



## WELCOME TO THE COTTAGE GARDEN

Nestled within the serene grounds of the Manor, the Cottage Garden Spa offers a peaceful retreat surrounded by nature. Inside, two boutique treatment rooms provide a private sanctuary where you can restore balance, reset the body, and recharge the mind in tranquil comfort.

Each treatment has been thoughtfully created to meet the individual needs of every guest, using only natural ingredients and highly therapeutic techniques to nurture your wellbeing.

Please inform Reception if you are pregnant when making a booking; the treatments marked \*\* can only be performed on pregnant ladies from 13 weeks gestation.

All clients must be a minimum age of 18.

Please inform us at the time of booking if you are undergoing any medical procedures or health conditions that may impact on your treatment.

### Spa Etiquette

**Attire:** For body massages and body treatments, hotel guests are kindly encouraged to attend their appointments in the robe provided in their rooms. As our spa is located in the garden, please wear sensible footwear.

**We do not offer shower facilities following treatments, as our products are designed to remain on the skin for up to 12 hours to deliver maximum benefit. Should you require a shower, please let us know at the time of booking so that we can make suitable arrangements.**

**We suggest you arrive 10 minutes before your treatment commences 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.**

## JERSEY SKIN COLLECTION – WHERE NATURE MEETS LUXURY

Proudly part of Genuine Jersey, Jersey Skin celebrates the beauty and purity of our island. Each product is lovingly handcrafted using only natural, cruelty-free ingredients, grown, harvested and sourced locally from the rich landscape of Jersey.

Every treatment begins with a sensory consultation, inviting you to connect with your body and choose the aroma that resonates most deeply with your wellbeing. Your journey is tailored to you — a bespoke experience designed to nurture body, mind, and spirit.

### Signature Aromas

**Rose** – Elegant and timeless, the fragrance of rose evokes beauty, grace and tranquillity. Its delicate scent soothes the soul and comforts the heart.

**Lemon** – Uplifting and energising, lemon awakens the senses and inspires clarity. Its bright aroma relieves stress and restores positivity.

**Lavender** – Gentle and serene, lavender calms the mind, releases tension and envelops you in peaceful relaxation.

**Rosemary**- Fresh, aromatic and deeply clarifying, rosemary oil refreshes the senses and restores mental focus.

**Ginger**- A warm and invigorating essence, stimulating circulation, easing muscle tension and soothing fatigue.

## JERSEY SKIN BODY RITUALS

**Bespoke Body Massage** - Allow your therapist to ease away tension and restore balance with a personalised blend of Jersey Skin oils. This restorative and relaxing treatment melts away daily stress and leaves the body in perfect harmony.

*60 minutes full body – £100 | 30 minutes back massage – £60*

**Body Rebalance Ritual** - An invigorating full-body exfoliation followed by a soothing massage, designed to leave the skin refined, hydrated, and luminous. This complete ritual restores energy and brings the body back into balance.

*90 minutes – £160*

**Full Body Exfoliation** - A rejuvenating treatment to gently smooth, soften, and renew the skin. The experience concludes with a deeply nourishing body moisturiser to leave your skin supple and glowing.

*60 minutes – £85*

**Indulge Me Experience** - The ultimate indulgence from head to toe. Begin with a luxurious back exfoliation and massage, followed by a soothing face, scalp, and ear pressure-point massage, concluding with a deeply relaxing foot massage.

*90 minutes – £160*

**Back Ritual** - A facial for the back — this cleansing treatment includes exfoliation, hot steamed towels, and a therapeutic massage, leaving the skin smooth, refreshed, and revitalised.

*45 minutes – £75*

**Head Ritual \*\*** - A serene face, scalp, neck, and shoulder massage designed to clear the mind, relieve emotional tension, and promote total relaxation. Ideal for those seeking calm and clarity.

*30 minutes – £50*

**Foot Ritual** - A luxurious foot treatment that begins with a foot wash and exfoliation, followed by a restorative pressure-point massage. Finished with a soothing lavender moisturiser, this ritual relaxes the entire body and mind.

*45 minutes – £70*

## **“SCENTS OF SERENITY” AROMATHERAPY SLEEP TREATMENT**

Drift into deep relaxation with this nurturing aromatherapy experience, designed to calm the nervous system, balance cortisol levels, and encourage restorative sleep. Your treatment begins with an in-depth consultation to select a bespoke blend of essential oils, chosen to soothe the senses and quiet the mind.

A flowing full-body massage using slow, rhythmic techniques melts away tension, while the comforting aroma of your personalised blend promotes peace and tranquility throughout. Feel your body unwind, your breathing soften, and your mind ease into stillness.

Includes personalised consultation, tailored essential oils, and a deeply relaxing full-body massage, including the scalp.

*120 minutes – £180*

## **GUA SHA INTENSIVE BODY MASSAGE**

Rooted in traditional Chinese medicine, this therapeutic treatment uses specialized Gua tools and techniques to target deep muscle tension and improve circulation, release stagnation, support lymphatic flow, and promote natural healing. The result is reduced muscular tightness, enhanced recovery, and restored energy balance.

The treatment includes a full consultation to identify and address specific needs, tailoring the treatment to the individual.

*60 minutes – £100 – additional 30 minutes - £60*

## **BODY CUPPING**

**Experience the ancient art of healing with our modern cupping therapy — a deeply restorative treatment designed to release muscular tension, ease inflammation and enhance circulation.**

**Gentle suction cups are applied to targeted areas of the body to lift and release tight tissues, drawing fresh, oxygenated blood to the surface and promoting natural detoxification. The treatment is deeply relaxing and perfectly complements body massage.**

**Your session includes a full consultation with your therapist at the start of your appointment to tailor the treatment to your individual needs.**

**Cupping is combined with body massage.**

***45 minutes – £75***

***90 minutes – £140***

## FACIALS

GAIA skincare offers expertise within the field of spa and wellness. The treatment menu has been handcrafted with wellness at the forefront. GAIA is not just a brand; it is a total solution. 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 - £100, 60 minutes - £85, 30 Minutes £55*

**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 - £100, 60 minutes - £85*

**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 - £85*

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

**VARNISH MANICURE/PEDICURE\*\*** *Regular 60 minutes - £55 – Deluxe 75 minutes - £65*

**EXPRESS MANICURE\*\*** File, shape and varnish application *30 minutes - £35*

**SOFT GEL MANICURE/PEDICURE\*\*** *60 minutes - £55*  
*Removal is included if followed by Soft Gel Manicure (add 30 minutes)*

**GEL REMOVAL ONLY\*\*** *30 minutes - £25*

**Gel can only be removed if it has been previously applied at the Cottage Garden Spa. Please be advised that our spa menu does not provide French varnish or custom nail art.**

## **WAXING\*\***

Half Leg - £25/Full Leg - £40

Full Leg & Standard Bikini - £55

Standard Bikini - £20

Underarm - £20

Eyebrows - £20

Lip or Chin - £15

## **TINTING\*\***

**Patch test required 24h prior to treatment**

Eyelashes - £20

Eyebrows - £15

Lash & Brow - £30

## **GAIA MENOPAUSE TREATMENT**

**The ultimate experience designed to combat different menopause symptoms which can affect the skin, body and mind. To begin - a serene back, neck and shoulder massage to ease muscular tension, calm the body and mind and aid sleep. This is followed by a nurturing Jade Facial to soothe and rejuvenate the skin. With this treatment, you will leave feeling restored and emotionally balanced.**

**The 90-minute treatment also includes a balancing foot massage.**

***60 minutes - £100, 90 minutes £140***

## **GAIA AFFINITY TREATMENT**

Healing begins with feeling safe, supported, and truly cared for.

Our GAIA Affinity Therapeutic Touch treatments offer more than relaxation — they provide a bespoke, holistic massage experience designed for individuals undergoing medical treatments, particularly cancer treatment.

Our therapists are specially trained to adapt treatments for a wide range of medical conditions. This highly adaptable, gentle approach ensures that those living with medical conditions can receive safe, compassionate and beneficial massage.

Every treatment is carefully adjusted to take into account your personal circumstances, creating a safe, relaxing and deeply nurturing journey toward restoration and wellbeing.

Guests undergoing intravenous chemotherapy are kindly advised that the Affinity treatment can be received a minimum of 7 days after their most recent chemotherapy session.

Each treatment includes a full consultation to identify and address specific needs, tailoring the treatment to the individual.

*45 minutes - £75, 60 minutes - £100, 90 minutes - £160*