

# Spa Days & Breaks

## Treatment Selection

cottonmill

## *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 Stretch & Recover Massage

### *Pregnancy*

ELEMIS Expert Peaceful Pregnancy Massage

Aromatherapy Associates Ultimate Pregnancy Massage



*cottonmillspa.com*

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

2025 /26