

Spa Days

cottonmill

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

Spa Package Treatment Selection

60 Minutes

Face

- ELEMIS Expert Touch Define Facial
- ELEMIS Expert Touch Nourish Facial
- Aromatherapy Associates The Ultimate Glow Facial
- Aromatherapy Associates The Ultimate Rebalancing 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 towel. At Cottonmill, we strive to stay eco-friendly, so we encourage you to bring your own flip-flops.

Half Day

<i>Afternoon Delight</i>	Mon-Fri £105	Sun £125
2.00pm – Close		
Includes Afternoon Tea in the Pantry		

Full Day

<i>The Sopwell</i>	Mon-Fri £130	Sun £160
9.00am – 6.00pm		
Includes a 3 course lunch in the Pantry		
<i>The Classic</i>	Mon-Fri £215	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		

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 towel. At Cottonmill, we strive to stay eco-friendly, so we encourage you to bring your own flip-flops.

Half Day

The Refresh Mon-Fri £255 Sun £280

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 £160 Sun £190

2.00pm — Close

Includes Afternoon Tea in the Pantry

Evening Retreat Mon-Fri £137 Sun £167

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 £380 Sun £420

9.00am — 6.00pm

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

Includes a 3 course lunch in the Pantry

The Club Day Mon-Fri £199 Sun £239

9.00am — 6.00pm

Includes a 3 course lunch in the Pantry

The Club Classic Mon-Fri £299 Sun £339

9.00am — 6.00pm

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

Includes a 3 course lunch in the Pantry



cottonmillspa.com

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