overlook the gardens and backlit full length mirrors, there are zoned areas for weights and training.

Track your progress via the Technogym 'My Wellness' station, which holds all the details of your programme and performance.

### *Studio*

For added drive, join group classes in spinning, Pilates, HIIT and yoga, with the option of more intimate lessons in the subdivided areas that benefit from an atmospheric lighting system to energise your motivation or soothe your mood.





### *Salon*

Glossy grooming accompanied by a glass of Cottonmill Prosecco if you wish.

The salon incorporates bespoke designed manicure stations and consultation area.

Beautifully upholstered pedicure thrones and a double-sided display case reflect the patrician heritage of Sopwell House.

### *Rose Relaxation Room*

After treatments, sit back and let go in this gentle, calming space. Walls are lined with acoustic 'petals' and relaxation zones are discreetly divided by rose-tinted glass screens and sheer cotton.







### *Sitting Room*

The Sitting Room is the beating heart of Cottonmill. Choose to enjoy a light snack, fresh juice or specialty gin cocktail whilst taking a comfortable seat in front of the fireplace.



### *Pantry*

Warm terracotta and natural oak panelling bring a sense of nature into the Pantry, our relaxed restaurant serving hot and cold lunch options. Enjoy a selection of chef's daily specials, seasonal soups and indulgent desserts, with no need to change out of your robe.





The Club at Cottonmill



# The Club at Cottonmill

The Club is a spectacular inner sanctum of Cottonmill, featuring world-class spaces and facilities that are accessible only to a select group of members and a limited number of guests.

Perfectly private, perfectly personal. We have toured the globe to hand-pick the best elements from spas both world-renowned and secret, adding our own innovations along the way.







### *Garden Room*

Sumptuous banquettes and glass walls that give way to soothing views over the idyllic spa gardens provide a space to relax in after the Salt Steam Room or Organic Sauna. Arranged around the statement fireplace, hanging seats are a playful touch.

Float from inside to outside through the sleek, thermal pools, which are lined in green slate. Breathe the fresh air at the 'infinity' edge and luxuriate in a range of pool experiences including bubble beds and massage jets.



### *Dressing Rooms*

Begin and end your spa experience in style. Gently lit by Tom Dixon marble wall lights, the stone parquet flooring is heated. Cleanse under a state of the art Dornbracht shower, with a selection of hair and beauty products to hand.

Vanity islands are equipped with Dyson Supersonic hairdryers and all the essentials, ensuring that every need is taken care of.



### *Deep Relaxation Room*

Allow your senses to be gently stimulated in this cocoon-like zone.

The warm, softly-vibrating surface of the Four Senses lounge soothes the body, while special sonic and aroma compositions will induce a meditative state.



### *Whisper Room*

Find cosy respite on the relaxation beds positioned by a showpiece fireplace benefiting from views over the gardens.

This is a room in which to switch off your phone and your mind, to enjoy a few blissful moments of peace.







### *Thermal Suite*

Our curved Organic Sauna overlooks the gardens, and is seasonally scented with essential oils. For revitalised skin, the Salt Steam Room releases toxins under the brine salt injection system. A lighter experience than the Salt Steam, the Botanical Steam Room houses a herbal infusion bowl.

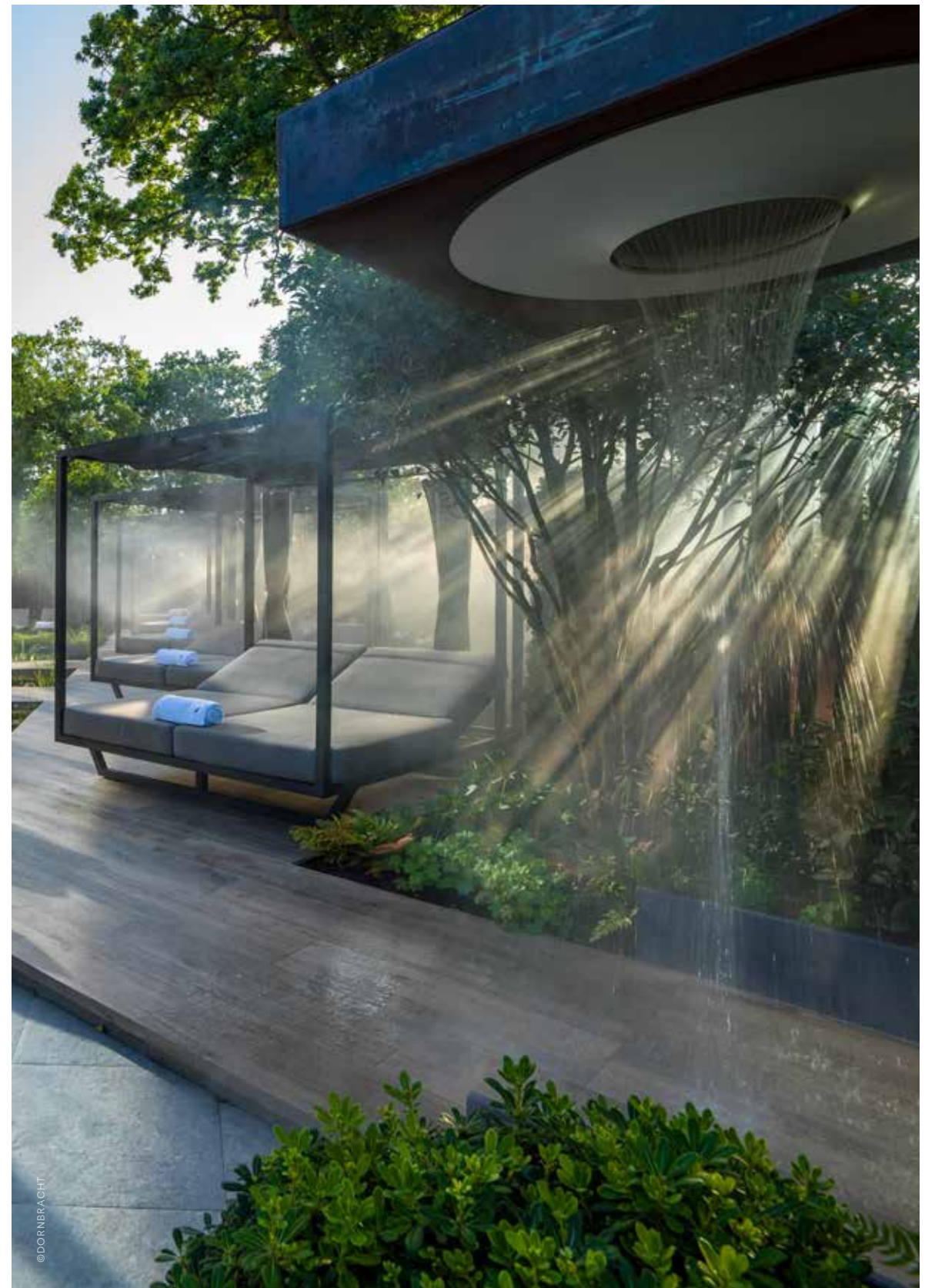
Take refuge in the Panoramic Sauna or cool off in the experience showers.



Applying technology that is based on the behaviour of real weather, the Dornbracht luxury shower, Sensory Sky, recreates the sensation of showering in the open air.

The four modes of the outdoor Aquamoon shower cocoon you in a multisensory experience that supports you both mentally and physically.

Alleviate stress and stimulate muscle tone with the surrounding flow modes and massage jets of the Vertical Shower. This is an extraordinary massage experience that may be adjusted from heavy, relaxing water drops to powerful, energising streams. A reinvigorating journey for the body, which boosts blood flow and natural immunity.







The Gardens





## *Gardens*

Designed by Ann-Marie Powell, a gold medal-winning RHS Chelsea Flower Show designer, the spa gardens are a space to enrich the soul.

A glass of chilled rosé stretched out on a blissful cabana, where the scent of the flowers unfolds as the sun goes down. Catching up with friends in the freshness of a spring morning, as the buds promise to blossom. Cold, brisk walks that clear the mind and get your blood pumping before a workout and steam.

The gardens are home to three secluded outdoor hot tubs, each of which is decorated with intricate mosaic tiling and features massaging air jets.

Bubbling with the soothing sound of water features inspired by the River Ver, an outdoor shower and infinity thermal pool emerges from within the spa. The private gardens are a space for members and guests to savour the sun on their faces, to rest, relax, meet for drinks or gather around the firepit. A peaceful space, tailored to whatever the need is at any given time.



# Membership & Access

## *Cottonmill*

Cottonmill members enjoy access to the state of the art gym, featuring the latest Technogym 'Artis' line equipment. Classes are included in the membership and are taken in the energising studio.

The swimming pool with vitality pools, sauna, steam room, and poolside terrace are also free to enjoy, alongside post-treatment comfort in the Rose Relaxation Room.

## *The Club at Cottonmill*

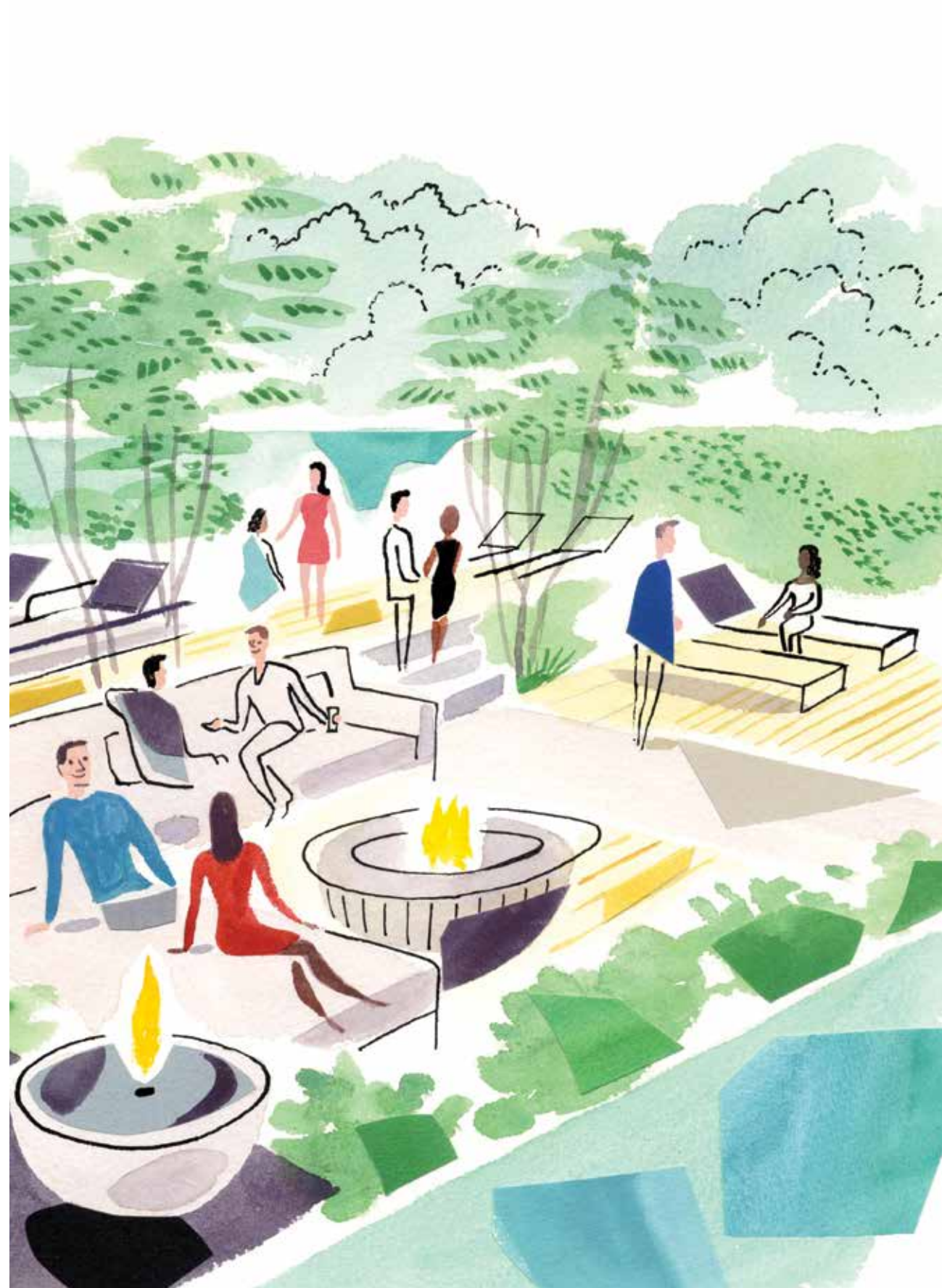
Members of The Club at Cottonmill enjoy access to all of the above, alongside some truly world-class spa experiences and access to an elite community. Sink into the massaging hydrotherapy pool, then float your way out to the spa garden. Ample loungers, cabanas, firepits and hot tubs are interwoven into a landscaped oasis of flora and fauna.

The first floor Whisper Room is perfect for those looking for a calming and restorative space. The Deep Relaxation Room, experience showers, Panoramic Sauna and Botanical Steam Room ensure total wind down for body and mind.

## *Hotel and Day Access*

Day access to Cottonmill is complimentary for guests staying in the hotel, whilst those staying in the Mews accommodation are granted automatic upgrade to The Club at Cottonmill.

Book a spa day or longer spa break to truly experience the full benefits of indulgence therapy.



To start a conversation, please call us on  
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