



# C-SIDE

AT COWLEY MANOR



# C-SIDE

Inspired by the natural beauty of the Cotswold countryside, C-Side offers a range of holistic treatments including therapeutic massages, advanced facials and specialty pregnancy treatments.

The design embraces the surrounding landscape with the use of Cotswold stone and floor to ceiling glass walls, offering inspiring views from nearly every vantage point.

With natural springs and a series of lakes found in our grounds, water is at the heart of C-Side with a spectacular 15 metre outdoor pool and a 17 metre slate lined indoor pool, both open all year round.

In addition, there are four treatment rooms, gym, relaxation area, steam room, drench showers and sauna.

## EMBRACING NATURE

Cowley Manor and C-Side sit within 55 acres of glorious Cotswold countryside. Inspired by this incredible landscape and the natural remedies found within, all of our holistic treatments utilise natural and organic products.

Likewise, our sustainable menus feature seasonal ingredients, often foraged and harvested from our very own grounds.





# HEALTHY SKIN STARTS HERE

All of the products we use in our treatments share the belief that good skincare should not only make you look good but also be good for you.

We have selected three brands that embrace our natural approach to beauty utilising high grade natural and, wherever possible, organic ingredients.

## GREEN & SPRING Therapeutic Treatments

The tradition of using herbs for health and beauty has a long history in the British Isles. Green & Spring have tapped into this rich legacy using the abundance of natural resources to be found locally at Cowley Manor and the surrounding British countryside, including the natural spring waters and herbs found in the grounds. Green & Spring has sourced many pure and natural ingredients indigenous to the British Isles combining them to create efficacious synergies, organic wherever possible.



## EMERGINC Advanced Facials

emergenC and its organic line, Scientific Organics, are featured in all the top spas in the USA and Scandinavia. emerginC products incorporate the latest breakthroughs in skincare including peptides and stem cells, producing amazing results immediately. The patented active ingredients ensure fresh, powerful ingredients are delivered to your skin in our spa and at home, with the retail products, to ensure cumulative results. Whatever your needs are, emerginC has a treatment that works with your skin, not against it.

## PINKS BOUTIQUE Pregnancy Treatments

Hand blended in England and certified by the Soil Association, Pinks Boutique offer incredible pregnancy treatments and products that deliver results without the use of synthetic chemicals and fragrance, toxins, parabens, GM modifications, petroleums and mineral oils. Putting the health of you and your bump at the fore, Pinks Boutique treatments are designed to maximize health and wellbeing during pregnancy and after your new arrival.







## TREATMENTS & MASSAGES

### **Green & Spring Back Massage** **60 mins £80 / 30 mins £45**

A deep, relaxing back massage which works to give instant relief to accumulated shoulder and neck tension. Using the unique Green & Spring techniques, muscles are kneaded until pliable, nerve endings are soothed and acupressure points stimulated to affect a deep state of relaxation and well-being.

### **Green & Spring Massage** **60 mins £80**

A deeply calming body massage applied with Green & Spring unique therapeutic techniques including elements of acupressure and reflexology to release tension, balance and soothe the body.

### **Repair & Restore Massage** **60 mins £80**

A restorative body massage to nourish and repair the body whilst restoring needed energy. A combination of deeply nourishing techniques calm and release tension, boost micro-circulation, skin elasticity and condition skin. A hand and foot massage focusing on key acupressure points further release tension and restore vital energy.

### **Hot Stone Massage** **60 mins £80**

Feel muscular tension melt away with the deep penetrating warmth of the hot, basalt lava stones as they work on knotted muscles and release trapped toxins and fluid by increasing circulation. This massage leaves the body feeling relaxed and is good for posture.

### **Therapeutic Massage** **60 mins £80**

Combining a universal collection of massage techniques designed primarily to relax stubborn and persistent areas of tension. This technique is ideal for reducing both physical and emotional stress. The pressure can be varied to suit your taste and to work through knots and tension whilst stimulating essential oils and herbs increase circulation and aid relaxation.

### **Green & Spring Body Exfoliation** **30 mins £45**

An all over body scrub using the sugar from Green & Spring's unique exfoliating body balm to leave the skin feeling soft and smooth to the touch.



# FACIALS

## Green & Spring Facial

**60 mins £80 / 30 mins £45**

Designed to repair and rejuvenate, the facial begins with a process of intense cleansing to stimulate and increase blood supply to the skin. This is followed by an energising scrub and secondary exfoliation with the unique Green & Spring Gentle Face Refiner which scavenges dead skin cells and brightens. Soothing local honey and skin-clarifying milk are massaged into the skin with a hot, herbal compress filled with lavender, calendula and wheatgerm to heal and remove toxins. A deep, toning and nourishing face massage is given followed by application of an antioxidant face mask to help heal, nourish and repair leaving the skin glowing and youthful.

## ADVANCED FACIALS BY EMERGINC

## Glow Force Firming Facial

**60 mins £100 / 75 mins £125**

Great anti-ageing treatment, our super-firm facial combines powerful vitamins, antioxidants and coenzymes with soothing botanical extracts to rapidly firm, tone, hydrate and boost cellular turnover, while reducing the appearance of wrinkles and fine lines. Dull and uneven skin is transformed by our Glow Force Mask that replenishes the skin's alpha lipoic levels. This treatment can be enhanced with our Apple Stem Cell Peel-Off Mask at an additional cost for an extra anti-ageing lift and glow. Ideal for special occasions; you will take years off and look radiant for days, from the minute you walk out; so no down-time.

## Anti-Ageing Apple Stem Cell Treatment

**60 mins £120 / 90 mins £145**

A wonderfully effective customised treatment which combines cutting edge plant-based stem cell technology with active vitamin C and E, natural fruit acids and a wide variety of potent botanical and marine extracts. Brightens skin, noticeably improves tone and texture, helps increase cellular turnover and diminishes the appearance of fine lines and wrinkles. It delivers an immediate "lifting effect" through the Apple Stem Cell Peel-Off Mask, containing apple stem cells, cactus extracts and marine diatoms. Active ingredient PhytoCellTec Malus Domestica showed improvement in crow's feet in 100% of the tested cases.

## Organic Water Lily Radiance Facial

**60 mins £100**

For sensitive skin. Natural fruit acids and lactic acid gently remove dead skin cells while organic extracts of water lily, colloidal oatmeal, aloe and green tea help improve hydration and soothe redness associated with sensitive or over-processed skin. Water lily's molecular structures are now being researched in the aeronautical industry to help water glide of airplanes easier. It does the same for your skin; a veil of water lily wax is softly laid over your face to protect it from harsh environmental factors and its barrier is restored. Your skin is left calm, clarified, nourished and radiant!

## Scientific Organics Blue Poppy Enzyme Brightening Facial

**30 mins £50**

Combats pigmentation and sun damage quickly and effectively, this facial is a high-performance treatment which combines 100% natural (minimum 70% organic) ingredients to address ageing skin, uneven skin tone, dehydration, and breakouts. It includes a physical and enzymatic face polish with papaya, raspberry and mushroom enzymes as well as blue poppy seeds to gently but effectively remove dead skin cells and brighten skin. Cutting-edge peptides, kombucha, tea extracts, and a wide variety of natural ingredients will leave skin vibrant, hydrated and glowing.

## Scientific Organics Detox Facial

**60 mins £95**

Purifying and great detoxer of stressed skin, this facial incorporates the latest advances in skincare, with 100% natural, 70% organic ingredients. Natural fruit acids derived from bilberry, sugar cane and sugar maple help rapidly exfoliate the skin for immediate improvement in clarity and texture. Organic grape stem cells effectively fight the appearance of wrinkles; kombucha, seaweed and tea extracts nourish and hydrate, while high tech ingredients like whitonyl combat pigmentation and even out skin tone. The base of the detox mask used is French sea clay, harvested from 60m depth and then sun dried to preserve all the 71 minerals it contains, each made more active by the sun. These minerals, like silica, are essential for good skin, while the clay draws out impurities and toxins. For incredibly radiant and healthy looking skin, fast.



## SIGNATURE TREATMENTS

### **Green & Spring Indulgence**

**90 mins £125**

Green & Spring taps into nature's rich pharmacy to indulge not only the senses but the body. It begins with a foot soak and scrub, followed by a sensuous massage with hot herbal compresses filled with lavender, oats and lemon balm to soothe, moisturise and scent the skin. The final indulgence is a rejuvenating milk and honey facial - a sumptuous, natural treat.

### **Repair & Restore Ritual**

**90 mins £125**

An enveloping ritual that works to repair body and mind. After each area is prepared, a warm herbal compress is applied and gently worked into the nerve pathways, clearing blocked energy, ensuring all ingredients are fully absorbed. Using a combination of techniques to boost micro-circulation, skin elasticity and release tension, the body is then cocooned whilst the face receives a rejuvenating massage, followed by an enriching mask to clear toxins and boost circulation.

### **Cloud 9**

**90 mins £110**

A deeply relaxing, holistic massage which combines aromatherapy, Qi energy balancing, reflexology and acupressure leaving the whole body in a state of bliss. It works along the sensory pathways of the body using light to medium pressure to balance and nurture leaving you with an inner sense of tranquillity and indulgence.





# MEN'S TREATMENTS

## Men's Facial

**60 mins £95**

A custom treatment made for men. Because male skin has its own requirements and men have a preference for lighter products. Scented with Indian Lotus, emerginC's men's product line is light and fresh, but nonetheless packing all the anti-ageing peptides and active botanicals to be heavy on results. Our men's facial consists of a two-part exfoliation system to remove dead skin cells while vitamins, minerals, peptides and botanical extracts improve tone, texture and address irritation associated with shaving, all while combating the visible signs of Ageing skin. An included hand treatment induces deeper relaxation.

## Back Massage

**60 mins £80 / 30 mins £45**

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## Hot Stone Massage

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## Body Exfoliation

**30 mins £45**

An all over body scrub using the sugar from Green & Spring's unique exfoliating body balm.





# PREGNANCY TREATMENTS



Trimester 1: Wk 1 - Wk 12 ■

Trimester 2: Wk 13 - Wk 26 ▲

Trimester 3: Wk 27 - End of pregnancy ●

## BODY

### Pregnancy Full Body Massage 60 mins £80 ▲ ●

A relaxing and rejuvenating full body massage treatment with a focus on healing and body restoration. Let us nurture your body and bump using Pinks Boutique organic certified bioactive oils and balms to keep the skin supple and help prevent stretch marks with our antioxidants and essential fatty acids boost.

### Pregnancy Back Massage 30 mins £45 ▲ ●

A gentle, full back polish using crushed rosehip kernel or sweet orange salts followed by hot towels and a back massage. You will be cossetted in a pile of supporting cushions sitting forward while our therapists relieve tension and pressure in your back, specifically focussing on lower and mid back pain typical when the bump is gaining size and weight.

### Pregnancy Mini Massage 30 mins £45 ▲ ●

Focusing on your shoulders, neck, scalp and face this seated massage relieves tension from an aching upper back and provides clarity for the mind. Can be delivered clothed or on bare shoulders. Choose from either our rose bloom or sweet orange pregnancy body systems to perform the treatment.

### Bump & Stretchmark Treatment 30 mins £45 ▲ ●

Enjoy some tender loving care for your bump with a gentle rosehip scrub followed by rose petal and warm mitt removal. Pinks Boutique certified organic rose clay and rosehip mask is applied to nourish taut skin while you have either a head or lower leg massage. To complete, an omega fatty acid rich balm is applied to your bump to help prevent stretch marks. This treatment gives you time to bond with your baby and often your little one will come to the surface and touch back. Your therapist will encourage you to take over, giving advice on how best to apply products and how best to prevent stretch marks.

### Lighter Legs 30 mins £45 ▲ ●

The treatment begins with our pregnancy feet water ritual and scrub to help reduce swelling on tired and unhappy ankles. A cooling ladle rinse and chilled fruit and flower ice cubes remove the scrub while your feet relax on crystal stones and your toes are treated with fresh limes. Once you are comfortable and reclined on the bed our drainage massage will reduce swelling in the lower legs and take some pressure off your hardworking limbs. Our therapist will complete the treatment showing you some exercise and movements to do at home to help reduce the swelling in the later stages of your pregnancy.



## FACE

### **Pregnancy Facial** 60 mins £80



Ocha and rose creates a facial centred on hydration, skin repair and cellular renewal. Packed with anti-oxidants, whilst calming and being free from irritants and synthetics. Organic, safe for pregnancy, and blended to restore the natural balance during hormonal stress.

### **Mini Pregnancy Facial** 30 mins £45



## HANDS & FEET

### **Pregnancy Manicure** 60 mins £50



During our hot mitt cleanse our pregnancy therapists will assess any swelling and adapt hot to cool as required. Nails are filed, fresh lime cleanses and a hydrating deep cleanse mask is applied to nourish the skin. Hands are then placed in a Himalayan crystal soak bath followed by detailed cuticle work and hand exfoliation. The treatment is concluded with a Pinks Boutique signature hand massage designed to drain and reduce tension and swelling. Finished with a varnish or your choice or a natural high shine buff. Our therapist will then advise you on how to care for your hands whilst you care for your baby.

### **Pregnancy Mini Mani** 30 mins £30



File, clean, cuticle care and choice of polish or swelling reduction massage.



### **Pregnancy Pedicure** 60 mins £55



During our hot mitt cleanse welcome our pregnancy therapists will assess the level of swelling in the ankle and lower leg and adapt hot to cool as required during a Himalayan crystal soak. Detailed cuticle work, exfoliation and hard skin softening is followed by a Pinks Boutique signature massage. This is designed to reduce excessive swelling and pressure, avoiding any no go pregnancy pressure points. The pedicure is finished with your choice of varnish or a natural high shine buff.

### **Pregnancy Mini Pedi** 30mins £30



File, clean, cuticle care and choice of polish or swelling reduction massage.

## POST NATAL *After birth*

### **Post Natal Wake Up Facial & Eye Revival** 60 mins £80

Your skin is cleansed and then treated with our renewing deep cleanse melt and exfoliation. Your therapist will refresh your tired, sleep deprived eyes with our cooling rose quartz eye revive massage. This soothes puffiness and rehydrates the delicate eye area whilst our exquisite rose oils relieve and relax tension and over tiredness. The anti-inflammatory properties will leave your eye area renewed. A full, relaxing shoulder and face massage is followed by a clay mask to plump and smooth the skin. Anti-ageing serum is always an option at the end if the last few weeks have felt like a lifetime!

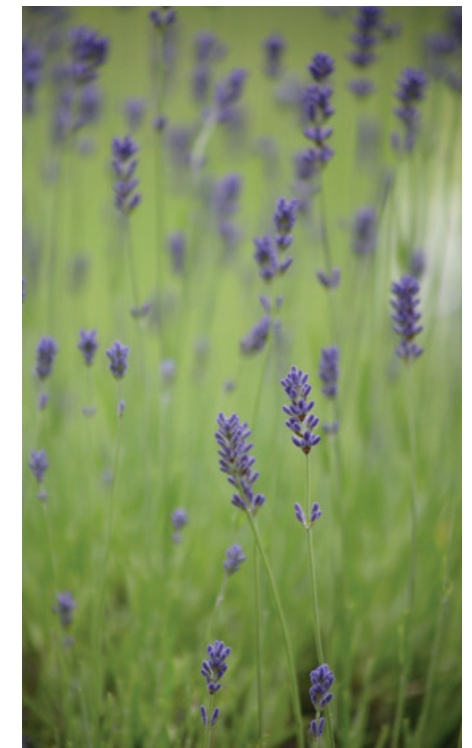
### **Post Natal Massage** 60 mins £80

A personalised massage to ensure your post birth body is nurtured, tension and worries are dealt with avoiding any elements that still need to heal. Our pregnancy specialists will ensure if you are still breastfeeding that the positions are comfortable and that your body gets the 60 minutes of pure R&R that it deserves.

### **Post Natal Stretchmark Treatment** 30 mins £45

It is the 64-million dollar question as to whether you can get rid of stretch marks? Our therapists are trained in truth and any good professional would never promise so. However, there is countless evidence showing benefits of massage to scars and stretch marks, omega fatty acids, anti-oxidants and acting early while the marks are still red pre turning white. This massage will focus on any marked areas, drench them in the elite cold pressed organic anti-oxidant oils and teach you how to continue these rituals at home.

To view our *Bump to Baby* pregnancy package, please turn to page 26.









# SPA PACKAGES

## DAYLIGHT

Available Monday to Friday

Day Spa prices are per person and include your treatment/s of choice, a 2 course lunch and use of all the facilities at C-Side.

### RELAX

60 minute Green & Spring treatment of choice £125

### AWAKEN

60 minute emergin-C facial of choice £145

### UNWIND

90 minute Green & Spring treatment of choice £175

### BREATH

120 minute Green & Spring treatment of choice £195

### GLOW

60 minute emergin-C Glow Force facial with 30 minute body exfoliation treatment £190

### MENS ESSENTIAL

30 minute mens facial with mini back massage £135

## TWILIGHT

Available Monday to Thursday, from 5pm

Evening Spa prices are per person and include your treatment of choice, a 2 course dinner and use of all the facilities at C-Side.

### SOOTHE

30 minute Green & Spring treatment of choice £75

### SERENITY

60 minute Green & Spring treatment of choice £110

## HALF DAY

Available Monday to Friday, 10am - 2pm

Half Day Spa Prices prices are per person and include your treatment of choice, Afternoon Tea and use of all the facilities at C-Side.

### HIGH TEA

60 minute Green & Spring treatment of choice £105

## PREGNANCY

### BUMP TO BABY

£345 for three visits

Our Bump to Baby package is the ideal gift for mums-to-be as they prepare their minds and bodies for motherhood. Each visit includes a 60 minute treatment of choice per trimester (T2, T3 and post natal), two course lunch or dinner at Malt and use of the pools.









## FITNESS

Overlooking the outdoor pool, our gym features a Kinesis wall, free weights, treadmill and exercise bikes. We also have a selection of weekly fitness classes including yoga, aqua aerobics and bootcamp, which are available to C-Side Members and hotel guests. Personal training sessions can also be arranged at an additional charge.

## POOL-SIDE

During the warmer months, the area alongside the outdoor pool is a suntrap and completely transforms with a bar serving cocktails, waiter service, sunbeds and Summer sounds playing into the early evening.

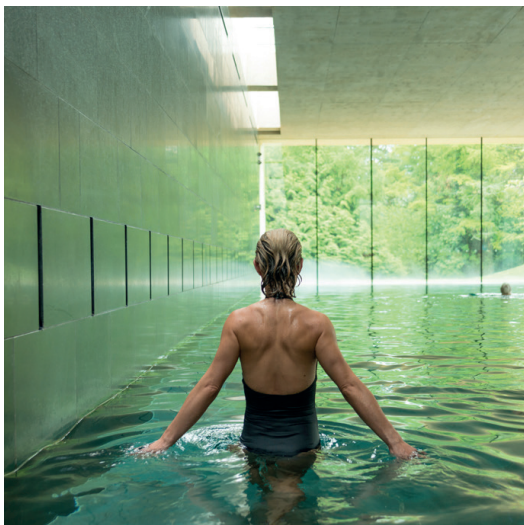




## MEMBERSHIP

Membership at C-Side gives access to:

- Use of C-Side facilities, including swimming pools, gym, sauna, steam and treatment rooms
- 20% discount on all C-Side treatments
- 20% discount on all Green & Spring products
- 15% off all dining at MALT
- Five complimentary guest passes in the first year of joining
- Additional guest passes available at £15 each (£10 for children)
- A complimentary treatment for each friend introduced to become a member
- Regular members e-newsletters featuring updates, exclusive offers and invitations to special events
- Access to members' fitness classes (at additional cost)



## GOOD TO KNOW

### Opening Hours

#### Spa facilities

Monday - Friday: 7.30am to 9pm

Saturday - Sunday: 8am to 9pm

#### Treatments:

Monday to Sunday: 9.30am to 8pm

### Arrival

We ask that you arrive 15 minutes prior to your appointment in order to register and relax beforehand. Please be aware that if you arrive late, the time of the appointment will be shortened in consideration of the next person.

### What to Bring

You will be provided with a robe, towels and flip flops. All guests are required to wear swimwear if entering the pools, Steam Room or Sauna. We recommend bringing workout gear if you plan to use the gym. During treatments, guests are welcome to wear whatever they feel comfortable in.

### Steam Room & Sauna

Guests are welcome to use the Steam Room & Sauna throughout their visit. We ask that you shower before re-entering the pools.

### Little Ones

Children are allowed in C-Side from 8am to 11am and 3.30pm to 5pm each day. Children under 16 are not permitted at C-Side unsupervised. Please note, children under three years old must wear a swim nappy when in the pool. These can be collected from Reception should you need them.

### Medical Conditions

If you have any underlying medical conditions or are pregnant please consult a member of staff when you arrive.

### Cancellation Policy

If you cancel your treatment with less than 48 hours notice, you will be charged 100% of the total cost of the treatment.

### Spa Etiquette

Outside of children's hours we would like to keep C-Side as calm and relaxing for our guests as possible. Should you encounter any issues please don't hesitate to contact a member of staff. Smoking is not permitted anywhere in the spa or by the pools



# CONTACT US

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