

# C.SIDE

AT COWLEY MANOR

## Treatment List



### Green & Spring at C.Side

All the treatments at C.Side use Green & Spring products. The tradition of using herbs for health and beauty has a long history in the British Isles. Green & Spring have tapped into this rich legacy using the abundance of natural resources to be found locally at Cowley Manor and the surrounding British countryside, including the natural spring waters and herbs found in the grounds. Green & Spring has sourced many pure and natural ingredients indigenous to the British Isles combining them to create efficacious synergies, organic wherever possible.

We have allowed a short time for consultation at the beginning and relaxation at the end of each treatment.

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### MASSAGE

#### **Invigorating Scalp Massage** 15 mins £15

A reviving and invigorating scalp massage which also includes neck and shoulders. A stimulating rosemary infused scalp oil (optional) is used to increase circulation, refresh and focus.

#### **Green & Spring Back Massage** 45 mins £60

A deep, relaxing back massage which works to give instant relief to accumulated shoulder and neck tension. Using the unique Green & Spring techniques, muscles are kneaded until pliable, nerve endings are soothed and acupressure points stimulated to affect a deep state of relaxation and well-being.

#### **Green & Spring Massage** 60 mins £75

A deeply calming body massage applied with Green & Spring unique therapeutic techniques including elements of acupressure and reflexology to release tension, balance and soothe the body.

#### **Hot Stone Massage** 60 mins £75

Feel muscular tension melt away with the deep penetrating warmth of the hot, basalt lava stones as it works on knotted muscles and releasing trapped toxins and fluid by increasing circulation. It leaves the body feeling released and is good for posture.

#### **Deep Tissue Massage** 60 mins £75

An intense, deep tissue massage for stubborn and persistent areas of tension. The firm techniques are used to work through knots and tensions whilst stimulating essential oils and herbs increase circulation.

#### **Coming Soon** 60 mins £75 • 90 mins £105

A tender and safe pregnancy massage working on the entire body, including the face and scalp. The massage focuses on releasing aches and pain, soothing tired limbs and releasing accumulated fluid whilst feeding the skin leaving you feeling relaxed and deeply nurtured.

#### **Mini Back Massage** 30 mins £45

A back, neck and shoulder massage tailor-made to target tension and tightness and to soothe the upper body.

#### **Mini Relaxation Massage** 30 mins £45

An extensive shoulder, neck, face and scalp massage, concentrating on specific pressure points, releasing tension thereby promoting calm and tranquillity.

#### **Exfoliation** 30 mins £45

An all over body scrub using the sugar from our unique exfoliating body balm to leave the skin feeling soft and smooth to the touch.

### SIGNATURE TREATMENTS

#### **Cloud 9** 90 mins £110

A deeply relaxing, holistic massage which combines aromatherapy, Qi energy balancing, reflexology and acupressure leaving the whole body in a state of bliss. It works along the sensory pathways of the body using light to medium pressure to balance and nurture leaving you with an inner sense of tranquillity and indulgence.

#### **Green & Spring Indulgence** 90 mins £125

Green & Spring taps into nature's rich pharmacy to indulge not only the senses but the body. It begins with a foot soak and scrub, followed by a sensuous massage with hot herbal compresses filled with lavender, oats and lemon balm to soothe, moisturise and scent the skin. The final indulgence is a rejuvenating milk and honey facial a sumptuous, natural treat.

### WRAPS

#### **Rejuvenation Ritual** 120 mins £150

This two hour ritual is dedicated to rejuvenation using moisturising sugar scrub and a deeply indulgent antioxidant body mask. Regenerative serums and rich massage balms are then incorporated into special treatments for the eye, neck, décolleté and hands. To ensure that the nourishing wrap is fully absorbed, a deliciously warming hot stone massage is applied to pamper and repair every inch of the body leaving the skin feeling toned, nourished, hydrated and buffed to perfection.

#### **Complete Detox** 90 mins £125

The treatment begins with dry skin brushing, followed by an application of hot linseed poultices, infused with ivy and butchers broom, to draw out toxins. This is followed by a circulation-boosting massage of the hips, legs and stomach to release toxins and increase skin vitality. Rich clay and seaweed body mask is then applied to further improve detoxification. Whilst the mask works on the body, a unique spiral foot massage is carried out followed by a rosemary, shirodara scalp treatment to detox the mind. A final scrub followed by a refreshing shower leaves your skin feeling vibrant and toned.

## FACIALS

### **Deep Cleansing Facial** 60 mins £75

Designed to increase circulation as well as brighten the skin by incorporating steam, deep cleansing, a stimulating scrub and extractions. Deeper detoxification is achieved through reflexology on the feet as well as a balancing facial massage of lymph drainage and acupressure which uses a light, healing blend of geranium, basil and lavender suspended in rosehip oil leaving the skin looking supple and healthy.

### **Hydrating Facial** 60 mins £75

A full cleanse, tone and massage treatment of the face. Further hydration is achieved through the application of a reviving mask enriched with rose, sea buckthorn and carrot oil which is then covered with a fine layer of beeswax to ensure the face soaks up all the benefits of the mask. During this process, a deep scalp massage helps to relax and calm the senses.

### **Green & Spring Facial** 60 mins £75

Designed to repair and rejuvenate, the facial begins with a process of intense cleansing to stimulate and increase blood supply to the skin. This is followed by an energising scrub and secondary exfoliation with the unique Green & Spring Gentle Face Refiner which scavenges dead skin cells and brightens. Soothing local honey and skin-clarifying milk are massaged into the skin with a hot, herbal compress filled with lavender, calendula and wheatgerm to heal and remove toxins. A deep, toning and nourishing face massage is given followed by application of an antioxidant face mask to help heal, nourish and repair leaving the skin glowing and youthful.

### **Mini Facial** 30 mins £45

This express facial gives an instant lift and includes steam, a gentle cleanse and exfoliation. A quick, energising face massage, reviving face mask and stimulating scalp massage help to brighten, freshen and relax.

## MANICURES

Award-winning Essie nail polishes are used within all of our manicures and pedicures, renowned for its long lasting varnishes and extensive array of colours.

### **Polish Change** 15 mins £15

### **Mini Manicure** 30 mins £30

Nails are filed, shaped and polished.

### **Green & Spring Manicure** 45 mins £40

The hands are exfoliated and moisturised before nails are filed and shaped and cuticles tidied. A relaxing hand and arm massage followed by a mask leaves the skin nourished and hydrated. Polish completes the treatment.

## PEDICURES

### **Polish Change** 15 mins £15

### **Mini Pedicure** 30 mins £30

Nails are filed, shaped and polished.

### **Green & Spring Pedicure** 60 mins £50

The feet are exfoliated and moisturised before the nails are filed and shaped and cuticles are tidied. A relaxing foot and leg massage followed by a mask leaves the skin nourished and hydrated. Polish completes the treatment.

## WAXING

### **Full Leg** 40 mins £40

### **Half Leg** 30 mins £25

### **Under Arm** 15 mins £15

### **Lip & Chin** 15 mins £15

### **Eyebrow Shape** 15 mins £15

### **Bikini** 15 mins £15

### **Brazilian Wax** 30 mins £30

### **Hollywood Wax** 30 mins £30

### **Men's Back** 45 mins £40

## TANNING

### **Exfoliation & St Tropez Tan** 60 mins £95

The treatment begins with a full body exfoliation, leaving the skin soft and silky smooth. This is then followed by a complete application of St Tropez moisturising tanning cream.

## DAY SPA

Available Monday to Friday

60 minutes of treatments £125

90 minutes of treatments £155

120 minutes of treatments £190

150 minutes of treatments £235

Day Spa prices are per person and include treatments of your choice, a 2 course lunch and use of all the facilities at C.Side.

Day Spa use Monday to Friday is £45 which includes full access to the facilities at C.Side.

## EVENING SPA

Available Monday to Thursday, from 5pm

30 minutes of treatments £75

60 minutes of treatments £95

Evening Spa prices are per person and include treatments of your choice, a 3 course dinner and use of all the facilities at C.Side.

## C.Side Facilities

Gym, sauna, steam room, 19m indoor pool, 15m outdoor pool and relaxation area.

## Opening Hours

Pools, gym, sauna and steam room - 8am to 9pm.

Treatments available from 9.30am to 7pm Saturday to Thursday and 9.30am to 8pm on Friday.

## Other Things to Note

If you cancel your treatment with less than 48 hours notice, you will be charged 100% of the total cost of the treatment.

We ask that you arrive 15 minutes prior to your appointment in order to register and relax before your treatment. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person.

Children under 16 are not permitted in the gym area or in the pool areas unsupervised.

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