# Spa Days & Breaks

Treatment selection

cottonmill

# 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



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