

cottonmill

This is Indulgence Therapy

Treatments Menu

Welcome to Cottonmill

A dream realised, the spa is a culmination of international research into the most state-of-the-art facilities and treatments available, brought under one roof to thrive in the Hertfordshire countryside.

We have partnered with ELEMIS and Aromatherapy Associates, two British Titans of the spa world whose products and innovative treatments continue to challenge, develop and reconfigure the beauty industry.

Traditional therapies, like reflexology and Rahanni healing, sit alongside a range of pioneering treatments developed exclusively for Cottonmill. From bespoke massages, to treatments that work on healing the body as a whole, Cottonmill has carefully blended the finest techniques from ancient cultures.

Let Cottonmill's beauty experts nurture and restore your body, mind and complexion using globally recognised treatments that have not only stood the test of time, but are changing the future of skincare.

Facilities at Cottonmill

With sparkling reception and retail areas, arriving at Cottonmill is a delight to the senses. Enjoy an artisan coffee in the Sitting Room, stretched out in front of the open fireplace, before taking a dip in the pool and a revitalising steam. The gym features the latest Technogym "Artis" line equipment, and the studio is equipped with bespoke atmospheric lighting, to energise or soothe your mood.

Those with access to The Club at Cottonmill can enjoy all of the above alongside some truly world-class spa experiences. Sink into the massaging hydrotherapy pool, then float your way out to the spa garden, designed by RHS Chelsea Flower Show gold medal-winner Ann-Marie Powell.

Ample loungers, cabanas, fire pits 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. A deep relaxation room, experience showers, panoramic sauna and botanical steam room ensure total wind down for body and mind.



Vitality

A collection of treatments to energise and awaken the senses



Peaceful

Treatments designed to switch off the mind and encourage a deep state of relaxation



Detox

Cleansing and stimulating for natural detoxification. Body treatments are firming and anti-cellulite. Facial treatments are deep cleansing



Harmonising

Balancing treatments to stop, reset and go!



Add-on

These treatments are only available in addition to a regular appointment and are the perfect way to extend your treatment

Facials

Elemis

Bespoke facial therapy using innovative skincare from the globally renowned brand, ELEMIS.

The ELEMIS Pro-Glow 60-minute hands-on facial treatments harness innovative cleansers, serums, and masks to suit your skin, whilst ancient and modern massage techniques from around the world leave you with a 'lit from within' glow. In just one treatment, skin is visibly rejuvenated.

Choose from the below:

🌿 Pro-Glow Renewal 60 mins

ELEMIS signature triple cleanse facial provides hyper-focused resurfacing and moisture boosting results to unlock a healthy, lit-from within glow. In just one treatment, skin looks visibly refreshed, renewed and radiant.

🕒 Pro-Glow Smooth 60 mins

This powerful anti-ageing facial smooths the look of fine lines and wrinkles, fills out expression lines and plumps skin with optimal hydration to reveal a youthful appearance.

💖 Pro-Glow Resurface 60 mins

Transform the skin's texture whilst minimising the look of uneven skin tone, enlarged pores and congestion for a renewed, stunningly smooth complexion.

💖 Pro-Glow Brilliance 60 mins

Awaken dull, lacklustre-looking skin with this radiance boosting facial for a visibly brighter, glowing complexion.

🕒 ELEMIS Express Facial + 30 mins

A personalised mini facial treatment tailored to help all skin concerns. This express treatment includes cleansing, toning, exfoliation, mask application and bespoke massage with tailored serums and creams.

Aromatherapy Associates

🕒 The Ultimate Wellbeing Facial by Aromatherapy Associates 90 mins

More than just a facial, this pioneering treatment focusses on lowering stress levels in the body and encouraging a full reset and repair for the skin and mind. Next generation products harnessing botanical actives are used to deeply cleanse and hydrate for visibly glowing skin. An optional abdomen massage alongside specialised massage techniques for the face, décolleté and scalp help to release areas of tension and improve blood flow.

💖 The Ultimate Glow Facial by Aromatherapy Associates 60 mins

Perfect for brightening the skin, this revitalising facial is designed to support the skin's natural defences. A soothing décolleté, face and scalp massage stimulates circulation and releases tension for ultimate relaxation, while carefully crafted essential oils rejuvenate the skin and mind for an immediate glowing complexion.

🕒 The Ultimate Rebalancing Facial by Aromatherapy Associates 60 mins

A soothing facial crafted for skin under stress. From the intuitive aromatherapy inhalation to our breathing rituals powered by aromatherapy, this treatment calms the skin and mind. Perfect for those with sensitive or oily to combination skin in need of a deep cleanse, leaving the skin supple and hydrated. Skin stress relief technology alongside a unique essential oil blend and botanical actives work to lower stress levels in the mind and skin.

Advanced Skin

iS CLINICAL

Cosmeceutical skincare brand iS CLINICAL has a strong following around the world and is coveted for its results-driven and clinically proven botanical approach to improving skin health. Formulations are designed to optimise and hydrate the skin and can be integrated with clinically proven wavelengths of the acclaimed Déesse low-level light therapy to safely stimulate natural cellular responses and rejuvenate the skin.*

♡ *Fire & Ice with LED*

60 mins

Anti-ageing, hydrating, anti-acneic. This treatment encompasses two professional treatment masques featuring sugar cane extract (source of glycolic acid) retinol (vitamin A) and niacinamide (vitamin B3), whilst the rejuvenating masque formulated with potent antioxidants (source of hyaluronic acid) aloe vera, green tea and rosemary extract, soothes, hydrates and nourishes. The treatment is finished with Déesse Pro, which stimulates natural cellular responses and leads to skin rejuvenation and improvement of common problematic skin conditions.

🌀 *Foaming Enzyme Optimising Treatment Facial with LED*

60 mins

Results-driven, brightening, tightening – great for sensitive skin. Designed to revive tired, and congested skin, this facial features a powerful foaming enzyme masque system, combining papaya and pineapple enzymes with a clinical grade of glycolic acid. Bio-active ingredients exfoliate and deeply cleanse the pores to reveal a polished radiant complexion. The treatment is finished with Déesse Pro, which stimulates natural cellular responses and leads to skin rejuvenation and improvement of common problematic skin conditions.

🌀 *Deep Cleansing Purity Facial with LED*

60 mins

Cleansing, clarifying and rejuvenating. Featuring a triple resurfacing system of botanical formulations this deep cleansing facial is designed to remove dead skin, encourage cellular renewal and deeply cleanse the skin whilst providing essential nutrients and hydration to reveal a brighter and renewed skin surface. The treatment is finished with Déesse Pro, which stimulates natural cellular responses and leads to skin rejuvenation and improvement of common problematic skin conditions.

🌀 *Déesse Pro LED*

+ 15 mins

Using safe, low-level light therapy in five variations, this add on treatment is anti-ageing, purifying, detoxifying and calming. A clinically* proven technique which rejuvenates and improves even the most problematic of skin conditions. This is a light therapy treatment that can be added to most massages or facials.



ELEMIS

The ELEMIS Pro-Glow+ Facial treatment harnesses the revolutionary power of advanced cold therapy with our NEW Subzero CryO2 Therapy, Advanced Light Therapy, Microcurrent, Galvanic and Oxygen Infusions. In just one treatment, skin is visibly rejuvenated, refreshed and radiant.

♡ Pro-Glow+ Facial Treatment

60 mins

Depending on your skins needs, your therapist will personalise your facial treatment using the new BIOTEC 2.0 technologies and will select one of the below best suited to your needs:

- **Renewal** – For a healthy gorgeous glow, after just one treatment skin looks visibly refreshed and rebalanced
- **Resurface** – Dull, uneven, tired looking skin will appear instantly renewed and stunningly smooth and clear.
- **Cryo2 Sculpt** – Age defying facial, reveal a visibly lifted appearance and improve the look of deep-set lines.
- **Smooth** – Skin will appear more vibrant with improved feeling of firmness and elasticity
- **Brilliance** – Revealing a super healthy complexion, you'll feel radiant relaxed and more glowing



Body

Body

ELEMIS Body

⊕ *ELEMIS Garden of England*

60/90 mins

Take a walk in an English rose garden and condition your skin and muscles with the ultimate relaxing experience. Indulge with a bespoke and lavishly hydrating massage and micro wrap. This deeply nurturing massage uses a unique blend of oils to maintain elasticity and restore skin's moisture barrier. The body is then wrapped in soft waffle sheets to encourage absorption, leaving the skin exquisitely moisturised, supple and scented. The extended treatment includes an Elemis pressure point facial & scalp massage.

⊕ *ELEMIS Body Nectar Nourishing Wrap*

60 mins

A deeply grounding experience for skin that's never felt softer. Velvety monoi oil is swept over the body for super hydration, quenching thirsty skin and parched areas. The body is softly cocooned and warmed while the mood-balancing aromatics and skin conditioning oils do their work. Neck, shoulder and scalp massages ease you further into relaxation.

♡ *ELEMIS Intensely Cleansing Salt Scrub*

+ 30 mins

An invigorating experience with the mineral-rich, cleansing power of salt. Dead skin cells are gently sloughed away, encouraging the skin's regeneration and leaving the body smooth and responsive to oils and balms. Once thoroughly revived, the body is swept with oils for velvety-soft, conditioned skin. .

⊙ *ELEMIS Touch Face and Back*

60 mins

All-embracing Elemis hands on experience combining a soothing back massage with optional use of hot stones followed by a personalised facial.

Massages are even better together. Our Double Treatment Room is available on request.



Massage & Well-being

Massage & Well-being

Well-being by Aromatherapy Associates

For more than 30 years, Aromatherapy Associates has been specialising in harnessing the healing powers of the finest natural ingredients, purest extracts and essential oils. Combined with their many years of experience as therapists they have seen first-hand how essential oils have effectively enhanced people's physical, mental and emotional well-being. Leaders in aromatherapy, their passion delivers award-winning products that work on a deeper level to allow natural radiance and beauty to shine through.

🕒 Cottonmill Signature Inner Harmony

60/90 mins

An intense massage ritual designed by Aromatherapy Associates exclusively for Cottonmill. Choose one of 12 signature plant and flower oils, then select crystals to be incorporated into your treatment to bring about balance and harmony. With your chosen oil, your therapist will use a combination of Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. The extended treatment includes a facial and scalp pressure point massage.

🤍 Intensive Muscle Release

60 mins

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

Calm at Cottonmill

We have curated a range of signature treatments which bring together time-honoured techniques from traditional healing practices, to help release negativity and soothe body and mind.

🕒 Cottonmill Signature Massage + 30/60 mins

This personalised massage treatment will allow the therapist to use their own skills to combine different massage techniques to target specific areas of concern.

🕒 Rahanni Healing + 30/60 mins

Rahanni is a traditional practice used for releasing negativity and the old ways of thinking. Negative energies are replaced by inner peace, positive thought and compassion. It is administered by 'laying on hands' and is based on the idea that an unseen 'life force energy' flows through us and is what causes us to be alive. Rahanni creates many beneficial effects that include relaxation and feelings of peace, security and well-being.

🕒 Reflexology 60 mins

An ancient pressure point massage technique for the feet combined with crystal healing to help unlock energy channels, increase circulation and create a state of relaxation. Crystals are placed on out of balance chakra areas to boost the healing effect of the reflexology and promote health and well-being.

🕒 Upper Body Bliss 60 mins

A deeply relaxing massage working on the upper back, neck, head, scalp and face. Rhythmic movements are performed to soothe, calm and restore peace. The treatment also includes sensory testing, facial cleansing with a hot towel and an intensive head massage.

🕒 Full Body Scrub with Back, Neck & Shoulder Massage 60 mins

Reveal soft and hydrated skin with an intensely cleansing full body lime & ginger or frangipani salt scrub followed by a soothing back, neck and shoulder massage to release tension and soothe the muscles.

ELEMIS

🕒 ELEMIS Freestyle Deep Tissue Massage 60/90 mins

Alleviate stress and soften the body with a tailored deep tissue treatment. Your therapist will select an aromatic oil to suit your concerns. Skin is prepped and circulation is boosted whilst the flowing massage works deeply into the tension, leaving you grounded and restored.

🕒 ELEMIS Hot Stone Massage 60/90 mins

Relax your body and deeply hydrate your skin with this restoring muscle treatment. Balinese hot stones are bathed in exotic frangipani monoi body oil and worked gently into the muscles, loosening tension and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles and intensely hydrated skin.

Massages are even better together. Our Double Treatment Room is available on request.

Sand & Water

Sand & Water

Sand

Ancient wisdom says that immersing your body in hot sand eases the symptoms of many medical conditions, including aching joints and muscle pain. Taking this principle of thermal therapy, Cottonmill guests are invited to experience a range of specialist treatments. The Amber and Quartz Crystal Bed eases tension from the body through undulating massage and dynamic flow, while stimulating the cells.

⊕ *Cottonmill Sound & Sand*

| + 30/60 mins

As you lay on the warm and comforting amber sand, the quartz bed will gently vibrate relaxing your back and neck area. Beginning with gentle stretches, singing bowls are chimed providing harmonising sounds, then a pressure point scalp massage helps clear the mind. The longer experience includes a back, neck and shoulder massage.

♡ *Cottonmill Quartz Poultice Massage*

| 60 mins

Unique warm Amber and Quartz poultice are used to dissolve knots and ease tensions around the body. Partnered with a soothing pressure point facial massage, this treatment targets the main areas of tension on the back, feet, face and scalp, leaving your body fully restored and invigorated.

Water

Originating in the French spa town Vichy, the Vichy shower combines the power of six shower jets directed at different pressure points on the reclining body. The innovative massage shower brings a feeling of relaxation that is only possible while lying horizontally.

♡ *Cottonmill Signature Vichy*

| 60 mins

Relax, recline and let the hydrotherapy improve blood circulation, hydrate the skin and bring the body back in balance. The journey begins with a full body exfoliation to remove dead skin cells followed by a soothing back massage and back of legs massage whilst the hydrotherapy works on each area.



Pregnancy

Pregnancy

Pregnancy

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of pregnancy.

⊕ *ELEMIS Peaceful Pregnancy Massage*

| 60 mins

Mothers-to-be are restored to optimum wellness with an intuitive and relaxing massage that restores the body and hydrates skin that is expanding to accommodate a growing baby. Aromatics are carefully selected to encourage relaxation, health and an overall feeling of well-being.

⊕ *ELEMIS Peaceful Pregnancy Face & Body Experience*

| 90 mins

Reviving facial using a combination of massage and restoring actives to target changing skin needs during pregnancy. Combined with a peaceful massage that intuitively addresses tension, dehydration and hormonal changes to restore and revive the body, this experience is pure bliss for mothers-to-be.

⊕ *Aromatherapy Associates Ultimate Pregnancy Massage*

| 60 mins

Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

Men

Men's Treatments

While most of the treatments offered at Cottonmill are unisex, we have curated a selection specially for men. With energising oils and soothing massage techniques, each experience offers a calming well-being solution that will help you feel your best.

🌿 ELEMIS Pro-Glow Renewal

| 60 mins

ELEMIS' signature deep cleansing skin wellness facial, showcasing Prebiotics and antioxidant-rich goodness to deliver a healthy-looking, lit-from-within glow. Harnessing highly effective resurfacing technology to gently smooth, super-hydrating, skin-kind formulas and nutrient-rich Superfoods nourish and protect to maintain healthy, balanced skin. In one treatment, skin looks visibly refreshed and rebalanced.

💖 ELEMIS Express Facial

| +30 mins

A personalised mini facial treatment tailored to help all skin concerns. This express treatment includes cleansing, toning, exfoliation, mask application and bespoke massage with tailored serums and creams.

🌿 iS CLINICAL Deep Cleansing Purity Facial with LED

| 60 mins

Cleansing, clarifying, rejuvenating. Featuring a triple resurfacing system of botanical formulations this deep cleansing facial is designed to remove dead skin, encourage cellular renewal and deeply cleanse the skin whilst providing essential nutrients and hydration to reveal a brighter and renewed skin surface. The treatment is finished with Déesse Pro, which stimulates natural cellular responses and leads to skin rejuvenation and improvement of common problematic skin conditions.

🌿 Cottonmill Quartz Poultrice Massage

| 60 mins

Unique warm Amber and Quartz poultice are used to dissolve knots and ease tensions around the body. Partnered with a soothing pressure point facial massage, this treatment targets the main areas of tension on the back, feet, face and scalp, leaving your body fully restored and invigorated.

🌿 ELEMIS Freestyle Deep Tissue Massage

| 60/90 min

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Men's Treatments

♡ *ELEMIS Hot Stone Massage*

| 60/90 mins

Balinese stones bathed in the frangipani monoi body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

♡ *Aromatherapy Associates Intensive Muscle Release Massage*

| 60 mins

This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, your body can easily become stiff, tight and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

♡ *Cottonmill Signature Vichy Massage*

| 60 mins

Relax, recline and let the hydrotherapy improve blood circulation, hydrate the skin and bring the body back in balance. The journey begins with a full body exfoliation to remove dead skin cells followed by a soothing back massage and back of legs massage whilst the hydrotherapy works on each area.

♡ *Full Body Scrub with Back, Neck & Shoulder Massage*

| 60 mins

Reveal soft and hydrated skin with an intensely cleansing full body lime & ginger or frangipani salt scrub followed by a soothing back, neck and shoulder massage to release tension and soothe the muscles.

Gentleman's Manicure

| 40 mins

A maintenance manicure for men on the move. Your nails are cut and filed, cuticles are soaked and a skin balancing hand scrub is used to remove dry skin. Followed with a hand massage we finish with a buff to shine, leaving your nails clean with a neat finish.

Gentleman's Pedicure

| 40 mins

A relaxing, yet grooming treatment. Your feet are soaked and exfoliated with a rich salt scrub, toenails are cut and filed then cuticle work is carried out, followed by a stress relieving foot massage.

Finishing Touches

Finishing Touches

Glossy grooming ensuring you leave with perfect fingers and toes.

Manicure

Cottonmill Classic Manicure

| 55 mins

Nails are analysed to ensure the right treatment for their type. Our manicure includes exfoliation, massage and cuticle care, before treating nails with the correct base coat and finished with the perfect polish.

Pedicure

Cottonmill Classic Pedicure

| 55 mins

Discover the restorative powers of Asian aquatic plant extracts to purify, cleanse, soothe and calm. Feet and legs are massaged, hard skin removed, cuticles groomed and nails shaped and finished with the perfect polish.

Gel Nails

Gel Manicure

| 50 mins

Includes hand exfoliation, massage, cuticle care and nail shape, finished with a soak-off gel polish.

Gel Pedicure

| 50 mins

Hard skin is removed, feet and legs are massaged with conditioning creams. Cuticles are groomed and toe nails are shaped then finished with a soak-off gel polish.

Existing Gel Removal

| 20 mins

Spa Guidance

Cottonmill Facilities

- 14.5-metre swimming pool, thermal area with sauna, steam,
- 2 spa pools and access to the poolside terrace
- Gym
- Studio
- Rose Relaxation Room for post treatment comfort
- Changing Rooms
- Sitting Room
- Pantry

The Club at Cottonmill Facilities

All of the above areas plus:

- Whisper Room
- Deep Relaxation Room
- Garden Room
- Spa Gardens
- Dedicated DRESSING Rooms

Opening Hours

Monday to Friday: 6.30am – 10.00pm

Weekends and bank holidays: 7.30am – 9.00pm

The Club at Cottonmill opens at 8.00am every day

Drinks & Dining

Sitting Room - Daily: 8.00am – 8.00pm

Pantry - Lunch: 12.30pm – 2.30pm / Afternoon Tea: 3.00pm – 4.30pm

Garden Room - Daily 10.00am - 8.00pm

Booking & Cancellation Policy

Please book as far in advance as possible to avoid disappointment.

Cottonmill day programmes and non-resident treatments require payment in full at time of booking.

All prices are quoted in GBP, include VAT and are subject to change.

Gratuities are not included and are welcomed at your discretion.

At least 48 hours' notice is required for cancelling treatments.

For Cottonmill and The Club At Cottonmill day packages we require at least 72 hours' notice

Group bookings of 5 or more people require at least 7 days' notice.

If you wish to amend your booking in any way, please contact us before you arrive. We will do our best to accommodate any requests but cannot guarantee it.

We have treatments available with male and female therapists. Please specify when booking if you have a preference for either.

Gift vouchers are non-refundable and must be presented to the Cottonmill Spa Concierge team upon arrival.

Arrival

Parking is available for all members and guests.

Please arrive 15 minutes prior to your treatment or package in order to complete your health questionnaire. If you are delayed, then unfortunately your treatment may have to be shortened so as not to inconvenience the next booking. The treatment price will remain the same.

For hotel and spa day guests, upon arrival you shall be presented with a wrist band which allows access to your own private locker and if applicable to The Club at Cottonmill. We kindly ask that you return your wristband at the end of your visit to avoid any charges.

Etiquette

The environment at Cottonmill is one of relaxation and tranquillity.

Loungers cannot be reserved, and any discarded towels will be removed. Outdoor loungers are available seasonally in both Cottonmill and The Club at Cottonmill.

Day guests will be provided with a robe, towel and flip flops on arrival, however at cottonmill we are committed to tackling the environmental plastic crisis, therefore we encourage guests to bring their own flip-flops to reduce our plastic waste.

Robes may be worn in all areas of Cottonmill including the Pantry. Robes are not permitted outside of Cottonmill including the Conservatory unless being worn to return to your guest room. We do respectfully request that robes are not worn for breakfast or dinner.

Health

As some treatments are not suitable for certain conditions, we will ask you to complete a health questionnaire when you arrive for your treatment or package. It is important to let us know of any medical issues, surgeries or pregnancy.

Please note thermal cabins and heated spa pools are unsuitable during pregnancy and whilst under medical supervision.

Pregnancy

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please note that we only offer selected treatments during the first trimester.

Phones, Audio & Video Sound

Cottonmill is a phone free environment and we ask our guests to keep their devices on silent or vibrate and not to make or receive calls in the spa. Messaging is of course permitted. Please be considerate of your fellow guests.

Movies, music and all other forms of audio may only be listened to through headphones and should not be audible to others enjoying the spa.

Valuables

It is not advisable to wear jewellery whilst visiting Cottonmill or during treatments, we recommend that you do not bring valuables with you.

Child Policy

Cottonmill is for adults, 18 and over.

Young adults aged 16 and 17 may accompany hotel guests, day guests and members who are over the age of 18.

Young adults may only book facials (excluding advanced facials) and finishing treatments in the Salon.

Aftercare

To continue your Cottonmill experience at home, most products used in our treatments are available at reception and our experienced team will be delighted to assist you with your choices.



cottonmillspa.com