Treatments
Manomara, meaning "handmade by the sea" is an artisan brand developed by Anna Messery-Evans out of a passion to harness properties from nature. She creates exquisite skincare products that are natural, effective and highly functional. All of Manomara’s ethical skincare products are luxuriously scented with aromatic plant extracts and are hand made by the sea in Jersey.

de Mamiel

The de Mamiel skin care range is the creation of Australian-born Anne de Mamiel. Anne is an aromatherapist, healing holistic facialist and leading authority on facial acupuncture. Her work has been praised by beauty insiders and featured in some of the world’s most revered beauty and lifestyle publications such as The New York Times, Vogue, Harpers Bazaar, Psychologies and Marie Claire.

REN

REN, a quintessentially British brand uses exclusively designed massage and pressure point techniques inspired by ancestral traditions, Japanese acupuncture and Swedish massage. Their philosophy can be summed up in three words: Performance, Purity and Pleasure.

All products are available for purchase - please speak with your therapist or ask at Reception.

The Cottage Garden spa lies in a beautifully secluded walled Victorian garden in Longueville Manor’s grounds. The small yet idyllic sanctuary offers an exceptional spa experience using an exclusive range of specialist skincare brands.
Manomara skincare is ethical and handmade, harnessing the natural goodness that is abundant on Jersey coastlines and in the clean water. The freedom and wildness of harvesting algae from Atlantic waters combined with the quiet and precision of making the iodine rich extraction in a kitchen laboratory is what Anna, Manomara’s founder, finds most compelling and is how the brand was born.

Longueville Manor has worked closely with Manomara to carefully design, develop and blend the custom-made oil that features in this massage. The oil has been hand crafted in Jersey using a blend of botanical oils and extracts inspired by the flora and fauna that grows in Longueville Manor’s Kitchen Garden.

Indulge yourself in this deeply relaxing treatment whilst the therapist gently works away the stresses and strains of daily life. Allow the delicacy of lavender, vitamin E, sea kelp extract and sunflower oil to transport you to a place of tranquillity and leave you feeling totally soothed and relaxed.

60 minutes £80 | 30 minutes £50
de Mamiel products use nature’s finest ingredients to treat, soothe, balance and renew you and your skin every day. The formulas of this cult beauty brand are both artisanal and highly advanced, blending therapeutic essential oils with affirming flower essences, skin-perfecting probiotics, peptides and skin-brightening precious gem powders.

Each product is painstakingly handmade to ensure that what you put onto your skin is not only as pure as possible, but that the experience blissfully immerses your senses. You’ll see, smell and feel the benefits of de Mamiel from the first use.

de Mamiel SKIN SAVIOUR Facial
75 minutes including consultation  |  £125

This all-encompassing facial includes a deep cleansing ritual that releases tension from the muscles and ligaments in the face allowing for increased circulation, healing and an energised complexion. It uses an innovative Cleanse Release 10 technique, herbal compresses and qi-rejuvenation massage (based on the ancient practice of Tui Na – which helps improve circulation and lymph flow), Rose Quartz to cool, tighten the skin and close pores. These techniques, applied with unique herbs, botanical extracts and healing seasonal oils, work to not only help repair any past damage, but most importantly to prepare and protect from further environmental stress.

de Mamiel REST EASY Sleep Treatment
75 minutes including consultation  |  £95

The ‘Rest Easy’ treatment has been designed to create space for you to un-wind, restore and repair moving from the noise and chaos of the outside world ready for a calm and restful night, drifting off into an easy sleep. This treatment soothes and relaxes all the senses, using the de Mamiel botaniques Sleep Series together with the healing touch, using specialised massage techniques, relaxing and stretching the body, preparing for an extended time of being in one place to ease the tension of the effects of our daily stress.
The Cottage Garden Packages

This collection of carefully crafted packages offers you the chance to indulge in an ultimate experience whether it is the shorter "Relax Me" or "Indulge Me" package, or the more decadent "Spoil Me" experience. These treatments are perfect for anyone wanting to simply feel special. They also make an ideal gift for a friend or loved one.

**Indulge Me**
90 minutes | £130
The ultimate Manomara experience.
Back exfoliation using Manomara Salt Scrub with hot towel removal, back massage and face and ear pressure point massage using the Manomara Signature Oil, finished with a Manomara Soul Butter foot massage.

**Relax Me**
90 minutes | £130
The ideal antidote to the pressures of everyday. A collection of short but therapeutic treatments that can slot easily into anyone’s busy diary.
Back massage, followed by REN’s Express facial and finishing off with REN’s Head in the Clouds scalp massage.

**Spoil Me**
180 minutes | £160
This is the perfect start to either a special weekend or that long awaited holiday.
The Cottage Garden Manicure and Pedicure, followed by a REN Bespoke Facial.

Face

**REN Renew**
£85
£75
An advanced anti-ageing facial designed to plump, renew and revitalise wise experienced skin.
For the first signs of ageing to mature skin: 75 minutes

**REN Radiance**
£85
A brightening facial designed to resurface, renew and re energise tired, dull and stressed skin.
75 minutes

**REN Bespoke**
£75
An energising, purifying facial designed to enhance naturally happy, healthy skin.
60 minutes

**REN Express**
£50
A purifying, hydrating facial for maximum results in minimum time.
30 minutes

BRINGING TOGETHER 100% PLANT AND MINERAL DERIVED ACTIVE INGREDIENTS, THE REN SPA FACIAL SKINCARE COLLECTION HELPS YOU ACHIEVE TRULY BEAUTIFUL SKIN.
### Body

The REN SPA body treatments are a unique source of energy and equilibrium that leave you feeling recuperated and help the body return to its natural balance.

<table>
<thead>
<tr>
<th>Treatment Name</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>REN Moroccan Rose Ritual</strong></td>
<td>£180</td>
</tr>
<tr>
<td>An exquisite experience incorporating an indulgent REN bespoke facial and full body exfoliation to encourage your body’s natural healing mode, finished with REN’s bespoke body massage. It is the ultimate treatment to relieve stress, uplift and soothe, leaving you feeling balanced, grounded and relaxed.</td>
<td></td>
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<tr>
<td>150 minutes</td>
<td></td>
</tr>
<tr>
<td><strong>REN Body Rebalance</strong></td>
<td>£100</td>
</tr>
<tr>
<td>An invigorating mineral rich exfoliation and Tsubo pressure point massage that will leave the skin moisturised, toned and renewed for a feeling of total wellbeing.</td>
<td></td>
</tr>
<tr>
<td>90 minutes</td>
<td></td>
</tr>
<tr>
<td><strong>REN Mamma Massage</strong></td>
<td>£80</td>
</tr>
<tr>
<td>A complete full body massage to reduce common maternity stress on the body by stimulating blood circulation, lightening legs, reducing lower body water retention and relieving stress. This massage uses safe but effective pre-natal techniques to relax the whole being as well as that beautiful bump. <em>Suitable after 13 weeks gestation.</em></td>
<td></td>
</tr>
<tr>
<td>60 minutes</td>
<td></td>
</tr>
<tr>
<td><strong>REN Head In The Clouds Massage</strong></td>
<td>£50</td>
</tr>
<tr>
<td>Melt every bit of tension away with this truly amazing Indian head inspired scalp, neck, shoulder and face massage, leaving you with your head in the clouds.</td>
<td></td>
</tr>
<tr>
<td>30 minutes</td>
<td></td>
</tr>
<tr>
<td><strong>REN Back To Balance</strong></td>
<td>£65</td>
</tr>
<tr>
<td>A “facial” for the much neglected back area. Hot steamed towels are used throughout this treatment and will help ease away every day muscular tension. A cleansing treatment combining exfoliation with massage techniques will leave you feeling relaxed, polished and revitalised.</td>
<td></td>
</tr>
<tr>
<td>45 minutes</td>
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<tr>
<td><strong>Hopi Ear Candling</strong></td>
<td>£45</td>
</tr>
<tr>
<td>An ancient therapy to improve general health and well being. Includes a face and ear pressure point massage which stimulates energy circulation, relieves pressure from behind the eardrum, relaxes and soothes.</td>
<td></td>
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<tr>
<td>45 minutes</td>
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</table>
**Feet and Hands**

The Cottage Garden Deluxe Manicure

Our personalised Deluxe Manicure is designed to soothe tired hands including an exfoliation, hand and arm massage and nourishing mask to hydrate the skin. Hands enjoy the warming sensation of heated mitts before finishing with a polish application of your choice.

75 minutes

The Cottage Garden Deluxe Pedicure

A rejuvenating foot treatment including a foot exfoliation, hydrating mask to soothe tired feet along with warming sensation of heated boots. Shape, tidy and cuticle work finishing with polish application of your choice.

75 minutes

Foot Ritual

A luxurious foot treatment using the REN Atlantic Kelp and Magnesium ranges to energise and de-stress. Combining a foot soak, exfoliation and massage that will relax the entire body by stimulating the pressure points.

60 minutes

**Thai Foot Massage**

A vigorous yet totally relaxing treatment performed on all areas of the foot. Uses finger and thumb techniques on specific acupressure points. Improves circulation, stimulates lymphatic drainage and induces relaxation

60 minutes

**Waxing**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
<th>Duration</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Leg</td>
<td>£25</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Full Leg</td>
<td>£40</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Full Leg &amp; Bikini</td>
<td>£50</td>
<td>60 minutes</td>
</tr>
<tr>
<td>Bikini</td>
<td>£18</td>
<td></td>
</tr>
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**Feet Ritual**

**Thai Foot Massage**

A vigorous yet totally relaxing treatment performed on all areas of the foot. Uses finger and thumb techniques on specific acupressure points. Improves circulation, stimulates lymphatic drainage and induces relaxation.

60 minutes

**Soak Off, Shape & Tidy**

£22

30 minutes

**Enjoy a glass of our exceptional Champagne Duval-Leroy with any manicure or pedicure at the very special price of only £10.00 per glass (125ml).**

**Tinting**

<table>
<thead>
<tr>
<th>Treatment</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Eyelash Tint</td>
<td>£20</td>
</tr>
<tr>
<td>Eyebrow Tint</td>
<td>£12</td>
</tr>
<tr>
<td>Lash &amp; Brow Tint</td>
<td>£28</td>
</tr>
</tbody>
</table>

(A patch test must be performed at least 24 hours before your first tinting appointment. Please request this with reception at time of booking.)

**Yoga**

A private 1:1 lesson based on our yoga instructor’s Yoga Therapy training where she will assess you and devise a lesson that works for your specific needs. If you are in recovery from an injury and have been told to try yoga this is a good place for you to start. If you want to deepen your yoga practice then this approach will also work well. The private lesson is completely adaptable and unique to you and can be carried out in the comfort of your own room or, depending on the weather, in the hotel gardens.

60 minutes 1:1 lesson

£80

**Waxing**

<table>
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</tr>
</tbody>
</table>

**Underarm**

£18

**Eyebrows**

£15

**Lip or chin**

£12

**Eyelash Tint**

£20

**Eyebrow Tint**

£12

**Lash & Brow Tint**

£28

**Foot Ritual**

**Thai Foot Massage**

A luxurious foot treatment using the REN Atlantic Kelp and Magnesium ranges to energise and de-stress. Combining a foot soak, exfoliation and massage that will relax the entire body by stimulating the pressure points.

60 minutes

**Face and Hands**

Enjoy a glass of our exceptional Champagne Duval-Leroy with any manicure or pedicure at the very special price of only £10.00 per glass (125ml).
**Etiquette**

**Appointments**
Open 7 days a week. To book all treatments, please call the hotel reception – 725501.

**Arrival**
We recommend that you arrive at least 10 minutes prior to your appointment time so you can complete the consultation card that will be discussed with your therapist before your treatment begins. Late arrivals cannot receive an extension of their treatment time and the full treatment price will apply.

**Health and Wellbeing**
If you have any serious medical condition we advise you to consult your doctor before undertaking treatments. You are required to inform your therapist of any allergies that you suffer from or medication that you are taking.

**Pregnancy**
Please inform us of your pregnancy and which trimester you are in when booking your treatment so we can help you choose the most suitable treatment.

**What to Wear**
Respectable swimwear is required whilst using the spa pool and deck area and appropriate clothing and footwear must be worn in the gym.

**Children**
Please contact The Cottage Garden directly for advice on treatments for under 18s. Families are however welcome to use the hot tub provided children are supervised.

**Valuables**
An area for your personal belongings will be provided within your treatment room. We recommend that hotel guests use their bedroom safe. We cannot be held responsible for any lost items.

**Cancellation or No Show**
If you need to cancel or reschedule an appointment, we require 24 hours’ notice. Cancellations on the day or no shows will incur a 100% charge.