



# wellnesspa treatment menu

*preserve skin, body & soul*



wellnesspa



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TEMPLESPA

## revive, restore, relax

The Wellness Spa at Richmond Villages welcomes you to the perfect setting for your total enjoyment and wellbeing – a wonderfully cosy haven of relaxation, peace and never-rushed calm.

We welcome you with open arms and our friendly, kind-hearted beauticians and therapists are here to pamper you.

We are proud to provide Temple Spa treatments which are both seriously restorative and thoroughly feel-good. You'll notice the visible, impressive results straight away. Every treatment is performed on a Hydrotherm Water bed – so not only do you receive a wonderful experience, but you'll feel like you are floating on a bed of warm, nurturing and comforting clouds. You might not want to leave!

Enjoy your treatment in our spa, or we can come to you!



# spa facials

## **MY KINDA SKIN**

### **Bespoke prescription facial for individual skin types | 60 minutes**

Are you the sensitive type? Classic combination? Dreadfully dry? Perhaps you don't know. Let us analyse your skin and prepare a wonderful treatment using products specifically for your skin type. Just relax and we'll do the rest. This gorgeous facial includes a face mask and lymph drainage techniques. Choose from tranquil or uplifting. You will feel amazing and your skin will look so, so good.

## **GO GUY – MALE EXECUTIVE**

### **Men's facial for all skin types | 60 minutes**

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with a deep brush cleanse, a choice of lifting or tranquil massage, compression massage and an exfoliating mask. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. Finally, a detoxifying foot massage. You'll feel glad you gave us an hour of your time.

## **THE POWER BREAKFAST FACIAL**

### **Express facial for all skin types | 30 minutes**

If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We have taken all the ingredients that you would find in a healthy breakfast, containing oats, honey and fruit juices, to create this revitalising facial. Includes a deep power cleanse, nutritious mask, lymph drainage techniques and wonderful scalp massage. Now you are ready!

## **WINDOWS OF THE SOUL**

### **Divine eye treatment | 30 minutes**

Perfect for when you look tired, this treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and 'cold therapy' to tighten and tone the eye area, plus specialised eye massage techniques to lift, smooth and revitalise. This is the one to put the sparkle back into your eyes. It's also lovely to add to any facial.



# spa luxury facials

## **REPOSE AROMATHERAPY FACIAL**

**Relaxing, indulgent facial for all skin types**

**75 minutes**

This indulgent aromatherapy facial is infused with generous anti-inflammatory ingredients and will soothe, calm and nourish a tired, irritated or unhappy complexion. A divine treatment that begins with lymph drainage techniques, followed by a relaxing, tranquil face and scalp hot oil massage. Pure Bliss.

## **THE TOTALLY QUENCHED & DRENCHED**

**Rehydrating facial for thirsty skin**

**75 minutes**

The ultimate in anti-ageing, this lavish facial is a must for dehydrated or neglected skin and is designed to leave it looking radiant & fresh. Combining powerful antioxidants to help fight the ageing process and loss of elasticity in the skin, this divine treatment includes a cryogenic mask which gives a cooling effect and aids the infusion of the goodness of the mask. It also includes our intense eye therapy and eye massage with a rather special secret remedy to encourage deep hydration and eliminate fine lines. And if that isn't enough, we also use lifting massage and lymph drainage techniques. You could call it a facial iron!

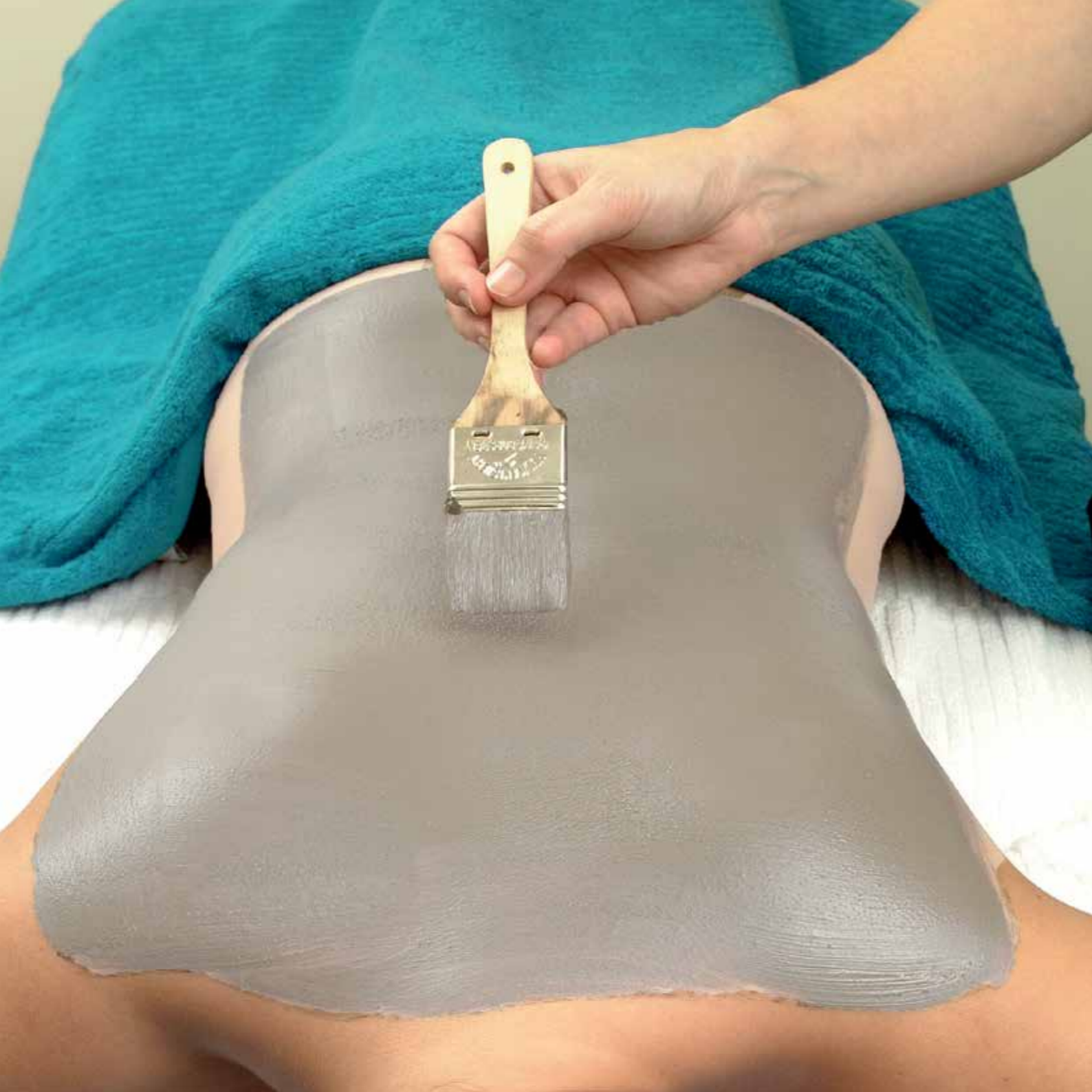
## **CHAMPAGNE & TRUFFLES DELUXE TREATMENT**

**The crème de la crème of facials**

**90 minutes**

This stunning treatment is just the thing if you are looking for a serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Highly unique elements include special lymph drainage techniques to reveal fresher skin, a Triple Infusion Alginate mask to help iron out fine lines and wrinkles, specialist lifting massage to strengthen muscle tone on the face and jowls, an iced blend to reduce puffiness and cold stone therapy. Finally, an application of Temple Spa award-winning SKIN TRUFFLE, will leave your complexion glowing, more youthful and instantly wonderful. You will receive a flute of bubbly and a delicious handmade truffle as you admire your complexion!

*there's nothing like stress  
for lining the skin and  
there's nothing like relaxation  
for smoothing it!*



# spa body scrubs, wraps & infusions

## **AAAHHH!**

### **Leg & foot energiser | 30 minutes**

Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is an instant relief for tired, over worked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage, that will leave you tingling, and finally an invigorating rub with AAAHHH! Wonderful to add on to another treatment.

## **I'LL BE BACK**

### **A facial for the back | 45 minutes**

Following an invigorating skin exfoliation with SUGAR BUFF Mediterranean scrub, warm purifying mud is smoothed all over your back for a deeply cleansing treatment. Heated fragrance infused mitts are used to remove the mask before a stimulating massage, leaving you energised and with a back to be proud of.

## **THE OUTER GLOW**

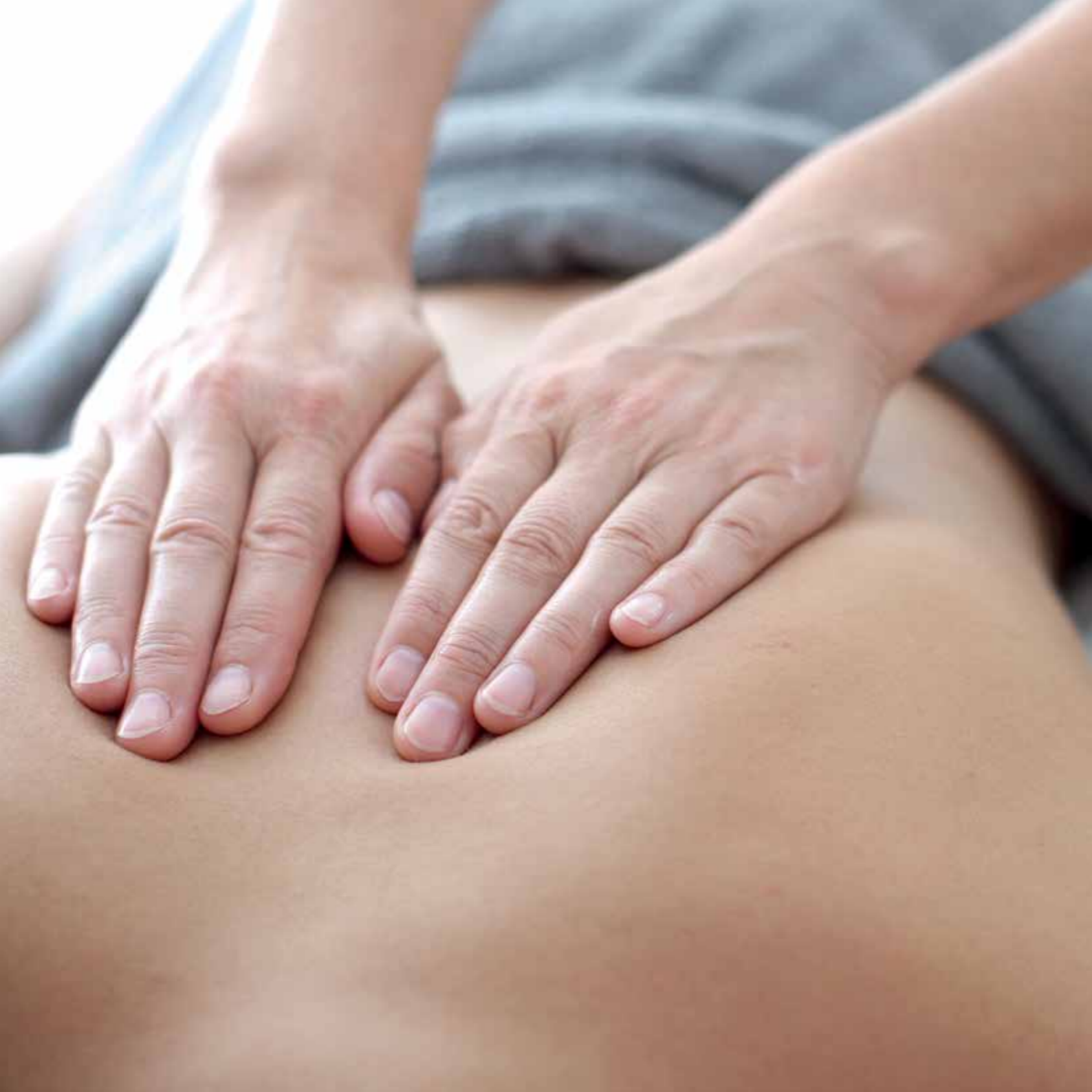
### **Face & body exfoliation | 45 minutes**

Using our unique SUGAR BUFF Mediterranean scrub, we polish your body and exfoliate your face with BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin top-to-toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your holiday or special event. Go and glow!

## **GLORIOUS MUD**

### **Skin conditioning & detoxifying mud wrap | 60 minutes**

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing to encourage lymphatic flow. The body is then smoothed with warm vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. You wouldn't believe wallowing in mud could feel so good!



# spa massages

Our massages are performed on our floating, body temperature, water-filled mattresses, leaving you feeling dreamy, nurtured and totally at ease. They hug your curves and support your body at all times. If you prefer a massage that is performed with you only lying on your back (i.e. no turning over), ask your therapist who can help you choose.

## **DRIFT AWAY**

**Relaxing full body massage**  
30 mins | 60 mins | 90 mins

This is our really relaxing top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream REPOSE. It will soothe the frazzled nerves, relaxing the muscles and the mind. We'll wind you down and take your mind off your thoughts for a while. The 90 minute version also includes a facial.

## **IN GOOD SPIRITS**

**Energising full body massage**  
30 mins | 60 mins | 90 mins

An invigorating massage designed to leave you full of vitality. We use a gorgeous blend of Mediterranean essential oils that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body. Your aching muscles will feel eased and soothed. All guaranteed to restore and revive you top-to-toe. The 90 minute version also includes a facial.

## **WORK IT OUT**

**Detoxing / muscle workout massage**  
30 mins | 60 mins | 90 mins

A detoxifying massage that will sculpt the body, relieve fluid retention and work out tired muscles, using the ingenious WORK IT OUT detox oil. First we start with a full body brushing to get the circulation going and improve lymph drainage. Then we perform a really deep tissue, body boosting massage with special techniques to really give your muscles a work out – working on knots, tensions, tightness and helping the detox process. Detox-licious!

## **MEDITERRANEAN SEA MASSAGE**

**Float your stress away | 60 minutes**

A most wonderful massage experience utilising the world's first Hydrotherm 3D massage system. A new dimension in the healing art of massage. Total revitalisation, regeneration and harmony whilst you are laying face up on cushions of warm water. A deep and profoundly relaxing massage technique, surpassing both the effects and benefits of conventional massage therapy. The Mediterranean Sea massage is for mind, body and spirit.



# spa experiences & packages

## **THE MEDITERRANEAN FLOAT**

**The fully loaded skin-luxe facial & body duo**  
**90 minutes**

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've taken a mini holiday. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub. The rejuvenating facial contains our unique Mediterranean marinade. The result...? Totally smoothed and soothed skin, head to toe.

## **MY KINDA MOOD**

**A prescriptive facial & massage bespoke to you**  
**120 minutes**

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling – skin, body & soul – and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.





# spa days

To make the most of the Wellness Spa, choose from one of our full day or half day spa days. All spa days include refreshments on arrival, use of towels, robes and slippers, and access to the spa facilities including pool, jacuzzi, sauna and steam room.

## FULL DAY

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### THE WORKS

Mediterranean Float  
any 60 minute massage  
Express Manicure or Pedicure  
2 Course Lunch

### SPA SPA AWAY

any 60 minute massage  
My Kinda Skin Facial or Go Guy Facial  
2 Course Lunch

### CHAMPAGNE LUXE

Champagne & Truffles Facial  
any 60 minute massage  
Express Manicure or Pedicure  
2 Course Lunch

## HALF DAY

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### MORNING BREEZE

Power Breakfast Facial  
Aaahhh! Foot & Leg Energiser  
Light Lunch

### THE QUICK FIX

any 60 minute treatment  
or any 2 x 30 minute treatments  
plus either a Light Lunch or Afternoon Tea

### AFTERNOON DELIGHT

Windows of the Soul eye treatment  
I'll Be Back treatment  
Afternoon Tea



# spa hands & feet suite

Probably the most luxurious manicure and pedicure you will ever have, literally skin care for the hands or feet. These treatments will leave your hands & fingertips or feet & toes looking elegant and feeling oh so good.

Using our unique Nail Treats that are nail treatments with colour. If you opt for a 60 minute Spa Manicure or Pedicure you can take your chosen shade home with you.

Enjoy a glass of our special Spatini or upgrade to a Templetini while you relax and let us do all the work. What fun!

## **MANICURES**

Spa Manicure | 60 minutes

Express Manicure | 30 minutes

Cut & File Manicure | 15 minutes

## **PEDICURES**

Spa Pedicure | 60 minutes

Express Pedicure | 30 minutes

Cut & File Pedicure | 15 minutes



# spa side orders

## *delightful treats to add to main treatments*

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Just like when you are at your favourite restaurant and you choose your main meal but desire a little extra something on the side. Here we present a lovely selection of options to add onto your main treatment. These can be added to any treatment (facials, massages and body treatments).

### **DIVINE NECK & SHOULDER TREATMENT**

Stressed out?

Enjoy our 15 minute hot stone neck and shoulder treatment

### **RELAXING SCALP MASSAGE**

Head feel heavy and uptight?

You will love our 15 minute relaxing scalp massage

### **INDULGENT HAND RITUAL**

Love your hands to be pampered?

Select our 15 minute indulgent hand ritual

### **INDULGENT FOOT RITUAL**

Want a spring in your step?

Select our 15 minute indulgent foot ritual

### **SECRET EYE REMEDY**

Want to look less tired?

Discover our 15 minute secret eye remedy



# spa wherever you are

*if you can't get to us, we'll come to you*

Treatments in the comfort of your own room.

## **SEATED SIESTA**

Express massage in seated position | 15 minutes | 30 minutes

## **MANICURES**

Spa Manicure | 60 minutes  
Express Manicure | 30 minutes  
Cut & File Manicure | 15 minutes

## **PEDICURES**

Spa Pedicure | 60 minutes  
Express Pedicure | 30 minutes  
Cut & File Pedicure | 15 minutes

## **POWER BREAKFAST FACIAL**

Express facial for all skin types | 30 minutes

## **INDULGENT HAND RITUAL**

15 minutes

## **INDULGENT FOOT RITUAL**

15 minutes



## can't decide which treatment you'd like?

Sometimes you don't know what treatments you'd like. You might need to relax, or you might need to be rejuvenated. But knowing in advance how you are going to feel is sometimes a little hard. No problem at all.

Our unique booking system is here to help. You have two options:

1. Book a specific treatment from our menu if you know in advance what you'd like or,
2. Book 'time' (choose from 1 hour, 2 hours or more) and you can decide on which treatments you want when you arrive. And if you still can't decide, tell us how you feel and we'll design something personally, just for you.

So relax and know that whatever you need is taken care of.

# temple spa products

Temple Spa products are geared towards serious results, self-preservation and overall wellbeing.

We employ cutting edge science and innovative technologies to produce results orientated products and concentrated formulas with boosted performance. We continually reach into the brilliant minds and derma-science laboratories of some of the most eminent doctors and professors of bio-chemistry, dermatology and medicine in Switzerland, Italy and the UK.

Every product contains an abundance of botanicals, essential oils and extracts traditionally found in the rich fields and waters of the Mediterranean, and sourced from the highest quality crops.

Anti-ageing and skin psychology is very important us. Anti-ageing ingredients are formulated within all of the skincare and problem solving serums target specific anti-ageing problems.

All textures and touches are briefed to feel like cashmere, silk or velvet, so there really is a poly-sensual experience within every bottle and every spa treatment. They look good and they do you good, with every sense touched.

Contemporary packaging, anti-ageing formulas, textures like cashmere, feel-good factor aromas and names to make you smile.



# to make the most of your visit

We wouldn't want you to miss out on your favourite date / time, so please book well in advance. If you're not sure which treatment you want yet that's okay – just book time with a therapist and you can decide on the day which treatment/s you'll enjoy.

## **CHECK IN**

Please arrive 15 minutes prior to your scheduled treatment so you can complete a health care consultation and questionnaire and be fully relaxed. We don't want to rush you!

## **CANCELLATION POLICY**

Sometimes things go amiss and you can't make your appointment, but please let us know 24 hours in advance. Unfortunately if you forget to cancel and we can't fill your booking with someone else you will be charged a fee.

## **TRANQUILLITY POLICY**

Spaaaaa... even the word conjures up stillness, so to help keep the peaceful ambience, please keep your phones and electronic devices switched off and keep conversations to a whisper!

## **MINIMUM AGES**

All spa treatments are available to those 18 years of age or over.

## **MEDICAL CONDITIONS**

Please let us know of serious medical conditions. In some cases medical approval may be needed.

## **SMOKING**

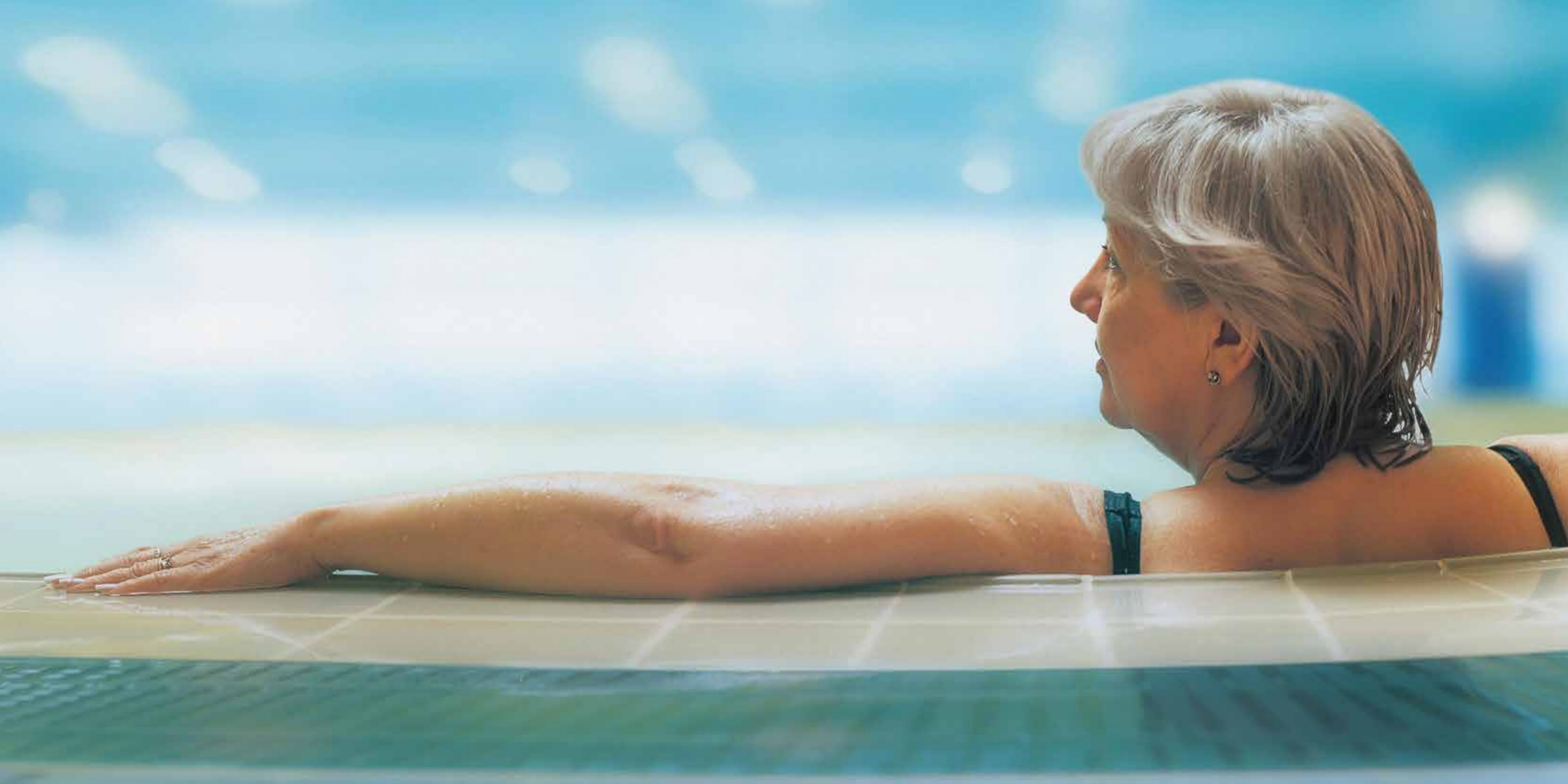
This is not permitted anywhere in or around the spa.

## **PERSONAL BELONGINGS**

Put your things in a locker or leave them safely with a friend or in your room. Just bring yourself to the spa!

## **TRANSFORM YOUR HOME INTO A TEMPLE SPA**

The Temple Spa products we use in your treatment can all be purchased. Our therapists and staff would love to help you decide which are suitable for your skin type and lifestyle.





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RICHMOND  
VILLAGES   
*Part of Bupa*



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