



LOWER MILL
COTSWOLDS

SPA TREATMENT MENU

FACIALS

Aromatherapy Facial | 50 minutes

A deeply relaxing facial using pre-blended essential oils to stimulate lymphatic drainage and boost skin radiance. The perfect relaxing treat that leaves the skin hydrated and features relaxed.

£65

Illuminate Facial | 50 minutes

This radiating range will even skin tone, lighten blemishes and reduce oil production. The result is a luminous, mattifying, yet glowing appearance.

£75

Gold and Collagen Facial | 50 minutes

The gold range helps renew the skin cells, restore elasticity and provide a tightening effect for radiant, lifted looking skin. Perfect for anyone who feels they need a healthy anti-aging lift.

£85

Facial and Scalp Massage | 50 minutes

Express facial for an instantly hydrated complexion, paired with a relaxing tension-melting scalp massage.

£70

BODY TREATMENTS

Massage and Facial | 50 minutes

Back neck and shoulder massage to target tense shoulders, followed by an express facial.

£70

Tailored For You Massage | 50 minutes

A tailored full body massage, using Swedish and hands-free massage techniques; unwind and relax in the hands of our experienced therapists who can focus on the areas where you need it most.

£72

Aromatherapy Hammam Body Massage | 50 minutes

Using an aromatic cleansing soap known for its skin-nourishing and exfoliating properties. Focusing on the back of the body, this relaxing experience will cleanse and rejuvenate your skin and relieve tensions.

£70

Indian Head Massage with Hot Coconut Oil | 45 minutes

This treatment is a relaxing back, neck, shoulder, face and reviving scalp massage. This is a stimulating, yet deeply relaxing treatment, helping to relieve those stresses, tension, headaches and aching muscles.

£65

Aromatherapy Body Cocoon | 50 minutes

A full body exfoliation, followed by cocooning the body in aromatherapy oils, to deeply nourish the skin. You will be indulged with a relaxing scalp and foot massage.

£70



HANDS AND FEET

Lime and Lemongrass Foot Scrub with Warming Foot Massage | 50 minutes

Refreshing lime and lemongrass foot scrub, leaving the feet smooth and hydrated with a relaxing hot stone foot and leg massage.

£50

Deluxe Manicure | 50 minutes*

Indulge and treat your hands by having a choice of scrub. Your hands will be bathed, scrubbed, cuticles tidied and nails shaped. Heated mittens will be applied to soften and hydrate your hands and nails finished with your choice of colour.

£45

Deluxe Pedicure | 50 minutes*

Put your best foot forward with our revitalising pedicure, leaving feet refreshed. Your feet will be bathed, scrubbed, massaged, cuticles tidied and nails shaped. Finished with your choice of colour.

£50

Gel Colour (Hands or Feet) | 50 minutes*

This treatment will brighten your day with a pop of colour. Have your cuticles tidied and nails shaped with a choice of Gel Polish.

£45

PREGNANCY TREATMENTS

Bumps a Daisy Facial | 50 minutes

This facial treatment is sure to relax any expectant mum. Using rich, hydrating and repairing ingredients to rejuvenate and revive tired skin.

£65

'Tailored For You' Bumps a Daisy Massage | 50 minutes

Take some time out for you, with this relaxing body massage. Whether you are looking to target just your back or a particular area of choice, our therapists will provide a treatment that is suited to your needs and will soothe your muscles.

£70

TEEN TREATMENTS

Teen Facial | 50 minutes (minimum age 12)

Feel pampered and treat that troublesome teenage skin to a gentle facial. Using products infused with rose, tea tree, rice oil and rice bran, your skin will be cleansed, exfoliated, massaged and moisturised to perfection.

£55

Teen Express Manicure & Pedicure | 50 minutes (minimum age 10)

Fingernails are beautifully filed, shaped, and treated with a touch of colour, helping them to grow longer and stronger. Secondly, your feet are soaked and feet and heels conditioned, then toes are finished off with colour.

£30

For all bookings and queries call the Lower Mill Estate Spa team on **01285 862 640**.
Alternatively, you can send an email to **spa@lowermillestate.net**

PAYMENT POLICY

We require payment no later than 48 hours before treatments.

CANCELLATION POLICY

We require 48 hours' notice to cancel or rearrange your treatment.
Any appointment cancelled within 48 hours will be charged at 100%.
Missed appointments will also be charged at 100%.

*PLEASE NOTE WE ARE UNABLE TO REMOVE ANY GEL POLISH NAIL EXTENSIONS AT THIS TIME, PLEASE COME WITH CLEAN NAILS.