

wellnesspa price list



treatment price list

TEMPLE SPA FACIALS

MY KINDA SKIN 60mins | £70

Bespoke prescription facial for individual skin types

GO GUY – MALE EXECUTIVE 60mins | £70

Men's facial for all skin types

THE POWER BREAKFAST FACIAL 30mins | £40

Express facial for all skin types

WINDOWS OF THE SOUL 30mins | £40

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 | £110

The crème de la crème of facials

TEMPLE SPA BODY SCRUBS, WRAPS & INFUSIONS

AAHHH! 30mins | £50

Leg & foot energiser

I'LL BE BACK 45mins | £55

A facial for the back

THE OUTER GLOW 45mins | £55

Face & body exfoliation

GLORIOUS MUD 60mins | £85

Skin conditioning & detoxifying mud wrap

TEMPLE SPA EXPERIENCES & PACKAGES

THE MEDITERRANEAN FLOAT 90mins | £105

The fully loaded skin-luxe facial & body duo

MY KINDA MOOD 120mins | £135

A prescriptive facial & massage bespoke to you

TEMPLE SPA MESSAGES

DRIFT AWAY 30/60/90 mins | £40/£65/£90

Relaxing full body massage

IN GOOD SPIRITS 30/60/90 mins | £40/£65/£90

Energising full body massage

WORK IT OUT 30/60/90 mins | £40/£65/£90

Detoxing / muscle massage

MEDITERRANEAN SEA MASSAGE 60mins | £65

Float your stress away

TEMPLE SPA SIDE ORDERS

DIVINE NECK & SHOULDER TREATMENT £30

15 minute hot stone neck & shoulder treatment

RELAXING SCALP MASSAGE £25

15 minute relaxing scalp massage

INDULGENT HAND RITUAL £25

15 minute indulgent hand ritual

INDULGENT FOOT RITUAL £25

15 minute indulgent foot ritual

SECRET EYE REMEDY £25

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 £140

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

THE WORKS £175

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

CHAMPAGNE LUXE £195

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

HALF DAY

MORNING BREEZE £75

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

THE QUICK FIX £85

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

AFTERNOON DELIGHT £80

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

HANDS & FEET

SPA MANICURE 60 mins | £45

EXPRESS MANICURE 30 mins | £35

CUT & FILE MANICURE 15 mins | £20

SPA PEDICURE 60 mins | £45

EXPRESS PEDICURE 30 mins | £35

CUT & FILE PEDICURE 15 mins | £20

EYES & BROWS

EYELASH TINT* £16

EYEBROW TINT* £10

EYELASH & EYEBROW TINT* £23

EYEBROW WAX / EYEBROW SHAPE** £10

BRIGHT EYES* £30

Eyelash tint, eyebrow tint & eyebrow shape

WAXING**

FULL LEG £26 CHEST £22

1/2 LEG £18 BACK £26

FULL LEG & BIKINI £32 UPPER LIP £8

HIGH BIKINI £18 CHIN £8

BIKINI LINE £12 LIP & CHIN £14

UNDER ARM £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 | £30/£40

Express massage in seated position

MANICURES & PEDICURES

See Hands & Feet section for options, times and prices

POWER BREAKFAST FACIAL 30mins | £40

INDULGENT HAND MASSAGE 15 mins | £25

INDULGENT FOOT MASSAGE 15 mins | £25

* 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 & FINISH</u>	<u>£42</u>
<u>SHAMPOO, CUT & SET</u>	<u>£36</u>
<u>SHAMPOO & FINISH</u>	<u>£23</u>
<u>SHAMPOO & SET</u>	<u>£18.50</u>
<u>DRY / WET CUT</u>	<u>£23</u>

GENTLEMEN

<u>CUT & 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>
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CONDITIONING TREATMENTS

Cut and finish are not included in the price.

<u>CONDITIONING TREATMENT</u>	<u>£12</u>
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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 & 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>INDIVIDUAL FOILS</u>	<u>£6</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>£20</u>
<u>1 HOUR SESSION</u>	<u>£35</u>
<u>5 X 1 HOUR SESSION</u>	<u>£160</u>
<u>10 X 1 HOUR SESSION</u>	<u>£300</u>

NON-MEMBERS

<u>30 MINUTE SESSION</u>	<u>£25</u>
<u>1 HOUR SESSION</u>	<u>£40</u>
<u>5 X 1 HOUR SESSION</u>	<u>£185</u>
<u>10 X 1 HOUR SESSION</u>	<u>£350</u>

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

PHYSIOTHERAPY

CHIROPRACTOR

BOWEN THERAPY

REFLEXOLOGY

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

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