



LOWER MILL



SPA TREATMENTS

# SERENITY AND TRANQUILITY AT OUR LUXURIOUS SPA

**Relax, unwind, and indulge yourself in a superb and tranquil sanctuary.**

Just a few minutes' walk from your own front door, you will find a spa reserved exclusively for you, your family, and a select group of like-minded guests from a safe gated community. You begin to imagine the Lower Mill Estate spa but until you actually enter this very special space, it's hard to conceive just how beautiful this modernist facility is. A delightful sanctuary, where stress-free indulgence achieves its' most sublime expression.

There's a bracing outdoor eco-pool, naturally filtered by water lilies. There are two more 20m heated swimming pools, a steam room, a sauna, a Technogym equipped gymnasium, and a restful reading lounge. In our treatment rooms, sweetly scented with essential oils, you can sample over sixty gentle therapies: luxurious hot stone massages, body wraps, facials, pedicures and manicures, all designed to relax and rejuvenate mind and body, all using soothing, botanically sourced ingredients and products from Natural Spa Factory.

Natural Spa Factory was founded by husband and wife team Emma and Jeremy in Bath in 2009 – where they are still based, surrounded by the Somerset countryside that is the inspiration for all of the botanically sourced, chemical free products. The ingredients are all derived from nature – such as herbs, plants and flowers – and all of the products are free from microbeads, parabens, SLS, MCI and methylisothiazolinone. None of the products are tested on animals and all are made either here in the UK, or in the home of scent - France. The products are truly inspired by the seasons and the food loved by us all. The result is a collection of natural and beautiful products that inject goodness and wholesome nourishment into body and skin; boosting you from the outside in.

## CONTENTS

|                                      |        |
|--------------------------------------|--------|
| Facial Treatments                    | Page 2 |
| Body Treatments                      | Page 3 |
| Massage Therapy & Hot Stones Therapy | Page 4 |
| Holistic Treatments                  | Page 5 |
| Teen Treatments                      | Page 5 |
| Bumps A Daisy Treatments             | Page 6 |
| Manicures & Pedicures                | Page 7 |
| The Essentials                       | Page 8 |
| Signature Treatment                  | Page 9 |
| Spa Packages                         | Page 9 |



## FACIAL TREATMENTS

With something to suit everyone, our facials are crafted from some of the best ingredients we can find in nature – such as Caviar in the Gold, Rice bran in the Illuminate, and a fusion of natural British plants in the Capsule Collection. Free from Parabens, SLS, MCI and MI, the products work to nourish skin from the inside out, promoting healthy aging in all types of skin – and are all from the UK, or the home of scent, France.

### **Express Facial** **25mins**    **£40**

Treat your skin to a quick fix express facial. Your therapist will use their expertise to decide which facial products will suit your skin the best. Let yourself relax in the hands of your therapist and leave with an instantly hydrated and glowing complexion.

### **Tailored Facial** **55mins**    **£68**

Relax and unwind in a completely tailored facial designed especially for you by one of our experienced therapists. Our therapists will carefully assess the skin and find out your concerns to make sure that they can create a bespoke facial to help you gain the best benefits and to create the highest sense of relaxation for you.

### **Aromatherapy Facial** **55mins**    **£60**

A holistic facial including a deeply relaxing facial massage using pre-blended essential oils to stimulate lymphatic drainage and boost skins radiance.

### **Illuminate Facial** **55mins**    **£75**

This facial uses a fusion of Rice Oil, Rice Bran, and Alpine plants from Switzerland. This radiating range will even skin tone, lighten blemishes, minimise the production of sebum and reduce the appearance of age spots. The result is a luminous, mattifying, yet glowing appearance. Perfect for all skin types including sensitive.

### **Capsule Rose Facial** **55mins**    **£75**

Overflowing with goodness, this anti-bacterial, anti-oxidising and antiseptic facial will soothe, firm, nourish and stimulate cell renewal for clear, healthy and happy skin. Using products infused with Rose, Tea Tree, Aloe Vera, Chamomile, Pomegranate, Jojoba, Sweet Almond Oil and Coconut oil. Exquisitely gentle combinations drawn from nature to offer a clean, simplistic and comprehensive approach to skincare. Perfect for normal to combination skin, hormonal skin or those simply requiring a fuss-free, calming, healing and caring facial.

### **Gold & Caviar Facial** **55mins**    **£85**

This healthy-aging Gold facial uses a perfect combination of grape leaf extract, Pearl extract, Caviar, Hyaluronic Acid and 23 Carat Gold. Rich in vitamins A, B, D & E, Amino Acids and AHA's, the Gold Range will help to renew skin cells, aid tissue repair, restore elasticity and provide a tightening effect for radiant looking, healthy skin. The subtle amber notes will envelope skin in a feeling of decadent, silky warmth. Perfect for anyone who feels they need a healthy-aging lift.

### **For Men Only Facial** **55mins**    **£60**

Packed and bursting with Neroli, Mandarin and Rosewood oils the Natural Spa Factory's 'For Men Only' range will nourish, rehydrate and brighten any hard working skin. Treat yourself to a thorough facial including a cleanse, deep exfoliation, face, neck and shoulder massage followed by a moisture rich face mask suitable for your specific skin type all wrapped up with an application of moisturiser. Suitable for all skin types

### **iEye Mask Treatment** **25mins**    **£25**

Treat the delicate skin around your eyes with our gentle eye mask. Using damascena rose in its most concentrated form, this eye mask boasts many benefits including, regenerating and stimulating cell renewal for toning and lifting of the skin. Rose oil contains high levels of anti-oxidant which encourages the healing process of the skin. The marine collagen also smoothes and tightens wrinkles for an immediate anti-tiredness effect.

**Add on the eye treatment to any facial for an extra £15.**



## BODY TREATMENTS

### BODY EXFOLIATION

**Green Tea & Coconut Oil Body Polish** 25mins £38

This body polish contains a blend of natural scrubbing agents with matcha green tea oily extract and pure argan oil. It is deeply detoxifying, great for sloughing off any dead skin cells and excellent for sluggish circulation. The green tea polish makes this scrub a perfect prelude to any slimming and anti-ageing body care. A slightly softer option better suited for more sensitive skins.

**Wild Rose Body Scrub** 25mins £40

Love is the soft, sweet aroma of our wild rose salted body scrub. It's perfect for exfoliating dead skin cells, smoothing the skin and stimulating circulation. Pamper your body with what it deserves. Let the rose oil penetrate into the skins surface leaving the skin truly hydrated.

**Gold & Caviar Body Scrub** 25mins £45

Using the perfect combination of grape leaf, pearl and caviar extract, these ingredients intensify the processes inside the skin cells whilst aiding in the slowing down of the aging process. Caviar, rich in vitamins A, B & D and trace elements of amino acids are a key ingredient to skin cell regeneration. Let the champagne bathing nectar give you that rich hydration and sparkle that you deserve.

### BODY WRAPS

**Sweet Vanilla Cream Body Wrap** 55mins £70

This sweet illuminating creamy wrap envelopes the skin with coolness and softness to reveal a brighter complexion, it includes many of nature's deeply nourishing ingredients such as rice bran, shea butter, vitamin E and beeswax leaving the skin looking and feeling healthier, smoother and instantly more hydrated.

**Rosemary & Guarana Body Wrap** 55mins £75

This body wrap contains 'fat busting' Guarana and Horsetail, making this treatment suitable to create a slimming effect on the body. The astringent rosemary essential oil is great for cell regeneration, helping to keep skin taut and reduce wrinkles whilst rehydrating and toning. With its pleasantly subtle aromas, it will remind you of a spring walk through a stately herb garden.

**Anti-Aging Gold & Grape Leaf Extract Body Wrap** 55mins £80

The Gold Body Wrap is the most prestigious of our body wrap treatments. This treatment offers a velvety smooth and innovative texture with anti-aging benefits. Its ingredients benefit from the healthy ageing and protective properties of Sparkling Grape Leaf. The Grape leaf extract is naturally rich in active ingredients which benefit the skin. The extract also contains fruit acids (AHA) known for helping skin cells renewal.

Add on a scrub to any body wrap for only £30.



## MASSAGE TREATMENTS

Combining Swedish massage techniques with hands free techniques unwind and relax in the hands of our experienced therapists. Tailoring your treatment to your specific needs to assure you float out of the comfort of your treatment room.

|  |            |     |
|--|------------|-----|
| Back, Neck and Shoulder Massage        | 25mins     | £42 |
| With Aromatherapy Oils                 | 25mins     | £48 |
| Swedish Full Body Massage              | 55mins     | £65 |
| With Aromatherapy Oils                 | 55mins     | £72 |
| Swedish Full Body Face & Scalp Massage | 1hr 10mins | £80 |
| With Aromatherapy Oils                 | 1hr 10mins | £88 |
| Deep Tissue Massage                    | 40mins     | £55 |

Especially for those who prefer a firmer massage. A tailor made massage focuses on a specific area of tension, working on whatever muscles need it most.

## HOT STONES MASSAGE TREATMENTS

Combining massage techniques and stone placement using warm stones to melt away stress, tension, aches and pains. Experience the ultimate head to toe experience that you will never forget.

|   |            |      |
|---|------------|------|
| Back, Neck and Shoulder Hot Stones Massage  | 40mins     | £70  |
| Full Body Hot Stones Massage                | 1hr 10mins | £95  |
| Full Body Face and Scalp Hot Stones Massage | 1hr 25mins | £110 |





## HOLISTIC TREATMENTS

**\*Reflexology** 40mins £55

Reflexology is a complementary medicine. It works on the principle that there are reflex zones on the feet relative to every organ, function and part of the human body. This gentle therapy encourages the body to heal itself as well as inducing deep relaxation.

**\*Indian Head Massage** 40mins £55

Indian Head massage not only works on the scalp but also on the face, neck, shoulders, upper back and arms which are the areas where we hold most of our stress and tension this is a stimulating yet deeply relaxing treatment.

**\*These treatments may not always be available as they are carried out by our holistic therapist only.**

## TEENAGE RETREAT

**\*Childs File & Polish** 15mins £10

Stand out and have the best nails around! A delicate file and polish for mini hands.

**\*Teen Facial (minimum age of 12)** 40mins £50

Feel pampered and treat that troublesome teenage skin to a gentle facial. Including a cleanse, exfoliation, facial massage and then completed with an application of moisturiser. We will also give you expert advice on how to look after your skin at home if you wish.

**\*These treatments can only be carried out after a full consultation with parental supervision, maximum age of 16.**

## BUMPS A DAISY PREGNANCY TREATMENTS

Using a blend of sweet mandarin, neroli, ho wood and rose wood to ease fluid retention and to nourish stretched skin.

Please note unfortunately we are unable to carry out any treatments for any pregnant ladies in their first trimester (under 12 weeks pregnant).

### **Bumps A Daisy Express Facial** 25mins £40

Treat your skin to a quick fix express facial. Whether you need a pick me up or hormones are playing havoc with your skin let yourself be pampered with this perfect treat.

### **Bumps A Daisy Facial** 40mins £55

Using rich, hydrating and repairing ingredients at this special time to rejuvenate and revive tired skin this facial helps to combat tiredness and dullness to give your facial skin a new lease of life.

### **Bumps A Daisy Leg & Foot Treatment** 25mins £40

Put your feet up for a while! Targeting the lower leg and foot areas let our therapists help minimise the look and feel of fluid retention and take away the tension in the feet to leave you feeling relaxed and renewed.

### **Bumps A Daisy Back Massage** 40mins £55

Using side lying techniques and creating a relaxing atmosphere for mother and baby, enjoy a soothing, calming massage using sweet mandarin and neroli oils to perform a relaxation back massage.

### **Bumps A Daisy Tailored Full Body Massage** 55mins £65

Using sweet mandarin and neroli pregnancy safe body oils you tell us what areas are troubling you and let us tailor your massage for you with a full 55 minutes treatment.

### **Bumps A Daisy Body Scrub** 55mins £50

Using nature's natural loofrah olive stone combined with sweet mandarin and neroli oils to create an effective body scrub let yourself be rejuvenated with this relaxing pamper.

### **Mum To Be Packages**

#### **Back Massage & Express Facial** 1hr 10mins £85

#### **Leg & Foot Treatment & Bumps A Daisy Facial** 1hr 10mins £85

#### **Tailored Body Massage & Express Facial** 1hr 25mins £95



## MANICURES & PEDICURES

**Hands on!** 25mins £20  
All hands on! Only time for a speedy fix? This mini manicure is perfect for you. A brisk nail shape and polish will leave you feeling perfectly polished.

**Mojito Manicure** 40mins £30  
Indulge in a zesty treat for the hands with scents of refreshing lime and lemongrass and sweet mandarin. Your hands will be bathed, scrubbed and polished to perfection. Cuticles tidied and nails shaped. Includes an application of nail polish.

**On the run!** 25mins £20  
Need those toes to look presentable? This mini pedicure is perfect for you. A quick file and polish will give your feet a new lease of life.

**Peppermint Martini Pedicure** 55mins £50  
Put your best foot forward with our revitalising peppermint martini pedicure leaving tired feet refreshed, relaxed and perfectly smooth. Your feet will be bathed, scrubbed and massaged until they feel brand new. Cuticles tidied and nails shaped. Includes an application of nail polish.

**Luxury Mojito Manicure** 1hr10mins £60  
Make it a double! This manicure includes everything within the Mojito Manicure as well as a revitalising hand mask and heated mittens for that extra soft touch. Includes an application of nail polish.

**Luxury Peppermint Martini Pedicure** 1hr10mins £65  
Indulge a little further! This perfecting pedicure includes everything within the Peppermint Martini Pedicure as well as an extended foot and leg massage, the added extra of a refreshing foot mask for nourishment provides the ultimate pamper and includes an application of nail polish.



### Gel Colour

|  |            |     |
|--|------------|-----|
| Gel Colour Nail Shape & Polish (Hands or Feet) | 40mins     | £30 |
| Gel Colour Manicure                            | 55mins     | £45 |
| Gel Colour Pedicure                            | 1hr10mins  | £60 |
| *Existing Gel Colour Removal                   | 25mins     | £15 |
| Gel Colour Removal & Reapply                   | 1hr 25mins | £40 |

\*Please note we are only able to remove certain forms of gel polish. Please enquire upon booking.

## THE ESSENTIALS

### WAXING

|                       |     |
|-----------------------|-----|
| Half Leg Wax          | £15 |
| Half Leg & Bikini Wax | £20 |
| ¾ Leg Wax             | £20 |
| Full Leg Wax          | £30 |
| Full Leg & Bikini Wax | £40 |
| Underarm Wax          | £10 |
| Bikini Wax            | £15 |
| Lip & Chin            | £10 |
| Lip OR Chin Wax       | £8  |

### EYE ESSENTIALS

|                      |     |
|----------------------|-----|
| *Eyelash Tint        | £22 |
| *Eyebrow Tint        | £15 |
| *Eyelash & Brow Tint | £30 |
| Eyebrow Shape        | £15 |

\*A patch test is required 24hrs prior to application of tint.





## SIGNATURE TREATMENT

**Caviar & Pearl Wrap, Facial & Eye Treatment** 1hr 55mins £150

Introducing The Natural Spa Factory's most prestigious treatment packed with healthy ageing and protective ingredients. Immerse yourself in a world of pure luxury starting with a velvety smooth gold body wrap made up of nature's finest ingredients including gold, grape leaf extract, caviar and pearl extracts which leaves the body rehydrated and instantly radiant as well as feeling refreshed and toned. Continuing your journey the body wrap will be followed by a luxurious facial to promote healthy ageing but also to tone, firm, lift and hydrate the facial skin. Included in your facial you'll receive a refreshing iEye Mask treatment which contains marine collagen and damascene rose oil which helps to smooth and tighten wrinkles for an immediate anti-tiredness effect.

## PACKAGES

**Rose Salt Scrub, Full Body Massage, Express Facial & Choice of either a Spa Manicure or a Spa Pedicure** 2hrs 55mins £185

Indulge in our fabulous head to toe package. Kickstart your senses with our wild rose body scrub, perfect for smoothing and preparing your skin followed by an application of body oil leading onto a full body massage to melt away all tension coupled with a bespoke express facial suited to your specific skin type and finished with your choice of either a spa manicure or spa pedicure. Guaranteed to leave you feeling silky smooth and fully relaxed for the rest of your day.

**Hot Stones BNS Massage & Aromatherapy Facial** 1hr 25mins £110

This package inclusive of a sumptuous hot stones back, neck and shoulder massage paired with a bespoke facial is the perfect way to fully relax mind, body and soul.

**Express Facial, Back, Neck and Shoulder Massage & Choice of either Manicure or Pedicure** 1hr 55mins £120

This package offers a delightful trio of treatments designed to create a sense of pure relaxation and well being.

## SPA GUIDE

**BOOKING INFORMATION** We strongly recommend you book treatments as far in advance as possible as demand is high especially at peak times such as weekends and school holidays. To book please telephone 01285 862640 or email: spa@lowermillestate.net

\*Credit details, email addresses and mobile contact number will need to be taken at time of booking to be held as a deposit. Please see cancellation policy below.

luxury bath robes, towel and slipper packages are available from reception for a charge of £6.00.

Please note all payments need to be settled at reception after your appointment

**SPECIAL REQUIREMENTS** Please let us know if you require extra assistance as we may need someone to accompany you and we will need to allow extra time. Failure to inform us prior to your treatment could result in loss of treatment time and/or an abandoned treatment if deemed necessary.

**CANCELLATION POLICY** as a courtesy to our other guests and our therapists, please give at least 48 hours notice if you need to cancel an appointment. Please note that there is a cancellation fee of 100% if cancelled less than 48 hours prior to booking.

**CONSULTATION** Treatments will only be carried out on successful completion of a consultation Form. Therapists reserve the right to refuse treatment(s).

**GIFT VOUCHERS** gift vouchers can be purchased from the spa reception. gift vouchers are valid for six months from the date of purchase. They are non refundable and non transferable. lost or stolen vouchers cannot be replaced. Vouchers are only redeemable against treatments.

**ARRIVAL TIME** guests are advised to arrive at least 15 minutes before the treatments commence to relax and enjoy the surroundings. if clients are late for their appointment the time will be deducted from the length of the scheduled treatment.

**ETIQUETTE** as courtesy to other clients and to preserve the ambience of the spa we request that clients switch off their mobile phones when in the treatment rooms and relaxation area. also we ask that noise is kept to a minimum in the tranquil zone so as not to disturb other client's treatments. The spa is completely non smoking.

**NOTE** We reserve the right to raise prices and modify or discontinue treatments without prior notice to ensure that maximum standards of service and quality are met.

*\* Unfortunately we are unable to take American Express.*





GL7

LOWER MILL

*natural Spa factory*<sup>®</sup>

— EST. BATH ENGLAND —

If you would like any more information  
or to book an appointment  
please call 01285 862640  
or email [spa@lowermillestate.net](mailto:spa@lowermillestate.net)

[www.lowermillestate.com/spa](http://www.lowermillestate.com/spa)

Lower Mill Estate  
Somerset Keynes, Nr Cirencester  
Gloucestershire  
UK, GL7 6BG

