



TEMPLESPA

Spa Day Treatment Options

Facials

TEMPLESPA MY KINDA SKIN

Prescription Facial *50 minutes*

Let us analyse your skin and prepare a tailored treatment just for you. Your relaxing facial includes our signature facial massage plus a relaxing scalp massage. You will feel amazing and your skin will be transformed.

TEMPLESPA ALL ABOUT THE GLOW *

Glow and Radiance Facial *50 minutes*

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin C and glycolic acid complexes. Add our unique skin lifting massage techniques and the results are even better skin.

SIGNATURE WELLBEING FACIAL *

Light Relief CBD Wellbeing Facial *50 minutes*

This soothing de-stress facial includes a tranquil face massage using TEMPLESPA Light Relief CBD Skin Booster Oil leaving your skin comforted, hydrated and looking radiant. Including a tension relieving massage to the scalp, neck and shoulders you will feel totally chilled.

Body Treatments

TEMPLESPA BACK TO LIFE

Purify and Balance Body Treatment *50 minutes*

This invigorating treat includes an exfoliation scrub, a deep cleanse with a warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

TEMPLESPA THE OUTER GLOW

Glow and Radiance Body Treatment *50 minutes*

An invigorating and refreshing all over exfoliation treatment that leaves the skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or special event. Off you glow!

TEMPLESPA THE BODY DETOX *

Purify and Balance Body Treatment *50 minutes*

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt so good!

Massages

TEMPLESPA NEW BEGINNINGS

Pregnancy Massage (suitable after 12 weeks) *50 minutes*

Pregnancy is the most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel comfortable and relaxed. The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TEMPLESPA DRIFT AWAY **

Aromatherapy Massage *50 minutes*

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including frankincense, lavender and patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melt away...stay awake if you can!

SIGNATURE DE-STRESS MASSAGE **

Wellbeing CBD Massage *50 minutes*

This calming and anti-inflammatory massage targets muscle pain and melts away tension leaving you feeling relaxed and soothed from top to toe. The TEMPLESPA CBD Balm naturally eases muscle stiffness and calms a busy mind... giving you a moment of blissful respite.

TEMPLESPA MY KINDA MOOD

Face and Body Massage *50 minutes*

Not sure what you'd like? Then this is ideal treatment for you. We'll take care of you with a tailored, results-driven body massage followed by a bespoke facial. Step out of the treatment room feeling all the better for it.

TEMPLESPA WORK IT OUT **

Reviving Deep Tissue Massage *50 minutes*

A tension-easing, deep tissue massage that works out tired, aching muscles and overworked limbs. We begin with full body brushing to stimulate circulation and improve lymph drainage. Then deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscle a workout - untangle knots, ease tightness and relieve stress. Better all round!

SIGNATURE WARM STONE SERENITY **

Hot Stone Massage *50 minutes*

Indulge in pure tranquillity with our warm stone massage. Smooth, heated basalt stones gently warm and relax tired muscles, allowing deeper relief from tension and stress. This deeply comforting treatment encourages total relaxation, restoring harmony to the body while leaving you feeling refreshed, grounded and revitalised.

* Supplement from £20 applies unless booked onto the Serenity & Soul Spa Day or The Ultimate Unwind

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