



TEMPLESPA

Facials

TEMPLESPA MY KINDA SKIN

25 minutes...£50

Prescription Facial

50 minutes...£85

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...£105

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...£105

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...£80

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...£80

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...£95

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...£95

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

25 minutes...£50

50 minutes...£95

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...£105

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...£95

110 minute...£170

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. Available as 50 minute treatment (back massage and facial) or 110 minute treatment (full body massage and facial).

TEMPLESPA WORK IT OUT

Reviving Deep Tissue Massage

50 minutes...£115

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...£105

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.

25 Minute Treatments

TEMPLESPA TARGETED BODY EXFOLIATION

Purify and Balance Treatment

25 minutes...£50

Refresh and renew your skin with this express full-body exfoliation. Designed to leave skin silky soft, hydrated and radiant, it's the ideal pre-holiday or pre-event treatment.

TEMPLESPA AAAHHH!

Revive and Energise Foot and Leg Treatment

25 minutes...£50

This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing to help eliminate excess fluids, followed by a warm oil massage and invigorating foot rub!