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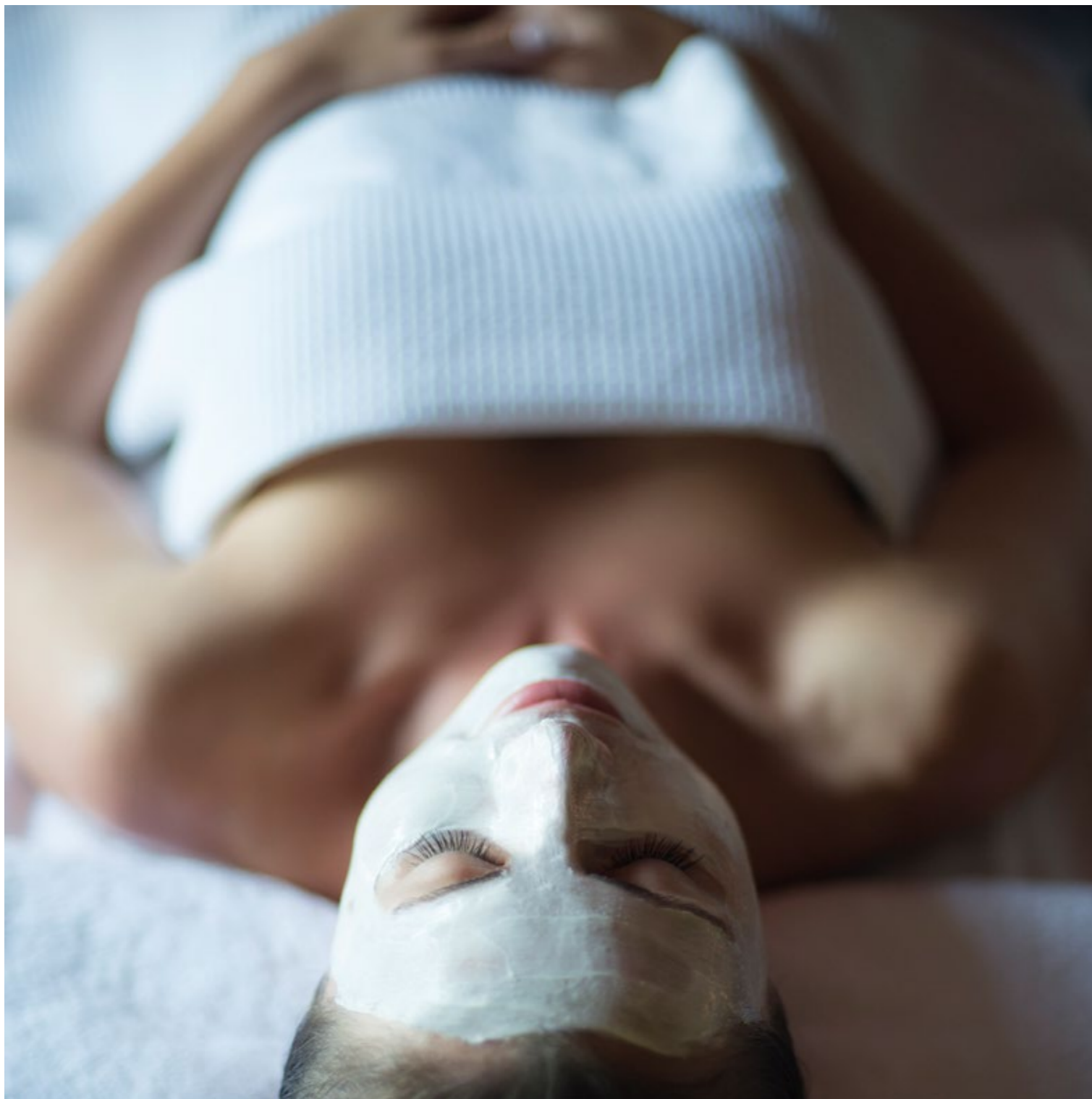
LUXURY LODGES

unwind and discover

IN PARTNERSHIP WITH



TEMPLESPA



It's all about the face

PRESCRIPTION & SKIN BOOSTING FACIALS

MY KINDA SKIN

Bespoke prescription facial for your skin type

60 Minutes | £58

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face & décolleté massage an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!

THE POWER BREAKFAST FACIAL

Express facial for all skin types

30 Minutes | £45

Looking for quick results, need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a deep power-cleanse, nutritious scrub & mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!

The goody-goodies wellbeing facials

REPOSE AROMATHERAPY FACIAL

Relaxing, indulgent facial for all skin types

75 Minutes | £75

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment concentrates on releasing tension and stress caused by day to day living with a Temple Spa signature face, eye, scalp and hand & arm massage experience. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!



The Truffle Excellence Collection

Curated by industry expert and founder Liz Warom, these exclusive Truffle products and treatments harness the power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each deliver exceptional results and exquisite experiences.

CHAMPAGNE & TRUFFLES DELUXE TREATMENT

The crème de la crème of radiance facials

60 / 90 Minutes | £70 / £85

This luxury facial combines our award-winning truffle formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow.

VIP GOLDEN TRUFFLE EXPERIENCE

Luxe top-to-toe face & body treatment

120 Minutes | £130

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. Add to this our Champagne & Truffles deluxe facial and skin is left glowing, brighter and revived beyond expectation.

CASHMERE & TRUFFLES BODY TREATMENT

Total body rejuvenation

60 Minutes | £70

This indulgent treatment combines an invigorating, radiance-boosting body exfoliation followed by a skin-transforming treat with our luxurious TRUFFLE BODY

MASSAGE OIL and a layer of our unique, award-winning BODY TRUFFLE crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.

ROSE QUARTZ & TRUFFLES BODY MASSAGE

Total body relaxation

60 / 90 Minutes | £75 / £90

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin-transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored and radiant and guest oh-so relaxed.

Spa experiences – Top-to-toe spa affairs!

MY KINDA MOOD

A prescriptive facial & massage bespoke to you

120 Minutes | £105

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good

Mediterranean Massages

THE BEST MESSAGE TREATMENTS YOU'LL EVER EXPERIENCE

DRIFT AWAY

Relaxing full body massage

40 / 60 / 90minutes | £45 / £58 / £78

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE.

This is the perfect treatment to soothe and calm fraggled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

IN GOOD SPIRITS

Energising full body massage

40 / 60 / 90 minutes | £45 / £58 / £78

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a mini detox facial. All guaranteed to restore and revive you, putting a spring back into your step!

WORK IT OUT MASSAGE

Detoxing / muscle workout massage

40 / 60 / 90 minutes | £45 / £58 / £78

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

ROCKS OF THE MEDITERRANEAN

Hot stones massage

40 / 75 Minutes | £50 / £80

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

NEW BEGINNINGS

Pregnancy is a most wonderful time that requires treatments specially designed for you. Each of our Mediterranean Massages can be adapted to provide a relaxing experience without the need to lie on your tummy. Please contact us to discuss these treatments further.

Side orders

TEMPLE SPA SIDE ORDER TREATMENTS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

15 minutes per side order | £15

- ✦ Neck & Shoulder Hot Stone therapy
- ✦ Hot Oil Scalp Sensation
- ✦ Indulgent Hand Ritual
- ✦ Detox Foot Ritual
- ✦ Secret Eye Remedy

HAVING A 60 OR 90 MINUTES MASSAGE?

GO VIP & UPGRADE

Add in a skin remodelling & brightening CONTOURIST MASK and leave revived & radiant from top-to-toe. £7.50



Body scrubs, wraps & infusions

I'LL BE BACK

A facial for the back

45 Minutes | £50

Following an invigorating exfoliation with our Mediterranean SUGAR BUFF scrub, a warm purifying mud is smoothed all over your back for a powerful and deeply cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised, relaxed and with a back to be proud of.

GO FIGURE

A firming, toning, tightening body detox treatment

60 minutes | £65

This is the treatment if you need a bit of help with the wobbly bits! Commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs & stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You're are then enveloped in intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the Award-Winning GO FIGURE anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated! One treatment is fab, a course of six is amazing.





Holistic therapies

FACIAL REFLEXOLOGY

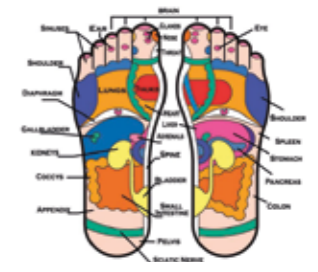
Standard Facial Reflexology- works 12 reflex points on the face helps Reduce Stress for Health & Wellbeing. Great if you don't have much time. **30 Minutes | £40**
Advanced Facial Reflexology- works all the reflex points of the body. For complete relaxation. **60 Minutes | £55**

REFLEXOLOGY

45 Minutes | £45
 Reflexology is an alternative medicine method involving the practise of massaging and applying pressure to parts of the feet, the goal of encouraging a beneficial effect on other parts of the body and to improve general health & well-being. The reflexology practitioner aims to 'kick start' the client's natural healing process. A wonderful relaxing treatment for both mind and body.



Bergman Zone Method
FACIAL REFLEXOLOGY™
 Qualified Practitioner



Have you ever considered having reflexology but can't bear the thought of someone touching your feet? Well here is your answer, Facial Reflexology was developed by award winning Reflexologist Ziggie Bergman.

It is a non-invasive, natural Complementary Therapy based on the same principles as Foot Reflexology. It provides the same therapeutic benefits as regular Reflexology but with some wonderful added benefits. This amazing treatment is so relaxing and beneficial to the Body, Mind and Skin and it will reduce stress, bring balance back in the mind and body, with the added bonus of giving your face a healthy glow. This is not a facial but I can combine it with a facial and make the treatment bespoke to you.



Spa etiquette

*We hope you find our Spa a peaceful and tranquil environment.
Please help us to keep it this way by respecting other clients' rights to privacy and quiet*

TREATMENTS AND PACKAGES

The Treatment Rooms are open to male and female clients over the age of 16. Exceptions may be made for younger clients but this must be discussed with our Therapists prior to treatment and may require adult supervision. Please arrive in the main Reception 5 minutes prior to your appointment time to complete a short consultation. A consultation must be completed by all clients. If you arrive late for your appointment it may result in your treatment being shortened.

SPA ATTIRE

We respectfully request that guests do not wear jewellery during treatments. Please ensure to remove contact lenses prior to facials or eye treatments.

HEALTH CONSIDERATIONS

Please advise your Therapist of any health or medical issues you may have, including pregnancy, so that suitable treatments may be recommended. It may be that we will require a Doctor's note for some medical conditions before we can carry out your treatment, so please contact the Spa prior to arrival if you are concerned. We can provide specialist treatments for guests undergoing Chemotherapy, please feel free to contact us if you have any questions regarding these.

CANCELLATION POLICY

Please give at least 24 hours' notice if you need to cancel an appointment. If less than 24 hours' notice is given, a cancellation charge, equal to 50% of the price of the treatment booked will be made direct to the card details given to secure your appointment. In the event of a no show the full cost of the treatment will be charged to your card.

GIFT VOUCHERS

Gift vouchers are available to purchase all year round and are valid for 6 months. For more information or to make an appointment please call or 01209833100 (Clowance) 01288355037 (Burn Coastal Retreat). Residents should call extension '0'.

All information is correct at time of printing but may be subject to change without notice.





FOR MORE INFORMATION

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 Clowance Spa

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