



C-SIDE SPA

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Bathed by the natural beauty of the Cotswold countryside. A haven for self-care, a tonic for the soul.

Welcome back to the C-Side Spa, where our team offers a range of treatments as beauty and spa therapies including massages, facials and exfoliating wraps plus specialty treatments just for our pregnant guests.

Our design is rooted in our bountiful environs. Cotswold stone is used throughout and floor to ceiling glass walls offer a view through the woodland surrounds.

Water is at the heart of C-Side Spa, inspired by our own natural springs and lake found at Cowley Manor. A spectacular 14m outdoor pool and a 17m slate lined indoor pool are open all day, year round.

C-Side has four soothing treatment rooms plus a gym, beauty room, steam room, rainfall showers and a sauna.



EMBRACING NATURE

Cowley Manor and C-Side Spa are tucked away into 55 acres of a postcard landscape of rolling hills and sprawling views.

The spa is inspired by the backdrop of the Cotswold countryside, and each of our remedies uses natural, organic products. Our spa menu features seasonal ingredients foraged and harvested from our very own gardens, delivered to your plate to nourish your soul.

MONU UPGRADES

THESE TREATMENTS CAN BE BOOKED AS AN ADDITION
TO ANY OTHER TREATMENT
AND ARE ALL 30 MINUTES IN DURATION.

FLASH FACIAL - £55

A blend of active ingredients for instant hydration, plumping and all-round radiance. A quick pick me up facial to leave you feeling relaxed and your skin beautifully refined.

RESTORE BOOSTER - £55

Using a complex blend of Glycolic, Salicylic and Fruit Acids to eliminate dead cells, resurface, exfoliate, smooth and refine the skin.

Peels are good for mature skin, and are also a welcome treatment for anyone suffering with blocked pores and breakouts.

With no downtime to this treatment, the skin will be resurfaced without trauma and the epidermis will be lifted, making dead skin cells easier to shed. It's a great treatment to help fight specific skin concerns like acne, pigmentation, uneven skin tone and texture, to generally increase overall skin health and radiance.

Choose the treatment area for hands, face or décolleté.



COLLAGEN EYE TREATMENT - £55

This anti-ageing eye treatment uses freeze dried collagen eye patches which are especially suited for clients who suffer from dry skin around the eyes. The collagen patches will help to fight dark circles and puffiness, whilst a specialised eye massage containing lymphatic drainage techniques will improve circulation and revitalise the eye area.

ENERGISING BODY BLISS - £45

A full body treatment that is tailored to your individual needs and will leave the skin feeling smooth, hydrated, fresh and energised. A perfect treatment pre or post-holiday, pre special occasions or for anyone looking to improve the texture, tone and softness of the skin.

SKIN ANALYSIS - £45

Consult with our highly trained therapists to get a better understanding of your skin. They can recommend a perfect routine tailored to your skin to get your complexion back on track.

MONU BODY TREATMENTS

BLISSFUL BACK TREATMENT 60 MINUTES - £105

A facial for the back! This treatment is great for anyone who wants to treat an area that is often forgotten about and difficult to reach. Our back treatment offers the ultimate relaxation including deep cleanse, back massage, exfoliation followed by the application of a hot aromatic compress to help relax the muscles.

ULTIMATE SIGNATURE BODY RITUAL 120 MINUTES £195

This soothing, rejuvenating and refreshing all over the body treatment incorporates a variety of indulgent aromatherapy oils packed full of powerful therapeutic benefits. Using our exotic salt scrubs to gently exfoliate the body, the face, body and scalp are massaged using specialist techniques. The treatment finishes off with a custom facial to suit your skin type. Let your worries melt away as we relieve your stresses and strains with a dose of luxury.

THE OUTER GLOW 60 MINUTES - £105

A luxurious full body treatment tailored to your individual needs to leave the skin feeling smooth, hydrated and energised. A perfect pre or post-holiday treat. An aromatic and invigorating body buffing treatment that will leave your skin smooth and radiant.

LIME & WALNUT BODY WRAP 60 MINUTES - £105

The ultimate heavenly head to toe ritual that will help ease away the stresses of life. We cocoon the body in a comforting muslin wrap and follow this with a stress relieving face and scalp massage. Stimulating lime oil and crushed walnut shell will deeply exfoliate, whilst shea butter helps to nourish the skin. Following this a delightfully relaxing massage using warm aromatherapy oils to target areas of tension.

COCONUT INDULGENCE RITUAL 60 MINUTES - £105

By cocooning the body in a comforting muslin wrap, the conditioning coconut ritual treatment offers ultimate indulgence for both the skin and senses. The warm coconut oil will nourish and condition your skin whilst enveloping the room with an exotic aroma.



MONU FACE TREATMENTS

RESURFACE & RENEW 60 MINUTES - £100

Peels, although great for mature skin, are also a welcome treat for anyone suffering with congestion, breakouts, acne, pigmentation and uneven skin tone. The powerful combination of Glycolic, Salicylic, Lactic and Citric acids deeply exfoliates to loosen stubborn dead skin cells, unblock pores and firm skin revealing a brighter, more youthful appearance after just one treatment.

TAILORED TO YOU 60 MINUTES - £100

A prescriptive range of products to create a facial experience perfectly tailored to you. Using essential oils of rose, bergamot and lemon which will help to target skin concerns, balance, uplift and clarify the skin.

PRO-RADIANCE PLUS 60 MINUTES - £115

This facial provides instant and concentrated hydration to the face and neck. A boost of vitamin C will help brighten the facial contours and restore optimum moisture levels.

COLLAGEN HYDRA-LIFT 60 MINUTES - £115

The focus in this intensive repairing treatment is the application of 99% collagen veil which delivers a burst of moisture whilst plumping fine lines and wrinkles. This facial hydrates and replenishes moisture levels to rediscover that youthful look. Perfect for dehydrated and sun damaged skin.

RF FACIAL 60 MINUTES £145 90 MINUTES £175 RF COURSE OF 6X 60 MINUTES £750 RF COURSE OF 6X 90 MINUTES £900

An RF Facial is a non-invasive treatment designed to create tighter skin and reduce facial lines and wrinkles using radio frequency. An RF Facial is an alternative for clients who are opposed to invasive treatments such as Botox® or undergoing surgery.



C-SIDE MASSAGE TREATMENTS

C-SIDE MINDFUL MASSAGE 60 MINUTES - £110 / 90 MINUTES - £175

Our signature massage is an ideal treatment to relax & balance the mind and body after a busy week. The skin will be left nourished whilst restoring needed energy. A combination of deeply nourishing techniques calm and release tension.

MUM TO BE 60 MINUTES - £110

Deeply relaxing pre-natal massage designed to ease areas of tension such as the lower back, neck and shoulders. Let our highly trained therapists treat you to a truly nurturing experience.

MUM TO BE 90 MINUTES - £175

Relax into motherhood with our deluxe treatment which includes a massage on specific areas. This blissful face and body treatment will help reduce water retention and will give you the treat that you deserve, whilst working to restore your beautiful pregnancy glow.

HOT STONE MASSAGE 60 MINUTES - £110

A deeply relaxing massage to restore harmony. Heat releasing volcanic stones are used to work in a deeper level. The most blissful way to soothe the body and mind.

MUSCLE MELT MASSAGE 60 MINUTES - £125

A tailored massage designed to melt away tension throughout the body, highly trained therapists will adapt their pressure to suit your needs. Deeply easing stresses and aching muscles.

LYMPHATIC DRAINAGE MASSAGE 60 MINUTES - £110

Lymphatic drainage massage, also known as manual lymphatic drainage, relieves swelling that happens when medical treatment or illness blocks your lymphatic system. Lymphatic drainage massage involves gently manipulating specific areas of your body to help lymph move to an area with working lymph vessels.



OPENING HOURS

MONDAY-THURSDAY

7:30AM - 9PM

FRIDAY

7:30AM - 8PM

SATURDAY & SUNDAY

8AM - 8PM

BANK HOLIDAYS

8AM - 8PM

Last entry 30 minutes before close

CHILDREN ARE WELCOME TO USE C-SIDE SPA
DURING THE FOLLOWING TIMES:
8AM-11AM & 3:30PM-5PM.

Children of hotel guests and spa members only.

TREATMENTS AVAILABLE

MONDAY-THURSDAY

9:30AM - 8:30PM

FRIDAY, SATURDAY & SUNDAY

9:30AM - 7:30PM

All indicated treatment times include a short consultation.

We ask you to arrive at least 15 minutes before the start of your treatment booking.

Please note if you arrive late for your spa treatment your treatment time will be shortened.

We will provide you towels, robes & slippers.

All guests must wear swimwear if entering the pools, sauna, steam room. We ask you to complete a gym questionnaire before using the gym & wear gym kit and trainers.

Cancellation policy is 48 hours prior to the treatment

SPA DAY PACKAGES

HALF DAY SPA - £150

9:30AM-1:30PM
OR 12:30PM-4:30PM

🛀 Use of the spa

🛀 60 minute treatment
(tailored to you facial, body bliss
& Mini facial or blissful back treatment)

🛀 2 course lunch

TWILIGHT SPA - £115

5PM-8:30PM
(MONDAY-THURSDAY ONLY)

🛀 30 minute treatment
(flash facial, body bliss
or mini back massage)

🛀 £40 towards dinner

🛀 Dinner

DAYLIGHT SPA - £210

10:30AM-5:00PM

🛀 90 minute treatment of choice

🛀 Hot beverage on arrival
& soft drink with lunch

🛀 2 course lunch

🛀 Tote Bag

C-SIDE RECHARGE - £100

11:00AM-3:00PM

🛀 Spa access

Robe, towel & slippers will be provided for all spa day guests.

BEAUTY AT C-SIDE SPA

NAILS	TINTING	THREADING	WAXING
All nail treatments will be carried out in the beauty bar & please notify the member of the team at time of booking if you have gel product on your nails.			
LUXURY GEL MANICURE 75 MIN - £60	All tinting requires a 24 hour patch test, tinting treatments will not be carried out without the patch test happening	EYEBROW £22	FULL LEG £45
LUXURY GEL PEDICURE 75 MIN - £65		LIP £15	LEG £30
GEL FILE & POLISH 45 MIN - £35		LIP & CHIN £22	BIKINI £25
GEL REMOVAL 30 MIN - £20		FACE £32	EYEBROW £20
LUXURY HAND TREATMENT 30 MIN - £45	EYELASH TINT £20		UNDERARM £20
LUXURY FOOT TREATMENT 30 MIN - £45	EYEBROW TINT £18		LIP £15
	EYEBROW SHAPE & TINT £36		LIP & CHIN £20

(Please note this does not include gel application,
this is a perfect treatment for healing the skin)





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