

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 | £75

Relaxing, indulgent facial for all skin types

TOTALLY QUENCHED & DRENCHED 75mins | £80

Rehydrating facial for thirsty skin

CHAMPAGNE & TRUFFLES DELUXE 90mins | £100

The crème de la crème of facials

TEMPLE SPA BODY SCRUBS, WRAPS & INFUSIONS

AAAH!! 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 £20

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 an Express Manicure or Pedicure

CHAMPAGNE LUXE £158

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

HALF DAY

MORNING BREEZE £79

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

THE QUICK FIX £79

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

AFTERNOON DELIGHT £89

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

HANDS & FEET

SPA MANICURE

VINYLUX £30

SHELLAC £35

EXPRESS MANICURE

VINYLUX £22.50

SHELLAC £25

CUT, FILE & POLISH

VINYLUX £17.50

SHELLAC £20

SOAK OFF £5

SPA PEDICURE

VINYLUX £35

SHELLAC £40

EXPRESS PEDICURE

VINYLUX £25

SHELLAC £30

CUT, FILE & POLISH

VINYLUX £20

SHELLAC £22.50

SOAK OFF £5

EYES & BROWS

EYELASH TINT* £14

EYEBROW TINT* £9.50

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 £17.50 UNDER ARM £13

FULL LEG & BIKINI £30 CHEST £21.50

HIGH BIKINI £15 BACK £24

BIKINI LINE £10 UPPER LIP £9.50

CALIFORNIAN £20 CHIN £9.50

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 30mins | £35

INDULGENT HAND MASSAGE 15mins | £20

INDULGENT FOOT MASSAGE 15mins | £20

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

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

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

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|----------------------------|----------------|
| <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

AROMATHERAPY

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

REFLEXOLOGY

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