

# TREATMENT MENU

## MASSAGES

### BACK, NECK AND SHOULDERS

**45 minutes | £80**

An upper body massage that targets the areas most prone to stress and tension, giving our skilled therapists plenty of time to melt it all away with soothing, remedial techniques.

### INDIAN HEAD MASSAGE

**45 minutes | £80**

An ancient ritual combining acupressure and lymphatic drainage across the scalp, neck, face and shoulders, designed to help you recenter and rebalance.

## FACIALS

TEMPLESPA

### MY KINDA SKIN

**45 minutes | £80**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face, décolleté, and relaxing scalp massage. You will feel amazing, and your skin will look so good.

TEMPLESPA

### BRIGHTENING FACIAL

**45 minutes | £80**

A specially curated facial, using TEMPLESPA's Vitamin C range, that helps improve uneven skin tone, reduce hyperpigmentation and improve texture to leave you with soft, glowing skin.



# BODY TREATMENTS

TEMPLESPA

## BACK TO LIFE

**45 minutes | £80**

This invigorating treatment includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

TEMPLESPA

## THE OUTER GLOW

**45 minutes | £80**

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!

# PREGNANCY

## BESPOKE FACIAL

**45 minutes | £80**

A tailored facial using pregnancy-safe TEMPLESPA products, designed to give your skin the extra TLC it needs during this special time.

**Suitable from 12 weeks onwards**

## BESPOKE MASSAGE

**45 minutes | £80**

A bespoke massage for mums-to-be, tailored to your needs, using expert techniques to support you and your baby.

**Suitable from 12 weeks onwards**

**FFOLKES**



# GLOBAL SAUNA RITUALS

## Fancy something a bit extra?

Global Sauna Rituals are 15-minute group sessions led by our expert Sauna Masters, blending heat, scent, music and movement for a full-body refresh. It's immersive, energising, and £10 per person.

**£10 per person**

