



LOWER MILL
COTSWOLDS

LOWER MILL SPA

We welcome you to Lower Mill Spa

An exceptional, tranquil sanctuary where stress-free indulgence and relaxation are experienced from the moment you arrive. A place to escape the everyday, whether with friends and loved ones or having time to oneself. All just a few minutes' walk from your front door, a spa exclusively for you to enjoy during your stay with us.

LOWER MILL SPA





Your Wellness, Naturally

GAIA is the ancient goddess of nature “Mother Earth” and Mother GAIA is a healing Goddess.

It’s believed that true wellness requires us to return to the cradle of mother nature and live in accordance with natural laws, but in modern times this has become increasingly difficult.

The desire to look after yourself can take many forms with fitness being a key ingredient to your wellness naturally. It is about movement, whether that is slow or fast paced, maintaining balance. GAIA believes in nurturing yourself and total wellness.

GAIA provides the time and the space to focus on your wellness, naturally.

GAIA FACE

Equilibrium Crystal Facial

50 minutes £90

There is a link between our skin, our identity and our sense of self worth. Using a powerful combination of anti-inflammatory plant ingredients along with balancing chakra crystals woven throughout the treatment which lend their energetic and healing benefits, bringing the mind and body back to a state of equilibrium.

Naturally GAIA Facial

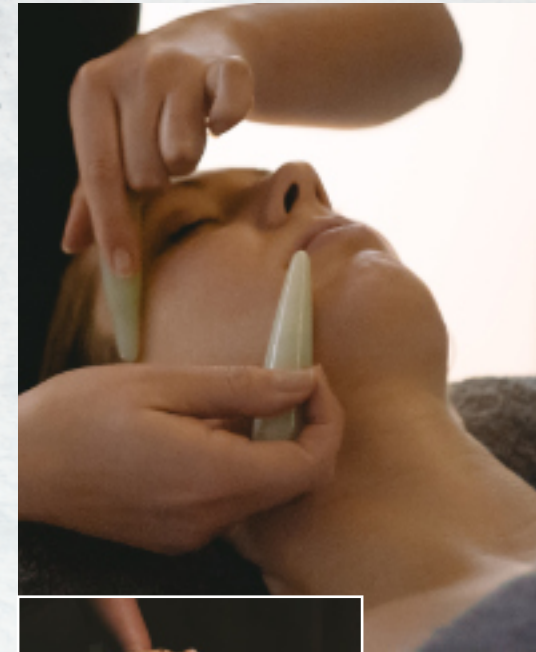
25 minutes £45

A healing facial massage that’ll leave the skin feeling rejuvenated and glowing as Gaia’s natural skincare products are softly massaged deep into the skin, to stimulate both lymph drainage and blood flow.

GAIA Jade Facial

50 minutes £90

This healing massaging facial will leave your skin feeling rejuvenated and glowing. GAIA’s natural skincare products are softly massaged deep into the skin, using healing Jade crystal wands to stimulate both lymph drainage and blood flow, leaving your skin feeling firmer and younger.



Gaiyoga Lifting Facial

80 minutes £120

We know exercising our body is good for us and it is the same for the face. Using a stimulating workout for the face with a combination of advanced lifting massage technique, lymphatic drainage and the power of nature, this facial increases muscle tone and volume so the skin becomes tauter with more definition and exceptional results.

GAIA MASSAGE

GAIA Bespoke Massage

50 minutes £90
25 minutes £50

A completely bespoke treatment catered to your needs and concerns. This treatment uses effective and natural ingredients combined with highly therapeutic techniques such as Swedish, Deep Tissue and Aromatherapy to relax the body and mind bringing you into the present moment.

GAIA Restorative Massage

50 minutes £80

Experience a therapeutic back cleanse, followed by exfoliation with GAIA's own unique body scrub, before GAIA's mud mask is applied in sweeping motions to detoxify and cleanse. Following the removal of the mud with a hot towel, the back is massaged with hot stones using one of the GAIA oils.



GAIA Poultice Massage

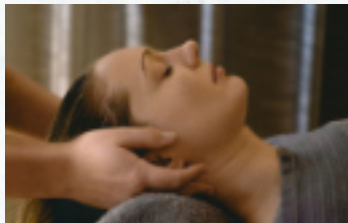
50 minutes £105

This massage uses warm herbal compresses that have healing and soothing properties. All the herbs used are grown naturally and are part of the blend that makes GAIA. Aromatic herbs and spices have been used for centuries for various ailments and treatments as they help to increase the flow of chi (energy). This treatment will work deep into the muscles whilst leaving a feeling of complete relaxation.

GAIA Indian Head Massage

45 minutes £75
25 minutes £40

GAIA's Indian head massage is a treatment combining massage of the face, shoulders and scalp. A series of techniques are performed to manipulate the muscles, releasing tension and stress throughout the mind and body.





GAIA RITUALS

GAIA Raindrop Therapy

110 minutes £150

Raindrop therapy is a healing technique using pure essential oils. It combines soothing massage and aromatherapy oils to bring total balance, harmony and body wellness mentally, physically and emotionally.

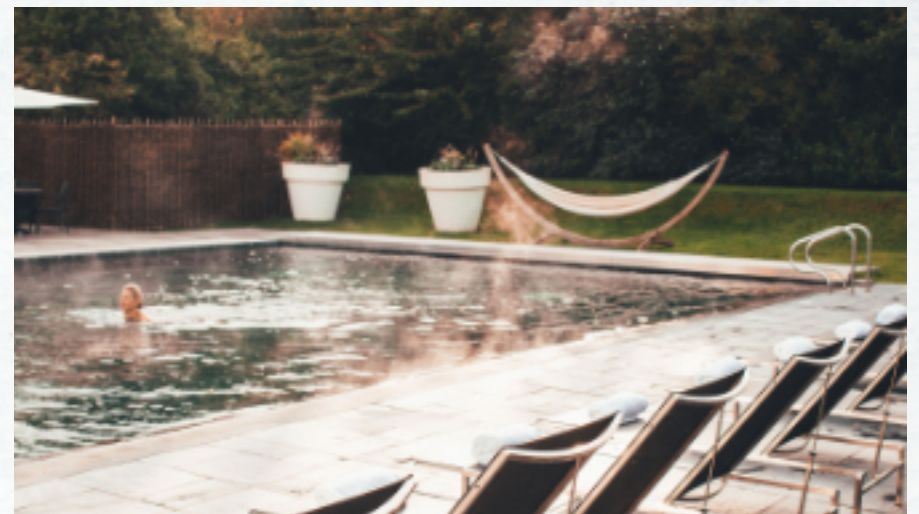
Techniques are used through the massage to release toxins and lymph, boosting the immune system and bringing the body back to natural alignment. Ritual includes full body massage using the purest essential oils used as droplets to the back, spine and feet and a nurturing scalp massage.

GAIA Total Holistic Ritual

110 minutes £150

A deeply therapeutic ritual to release tension and stress bringing the mind and body into harmonious balance.

Using advanced GAIA and Lomi Lomi techniques, the body is exfoliated followed by an application of our nourishing Gaia mud. Once showered, a Gaia blend of your choice is poured warmly onto the body for a muscle easing massage.



GAIA BODY

GAIA Salt and Oil Scrub

45 minutes £70

Liberate your skin with our nourishing salt and oil scrub treatment. Your body is awakened with natural sea salt, peppermint and lemongrass, to gently buff the skin, boosting circulation and leaving a natural glow. This refreshing treatment will leave a natural feeling of wellbeing, whilst the skin is left smooth and replenished.



GAIA Rest and Unwind

50 minutes £95

The ideal treatment for those looking for both body and face. Enjoy our GAIA bespoke back, neck & shoulder massage, followed by our GAIA Nourishing Facial. This will leave you with a relaxed body and mind.

GAIA Mud Cocoon

80 minutes £120

Enjoy this protective cocooning treatment and emerge awakened. You will experience whole body, face and scalp therapy in this indulgent treatment, including a sea salt exfoliation and natural mud and clay mask. Completing this nurturing treatment is our Awakening Body Cream, with nourishing coconut oil and shea butter.



PRE & POST-NATAL TREATMENTS



Nourishing Facial
25 minutes £45

Express Manicure
25 minutes £25

Jade Facial
50 minutes £90

Foot Nourish
50 minutes £55

Hand Nourish
50 minutes £50

Express Pedicure
25 minutes £30

Pre-natal treatments are available after 12 weeks.

PRE & POST-NATAL TREATMENTS



Mother GAIA

55 minutes £85
80 minutes £120

A beautifully gentle, relaxing treatment perfect during and after pregnancy. This nurturing treatment exfoliates the back and is followed by a specifically designed massage focusing on alleviating muscular aches in stressed areas, helping you to feel relaxed and restored.

Our 55-minute Mother Gaia Treatment includes a full body massage and bump massage. Our 80-minute treatment also includes a bump mask, mini facial, face massage with our jade wand and scalp massage.

Pre-natal treatments are available after 12 weeks.

GAIA HAND AND FOOT NOURISH

GAIA Hand Nourish

50 minutes £50

Relax your hands with a GAIA manicure, using natural ingredients to soothe dry skin and nourish the nail bed, encouraging strong healthy nail growth. Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour. Notice how relaxed your whole being feels after receiving treatments the GAIA way.

Express Manicure

25 minutes £25

Upgrade to a gel colour with our 50 minute Hand Nourish or 50 minute Foot Nourish for an additional £10. Please notify us at time of booking.

*Please come with clean nails. Gel colour removal kits are available to purchase.

GAIA Foot Nourish

50 minutes £55

Relax your feet with our GAIA pedicure an exfoliation followed by a bespoke foot massage using GAIA products to soothe dry skin and nourish the nail bed, encouraging strong healthy growth. Your therapist will finish this ritual by prepping your nails and applying your chosen nail colour.

Express Pedicure

25 minutes £30



SPA ETIQUETTE/YOUR TIME WITH US

Spa Treatment Bookings

It is highly recommended that you book your treatments in advance. When taking bookings, we require the name and number of your Lower Mill Estate property; please ensure that you have this at the time of booking.

Spa Treatment Arrival

We politely ask that you arrive 10 minutes prior to your treatment time to complete a full consultation form. Please disclose any relevant medical conditions. It is vital that mothers-to-be advise us when booking, as some treatments will not be suitable for pregnant women. Please be aware that late arrival may result in your treatment duration being shortened.

The Gift of Time

Treat someone special to the joy of a spa gift. Gift vouchers can be purchased over the phone with our receptionist, who can arrange for vouchers to be emailed or collected from the spa. Our vouchers are valid for twelve months from the day of purchase and guests must be staying at Lower Mill Estate to redeem them.

LOWER MILL SPA

Email: spa@lowermillestate.net

Telephone: 01285 862640

www.lowermillestate.com

www.lmespa.net

Lower Mill Estate, Somerford Keynes, Nr Cirencester
Gloucestershire GL7 6BG



Payment Policy

We require payment no later than 48 hours before treatments.

Cancellation Policy

We require 48 hours' notice to cancel or rearrange your treatment. Any appointment cancelled within 48 hours will be charged at 100%. Missed appointments will also be charged at 100%.

Bathrobes and towels

These are available for you to rent for a fee at the spa reception.



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