

TREATMENT MENU

TREATMENT DROP

THAI INSPIRED FULL BODY MASSAGE

BACK, NECK AND SHOULDERS

90 minutes | £130 Per Person

Starting with soothing hot compresses applied to the back to gently ease muscle tightness and prepare the body for deeper work, this treatment flows into a full-body massage using a warming, Thai-inspired massage oil expertly blended by our onsite aromatherapy specialist. Traditional Thai-style stretching and rhythmic massage techniques are incorporated throughout to improve flexibility, release tension, and relieve aching muscles and stiff joints. This deeply relaxing experience helps restore balance to both body and mind, leaving you feeling revitalised, grounded, and completely renewed.

Available 1 May-30 June only



TREATMENT MENU

EXTENDED ZEN

90 minutes | £130

BACK MASSAGE & FACIAL

Combining two of our 45-minute treatments to create a 90-minute bespoke experience.

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

YOUR BEST YOU | TEMPLESPA

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones, along with TEMPLESPA hydrating and soothing skincare, to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.



TREATMENT MENU

EXTENDED ZEN

90 minutes | £130

TOTAL GLOW UP | TEMPLESPA

This unique face and body experience leaves your skin, face and body positively glowing from top to toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face and body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin-transforming facial turns up your glow with instant and visible results. A total face and body glow up!

FULL BODY MASSAGE

A 90-minute full body reset, combining two 45-minute treatments to target the areas you hold the most tension and stress.

Back, Neck & Shoulder Massage
+ Leg & Foot Massage



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.



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

