COWLEY MANOR
EXPERIMENTAL

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. Both pools are open all year round and heated.

C-Side has four soothing treatment rooms plus a gym, express bar, 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.

FACIAL TREATMENTS

BIOLOGIQUE RECHERCHE

Founded over 50 years ago by biologists and physiotherapists, Biologique Recherche is known for its personalised care approach. A dermo-cosmetic diagnosis tailors' treatments to each Skin Instant, using pure, highly concentrated products and precise protocols. Visible results highlight the excellence of these formulations.

BIOLOGIQUE RECHERCHE PERSONALISED FACIAL
60 MIN £145

Inspired by Biologique Recherche's renowned techniques, this tailor-made facial addresses your skin's unique needs. It combines nutrient-rich products and advanced technology to target aging, fine lines, and texture, while sculpting facial contours and restoring radiance. With custom serums and boosters, the treatment delivers both instant and long-term benefits, leaving your skin revitalized, balanced, and glowing.

BIOLOGIQUE RECHERCHE HIGH PERFORMANCE FACIAL
75 MIN £175

Often called a non-surgical facelift, this high-performance facial sculpts and delivers instant anti-ageing results. With sculpting massage, lymphatic drainage, and personalised serums, it refines contours, boosts circulation, and promotes long-term rejuvenation, leaving your skin lifted, radiant, and healthy.



OSKIA

Oskia is a nutri-cosmeceutical beauty brand specializing in pure cellular skin nutrition to restore skin health. It takes pride in its unique bio-nutritional technologies, designed to produce targeted, clinically proven complexes and formulas that deliver lasting results.

It uses a range of fermented, micro-encapsulated, and bioavailable nutrients to rebuild skin health, along with clinical bio-actives to address all skin concerns. Its laboratory has spent 15 years perfecting the bioavailability of its nutrients and the concept of nutritional skincare.

OSKIA GENTLEMANS - PURIFY & REVIVE FACIAL
60MIN £125

This revitalising facial, perfect for men's skin or oily complexion, stimulating massage, and refreshing gua-sha stones. A targeted neck and shoulder massage soothes and rejuvenates, leaving you relaxed and looking refreshed.

OSKIA REVITALISING SUPER-C FACIAL
60MIN £125

This radiance-boosting facial uses advanced Vitamin C and biomimetic serum to brighten, smooth fine lines, and enhance skin tone. It delivers an instant glow while promoting long-term skin health, leaving your complexion radiant, even, and revitalized.

OSKIA SIGNATURE NUTRI-GLOW
90MIN £175

This signature facial combines essential nutrients, bio-actives, and glow-enhancing techniques to rejuvenate face, body, and mind. AHA masks, and a rose oil treatment smooth and hydrate, while soft massage and acupressure lift and contour. Soothing head, hand, and back massages complete this radiance-boosting experience, leaving your skin instantly glowing.

BODY TREATMENTS

BLISSFUL BACK
60MIN £110

OSKIA's Signature Facial is expertly adapted for the back, offering deep cleansing, exfoliation, and a hot aromatic compress.

A relaxing massage for the legs, back, and shoulders completes this revitalising treatment, leaving both body and mind rejuvenated.

BODY BLISS & FLASH FACIAL
60MIN £125

Refresh and rejuvenate your skin with this dual indulgence. Our gentle body scrub exfoliates and smooths, while the nourishing facial cleanses, hydrates, and revitalizes your complexion, leaving your skin glowing, soft, and radiant

COWLEY RITUAL
90MIN £190

This top-to-toe treatment begins with a body brush, which is yours to take home, followed by a full-body exfoliation to leave the skin feeling refreshed and renewed. A warm mask is then applied to the back before you are cocooned in soft towels to enhance relaxation, while a pressure massage is performed on the back of the body.

The ritual continues with a soothing mini back massage, a nourishing full-body moisturise, and is completed with a refreshing flash facial — the perfect way to conclude your Cowley Ritual.



C-SIDE MASSAGE TREATMENTS

MUSCLE MELT
60MIN £140

A tailored deep pressure massage designed to melt away muscle tension throughout the body, easing body stresses and targeting aching muscles. This bespoke treatment focuses on your body's needs and leaves you feeling relaxed and de-stressed.

OSKIA MOTHER TO BE WARM OIL MASSAGE
60MIN £125

This full-body treatment soothes tension as your body changes, with nourishing oils and a luxurious foot scrub using pumpkin enzymes and pink Himalayan salts. A gentle facial cleanse, followed by a relaxing face, scalp, and décolleté massage, will leave you in a state of pure relaxation.

Available to pregnant guest over from 12 weeks – 36 weeks.

LYMPHATIC MASSAGE
60MIN £135

Lymphatic drainage massage stimulates the lymphatic system to remove toxins, reduce swelling, and improve circulation. It also promotes relaxation, alleviating stress and anxiety while enhancing mental clarity. Regular sessions can boost immunity, improve skin tone, and contribute to overall well-being.

MINI BACK
30MIN £70

Targeted to relieve built-up tension where you need it most, this focused massage eases stiffness in the upper body, melts away stress, and restores comfort and relaxation.

COWLEY MINDFUL
60MIN £125 / 90MIN £185

Drift into pure relaxation with our signature Full Body Massage. This soothing treatment uses gentle, flowing strokes and light-to-medium pressure to ease away tension, improve circulation, and melt stress from head to toe.
Designed to calm the mind and restore balance, this massage relieves everyday aches while leaving your body refreshed and your spirit renewed.

INDIAN HEAD MASSAGE
60MIN £100

An ancient relaxation ritual focusing on the head, neck, and shoulders. This calming treatment eases tension, improves circulation, and promotes a deep sense of peace while restoring balance to mind, body, and spirit.

REFLEXOLOGY
60MIN £110

A therapeutic foot massage that targets specific pressure points to stimulate natural healing, reduce stress, and restore balance throughout the body. Experience deep relaxation as tension melts away and your energy is revitalized



SPA DAY PACKAGES

HALF DAY SPA - £160
MONDAY-SUNDAY

☞ Spa access 9:30am-1:30pm

☞ 2 courses lunch

☞ Wellness Drink upon arrival

☞ 1x the following treatments:
Body bliss & flash facial treatment
Blissful Back, Oskia Facial

TWILIGHT SPA - £115
MONDAY-THURSDAY

☞ Spa access 5pm-8:30pm

☞ Wellness Drink upon arrival

☞ £40 allocation towards dinner in the restaurant
☞ 1x the following treatments:
Flash facial, Body Bliss
Mini Back massage

HALF DAY PM - £160
MONDAY-SUNDAY

☞ Spa access 12:00pm-4:30pm

☞ Wellness Drink upon arrival

☞ 2 courses lunch

☞ 1x the following treatments:
Body bliss & flash facial treatment
Blissful Back, Oskia Facial

POOL BAR ACCESS - £40.00
6PM-8PM

☞ Towel and robe included
☞ Use of the spa only

C-SIDE RECHARGE - £95
MONDAY-SUNDAY

☞ Spa access 11am-3pm

DAYLIGHT SPA - £220
MONDAY-SUNDAY

☞ Spa access 10:00am-5pm

☞ Wellness Drink upon arrival

☞ 2 courses lunch

☞ Soft drink with lunch

☞ Any 90minutes treatment
or 1x 60minutes & 1x 30minutes

FACIAL EXPERIENCE PACKAGE - £150
MONDAY-SUNDAY

☞ Spa access for 2 hours

☞ Wellness Drink upon arrival

☞60 min Biologique Recherche facial

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

"ENHANCE YOUR RITUAL WITH BIOLOGIQUE RECHERCHE UPGRADE £40
Biologique Recherche products will be used during the facial for an even more exclusive experience.

COWLEY EXPRESS BAR

KUSHBOO WELLNESS TREATMENTS

30min

SOLE TO SOUL FOOT RITUAL
£55

HAND HAVEN RITUAL
£55

CROWN & CALM HAIR RITUAL -
£55

BEAUTY TREATMENTS

EYEBROW WAX
£18

LIP WAX
£15

CHIN WAX
£15

LIP & CHIN WAX
£25

EYELASH TINT
£20

EYEBROW TINT & SHAPE
£28

GEL FILE & POLISH HANDS
£42

GEL FILE & POLISH TOES
£42

**Upgrade your nail treatments to include a glass of fizz for £12.00*

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 & flip flops.

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



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