

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

Spa package treatment selection

60 Minutes

Face

ELEMIS Expert Touch Define Facial

ELEMIS Expert Touch Nourish Facial

Aromatherapy Associates The Ultimate Glow Facial

Massage & Well-being

Cottonmill Signature Massage

Upper Body Bliss

Full Body Scrub with Back, Neck & Shoulder Massage

ELEMIS Expert Deep Tissue Tension-Ease Massage

ELEMIS Touch Face and Back

Aromatherapy Associates Intensive Muscle Release

Pregnancy

ELEMIS Expert Peaceful Pregnancy Massage

Aromatherapy Associates Ultimate Pregnancy 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-Fri £115

Sun £140

2.00pm – Close

Includes Afternoon Tea in the Pantry

Full Day

The Sopwell

Mon-Fri £140

Sun £175

9.00am – 6.00pm

Includes a 3 course lunch in the Pantry

The Classic

Mon-Fri £235

Sun £270

9.00am – 6.00pm

1 x 60 minute treatment from spa days selection (see overleaf)

Includes a 3 course lunch in the Pantry

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 – Fri £270 | Sat – Sun £300

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

Club Afternoon Delight

Mon – Fri £175 | Sat – Sun £205

2.00pm – Close
Includes Afternoon Tea in the Pantry

Evening Retreat

Mon – Fri £150 | Sat – Sun £185

4.00pm – Close
Includes Evening supper in the sitting room and 1x glass of Prosecco.

The Club at Cottonmill

Full Day

The Elements

Mon – Fri £400 | Sat – Sun £445

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 – Fri £220 | Sat – Sun £265

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

The Club Classic Day

Mon – Fri £320 | Sat – Sun £365

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



cottonmillspa.com

Sopwell House, Cottonmill Lane, St Albans, Hertfordshire AL1 2HQ

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