

# The Cotton House

SPA MENU







## WELCOME TO THE COTTON HOUSE SPA

Here at The Cotton House spa, we've partnered with Bamford to bring you a range of treatments that nurture the mind, body and spirit. Bamford's holistic approach is in perfect harmony with our heartfelt connection with nature.

Our individually crafted treatments use specially formulated products from the Bamford body and skincare collections, made from natural and organic ingredients certified by the highest standard of the soil association.

We look forward to welcoming you.

Bamford was founded on the belief that we need to be mindful of our connection to the earth, to live consciously, respect nature's resources and the land that provides for us.

Everything that we do, make and craft connects us to nature and our surroundings. We source the finest natural, biodegradable fibres and materials for our clothing and homeware collections, and turn to the power of natural active botanicals to create our skincare and body ranges. To us, being sustainable is not a choice; it's a way of life.





## THE COTTON HOUSE SPA TREATMENT LIST

### BAMFORD BODY TREATMENTS

B Silent  
Full Body Signature Treatment  
De-Stress Massage  
Deep Tissue Massage  
Back, Neck & Shoulder Massage  
Full Body Exfoliation  
After Sun Treatment

### BAMFORD ORGANIC FACIALS

Awaken Resurfacing Facial  
Restore Rejuvenating Facial  
Purity Detoxifying Facial

### BAMFORD GROOMING DEPARTMENT (MENS)

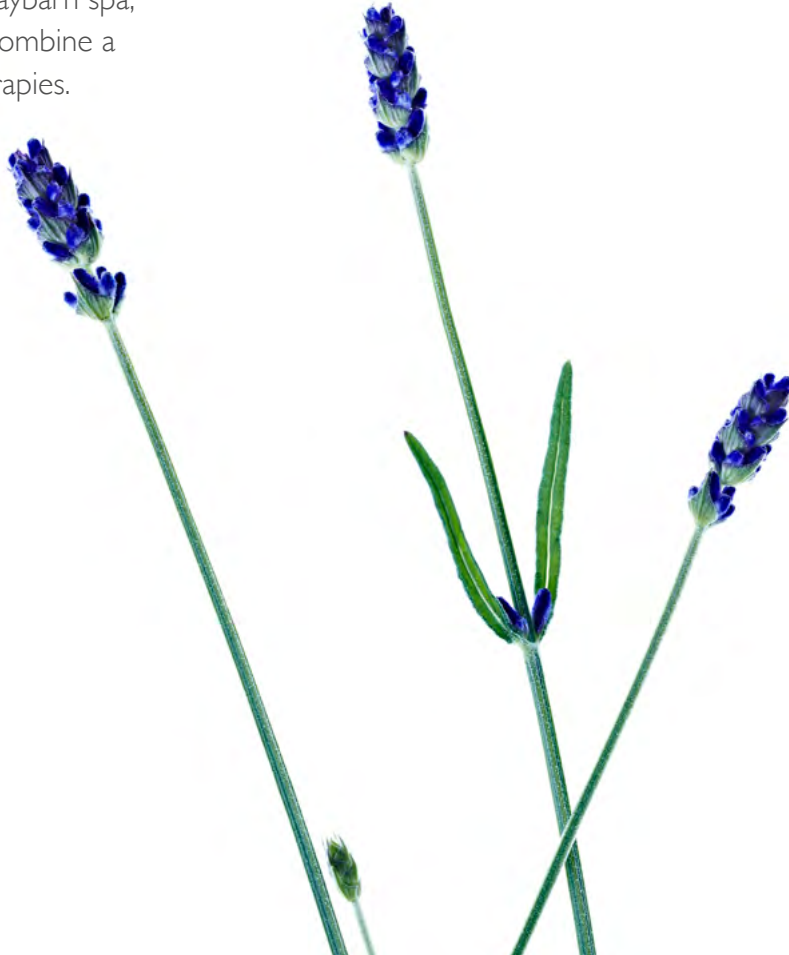
Edition I Signature Treatment  
Edition I Recovery Treatment

### OTHER TREATMENTS

Hands & Feet Treatments  
Beauty Treatments

## BAMFORD BODY TREATMENTS

Using our award-winning organic and natural products specially created for use in Bamford's Haybarn spa, our body treatments combine a number of holistic therapies. Each treatment is specifically focused to relax, restore or rejuvenate.



## B SILENT TREATMENT

60 MINUTES | \$200

Our treatment devoted to relaxing your body and preparing it for sound, restful. A stress-reducing footbath using our b silent night-time concentrate opens the body's meridians. This moves on to a full back massage with our b silent body oil, a blend of roman chamomile, cannabis sativa and lavender flower oils. A massage on the neck and chest pressure points aims to release chronic stress, and prepare the body and mind for deep, peaceful sleep.

## BAMFORD FULL-BODY SIGNATURE

90 MINUTES | \$250

Our signature treatment combines carefully targeted ancient healing techniques to offer you a fully immersive body experience. Japanese shiatsu massage is used to open the body's meridians, penetrate the muscles and start to unblock the energy channels to restore balance and flow. An Indian head massage, relieves headaches, pain and calms the mind, the technique has been shown to increase circulation to the brain as well as improve scalp and hair condition. The treatment incorporates, a foot bath, abdominal massage and finishes with assisted yogic breathing to refresh the lungs and oxygenate and invigorate the body.

## DE-STRESS MASSAGE

60 MINUTES | \$165

A treatment to calm both the body and mind, this holistic massage eases tense muscles and reduces stress levels, while restoring and realigning energy in the body. A soothing footbath begins the cleansing and relaxation process, drawing toxins from the body, to reduce inflammation and aid sleep. A shiatsu massage targets pressure points to release tension, balance energy flow and trigger the process of self-healing. Swedish back and leg massage focuses on relaxing the muscles and reducing both emotional and physical stress.

## DEEP TISSUE MASSAGE

60 MINUTES | \$165

This full-body massage uses a combination of shiatsu and traditional techniques to work with the deep layers of muscle tissue and treat acute tension and injuries from overuse. Adhesions in the muscles can cause pain, inflammation and restriction of movement so this massage works to increase blood flow, realign the different layers of tissue, relax tight muscles and encourage them to strengthen and heal.

## BAMFORD BACK, NECK AND SHOULDER MASSAGE

30 / 45 MINUTES | \$85 / \$100

A focused massage directed at the most common areas of tension in the body. Swedish massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to any knots. Specific pressure points are targeted in the upper back and neck to encourage profound relaxation and release tension.

## BAMFORD FULL BODY EXFOLIATION

45 MINUTES | \$165

As well as gently removing dead skin cells to reveal the freshly invigorated skin underneath, this regenerative treatment is designed to improve circulation and blood flow. The whole body is lightly massaged with a warm blend of pure sea salt and brown sugar suspended in invigorating oils and moisturising body butters, which stimulates revitalisation.

It is showered off with warm water. Our rich geranium body cream is then applied in gently massaging strokes, leaving the skin soft, smooth and deeply hydrated, as well as primed for further treatments.

## BAMFORD AFTER SUN TREATMENT

60 MINUTES | \$200

This treatment provides sun-stressed skin with everything needed to recover. A relaxing footbath is followed by a soothing full body wrap with our luxurious rose, chamomile and lemon body cream. A deep cleanse and a moisturizing face mask calm irritation. Reflexology and a final application of body oil complete the recovery.



## BAMFORD FACIALS

Bamford skincare is made using the finest natural and organic ingredients. Their active properties work alongside these carefully designed facials to achieve targeted visible results.

We offer three different styles of facial according to the result you wish to focus on.

Choose to smooth and resurface, plump and rejuvenate or clear and purify your skin.

All facial treatments begin with a complete skincare consultation and skin analysis.



## AWAKEN: RESURFACING ORGANIC FACIAL

A radiance boost designed to leave skin smoother, refined and glowing. Particularly recommended for sun damage, uneven texture or between seasons.

60-MINUTE FACIAL | \$165

After the opening cleanse, skin is gently resurfaced with ultra-fine volcanic exfoliants and fruit enzymes. Facial reflexology stimulates and drains the lymphatic system to resurface, then a facial massage using hot and cold jade stones stimulates circulation.

Our stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones. Your therapist works with an anti-oxidant rich nurturing facial oil with evening primrose oil and rosehip to heal and nourish the skin, then a relaxing neck and shoulder massage is performed while a nourishing sleep mask is absorbed. Rich moisturiser and a refining serum complete the treatment leaving you with radiant, glowing skin.

90-MINUTE FACIAL | \$250

A more indulgent treatment which includes a soothing footbath and deep tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders. The treatment progresses on to our facial, targeting specific concerns. Skin is left radiant and glowing and the body deeply relaxed.



## RESTORE: REJUVENATING ORGANIC FACIAL

A deeply hydrating treatment designed to lift and plump the skin and reduce the appearance of fine lines and wrinkles. Particularly recommended for dry or mature skin.

60-MINUTE FACIAL | \$165

After the opening cleanse, facial reflexology stimulates and drains the lymphatic system to plump and tone the skin, then a facial massage using hot and cold jade stones stimulates circulation. The stones are stored in an ice bath for contrast with the hot stones.

A deeply relaxing neck and shoulder massage is performed while a hydrating, plumping mask is left to absorb. Made with soy stem cells and hyaluronic acid, a naturally occurring substance in the skin that retains water and maintains elasticity, the mask helps to reverse and prevent the signs of ageing.

Eye cream containing cacay nut oil – one of the world's richest sources of vitamin A, which boosts the production of collagen and elastin and reduces the appearance of fine lines and wrinkles, is then applied using soothing cold moonlight stones. Skin is left firmer, rejuvenated and more youthful looking.

90-MINUTE FACIAL | \$250

A more indulgent treatment which includes a soothing footbath and deep-tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders before the 60 minute facial is performed. Skin is left plump and firmer, and the body is deeply relaxed.

## PURITY: DETOXIFYING ORGANIC FACIAL

A purifying treatment to brighten and clear the skin, target blemishes and pigmentation. Recommended for oily, blemished or menopausal skin or anyone affected by city pollution.

60-MINUTE FACIAL | \$165

Our signature double cleanse and steam works deeply to extract impurities.

Facial reflexology stimulates and drains the lymphatic system to detoxify the skin, while a facial massage using hot and cold jade stones stimulates circulation. Our stones are carved into heart shapes for applying targeted, gentle pressure on the face and are stored in an ice bath for contrast with the hot stones.

Hydrating hyaluronic facial mask mist delivers two spectrums of hyaluronic acid to instantly plump the skin. A deeply relaxing neck and shoulder massage is performed while a mineral-rich detoxifying clay mask is applied then left to dry, drawing out toxins, heavy metals and pollutants. Moisturiser and serum are applied to finish, leaving skin soothed, pure and beautifully clear.

90-MINUTE FACIAL | \$250

A more indulgent treatment which includes a soothing footbath and deep-tissue back massage focusing on shiatsu pressure points to release tension in the back and shoulders before the 60-minute facial is performed. Skin is left soothed, bright and beautifully clear and the body is deeply relaxed.

## BAMFORD GROOMING DEPARTMENT MALE SPECIFIC TREATMENTS

### BGD EDITION I RECOVERY TREATMENT

60 MINUTES | \$165

Bamford grooming department edition I recovery treatment has been created to combat the stresses of modern life. Beginning with a back massage, using our specially blended massage oil and hot stone therapy, the treatment moves on to a simple and effective facial and head massage. Great for reducing stress and promoting deep relaxation. The recovery treatment sets you back on track.

### BGD EDITION I SIGNATURE TREATMENT

90 MINUTES | \$250

The Bamford grooming department edition I signature treatment has been specially created for the modern active man. A combination of traditional Japanese massage, Swedish massage, hot stone therapy, acupressure facial and reflexology.

The treatment encourages blood flow through the body, relieves over-tired muscles and pain, reduces stress and promotes deep relaxation. The signature treatments restores your equilibrium ready for the challenges ahead.





## OTHER TREATMENTS

### PHYSIOTHERAPY

90 MINUTES

Diagnostic/injury/rehabilitation treatments. Andrea's wide range of professional experience and skill mix is unique and offers a range of therapeutic services such as manual therapy, soft tissue manipulation, and lymphatic drainage as well as shiatsu, a popular form of Japanese acupressure and acupuncture, therapeutic exercises, pilates, injury prevention and private physical therapy rehabilitation.

### THAI MASSAGE

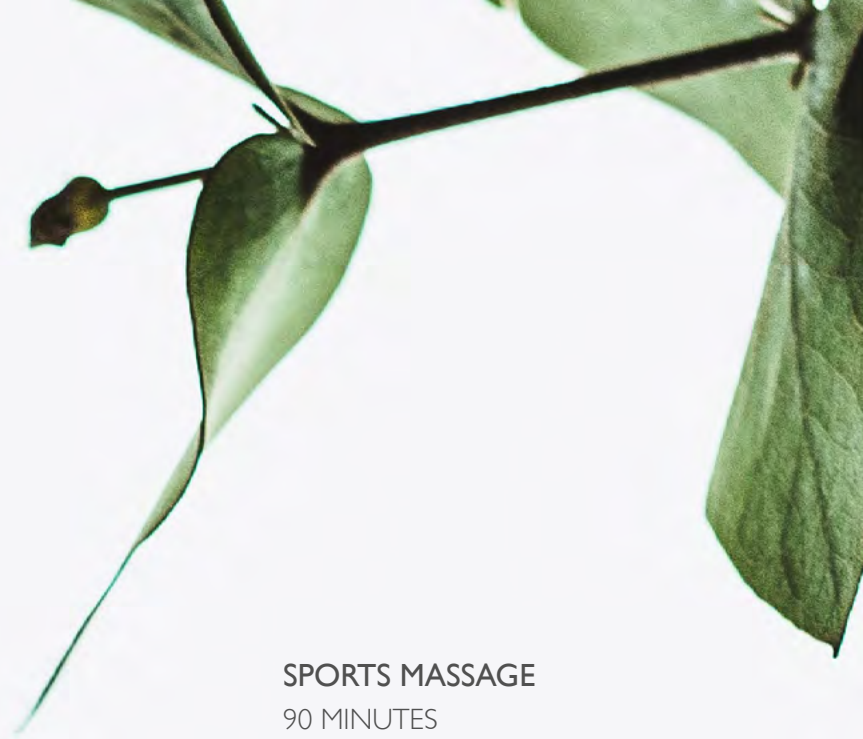
90 MINUTES

Dec to April only.  
Thai massage is a combination yogic stretches, deep tissue and classic massage techniques which can help to correct and realign the body, iron inconsistencies created by our modern living/environment.

### SPORTS MASSAGE

90 MINUTES

A deeper massage which can be applied to release overly tight muscles groups, particularly beneficial after exercise or in conjunction with personal training.



The page features a background of green leaves and stems, some of which are partially cut off by the edges of the frame. The leaves are various shades of green, from light to dark, and have visible veins. The stems are thin and dark green. The overall aesthetic is natural and fresh.

## HANDS & FEET TREATMENTS

MANICURE	\$60
PEDICURE	\$70
GENTS MANICURE	\$45
FRENCH MANICURE	\$65
FILE & POLISH	\$35

## BEAUTY TREATMENTS

EYELASH TINT	\$40
EYEBROW TINT	\$30
EYELASH & EYEBROW TINT	\$55
WAXING FULL LEG	\$75
HALF LEG	\$55
BIKINI	\$35
BRAZILIAN BIKINI	\$55
UNDERARM	\$25
EYEBROW SHAPE / WAX	\$25
LIP OR CHIN	\$20
HALF ARM	\$30
BACK WAX	\$55



## THE FINE PRINT



### OPENING HOURS

The Spa is open every day in December - April from 8.00am - 7.00pm, with the exception of Friday & Saturday when it closes at 6pm. May - November the Spa is open from 8.00am - 6.00pm.

### SPA RESERVATIONS

To make a booking please call extension 8754 or 8215. Please note a credit card number will be required to secure a booking.

### SPA CANCELLATIONS

For reservations cancelled less than 24 hours in advance, 50% of the cost will be charged. No shows will be charged for the full cost of the treatment booked.

### GIFT VOUCHERS

Spa gift vouchers can be purchased at The Cotton House. They are valid for one year from date of purchase and can be redeemed against any treatment.

### GYMNASIUM

There is a charge of \$10 per visit for the gym, and advance booking is advisable. Access is complimentary for hotel guests and homeowners.

### GRATUITIES

Gratuities are not included in the cost of the treatment. They may be given at your discretion and can be charged to your hotel bill.

### IN-HOUSE / IN-VILLA SERVICE

The Spa offers an in-room service at an extra \$30 per treatment during opening hours, and \$60 per treatment after opening hours. The spa offers an in-villa service at an extra \$60 per treatment during opening hours, and \$90 per treatment after opening hours. These treatments are on request and subject to availability. Please note waxing, packages and body wraps are not available.

### SHARED TREATMENTS

If you want to spend a morning or afternoon being pampered together, please do not hesitate to ask for a double booking for shared treatments.

### TERMS & CONDITIONS

Please note rates are inclusive of 16% VAT and subject to change without prior notice. The Cotton House has a non-smoking policy. We kindly ask that mobile phones are switched off before entering the spa to avoid disturbing other guests. Children under the age of 16 must be accompanied by an adult.

