

Half day *spa experience*

TEMPLE SPA DRIFT AWAY MASSAGE (50 MINS)

Formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. We wind you down and take your mind off your thoughts for a while. Zzzzzzzz!

TEMPLE SPA IN GOOD SPIRITS MASSAGE (50 MINS)

This exhilarating massage encourages lymph drainage and revs up circulation to stimulate the whole mind, body and soul - guaranteed to leave you raring to go.

TEMPLE SPA GO FIGURE (50 MINS)

Need a bit of help with the wobbly bits? Hips, thighs and abs are exfoliated then worked on with detoxifying and lymph draining massage techniques. An intensive marine mud wrap is applied and finally a friction rub with Go Figure anti-cellulite gel. One treatment is fab, a course of six is amazing!

PREGNANCY MASSAGE (50 MINS)

Pre and postnatal body treatment

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and achy muscles while you feel completely comfortable and relaxed. You never know your little bambino might enjoy the sense of calm too.

TEMPLE SPA MENOPAUSE MASSAGE (50 MINS)

This gentle treatment uses a combination of expert therapist hands and Himalayan Salt stones with nurturing skincare. Healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh. You'll leave feeling calm & content knowing that you have done something for you.

TEMPLE SPA BACK & FACIAL TREATMENT (50 MINS)

If you can't decide between a facial or massage then why not have both! This treatment is a combination of half facial and half back massage so you get the best of both worlds in one treatment.

CLARINS AROMATIC BALANCER FACIAL (50 MINS)

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

TEMPLE SPA MY KINDA SKIN FACIAL (50 MINS)

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes lymph drainage a face, scalp, hand and arm massage of your choice - choose from tranquil or lifting.

TEMPLE SPA ROSE QUARTZ FACIAL (50 MINS)

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. A triple infusion alginate mask will help iron out fine line and wrinkles. Specialist lifting massage will strengthen muscle tone then a facial drainage using Rose Quartz stones which have light reflective properties that help illuminate the skin, soften flaws and boost radiance.

HALF DAY SPA EXPERIENCE INCLUDES:

- Welcome and tour of spa facilities
- Half day in the Vale Spa
(morning 10am-2pm or afternoon 2pm-6pm)
- 50 minute treatment (from our special selection)
- Full use of spa facilities
- Spa buffet lunch (morning slot)
or high tea (afternoon slot)
- Towel, robe and slippers
- FREE parking and wifi

MON - THURS £99* pp

FRI - SUN £109* pp

*Prior to booking please review our cancellation policy.

