



indulge

The Mather
COTTON SPA™ & FITNESS CENTER

matherlifeways®

The Mather



Welcome to The Mather Cotton Spa[™] & Fitness Center

A relaxing environment where your only care in the world will be choosing what to do first, exclusively for residents of The Mather.

Designed with complete tranquility and transformation in mind, our 10,000-square-foot amenity area offers a stimulating variety of pampering and progressive fitness options that will refresh and energize.

Indulge and treat yourself to a spa or salon service. Stay fit and strong with more than 25 classes, top-rated Keiser[®] strength-training equipment, an expansive aquatic area, wellness programs, personal assessments, and free weights available. Get your game on and play some Wii with friends or guests. Head to the lounge and meet up with friends or log on to the web.

Whatever your pleasure, the Cotton Spa[™] & Fitness Center has something for you.



Areas

Comfy as Cotton – The Cotton Lounge

Wait a minute... or an hour. Sink into cozy seating and let the calming, nature-inspired hues of the room- moss , peacock blue, and bamboo – envelop you. Whether you're waiting for your next exercise class to start or arriving for your spa or salon appointment, this inviting area is an ideal place to chill out or plug in. Full equipped computer stations allow you to hop online and check your e-mail, and a ginormous (yes, we said ginormous) flat screen TV screen offers channel after channel of entertainment.

And in 2012 our Spencer Power Brain Fitness Program launches. Made possible by a generous bequest of a former resident to Mather LifeWays- the comprehensive program incorporates all the dimensions of wellness (exercise, nutrition, cognitive learning, and more.)

Hair's The Deal – Salon

Let us coif, brush, set, roll, pin, curl, trim, wash, dry, straighten, condition, and give you locks and follicles special treatment. Two fully equipped hair stations. A range of services to choose from including cuts, perms, color, and more. Services for men and women.

Give Us a Hand – Spa Manicure Salon

Keeping both men and women looking polished – one finger at a time. Enjoy a soothing and deep-moisturizing hand and wrist-release massage, and then get your nails trimmed, buffed, filed, and painted. Choose glamorous, bold color or keep it natural and clean.

Put Your Feet Up – Spa Pedicure Throne

Get the royal treatment. Melt into in our pedicure massage chair fit for a king and queen while a professional technician dotingly softens your soles and pampers each tow. Private room.

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