

C-Side Spa Treatment list

telephone: 01242 870 902

Our treatments are designed to work with the body as a whole, to release, maximise and balance your complete well-being.

With the exception of the coming soon massage all our treatments are unisex.

Treatment times, appointments include a short consultation with your therapist.

Massages- 90 minutes appointment:

Cloud 9- £107

This is our signature C-Side treatment. A deeply relaxing and rebalancing treatment which effortlessly combines aromatherapy, Qi energy balancing, reflexology and acupressure. This extensive all-over massage gives both the body and mind time to unwind. We use light to medium pressure to ease out the tension covering the whole body as well as the face and head. Leaving you, truly floating on Cloud 9.

“Coming soon” Pregnancy treatment from £88

60 Minutes

Conceived for pregnant women, this aromatherapy massage uses oils that are safe in pregnancy. We combine Qi energy balancing and light acupressure to soothe and relax you. We treat your entire body, face and scalp to gentle and effective massage stroke, giving special consideration to all of your aches and pains. The treatment is gentle and soothing and will revive aching muscles and release fluid retention, leaving you feeling relaxed, uplifted and harmonised.

MASSAGES- 60 MINUTES APPOINTMENT:

Charged- £88

A detoxing and energising massage for sluggish bodies, this incorporates exfoliation with a skin brush, application of a detoxifying compress, followed by an invigorating aromatic massage. It stimulates and enlivens the muscles, leaving you feeling buzzed and (re)charged.

Crunch-£88

A full body massage using basalt lava stones, which are renowned for their healing properties. A range of deep rhythmic movements are used to target tight muscles, and relieve stiffness and tension. Unlocking the pressure, this treatment opens up the body and is great for your posture.

Calma-£80

A deeply relaxing and soothing body massage which uses essential oils and elements of acupressure and reflexology, to release tension, re-tune and re-harmonise the body.

Creak-£88

A firm, deep tissue body massage. It will strengthen, stretch and invigorate tired and tight muscles giving a complete workout.

Contact-£75- 45 minutes

A soothing and relaxing massage using essential oils, focusing on the scalp, shoulders, back and feet. Ideal for an instant wind down.

WRAPS- 60 MINUTES APPOINTMENT:

C plus-£80

A nourishing and replenishing treatment for dry, dehydrated skin. This begins with a skin brush to exfoliate and improve circulation followed by a nourishing body mask using healing manuka honey, Royal gelee and essential oils. Finished off with a moisturising massage.

C minus-£80

An invigorating exfoliating body treatment that improves circulation and eliminates toxins. The treatment starts with a Lavender salt scrub followed by a tingling detox plant gel and a light moisturising massage using Lavender and sandalwood.

Facials-60 minutes appointment:

A gentle and non-invasive skincare system inspired by the synergy of the natural active ingredients used, offering a uniquely prescriptive application which enables your therapist to guide and offer you a truly bespoke treatment based on your skin's unique requirements. All facials will include cleansing, massaging and moisturising, supplemented by elements specific to each of the facials listed below.

Clear- For deep cleansing: £80

This includes a gentle Lavender and almond facial scrub, followed by a masque of green clay and propolis. Whilst the masque is on, the scalp is given a deep relaxing massage. This is followed by a facial massage which includes lymph drainage and acupressure. Then a fine layer of wax is applied to the face to ensure that the face soaks up all the benefits of the masque, and leaves the skin supple and moisturised. During the wax treatment the feet get some therapy, first soaked in rose water followed by reflexology.

Cascade- For hydrating: £80

First the skin is cleansed followed by a massage which includes lymph drainage and acupressure. A masque of rose, neroli, frankincense and manuka honey is applied along with a deep relaxing scalp massage. Afterwards, a fine layer of wax is applied to ensure the face soaks up all the benefits of the face serum. Whilst this wax is left on, the feet get some therapy, first being soaked in rose water followed by reflexology. The treatment finishes with the face being moisturised.

Contour- To lift and tone: £80

The skin is cleansed and toned followed by an application of Lavender gel with grapefruit, juniper and aloe. The face is treated to a massage which includes lymph drainage and acupressure. There is then a choice between a soothing compress immersed in rose hydrating gel extended with a rose and calendula tonic which is good for sensitive skin, or a masque applied with sable brushes of rose, neroli, frankincense and manuka honey. The treatment finishes with a relaxing scalp massage and the face being moisturised.

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Care- For sensitive skin: £80

First the skin is cleansed and toned. Then the face is given a soothing massage with chamomile, neroli and benzoin. This is followed by a compress immersed in rose hydrating gel extended with a rose and calendula tonic which soothes the skin. During the compress, there is a deep relaxing scalp massage. The treatment finishes with the face being moisturised.

Complementary Therapies:

Massages- 60 minutes appointment

Reflexology- £80

This relaxing treatment begins with a meditation technique to unwind body and mind. We work over the reflex zones and pressure points in the feet to stimulate internal organs, relax the body and mind, leaving you with a feeling of calm and well-being.

Indian head massage- £80

This Ayurvedic chair massage is ideal for relieving tension caused by modern living. We balance the chakras and massage pressure points on the upper back, neck, face and scalp. Great for improving posture this treatment is both relaxing and stimulating giving you a chance to unwind.

Reiki- £60

This Japanese technique aids in stress reduction and promotes healing. Reiki means: Universal life energy. The practitioner will lay hands on the body to encourage the free flow of this energy. The treatment is a catalyst for healing and supporting change, leaving you feeling soothed and deeply relaxed.

Cuticles

Colour-£45 (45 minutes)

with French polish- £50 (60 minutes)

A luxurious manicure using Jessica products, where the therapist will analyse and treat the nails according to their specific type. This treatment includes an aromatherapy hand massage, exfoliation, cuticle care nail shape, a treatment basecoat and colour application.

Cute- £45 (45 minutes)

with French polish- £50 (60 minutes)

A luxurious pedicure using Jessica products. This treatment includes an aromatherapy foot and leg massage, exfoliation, cuticle care, nail shaping, and then application of a basecoat and polish.

Mini cute or colour- £20 (20 minutes)

An instant transformation to hand or feet. This includes a nail reshape, application of a specialised nail treatment, colour and a mini polish to take home with you.

Waxing

Full leg:	£40- 45 minutes
Half leg:	£25- 30 minutes
Under arms:	£15-15 minutes
Lip and chin:	£15-15 minutes
All the above:	£60-75 minutes
Men's back:	£40- 45 minutes

Concise treatments, our mini versions- £50 (30 minutes)

C1.

Facial- This intense facial helps restore radiance, leaving the skin feeling totally replenished. It is a bespoke treatment, and will be based on your skin's unique requirements, and will include cleansing, toning, exfoliation, massaging and moisturising.

C2.

Back, neck and shoulder massage- A pick me up treatment, tailor made to target tension and tightness, and to sooth the upper body.

C3.

Face, neck, shoulder and scalp massage- An extensive shoulder, neck, face and scalp massage, concentrating on specific pressure points, releasing tension, and creating an air of calm and tranquillity.

C4.

Exfoliation- Using our Lavender dead sea salt scrub, this is an invigorating all over body ritual, leaving the skin feeling cleansed and silky smooth.

The day spa experience

Now open as a day spa from Monday to Friday, the award winning C-Side at Cowley Manor welcomes guests to enjoy its contemporary facilities alongside bespoke treatments in one of the most stylish settings in the UK.

Day spa Packages*	Treatment time	Cost
Concise	60 minutes	£105
Cool	90 minutes	£145
Calm	120 minutes	£175
Collected	150 minutes	£205

* Day spa packages are per person and include a 2 courses lunch from the spa menu, use of the spa facilities, herbal tea and unlimited amount of water.

We now offer a day spa use for £45 from Monday to Friday, to access C-Side (gym, pools and steam rooms).