

# Spa Days

cottonmill

## About Cottonmill

*Some key details to help you plan your visit to Cottonmill Spa*

### *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

### *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

### *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

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# Spa package treatment selection

## 60 Minutes

### Face

ELEMIS Pro-Glow Brilliance  
ELEMIS Pro-Glow Renewal  
Aromatherapy Associates The Ultimate Glow Facial  
Aromatherapy Associates The Ultimate Rebalancing Facial

### Body

Garden of England  
Body Nectar Nourishing Wrap  
Touch Face & Back

### Massage & Well-being

Cottonmill Signature Massage  
Upper Body Bliss  
Full Body Scrub with Back, Neck & Shoulder Massage  
Freestyle Deep Tissue Massage

### Pregnancy

ELEMIS Peaceful Pregnancy Massage  
Aromatherapy Associates Ultimate Pregnancy Massage

### Men

ELEMIS Pro-Glow Renewal  
ELEMIS Freestyle Deep Tissue Massage  
Aromatherapy Associates Intensive Muscle Release Massage  
Full Body Scrub with Back, Neck & Shoulder Massage

# Cottonmill

Enjoy use of the Cottonmill facilities, including a 14.5-metre swimming pool, thermal area with sauna, steam, 2 spa pools, heated seat, a state-of-the-art gym, and poolside terrace. For those enjoying a treatment, the Rose Relaxation Room is available for some post treatment quiet time. For comfort, you will receive a robe and flip-flops on arrival.

## Half Day

### Afternoon Delight

Mon-Thurs £105 | Fri & Sun £125

2.00pm - Close  
Includes Afternoon Tea in the Pantry

## Full Day

### The Sopwell

Mon-Thurs £130 | Fri & Sun £160

9.00am - 6.00pm  
Includes a 3 course lunch in the Pantry

### The Classic

Mon-Thurs £215 | Fri & Sun £245

9.00am - 6.00pm  
1 x 60 minute treatment from spa days selection (see overleaf)  
Includes a 3 course lunch in the Pantry

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# The Club at Cottonmill

A truly world-class facility, join *The Club at Cottonmill* for a day. As well as all the Cottonmill facilities, you will have access to its exclusive inner sanctum, including the massaging hydrotherapy pool, landscaped spa garden with loungers, cabanas, fire pit and hot tubs.

Discover the *Whisper Room* and *Deep Relaxation Room*, experience showers, panoramic sauna and botanical steam room to ensure total wind down for body and mind. For comfort, you will receive a robe and flip flops on arrival.

## Half Day

### *The Refresh*

Mon-Thurs £245 | Fri & Sun £270

2.00pm - Close  
1 x 60 minute treatment from spa days selection (see overleaf)  
Includes Afternoon Tea in the Pantry

### *Club Afternoon Delight*

Mon-Thurs £160 | Fri & Sun £190

2.00pm - Close  
Includes Afternoon Tea in the Pantry

### *Evening Retreat*

Mon-Thurs £135 | Fri & Sun £165

4.00pm - Close  
Includes cold platter supper in the sitting room and 1x glass of Prosecco.

# The Club at Cottonmill

## Full Day

### *The Elements*

Mon-Thurs £360 | Fri - Sun £400

9.00am - 6.00pm  
2 x 60 minute treatments from spa days selection (see overleaf)  
Includes a 3 course lunch in the Pantry

### *The Club Day*

Mon-Thurs £199 | Fri - Sun £239

9.00am - 6.00pm  
Includes a 3 course lunch in the Pantry

### *The Club Classic Day*

Mon-Thurs £290 | Fri - Sun £330

9.00am - 6.00pm  
1 x 60 minute treatment spa days selection (see overleaf)  
Includes a 3 course lunch in the Pantry



[cottonmillspa.com](http://cottonmillspa.com)

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