TREATMENT MENU

TREATMENT DROP

INDIAN INSPIRED HEAD & FOOT MASSAGE

45 minutes | £70 Per Person
90 minutes | £135 Per Person

Our bi-monthly treatment drop for November and December inspired by India.

A restorative and grounding Indian-inspired treatment, using ancient energy points on the feet, face and scalp, combined with deeply relaxing massage techniques to help alleviate tension and stress. The 90-minute experience takes relaxation a step further with a detoxifying foot soak and an exfoliating scrub, plus an enhanced facial, leaving skin feeling nourished and radiant.

Available 1 Aug-31 Oct only

FFOLKES

EXTENDED ZEN

FULL BODY MASSAGE
90 minutes | £135

Indulge in a full-body massage that begins with a luxurious back scrub and ends with a stress-relieving face & scalp massage, leaving you completely at peace and deeply relaxed. Our skilled therapists pay particular attention to areas where tension and stress accumulate, providing a fully restorative experience that rejuvenates both body and mind.

YOUR BEST YOU | TEMPLESPA
90 minutes | £135

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.

TOTAL GLOW UP | TEMPLESPA
90 minutes | £135

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!

BACK MASSAGE & FACIAL
90 minutes | £135

The ultimate treatment combination, beginning with a rejuvenating back scrub, followed by a soothing back, neck, and shoulder massage. Next, enjoy a luxurious, bespoke facial using TEMPLESPA products tailored to your skin type, including a relaxing scalp massage with beautifully scented oils.

MASSAGES

- **BACK, NECK AND SHOULDERS**
  45 minutes | £70

  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 | £70

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 | £70

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

- **ONCOLOGY-FRIENDLY TREATMENT**
  For oncology treatments, please select the oncology-specific option to ensure you're booked with an oncology-trained therapist.

FACIALS

- **MY KINDA SKIN** | TEMPLESPA
  45 minutes | £70
  Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face, decollete, and relaxing scalp massage. You will feel amazing, and your skin will look so good.

BRIGHTENING FACIAL
45 minutes | £70
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.

AROMATHERAPY FACIAL | TEMPLESPA
45 minutes | £70
A deeply relaxing facial using TEMPLESPA aromatherapy products, with a focus on restorative face massage, plus stress-relieving work on the shoulders and neck.

- **ONCOLOGY-FRIENDLY TREATMENT**
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BODY TREATMENTS

BACK TO LIFE | TEMPLESPA

45 minutes | £70

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.

THE OUTER GLOW | TEMPLESPA

45 minutes | £70

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 | £70

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 | £70

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