



LOWER MILL
COTSWOLDS

TREATMENT BROCHURE



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FACIAL TREATMENTS

Express Facial 25mins | £40

Treat your skin to a quick fix express facial. Your therapist will use their expertise to decide which facial products will best suit your skin. Let yourself relax in the hands of your therapist and leave with an instantly hydrated and glowing complexion

Tailored Facial 55mins | £68

Relax and unwind with a tailor made facial to suit all skin types, a perfect introduction to Natural Spa Factory.

Gold & Collagen Facial 55mins | £85

This healthy anti-aging Gold and Collagen facial uses a perfect combination of grape leaf extract, Pearl extract, Caviar, Hyaluronic Acid and 23 Carat Gold. The Gold Range helps to renew skin cells, restore elasticity and provide a tightening effect for radiant looking healthy skin, whilst the Collagen Face Wrap helps to restructure the dermal tissue and fight against ageing. Perfect for anyone who feels they need a healthy anti-ageing lift.

Aromatherapy Facial 55mins | £65

A holistic facial including a deeply relaxing facial massage using pre-blended essential oils to stimulate lymphatic drainage and boost skins radiance.

Illuminate Facial 55mins | £75

This facial uses a fusion of Rice Oil, Rice Bran and Alpine plants from Switzerland. This radiating range will even skin tone, lighten blemishes, minimise the production of sebum and reduce the appearance of age spots. The result is a luminous, mattifying yet glowing appearance. Perfect for all skin types including sensitive.

For Men Only Facial with Aegean Black Face Wrap or Rasul Mud Mask 55mins | £60

The Natural Spa Factory's 'For Men Only' range will nourish, rehydrate and brighten any hard working skin. The activated charcoal in the Aegean Black Face Wrap has high absorbency to retain impurities and toxins, sweeping away excess sebum. Hand harvested from the Alps, the Rasul Mud Mask draws out impurities and removes dead skin cells for cleansed and detoxed skin, leaving the skin soft and 'plump' as it absorbs the minerals in the clay.

Teen Facial 40mins | £50 (minimum age of 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. We will also give you expert advice on how to look after your skin at home if you wish.

iEye Mask Treatment 25mins | £25

Treat the delicate skin around your eyes with our gentle mask. Using damascene rose, this eye mask boasts many benefits including regenerating and stimulating cell renewal for toning and lifting of the skin. The marine collagen also smooths and tightens wrinkles for an immediate anti-tired effect.

Add on an eye treatment
or face mask to any facial
for an extra £15.

*These treatments can only be carried out on guests under the age of 16 with parental consent.



BODY EXFOLIATION

**Green Tea & Coconut
Body Polish** 25mins | £38

This body polish contains a blend of natural scrubbing agents with green tea extract and pure argan oil. It is deeply detoxifying, removes dead skin cells and is excellent for sluggish circulation. The green tea polish makes this scrub a perfect prelude to any slimming and anti-ageing body care. A slightly softer option better suited for more sensitive skin.

**Wild Rose
Body Scrub** 25mins | £40

Perfect for exfoliating dead skin cells, smoothing the skin and stimulating circulation. Pamper your body with what it deserves. Let the rose oil penetrate into the skin surface leaving the skin truly hydrated.

**Gold & Caviar
Body Scrub** 25mins | £45

Using the perfect combination of grape leaf, pearl and caviar extract, these ingredients intensify the processes inside the skin cells whilst aiding in the slowing down of the aging process. Caviar, rich in vitamins A, B & D and trace elements of amino acids are a key ingredient to skin cell regeneration. Let the champagne bathing nectar give you that rich hydration and sparkle you deserve.

BODY WRAPS

**Rosemary & Guarana
Body Wrap** 55mins | £75

This body wrap contain 'fat busting' Guarana and Horsetail, making this treatment suitable to create a slimming effect on the body. The astringent rosemary essential oil is great for cell regeneration, helping to keep skin taut and reduce wrinkles whilst rehydrating and toning. With its pleasantly subtle aromas, it will remind you of a spring walk through a stately herb garden.

**Anti-Aging Gold & Grape Leaf
Extract Body Wrap** 55mins | £80

The Gold Body Wrap is the most prestigious of our body wrap treatments. This treatment offers a velvety smooth and innovative texture with anti-aging benefits. Its ingredients benefit from the healthy ageing and protective properties of Sparkling Grape Leaf. The Grape leaf extract also contain fruit acids (AHA) known for helping skin cells renewal.

**Add on a scrub to any Body
Wrap for only £30.**

BUMPS A DAISY PREGNANCY TREATMENTS

Bumps A Daisy Facial 40mins | £55

Using rich, hydrating and repairing ingredients at this special time to rejuvenate and revive tired skin this facial helps to combat tiredness and dullness to give your facial skin a new lease of life.

**Bumps A Daisy
Full Body Massage** 55mins | £65

Using side lying techniques and creating a relaxing atmosphere for mother and baby, enjoy a soothing, calming massage using sweet mandarin and neroli oils to perform a relaxation back massage.

**Bumps A Daisy
Body Scrub** 55mins | £50

Using nature's natural loofah olive stone with sweet mandarin and neroli oils to create an effective body scrub let yourself be rejuvenated with this relaxing pamper.

MASSAGE TREATMENTS HOLISTIC

Combining Swedish massage techniques with hands free techniques unwind and relax in the hands of our experienced therapists. Tailoring your treatment to your specific needs to assure you float of the comfort of your treatments room.

Back, Neck and Shoulder Massage

25mins | £42 - 40mins | £52

With Aromatherapy Oils

25mins | £48 - 40mins | £58

Swedish Full Body Massage

55mins | £65

With Aromatherapy Oils

55mins | £72

Swedish Full Body, Face & Scalp Massage

1hr 10mins | £80

With Aromatherapy Oils

1hr 10mins | £88

Indian Head Massage 40mins | £55

Indian Head massage not only works on the scalp but also the face, neck, shoulder, upper back and arms, as these are the areas where we hold most of our stress and tension, this is a stimulating yet deeply relaxing treatment.

Indian Head Massage with Hot Coconut Oil

25mins | £30 - 40mins | £60

The warm coconut oil adds shine and volume to your hair and prevents it from breaking. Deeply soothing and nourishing this treatment is perfect for people with coloured hair, brittle ends or suffer from dandruff. Coconut oil is rich in antioxidants, and has antiviral and antibacterial properties and when used on hair it improves scalp health, fights infections, supports hair growth and is suitable for all skin and hair types.

MANICURES & PEDICURES

File and Polish 25mins | £20

This treatment can be done on the fingernails or toenails. Nails are cut and filed to your satisfaction, then expertly painted with a protective base coat, two coats of your chosen colour and finished with a high shine top coat. This express treatment will leave you feeling perfectly polished.

Lime and Lemongrass Foot Scrub & Foot massage 25mins | £35

Find yourself refreshed and rejuvenated with our Lime and Lemongrass foot scrub, leaving your skin feeling soft, silky, smooth and hydrated. Coupled with a relaxing foot massage to complete your experience.

Wild Rose Foot Scrub & Foot Massage 25mins | £35

Pamper yourself with our Wild Rose foot scrub, perfect for exfoliating dead skin cells and leaving your skin smooth and silky. Let the rose oil soak in leaving your skin truly hydrated and to finish off you can and enjoy a relaxing foot massage.

Peppermint Martini Foot Scrub & Foot Massage 25Mins | £35

Indulge by treating yourself to this very refreshing treatment, your feet will be scrubbed and massaged until they feel brand new. Leaving your feet rejuvenated and silky soft with the peppermint oil penetrating your skin.

Strawberries & Cream Manicure 40mins | £35

Indulge in a fruity treat for the hands with strawberries and cream scrub. Your hands will be bathed, scrubbed and polished to perfection. Cuticles tidied, nails shaped and expertly painted with your desired colour.

Peppermint Martini Pedicure 55mins | £50

Put your best foot forward with our revitalising peppermint Martini pedicure leaving tired feet refreshed, relaxed and perfectly smooth. Your feet will be bathed, scrubbed and massaged until they feel brand new. Cuticles tidied, nails shaped and expertly painted with your desired colour.

Gel Colour

Gel Colour Nail Shape & Polish (Hands or Feet)
40mins | £30

Gel Colour Manicure
55mins | £45

Gel Colour Pedicure
1hr 10mins | £60

Soak off
25mins | £15

Upgrade foot scrub & foot massage by adding a polish for only £15.

THE ESSENTIALS

Waxing

Half Leg Wax	£15
Half Leg & Bikini Wax	£20
3/4 Leg Wax	£20
Full Leg Wax	£30
Full Leg Wax & Bikini Wax	£40
Underarm Wax	£10
Bikini Wax	£15
Lip & Chin	£10
Lip OR Chin Wax	£8

Eye Essentials

Eyelash Tint*	£22
Eyebrow Tint*	£15
Eyelash & Brow Tint*	£30
Eyebrow Shape	£15

*A patch test is required 24 hrs prior to application of tint.



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