



Indulgence days and packages tailor-made to suit you at discounted rates.

Exclusive days / evening for Hen Parties and Ladies days catered for

Please enquire for more details

Appointments / treatments over £30 require a pre-paid deposit



Spa Cottage has achieved 4 prestigious awards and prides itself on the high standards that we have set.

Come in and relax in the cosy cottage surroundings with the most professional, friendly therapists that are here to make your visit the most enjoyable one, that you will keep coming back.

### Terms and Conditions

Failing to keep an appointment or not giving 24hrs notice will result in a 50% charge of the treatment value.

Turning up late for an appointment simply reduces the time allocated for your treatment - please ensure you leave adequate time to arrive and park!

### Hair Removal

Facial waxing (i.e. lip, brow, etc. 1 area) .....	£6.50
Facial lip/brow combined.....	£10.50
Full Leg.....	£22.00
Half leg (covers the knee) .....	£16.00
Half leg and Bikini.....	£23.00
Full leg and Bikini.....	£26.00
Top leg and Bikini.....	£23.00
Top leg only.....	£18.50
3/4 Leg and Bikini.....	£24.00
3/4 Leg.....	£18.50
Bikini Line / High Bikini.....	from £8.50
Brazilian.....	£24.00
Hollywood.....	£26.00
Underarm.....	£9.50
Forearm.....	£14.50

(Please note, hygiene is a must with intimate waxing ) **No hot showers sun beds for 24 hrs.**

### Eyes

Eyebrow Shape.....	£6.50
Eyebrow Tint.....	£6.50
Eyelash Tint.....	£9.50
Eyelash and Eyebrow Tint.....	£12.50
False Eyelashes.....Party lashes from	£20.00
.....Semi Permanent from	£25.00

### Individuals Eyelashes your infill's will be advised by your therapist

Full set (Please allow 1hour 30mins).....	£45.00
Infill's (30mins).....	£20.00
Infill's (45mins).....	£30.00
Infill's (60mins).....	£40.00

### Electrolysis

15 Minute Session.....	£12.50
30 Minute Session.....	£22.50

Courses Available please ask reception for details and pricing, as this depends on area.

## **IBD Gel Nail Enhancements**

Full Set Natural.....	£36.00
Full Set French.....	£41.00
Natural Infill's - Up to 2 weeks.....	£20.50
French Infill's - Up to 2 weeks.....	£26.00

**Over 3 weeks there will be an additional cost** as the technician may need more time to replenish and renew them.

Full set of Natural Overlays (over the natural nail).....	£26.00
Full set of French Overlays (over the natural nail).....	£31.00
Single tip repair Natural.....	£5.00
Single tip repair French.....	£5.50
Removal of Enhancements and tidy including mini-manicure and diagnosed protein formula.....	£26.00
Rebuilding toe nails (just gel).....	per toe £5.50

## **Hands and Feet**

Rasping, exfoliation and paint included in pedicure treatments. Quick drying topcoat is available on request for an extra charge of £1.

Classic Manicure and Varnish.....	£18.50
French Manicure.....	£22.00
Luxury Manicure (with paraffin wax or sugar scrub).....	£26.00
Classic Pedicure (including hard skin removal, varnish and soaking of the feet).....	£27.00
French Pedicure.....	£30.50
Luxury Pedicure (with paraffin wax or sugar scrub).....	£31.00
Pedicure Deluxe (classic pedicure including 15 Minutes in our massage chair while you wait for those toes to dry).....	£31.00

**French Paint is an additional £3.50 due to extra time needed, note this when booking.**

**Callus Foot Treatment**—Treating and removing hard skin

1 area.....	£21.00
2 area.....	£26.00
Additional Charge for cuticle tidy and shape and paint.....	£10.00

<b>Wellness Pedicure</b> - Footlogix is a specialised formula treatment designed for the removal and prevention of hard skin.....	£31.00
Nail shape and Paint.....	£10.50
Colour Varnish.....	£6.50
French Paint and Shape.....	£14.00
Line of Diamante's'.....	£2.00

**With all Pedicure, remember to bring flip-flops to avoid smudging the varnish.**

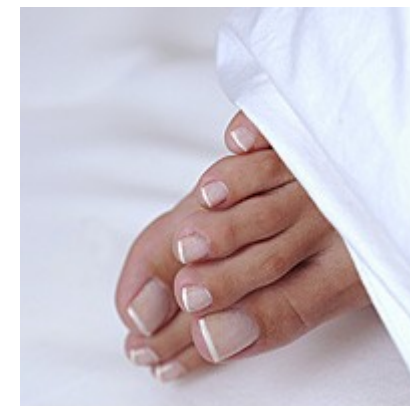
## **Gel Permanent French Toe Nails**

Permanent French Toe Nails.....	£22.50
Permanent French Toe infill's.....	£26.00
Permanent French Toe Nails with Mini Pedicure.....	£31.00

## **Bio Sculpture**

Bio Sculpture is a nail treatment that strengthens and promotes the growth of your natural nail. Thin, strong, flexible, chip proof and a 5\* natural looking gel. No harsh buffing involved.

Bio Sculpture Gel - Fingers or Toes.....	£32.00
Bio Sculpture Gel Full Set.....	£41.00
Replacement Set including Soak Off.....	£36.00
Soak off Only.....	£7.00



## **Threading**

Available on lip, brow, chin and side of the face.

From.....	£8.00
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## **Beaubronz Sunless Tanning (airbrushed by the therapist)**

<b>Total Tan Package</b> - Bronz (6-7 hours development time).....	£26.00
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Includes Body Polish on elbow and knees if needed, tan and moisturise lock.

<b>Total Tan Package</b> —Quick Fix (4-5 hours development time).....	£29.00
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Includes body polish on elbows and knees if needed, tan and moisturise lock.

<b>Dramatic Darkening Drops</b> (can be added to make a darker tan).....	each £3.00
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## **CACI Facial & Body Treatments**

Tightens and tones sagging muscles whilst smoothing the appearance of fine lines and wrinkles.

First treatment (includes free 1/2 hour facial consultation and demo).....	£20.50
Facial CACI per treatment.....	£41.00
Facial CACI course of 10 treatments*.....(saving of £25)	£385.00
Super CACI (includes a Dermalogica express facial).....	£51.50
CACI Eye.....	£23.00
CACI Eye course of 10 treatments*.....(saving of £20)	From £207.00
CACI Microdermabrasion Facial.....	£51.50
CACI Hydra tone Facial.....	£51.50
CACI Hydra tone (15mins).....	£15.50
.....regular CACI client	£10.50

\*We can offer flexible payment option to spread the cost of this course of treatments.

## **CACI Body Toning & Slim Treatments**

A massager using minute electrified impulses to help break down cellulite and fatty deposits. Stimulates circulation and detoxifies surrounding lymph glands.

A course of 10 treatments.....	from £207.00
CACI Tummy Tuck (equivalent of doing 362 perfect sit-ups).....	£23.00
CACI Thigh and Buttock Lift (instant inch loss and lifting for bottom and thighs)...	£23.00
Electro-Cellulite Massage - bottom lifting treatment.....	£23.00

### **CACI Ultimate (as seen on 10 years younger)**

**Ultimate & Facial** (for deep wrinkles) - 1hr 30mins.....£67.00

Including facial toning and re-educating of muscles, orbital micro, wrinkle comb, lymph drainage and hydro tone mask.

Course of 10 Ultimate Facials.....£605.00

**The 'Ultimate' Pick Me Up** - 45mins.....£41.00

Monthly booster or pre evening / special occasion. Orbital micro and LED, wrinkle comb and LED, lymph drainage and hydro tone mask.

**CACI Ultimate Eye Treatment** - 45mins.....£41.00

Including orbital microdermabrasion and LED forehead, wrinkle comb and LED, lymph drainage and hydro tone mask.

**CACI Ultimate Healing Treatment** - 30mins.....£36.00

Acne / deep blemishes / scarring / stretch marks / pigmentation and sun damage.

If you are having a normal CACI treatment and would require light therapy

Orbital Micro and LED, and wrinkle comb.....additional £26.00

## **CACI is the worlds best non– surgical face and body lifting treatment**

**As seen on Channel 4's 10 years younger!**

It not only covers the NON– surgical facelift but also buttock lifting, bust lifting, CAC eye treatments for those dark circles, lines and puffiness. We can also body sculpture a clients' needs.

It works by re-educating the muscles to be lifted. Then comes the toning and firming of the muscles by using a micro-current, which is so tiny you feel nothing. It also softens fine lines and wrinkles. The skin will be left with a wonderful glow, feeling firmer and suppler.

For your first treatment, we do a demonstration on half of your face of body just to show you the difference having a CACI makes, you will be amazed!

A course of 10 treatments is recommended but you will only ever need 1 course in a lifetime, as long as you keep up your CACI maintenance, which is just 1 treatment per month! (depending on each individual clients needs)

Spa Cottage also has the Revolutionary Camera so we can record your before and after treatment photos so you can see if for yourself the way your face has improved by lifting and toning.

CACI is great for that special occasion or event, just one treatment will last 2-3 days.

**Is the treatment safe?**

## **Jane Iredale Make – up**

Make up Lesson / Trial.....£36.00

Bridal Make up.....from £65.00

(dependant on party number)

Completely. It is even used by some of the worlds top athletes for treating muscle tissue injuries.

**If I start the treatment and the stop it, will y face get worse?**

The face will never get worse, gradually it will return to how it was prior to treatment.

**Is it painful?**

Not only is the procedure painless, most clients fall asleep during the treatment because they find it so relaxing.

**How many treatments will I need and at what duration?**

Courses vary depending on age and muscle tone. It can be anything from 10-15 treatments as each treatment is tailor made to suit each clients' needs. It is not possible to give a client a precise estimate over the telephone without first seeing them. Th ideal duration for a course is 2-3 treatments for the first few weeks, graduating to one week as the hold maximises.

**What follow up treatments will I need?**

This is one good thing with CACI, once you have had a CACI course you'll never need another course unless you leave a time of up to 6 months without a CACI monthly maintenance, but even then you'll only need a mini course of up to 6 sessions results a course is recommended.

## **Microdermabrasion Dermalogica Facials**

Microdermabrasion - 30mins.....	£36.00
Deluxe Microdermabrasion Facial- 1 hour.....	£67.00
Regular Clients visiting 4-6 Weeks .....	£51.50
Microdermabrasion Course OF 6.....	£335.00

## **Microdermabrasion Instant Radiance Facial**

### **As seen on Channel 4's 10 years younger!**

Microdermabrasion is an exciting new treatment which is considered the most natural way to regain youthful looking skin without the use of chemicals, lasers or surgery!

This is the perfect treatment for anyone who wants to improve the skins appearance and reverse the signs of ageing.

The treatment uses a small handheld vacuum that gently 'sandblasts' cosmetic crystals, made up of crushed diamonds and pearls, onto the face. As the crystals make contact with the skin, they remove old, dead flaking skin cells, polish and smooth fine lines to create an immediate and visible improvement to your skin.

### **BENEFITS**

**Immediate Results**    **Total Exfoliation of the skin**    **Reduces the appearance of fine lines and wrinkles**    **Reduces the signs of ageing**    **Rejuvenation of the overall skin which improves the tone, elasticity and muscle tone**

**Perfect treatment for congested and acne prone skin**    **Pigmentation**    **Milia and skin tags**

## **Dermalogica Facials**

**We only ever use prescriptive Dermalogica products for your bespoke facial.**

### **Dermalogica for Men & Women**

With all Dermalogica products we target the individual needs of your skin

**Dermalogica Facial - 1hour (including consultation).....**£51.50

Includes face mapping prescription with skin scanner, cleanse, exfoliation, steam, extractions, facial massage, masque, tone, moisturise and eye care. Facial massage, foot / hand massage with essential oils. A truly wonderful experience!

**Dermalogica Luxury Facial - 1hr (including consultation).....**£41.00

Facial, cleanse, exfoliate, masque, pressure point massage and lymph drainage, tone, moisturise and serums plus eye care. Hand, foot and scalp massage included.

**Dermalogica Standard Facial - 45mins (including consultation).....**£36.00

Facial, cleanse, exfoliate, masque, tone, moisturise.

**Dermalogica Express Facial (including consultation).....**£20.50

**Dermalogica Luxury Pigmentation Facial Treatment.....**£46.00

Facial with chroma white-pigmentation treatment

**Dermalogica Luxury Age Smart Treatment.....**£46.00

Facial for all ageing skins

**Clean Start** (aimed at teenagers' troubled skin).....from £20.50

## **Lipo Evolution—Exclusive to Spa Cottage**

The original laser body contour system to reduce body fat in a painless, non-surgical way. Lose inches after just one session!

1 Session—1hour.....£82.00

Face Session—20mins.....£31.00

Course of sessions (minimum of 4).....from £200.00

**Please contact the Spa for more in-depth information on our treatments and contraindications for having this treatments.**

## **Instant Inch Loss Treatment**

Body wrapping (inch loss), seaweed gel.....£46.50

3 wraps.....£123.00

## **Pregnancy Treatments**

Available from 24 weeks to safeguard you and your baby.

**Pregnancy Massage - 1hour.....**£41.00

**Pregnancy back, neck and shoulder massage - 30mins.....**£31.00

**Reflex Relax Pregnancy - 1hour (including consultation).....**£30.00

Also good for overdue pregnancies

**Beauty Mamma Pregnancy Therapy.....**£46.00

Full body exfoliation and relaxation massage using products ideal for stretch marks, cellulite and swollen feet and ankles.



## Holistic Treatments

### **Rahanni (Celestial Healing) -**

<b>Bringing balance to your body and mind</b> .....	£31.00
Added to another Holistic treatment.....	£15.50

<b>Reflexology</b> .....	£30.00
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This treatment has been shown to be effective for insomnia, back pain, headaches, arthritis, hormonal imbalances, digestive disorders, stress related disorders, infertility and sciatica.

<b>Reflexology plus a Hot Stone Massage</b> .....	£36.00
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A truly beautiful experience.

<b>Reflexology with Facial Lymph Draining Massage</b> .....	£36.00
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<b>Indian Head Massage - 30mins (including consultation)</b> .....	£22.00
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<b>Indian Head Massage with Essential Oils - 30mins (including consultation)</b> .....	£24.00
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<b>Hopi Ear Candle - 30mins (including consultation)</b> .....	£23.50
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<b>Aromatherapy Massage - 1hour (including consultation)</b> .....	£46.00
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Oils made up for your requirements, including cranial massage.

## Men and Women Specialist Massages

### Swedish Massage

Full body—1hr.....	£36.00
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Back, neck and shoulder—30mins.....	£26.00
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Back, neck and shoulder—45mins.....	£31.00
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### Hot Stone Massage

Luxurious treatment with the deep healing qualities of La Stone.

Full Body—1hr.....	£46.00
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Back, neck and shoulders (including consultation).....	£31.00
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Back, neck and shoulders—45mins (including consultation).....	£36.00
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### Sports / Deep Tissue Massage

Full body with specialist therapist (including consultation).....	£51.50
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Sports Massage—30-45mins.....	£41 - £46.00
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<b>Medical Massage - 1hour</b> .....	£46.00
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Includes consultation with a specialist for all injuries; carpal tunnel, tennis elbow, etc.

Spa Cottage only ever has fully qualified Dermalogica trained skin specialists for your bespoke facial, to get you the results you want. We also have an onsite Skin Scanner which can look deeper to assess your specific skin needs, i.e. Pigmentation, sun damage, oily congested sebaceous glands and dehydration. Our specialist will give you a full prescription, with advice on a skin care regime, to suit you.

**Dermalogica** can only ever be bought from a skin centre with highly trained skin specialists. The health of your skin is at stake as Dermalogica are in the process of shutting down many websites that are selling counterfeit and out of date products.

Treat the man in your life, or men, treat yourselves! Stressed? Overworked? Fatigued? Let us relax and de-stress you here at Spa Cottage. We have built a substantial male client base and strive to make you feel comfortable and at ease within the spa.

Here at Spa Cottage we invite you to tend to your body's entire needs. Escape your every day stresses with a treatment designed especially for you. Whether you choose to treat yourself or others we promise to deliver the highest standards that will keep you coming back to Spa Cottage time and time again. We can arrange a complimentary gift wrapped bottle of wine from Spa Cottage's own organic vineyard grown locally, or a small bouquet of flowers arranged by our very own on-site florist, at a small extra cost!

## **Body Polish Body Bliss**

**Body Polish - 30mins**.....£22.50

Includes full body exfoliation and moisturise

**Body Polish - 1hr**.....£36.00

Includes full body exfoliation, moisturise and full body moisturise

**Shea Bliss Butter Body Treatment - 1hr**.....£45.00

A perfect treatment using Shea Butter and essential oils. The skin is moisturised and nourished to the highest degree. Ideal to prepare the skin for a holiday in the sun or rehydrate on return. The Shea Butter is warmed and used for a relaxed massage. Your skin will feel amazing!

(please note: We do not wrap clients.)

## **Gerrards Treatments**

**Pindasweda Treatment - 1hr15mins (including consultation)**.....£67.00

A treatment influenced by Ayurvedic philosophies originating from India using bundles filled with herbs and oils to balance the doshas.

This treatment helps to sooth inflammations and rheumatic disorders with the use of the herbal compress during the massage. It stimulates the circulation and balances the dosha. This treatment also has great effectiveness for colon massage so if you suffer from IBS or constipation, this treatment is a must for you.

The feedback from some of our clients regarding the colon massage within this treatment has had very good results in working.

**Chocotherapy for the Body - 1hr 15mins**.....£67.00

Thermal gommage scrub and essential oils are used as an invigorating body scrub to prepare the skin, then 10% pure cocoa butter chocolate is melted and whilst still warm, mixed with oils for a sensorial massage. Finally you are wrapped for maximum penetration.

Teobromine found naturally in chocolate breaks down the cellulite and fatty deposits whilst the skins condition is improved through natural oxygenation.

## **Men's Treatments**

**Chest Waxing - 20 mins, 1 area**.....from £18.50

**Back Waxing - 1 area**.....from £18.50

**Eyebrow Shape**.....£6.50

**Dermalogica Facial Scrub - 45mins (including consultation)**.....£36.00

A truly wonderful treatment including pressure point facial massage. This certainly helps in the anti-ageing process.

**Traditional Shave with Hot Towel - 1hr**.....£36.00

A very relaxing treatment combining a face massage and post shave products to suit your individual skin type. Includes shaving lesson.

**Mini Facial - 45mins**.....£36.00

Cleanse, peel, steam and face massage. Ideal for problem skin and shaving rashes.

**Spa Cottage Deep Facial - 1hr**.....£46.00

Cleanse, peel, steam face, extraction mask, skin conditioner, shoulder and neck massage.

**Back Cleansing Deep Treatment - from 45mins**.....£36.00

### **Back Massage including Hot Stone**

A very deep relaxing massage, let the stones do the work!

30mins.....from £31.00

45mins.....from £36.00

### **Sports Massage / Deep Tissue**

30mins.....£36.00

45mins.....£41.00

1hr (including consultation).....£46.00