

# Temple Spa

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### DRIFT AWAY MASSAGE

The deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils, frankincense, lavender and patchouli, is guaranteed to have you drifting away.

This is the perfect treatment to soothe and calm frazzled nerves and active minds. Tension and stress simply melt away.

**30 mins**

Monday to Thursday.....£60 Friday to Sunday.....£65

**60 mins**

Monday to Thursday - £110 Friday to Sunday - £115

### WORK IT OUT MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles using the ingenious WORK IT OUT detox massage oil, including essential oils of juniper, lavender and cypress. We begin with a full body brushing to stimulate the circulation to improve lymph drainage. We then perform a deep tissue body boosting massage with muscle fitness techniques and movements to really give your muscles a workout. Working on knots, tension and tightness to help the detox process.

**60 Minutes**

Monday to Thursday.....£120 Friday to Saturday.....£125

## ROCKS OF THE MEDITERRANEAN

This popular thermal stone treatment uses basalt stones to massage the body from head to toe. This wonderfully warming treatment works on energy points throughout the body to rebalance and harmonise.

The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage.

**60 mins**

Monday to Thursday.....£120 Friday to Sunday.....£130

## NEW BEGINNINGS

Pregnancy is the most wonderful time; however, it's vital to take time out and take care of yourself.

This ritual includes a full body massage, which has been specifically created so that you do not need to lie on your tummy. Our trained therapists know exactly how to work those sore, tired and aching muscles, using a very light pressure, ensuring that you feel comfortable and relaxed.

The ritual is completed with a face and scalp massage. Pre-natal treatments are available after 12 weeks.

**60 mins**

Monday to Thursday.....£125 Friday to Sunday.....£125

## MY KIND OF SKIN FACIAL

Looking for results. This revitalising facial includes a deep power cleanse, nourishing clay mask and lymph drainage techniques for a rapid turnaround, topped off with a wake-up scalp massage.

**30 mins**

Monday to Thursday.....£60 Friday to Sunday.....£65

## CHAMPAGNE AND TRUFFLES

The crème de la crème of facials - A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage, techniques that together iron out deep wrinkles, help to strengthen muscle tone and reduce puffiness and includes an exquisite cooling alginate mask and rose quartz facial massage therapy. Treatments include a hot oil scalp and arm massage.

**60 mins**

Monday to Thursday.....£120 Friday to Sunday.....£125

**90 mins** - *Includes an express back and shoulder massage*

Monday to Thursday.....£150 Friday to Sunday.....£160

## MY KIND OF SKIN PRESCRIPTION FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face and décolleté massage, plus a relaxing hot oil scalp massage.

**60 mins**

Monday to Thursday- £110 Friday to Sunday - £120

## REPOSE FACIAL

A de-sensitising and ultra soothing facial with fresh ingredients, Mediterranean essential oils and vitamin boosters.

This facial is designed to soothe, calm and de-stress sensitive and stressed skin. Following a deep, yet tender cleanse to your skin. Your skin will be treated to our signature, relaxing facial massage, a smoothing exfoliation and finished with an application of our unique Temple Spa marinate mask. A truly soothing and calming facial to restore your skin's equilibrium, radiance and glow.

**60 mins**

Monday to Thursday.....£110 Friday to Sunday.....£120