

## Freedom to Unwind...

Make your time at Frampton Court even more amazing with a spa experience from Cotswold Spa.

Our therapists will create a wonderful experience for you and the rest of your party within the comfort and privacy of your accommodation. It's the perfect way to wind down and relax after you've arrived, with a spa all to yourselves.

We can cater for any size party and offer a wide range of treatments. Book us in advance for a set period of time to split between

everyone attending, opt for individual treatments or choose one of our packages.

Pamper yourself and your friends or family with a blissful back, neck and shoulder massage, enjoy a whole body scrub or treat your nails to a manicure and pedicure, or a refreshing Indian head massage.

We will light the candles, scent the room, and set the music playing so you can relax, knowing you don't have to go anywhere and can just embrace the experience.

## Find out more or book your treatments now at: www.cotswoldspa.co.uk/book-at-a-glance

If any of these appeal to you, you can have a combination or a single treatment, to include: massage, Shiatsu, luxurious facials, hot stones massage: treatments are organic using Neal's Yard Remedies and involve additional beauty treatments such as body brushing, exfoliation and manicure and pedicure (non-organic) We also offer product-free Japanese rejuvenation facials!

Cotswold Spa, mobile spa treatments, founded by Giulia Holland MFHT, is based locally in Minchinhampton Gloucestershire and has a team of therapists dedicated to offering deep relaxation and quality bodywork to individuals or groups.

