



LOWER MILL  
COTSWOLDS

LOWER MILL SPA

# We welcome you to Lower Mill Spa

An exceptional, tranquil sanctuary where stress-free indulgence and relaxation are experienced from the moment you arrive. A place to escape the everyday, whether with friends and loved ones or having time to oneself. All just a few minutes' walk from your front door, a spa exclusively for you to enjoy during your stay with us.

LOWER MILL SPA







Your Wellness, Naturally

GAIA is the ancient goddess of nature “Mother Earth” and Mother GAIA is a healing Goddess.

It’s believed that true wellness requires us to return to the cradle of mother nature and live in accordance with natural laws, but in modern times this has become increasingly difficult.

The desire to look after yourself can take many forms with fitness being a key ingredient to your wellness naturally. It is about movement, whether that is slow or fast paced, maintaining balance. GAIA believes in nurturing yourself and total wellness.

GAIA provides the time and the space to focus on your wellness, naturally.

## GAIA FACE



### GAIA Jade Facial

55 minutes £90

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA’s natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.

### Gaiyoga Lifting Facial

80 minutes £120

We know exercising our body is good for us and it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature, this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.



# GAIA MASSAGE

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## GAIA Bespoke Massage

50 minutes £90

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep Tissue and Aromatherapy to relax the body and mind bringing you into the present moment.



## GAIA Poultice Massage

55 minutes £105

This massage uses herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy).

## GAIA Indian Head Massage

45 minutes £75

GAIA's Indian head massage is a treatment combining massage of the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.





## GAIA BODY

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### GAIA Salt and Oil Scrub

40 minutes £70

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.

### GAIA Rest and Unwind

50 minutes £95

The ideal treatment for those looking for both body and face. Enjoy our GAIA bespoke back, neck & shoulder massage, followed by our GAIA Jade Express Facial. This will leave you with a relaxed body and mind.

## MOTHER GAIA

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### Pre and post natal treatments

55 minutes £85  
80 minutes £120

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches in stressed areas, helping you to feel relaxed and restored.



## GAIA HAND AND FOOT NOURISH

### GAIA Hand Nourish

55 minutes £50

Your GAIA Therapist will invite you to select a blend of aromas that suit how you feel in that moment, enabling you to receive a personalised experience that immerses you into rejuvenation from the very beginning. Relax your hands with GAIA'S natural ingredients to soothe dry skin and nourish the nail bed, encouraging strong healthy growth. Each GAIA product shares a secret ingredient – the GAIA Elixir, a crystal elixir that links back to ancient wellness traditions. The intention of this elixir is to aid emotional balance. Relax with an exfoliation followed by a bespoke massage with your personalised blend to leave you feeling Awakened, Balanced or Calmed.

Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour. Notice how relaxed your whole being feels after receiving treatments the GAIA way. Choose your finish with either OPI Infinite Shine or Gel.

### GAIA Foot Nourish

55 minutes £55

Your GAIA Therapist will invite you to select a blend of aromas that suit how you feel in that moment enabling you to receive a personalised experience that immerses you into rejuvenation from the very beginning. Relax your feet with GAIA'S natural ingredients to soothe dry skin and nourish the nail bed, encouraging strong healthy growth. Each GAIA product shares a secret ingredient – the GAIA Elixir, a crystal elixir that links back to ancient wellness traditions. The intention of this elixir is to aid emotional balance. Relax with an exfoliation followed by a bespoke massage with your personalised blend to leave you feeling Awakened, Balanced or Calmed.

Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour.

For a longer-lasting finish, why not add gel polish? Rich, highly pigmented, chip-resistant polish, offering an extremely long-lasting shine. An additional £10 charge will be applied for this service.



## SPA ETIQUETTE/YOUR TIME WITH US

### Spa Treatment Bookings

It is highly recommended that you book your treatments in advance. When taking bookings, we require the name and number of your Lower Mill Estate property; please ensure that you have this at the time of booking.

### Spa Treatment Arrival

We politely ask that you arrive 10 minutes prior to your treatment time to complete a full consultation form. Please disclose any relevant medical conditions. It is vital that mothers-to-be advise us when booking, as some treatments will not be suitable for pregnant women. Please be aware that late arrival may result in your treatment duration being shortened.

### The Gift of Time

Treat someone special to the joy of a spa gift. Gift vouchers can be purchased over the phone with our receptionist, who can arrange for vouchers to be emailed or collected from the spa. Our vouchers are valid for twelve months from the day of purchase and guests must be staying at Lower Mill Estate to redeem them.

### LOWER MILL SPA

Email: [spa@lowermillestate.net](mailto:spa@lowermillestate.net)  
Telephone: 01285 862640  
[www.lowermillestate.com](http://www.lowermillestate.com)  
[www.lmespa.net](http://www.lmespa.net)

Lower Mill Estate, Somerford Keynes, Nr Cirencester  
Gloucestershire GL7 6BG



### 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%.

### Bathrobes and towels

These are available for you to rent for a fee at the spa reception.



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