



THE COTTAGE GARDEN
HEALTH & BEAUTY · LONGUEVILLE MANOR

THE COTTAGE GARDEN PACKAGES

Indulge Me – A truly indulgent treatment which will leave you feeling relaxed from head to toe. Using the **Jersey Skin** range, it combines a back exfoliation and back massage, along with a face, scalp and ear pressure point massage, finishing off with a foot massage, absolute bliss! *90 minutes - £130*

Relax Me – Back massage followed by REN's Express facial and finishing off with REN's Head in the Clouds scalp massage *90 minutes - £150*

Spoil Me Mother to Be – A treatment combining a back massage followed by a REN facial and a relaxing scalp massage to reduce common maternity stress, strain on the back and relaxing the whole being as well as that beautiful bump (suitable from 13 weeks gestation) *90 minutes - £130*

BODY TREATMENTS

REN Moroccan Rose Ritual – An exquisite experience incorporating an indulgent full body exfoliation that will leave the skin silky smooth followed by REN Bespoke body massage using a rose infused body oil, finished with a REN Bespoke facial. It is the ultimate treatment to relieve stress, uplift and soothe leaving you feeling balanced, grounded and relaxed *150 minutes - £200*

Jersey Skin Full Body Exfoliation – Experience a body treatment to smooth, soften and to encourage the regeneration of new skin cells. A customised full body exfoliation, using the **Jersey Skin** product range, is followed by the application of body moisturiser, leaving your skin soft and supple *45 minutes - £70*

REN Body Rebalance – An invigorating mineral rich full body exfoliation followed by REN bespoke full body massage that will leave the skin moisturised, toned and renewed for a feeling of total wellbeing *90 minutes - £100*

REN Mamma Massage – 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. Suitable after 13 weeks gestation *60 minutes - £90*

REN Head in the Clouds – 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 *30 minutes - £50*

Back To Balance – A 'facial' for the 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 and revitalised *45 minutes - £75*

Full Body massage – Indulge yourself in this deeply relaxing treatment whilst the therapist gently works away the stresses and strains of daily life using a blend of **Jersey Skin** oils *60 min - £90.00/30 min - £60*



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Foot Ritual – A luxurious foot treatment using the **Jersey Skin** product range. Combining lavender foot wash and exfoliation, followed by a deep pressure point foot massage which will relax the entire body and mind, finished with a soothing lavender moisturiser *45 minutes - £70*

FACIALS

Jersey Skin facial – A unique facial, using products with locally sourced ingredients, it will leave the skin soothed, deeply cleansed and uplifted *60 minutes - £80*
30 minutes - £50

REN Bespoke – An energising facial designed to enhance naturally happy, healthy skin *60 minutes - £80*

REN Express – A purifying, hydrating facial for maximum results in minimum time *30 minutes - £55*

REN Renew – An anti-aging facial to renew the complexion, improve the tone and reduce the appearance of fine lines, leaving the skin radiant and glowing *75 minutes - £90*

REN Radiance – A facial to suit all skin types, especially dull, sallow, hyper-pigmented, formulated to uplift the skin tone, and leave the skin looking energised and illuminated *75 minutes - £90*

HOPI EAR CANDLING – An ancient therapy to improve general health and wellbeing, to include a face and ear pressure points massage *45 minutes - £45.00*

WAXING

Half leg - £25/Full leg - £40

Full leg & Bikini - £55

Bikini - £20

Underarm - £20

Eyebrows - £15

Lip or chin - £15

TINTING

Eyelashes - £20

Eyebrows - £15

Lash & Brow - £30

MANICURE/PEDICURE

Regular 60 minutes - £50.00 – Deluxe 75 minutes - £60.00

GEL MANICURE/PEDICURE

60 minutes - £55.00

*Add **removal** +30 minutes/£15.00*

EXPRESS MANICURE

30 minutes - £30.00