

Treatment Menu

cottonmill

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

A close-up, high-angle photograph of a woman's face, showing her nose, lips, and chin. The image is softly lit and has a warm, golden-green tint. The woman's expression is serene and peaceful.

Facials

ELEMIS

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

Our globally renowned, hands-on facial treatments use touch as a powerful diagnostic tool, softening and prepping the skin to receive actives. This is where intuition meets expertise.

Choose from the below:

🌿 ELEMIS Expert Touch Nourish Facial | 60 mins

Boost skin radiance with our triple-cleanse facial with a blend of superfood-infused facial oils to leave your skin feeling nourished, rebalanced and revived.

🕒 ELEMIS Expert Touch Reveal Facial | 60 mins

Powered by our patented Tri-Enzyme technology, this facial helps to minimise the look of pores and uneven skin texture, revealing skin that looks visibly resurfaced, smoothed and glowing.

💖 ELEMIS Expert Touch Renew Facial | 60 mins

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

💖 ELEMIS Expert Touch Define Facial | 60/90 mins

This innovative facial captures the power of clinically proven, intelligent skincare to deliver transformative results for energised, rejuvenated and sculpted-looking skin. For the ultimate facial experience, we recommend choosing our 90 minute experience.

+ 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.

Advanced Skin

iS Clinical

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.

*Based on independent Clinical Trials



Advanced Skin

ELEMIS

ELEMIS

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. The pioneering innovation of the BIOTEC machine works in combination with the therapist to turbo-charge your facial results.

Depending on your skin's 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:

♡ *ELEMIS Expert Tech Facial*

| 60/90 mins

Smooth & Polish

Reset uneven skin tone and texture with our Ultrasonic Peel to refine, LED Light Mask to re-energise and Galvanic technology to nourish, revealing bright, polished and smooth skin.

Radiance & Revive

Revive tired skin with our advanced Ultrasonic Peel, teamed with Oxygen Infusion to plump and Galvanic technology to nourish, leaving your skin rebalanced, nourished and radiant.

Lift & Rejuvenate

Restore your skin's vitality with our targeted Microcurrent technology for the ultimate skin lift, Ultrasonic Peel to gently exfoliate, and Oxygen Infusion to plump. Skin will appear renewed, toned and lifted.



Massage & Well-being

Well-being by Aromatherapy Associates

For 40 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.

🤍 Stretch & Recover | 60 mins

A deeply restorative ritual designed to release tension, ease muscular fatigue, and restore physical balance. Ideal for tight, stressed, and overworked muscles, this therapeutic treatment combines expertly applied Swedish and cross-muscle fibre massage techniques with targeted stretching and lymphatic drainage to relieve stiffness and promote recovery. Infused with the warming properties of black pepper, rosemary, and ginger, the treatment helps stimulate circulation and disperse the build-up of lactic acid alleviating discomfort while leaving the body feeling lighter and renewed.

ELEMIS

🤍 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.

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.

♡ Sports Massage

Unlike a generic massage, a sports massage is tailored specifically to address areas of concern based on your needs. Through an in-depth consultation, we assess your goals and target specific muscle groups to improve flexibility, reduce tension, and promote recovery. Whether you're dealing with muscular pain, tightness, or looking to enhance performance, this personalized approach ensures effective results for both active individuals and those seeking relief from everyday strain.

ELEMIS

♡ ELEMIS Expert Deep Tissue Tension-Ease Massage | 60/90 mins

Perfect for combating a busy lifestyle, this full body massage offers more than just muscle relaxation: it is tailored to ease tension and target deep-seated muscle knots, leaving you feeling renewed, grounded and focused. 90 minute treatment includes restorative head massage and expert facial massage.

♡ ELEMIS Expert Transformative Hot Stone Massage | 60/90 mins

This deeply transformative treatment incorporates heated volcanic stones that are worked into the body, persuading the muscles to relax with warm Frangipnai Monoi Body Oil to soothe a tired mind and relieve aching muscles. 90 minute treatment includes restorative head massage and expert facial massage.

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

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.

♡ *Cottonmill Signature Vichy Hammam* | 60 mins

Begin your journey in the warmth of the Vichy room inspired by traditional Hammam to cleanse and ultra-purify by exfoliating impurities from the body. Beginning with a Black Soap cleanse before a full body Kessa Mitt exfoliation from La Sultane de Saba. Followed by the Vichy shower rinsing the body with a massage sequence. With the signature blend of melted Shea Butter and a captivating choice of oils, the warm mixture is drizzled across the back for a deep-relaxation massage with the unique massage moves and flow techniques from your therapist immersing you in a dreamlike world. Please Note: For optimum results, we recommend before your treatment, heading to the steam room for a 10-minute steam to open your pores.



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 Expert Peaceful Pregnancy Massage* | 60 mins

This tranquil and restorative mother-to-be massage deeply hydrates skin that is expanding to accommodate your growing baby.

Aromatics formulated to be used safely during pregnancy are selected for optimum wellbeing, leaving you feeling nurtured, restored and calm.

⊕ *ELEMIS Expert 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.



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.

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.

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.

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.

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

Please note, this is for gel overlay only. We are unable to remove acrylic or builder gel or hard gel nails.



Spa Guidance

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 and towel 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.