

# wellnesspa price list



# treatment price list

## TEMPLE SPA FACIALS

MY KINDA SKIN 60mins | £65

Bespoke prescription facial for individual skin types

GO GUY – MALE EXECUTIVE 60mins | £65

Men's facial for all skin types

THE POWER BREAKFAST FACIAL 30mins | £35

Express facial for all skin types

WINDOWS OF THE SOUL 30mins | £35

Divine eye treatment

## TEMPLE SPA LUXURY FACIALS

REPOSE AROMATHERAPY FACIAL 75mins | £80

Relaxing, indulgent facial for all skin types

TOTALLY QUENCHED & DRENCHED 75mins | £85

Rehydrating facial for thirsty skin

CHAMPAGNE & TRUFFLES DELUXE 90mins | £95

The crème de la crème of facials

## TEMPLE SPA BODY SCRUBS, WRAPS & INFUSIONS

AAHHH! 30mins | £35

Leg & foot energiser

I'LL BE BACK 45mins | £50

A facial for the back

THE OUTER GLOW 45mins | £50

Face & body exfoliation

GLORIOUS MUD 60mins | £65

Skin conditioning & detoxifying mud wrap

## TEMPLE SPA EXPERIENCES & PACKAGES

THE MEDITERRANEAN FLOAT 90mins | £95

The fully loaded skin-luxe facial & body duo

MY KINDA MOOD 120mins | £120

A prescriptive facial & massage bespoke to you

## TEMPLE SPA MESSAGES

DRIFT AWAY 30/60/90 mins | £35/£60/£85

Relaxing full body massage

IN GOOD SPIRITS 30/60/90 mins | £35/£60/£85

Energising full body massage

WORK IT OUT 30/60/90 mins | £35/£60/£85

Detoxing / muscle massage

MEDITERRANEAN SEA MASSAGE 60mins | £60

Float your stress away

## TEMPLE SPA SIDE ORDERS

DIVINE NECK & SHOULDER TREATMENT £20

15 minute hot stone neck & shoulder treatment

RELAXING SCALP MASSAGE £25

15 minute relaxing scalp massage

INDULGENT HAND RITUAL £20

15 minute indulgent hand ritual

INDULGENT FOOT RITUAL £20

15 minute indulgent foot ritual

SECRET EYE REMEDY £20

15 minute secret eye remedy

## SPA DAYS

All spa days include refreshments on arrival, use of towels, robes and slippers, and access to the spa facilities.

### FULL DAY (includes a 2 course lunch)

#### SPA SPA AWAY £118

My Kind of Skin Facial or Go Guy Facial, plus any 60 minute massage

#### THE WORKS £158

Mediterranean Float, any 60 minute massage, plus a Express Manicure or Pedicure

#### CHAMPAGNE LUXE £158

Champagne & Truffle Facial, any 60 minute massage, plus a Express Manicure or Pedicure

### HALF DAY

#### MORNING BREEZE £64

Power Breakfast Facial, Aaahhh! Foot & Leg Energiser, plus a light lunch

#### THE QUICK FIX £64

Choose any 60 minute treatment or 2 x 30 minute treatments, plus either a light lunch or afternoon tea

#### AFTERNOON DELIGHT £76

Windows of the Soul eye treatment, I'll Be Back treatment, plus afternoon tea

## HANDS & FEET

#### SPA MANICURE 60 mins | £40

#### EXPRESS MANICURE 30 mins | £30

#### CUT & FILE MANICURE 15 mins | £20

#### SPA PEDICURE 60 mins | £40

#### EXPRESS PEDICURE 30 mins | £30

#### CUT & FILE PEDICURE 15 mins | £20

## EYES & BROWS

#### EYELASH TINT\* £14

#### EYEBROW TINT\* £8

#### EYELASH & EYEBROW TINT\* £20

#### EYEBROW WAX / EYEBROW SHAPE\*\* £10

#### BRIGHT EYES\* £28

Eyelash tint, eyebrow tint & eyebrow shape

## WAXING\*\*

#### FULL LEG £25 HOLLYWOOD £30

#### 1/2 LEG £16 UNDER ARM £10

#### FULL LEG & BIKINI £30 CHEST £19

#### HIGH BIKINI £15 BACK £24

#### BIKINI LINE £10 UPPER LIP £8

#### CALIFORNIAN £20 CHIN £8

#### BRAZILIAN £25 LIP & CHIN £12

## SPA WHEREVER YOU ARE

If you can't get to us, we'll come to you. Treatments in the comfort of your own home. For residents only.

#### SEATED SIESTA MASSAGE 15/30 mins | £20/£30

Express massage in seated position

#### MANICURES & PEDICURES

See Hands & Feet section for options, times and prices

#### POWER BREAKFAST FACIAL 30 mins | £35

#### INDULGENT HAND MASSAGE 15 mins | £20

#### INDULGENT FOOT MASSAGE 15 mins | £20

\* Skin patch test is required 24 hours prior to your treatment.

\*\* Heated treatments are not recommended 24 hours before or after waxing.

# hair salon price list

## LADIES

|                                  |               |
|----------------------------------|---------------|
| <u>SHAMPOO, CUT &amp; FINISH</u> | <u>£42</u>    |
| <u>SHAMPOO, CUT &amp; SET</u>    | <u>£36</u>    |
| <u>SHAMPOO &amp; FINISH</u>      | <u>£23</u>    |
| <u>SHAMPOO &amp; SET</u>         | <u>£18.50</u> |
| <u>DRY / WET CUT</u>             | <u>£23</u>    |

## GENTLEMEN

|                          |            |
|--------------------------|------------|
| <u>CUT &amp; FINISH</u>  | <u>£15</u> |
| <u>DRY / WET CUT</u>     | <u>£13</u> |
| <u>FULL HEAD CLIPPER</u> | <u>£10</u> |

## PIN UPS

For weddings and other special occasions.  
Please call for more information.

## PERMANENT CURLS

The following perms are chemical treatments.  
Cut and finish are not included in the price.

|                  |            |
|------------------|------------|
| <u>BODY PERM</u> | <u>£44</u> |
|------------------|------------|

## CONDITIONING TREATMENTS

Cut and finish are not included in the price.

|                               |            |
|-------------------------------|------------|
| <u>CONDITIONING TREATMENT</u> | <u>£12</u> |
|-------------------------------|------------|

## COLOUR

The following treatments require a patch test 24 hours  
prior to your appointment. Cut and finish are not included  
in the price.

|                                      |            |
|--------------------------------------|------------|
| <u>FULL HEAD COLOUR</u>              | <u>£42</u> |
| <u>RETOUCH ROOTS</u>                 | <u>£33</u> |
| <u>RETOUCH ROOTS &amp; FOIL TOPS</u> | <u>£43</u> |
| <u>SEMI-PERMANENT COLOUR</u>         | <u>£33</u> |

## HIGHLIGHTS

Cut and finish are not included in the price.

|                                 |            |
|---------------------------------|------------|
| <u>FULL HEAD FOILS</u>          | <u>£60</u> |
| <u>HALF HEAD FOILS</u>          | <u>£46</u> |
| <u>T-SECTION FOILS</u>          | <u>£32</u> |
| <u>SHORT CAP HI / LO LIGHTS</u> | <u>£34</u> |

# personal training & therapies

## PERSONAL TRAINING

Get fit and book yourself in for some personal training with our professional personal trainers. One-to-one gym and pool sessions available for the over 50s – both members and non-members. Personal training includes:

- training programme
- health check
- nutritional advice

## MEMBERS

|                            |                |
|----------------------------|----------------|
| <u>30 MINUTE SESSION</u>   | <u>£18</u>     |
| <u>1 HOUR SESSION</u>      | <u>£30</u>     |
| <u>5 X 1 HOUR SESSION</u>  | <u>£142.50</u> |
| <u>10 X 1 HOUR SESSION</u> | <u>£270</u>    |

## NON-MEMBERS

|                            |                |
|----------------------------|----------------|
| <u>30 MINUTE SESSION</u>   | <u>£20</u>     |
| <u>1 HOUR SESSION</u>      | <u>£35</u>     |
| <u>5 X 1 HOUR SESSION</u>  | <u>£166.25</u> |
| <u>10 X 1 HOUR SESSION</u> | <u>£315</u>    |

For more details or to book a free consultation please contact the Wellness Spa.

## PHYSIOTHERAPY

### CHIROPRACTOR

### CHIROPODIST

Please contact the Wellness Spa for more information on these therapies.

## REFLEXOLOGY

|                            |            |
|----------------------------|------------|
| <u>45 MINUTE TREATMENT</u> | <u>£45</u> |
|----------------------------|------------|

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