

TREATMENT MENU

MASSAGES

BACK, NECK AND SHOULDERS

45 minutes | £65

An upper body massage that targets the areas most prone to stress and tension gives our skilled therapists plenty of time to melt it away with soothing, remedial techniques. A relaxing back scrub is also included.

INDIAN HEAD MASSAGE

45 minutes | £65

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

LEG & FOOT MASSAGE

45 minutes | £65

Using techniques to help relieve tension and improve circulation, this soothing treatment leaves legs and feet feeling light and refreshed.



TREATMENT MENU

FACIALS

TEMPLESPA

MY KINDA SKIN

45 minutes | £65

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

TEMPLESPA

BRIGHTENING FACIAL

45 minutes | £65

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.

TEMPLESPA

AROMATHERAPY FACIAL

45 minutes | £65

A deeply relaxing facial using TEMPLESPA aromatherapy products, with a focus on restorative face massage, plus stress-relieving work on the shoulders and neck.



TREATMENT MENU

ZEN COMBINATIONS

90 minutes | £130

Two 45-minute treatments combined into one 90-minute session, so you can soak up the zen for longer.

FULL BODY MASSAGE

Back, Neck & Shoulders Massage + Leg & Foot Massage

BESPOKE BACK MASSAGE & FACIAL

Back, Neck & Shoulder Massage +
My Kinda Skin Prescriptive Facial

FULL BODY GLOW-UP

Outer Glow + Brightening Facial



BODY TREATMENTS

TEMPLESPA

BACK TO LIFE

45 minutes | £65

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 | £65

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 | £65

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 | £65

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

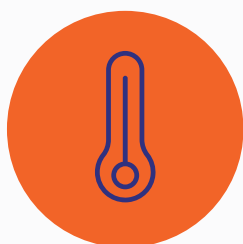
FFOLKES



FFOLKESPA RITUALS

Originating in Germany, Aufguss is a multi-sensory sauna ritual held in the Global Sauna. Here's a little more about what to expect.

15 minutes | £10



HEAT

Gradually increases, which makes adrenaline peak and releases endorphins. Don't worry, there are different bench heights. The higher you go, the hotter the sauna gets.



ESSENTIAL OILS

Each blend of essential oils has been melded into an ice ball, then smashed on the hot coals during the ritual to release the scents, each with its own benefits.



TOWEL WORK

Your Sauna master will move the air around the Sauna with a towel.



GLOBAL JOURNEY

Every Ritual is themed around a different part of the world, from soundtrack to scent.