



The Cottage Garden Spa is a place to restore mind and body, to reset and recharge. Our treatments have been created to meet the varied needs of modern individuals, using effective natural ingredients and highly skilled therapeutic techniques.

We suggest you arrive 10 minutes before your treatment to complete a consultation form. Please advise us on any health conditions that may impact on your chosen treatment.

In the unfortunate event that you are late for your appointment, your treatment duration may be reduced. In this event there will be no reduction in price. Treatment times include consultation and aftercare advice.

Should you wish to change your treatment choice on the day of your booking, we will endeavour to accommodate your request. This may not always be possible due to treatment setup and timing.

Clients must be a minimum age of 16. Some treatments may be performed to clients under the age of 18 but these require parental consent and a parent or guardian may need to be present. These treatments are marked \*\*.

## JERSEY SKIN BODY TREATMENTS

**Jersey Skin, a member of Genuine Jersey, uses all natural and cruelty free ingredients, which are sourced, grown and harvested on our beautiful island of Jersey.**

A sensory test will be performed at the start of each treatment, to enable you to embark on your individual pathway, thus leading you into a journey of pure relaxation.

**Rose** – Exquisite flowers renowned for their beauty and enchanting fragrance. Heavenly, delicate and soothing.

**Lemon** – The smell of lemon has been shown to boost energy and alertness. Lemon scent in particular can reduce stress and leave a positive feeling. Aromatic, uplifting and stimulating.

**Lavender** – Elegant flowers that offer anxiety reducing effects. Lavender is a calming scent for relaxation and helps create a sense of tranquillity and peacefulness.

**Jersey Skin Bespoke Body massage** – Indulge yourself in this relaxing treatment whilst the therapist gently works away the stresses and strains of daily life using a blend of **Jersey Skin** oils (this treatment can also be performed on pregnant ladies from 13 weeks gestation).

*60 minutes - £90, 30 minutes - £50*

**Gua Sha Intensive Massage** – Gua Sha tools release and break down tension within sore, stiff, tired muscles. It helps stimulate blood flow to the area, thus promoting cellular repair, regeneration and healing. Gua Sha also helps with the elimination of toxins and water retention. This is a slow but deep treatment that combines Swedish massage with Gua Sha tools, to work on individual and specific areas of the body. The treatment will include a full consultation with the therapist at the beginning of the appointment to help identify and address specific needs, tailoring the treatment to the individual.

*60 minutes - £100, additional 30 minutes - £50*

**Jersey Skin Body Rebalance** – An invigorating full body exfoliation followed by a full body massage that will leave the skin smooth, moisturised and totally relaxed.

*90 minutes - £140*

**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, is followed by the application of body moisturiser, leaving your skin soft and supple.

*45 minutes - £70*

**Jersey Skin Indulge Me** – A truly indulgent treatment which will relax you from head to toe. It combines a back exfoliation, back massage, along with a face, scalp and ear pressure point massage, concluding with a foot massage.

*90 minutes - £140*

**Jersey Skin Back Ritual** – A “facial” for the back area. A cleansing treatment combined with exfoliation, hot steamed towels and a back massage, leaving the skin refreshed and revitalised.

*45 minutes - £75*

**Jersey Skin Head Ritual** – A face, scalp, neck and shoulder massage to help bring clarity of the mind, release emotional stress, stimulate circulation, relieve sinus congestion and relax tense muscles.

*30 minutes - £50*

**Jersey Skin Foot Ritual\*\*** – A luxurious foot treatment combining a 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**

**GAIA skincare offers expertise within the field of spa and wellness. The treatment menu has been hand crafted with wellness at the forefront. GAIA is not just a brand; it is a total solution and how it makes you feel and we believe that GAIA creates a soul within the spa and that our treatments and products create lasting memories and feelings that can be taken anywhere.**

**GAIA Jade Facial** – This deep massaging facial will leave your skin feeling rejuvenated and glowing. The natural GAIA products penetrate deep into the skin, using jade crystal wands to stimulate both lymph drainage and blood flow so that your skin feels younger and firmer.

*75 Minutes - £95, 60 minutes - £80, 30 Minutes £50*

**Equilibrium Crystal Facial** – This is a powerful combination of anti-inflammatory plant ingredients along with balancing Chakra crystals woven throughout the treatment, lending their energetic and healing benefits, bringing the body back to a state of equilibrium. This is followed by a soothing facial and relaxing neck and shoulder massage. During the crystal placement, you will experience a grounding foot massage to aid spiritual balance. The result is a renewed complexion and a sense of calm

*75 Minutes - £95, 60 minutes - £80*

**Gaiyoga Facial** – As much as we know exercising our body is good for us, well it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage techniques, lymphatic drainage and the power of nature, these facials increase muscle tone and volume so that the skin becomes tauter with more definition and exceptional results

*90 minutes - £120*

**Gua Sha Facial** – A stimulating and relaxing facial using Gua Sha tools. This treatment will help to release tight facial muscles and tension and decrease puffiness. Blood circulation and cell renewal are increased, leaving the complexion bright and revitalized. Includes an energizing scalp massage.

*60 minutes - £80*

**HOPI EAR CANDLING\*\*** – An ancient therapy to improve general health and wellbeing, to include a face and ear pressure points massage.

*45 minutes - £45*

**MANICURE/PEDICURE\*\***

*Regular 60 minutes - £50 – Deluxe 75 minutes - £60*

**GEL MANICURE/PEDICURE**

*60 minutes - £55*

Add **removal** +30 minutes - £15

**Gel can only be removed if it has been previously applied at the Cottage Garden Spa**

**EXPRESS MANICURE\*\***

*30 minutes- £30*

**EXPRESS GEL REMOVAL\*\***

*30 minutes- £30*

## **WAXING**

Half Leg - £25/Full Leg - £40

Full Leg & Standard Bikini - £55

Standard Bikini - £20

Underarm - £20

Eyebrows - £15

Lip or Chin - £15

## **TINTING**

Eyelashes - £20

Eyebrows - £15

Lash & Brow - £30