

**FIRE AND ICE EXPERIENCES**

Our Fire and Ice Experiences are a great way to enjoy the Thermal Suite Spa, swimming pool and gym. Choose from either a full or half day option, both of which include the benefit of a delicious one course light lunch and a locally sourced natural fruit drink or fruit tea (not included in our Midweek or Twilight Special). **NB:** Treatments are not included in our Fire and Ice Experiences; however, these can be purchased in addition.

**Half Day** (per person) **£47.50** weekdays/**£59.50** weekends (Fri, Sat, Sun)

**Full Day** (per person) **£67.50** weekdays/**£79.50** weekends (Fri, Sat, Sun)

**2-hour Midweek Special** (per person) **£27.50** per person (Mon-Thurs daytime only)

**2-hour Twilight Special** (per person) **£22** per person (Mon-Thurs between 5pm - 8.30pm)

**DAY SPA EXPERIENCE PACKAGES**

Our Spa Experience packages include access to our Thermal Suite Spa, a treatment, indoor swimming pool and gym. You can choose any of the treatments that have the same time allocation as those included in your chosen Spa Experience package.

**Two Hour Discover Experience** (per person) **£42** weekdays/**£54** weekends

A great way for spa novices to trial 2 hours in the Thermal Suite Spa and includes any 30-minute treatment.

**Half Day Experience** (per person) **£62** weekdays/**£74** weekends

Enjoy a morning or afternoon in the Thermal Suite Spa with any 30-minute treatment and a complimentary soft drink + light lunch.

**Half Day Luxury Experience** (per person) **£87** weekdays/**£99** weekends

Enjoy a morning or afternoon in the Thermal Suite Spa with any 60 minute or 2 x 30 minute treatments and a complimentary glass of Prosecco + light lunch.

**Full Day Experience** (per person) **£99.95** weekdays/**£109.95** weekends

Enjoy a day in the Thermal Suite Spa with 60 minutes' worth of treatments, a complimentary soft drink and a delicious one course light lunch.

**Full Day Luxury Experience** (per person) **£135** weekdays/**£145** weekends

Enjoy a day in the Thermal Suite Spa with 120 minutes' worth of treatments. A complimentary glass of Prosecco and a delicious one course light lunch is included.

**SPA BREAKS**

*All of our Spa Breaks include dinner, bed and breakfast, access to our Thermal Suite Spa and unlimited use of our indoor swimming pool and gym. Prices are based on double occupancy in a Classic room and are subject to availability.*

**One Night Indulgence Break**

From **£140** per person Sunday - Thursday

From **£155** per person Friday & Saturday\*

Including up to 3 hours in the Thermal Suite Spa and one 30-minute treatment.

**Two Night Relaxation Break**

From **£270** per person

Including 3 hours access each day to the Thermal Suite Spa and 60 minutes' worth of treatments.

\* Please note one night stays on a Saturday are booked at the discretion of the Reservations Team. Subject to availability.

**Gift vouchers are available to purchase for experiences and individual treatments.**

### MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL



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

**Time:** 60 minutes  
**Great for:** All skin types  
**Results:** Brighter, more radiant skin.  
 Settles and soothes.  
 Targets skin concerns.

**Price:** £65

### THE POWER BREAKFAST FACIAL EXPRESS FACIAL

Looking for results, like now?  
 This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

**Time:** 30 minutes  
**Great for:** All skin types  
**Results:** Instant glow.  
 Clearer skin.  
 Anti-ageing.

**Price:** £40

### GO GUY - THE MALE EXECUTIVE TREATMENT MEN'S FACIAL

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus. exfoliating mask and an energising or relaxing massage. For the finale, a detoxifying foot massage.

**Time:** 60 minutes  
**Great for:** Men of all skin types  
**Results:** Clearer skin.  
 Less irritation.  
 Anti-ageing.

**Price:** £65

### TOTALLY QUENCHED & DRENCHED REHYDRATING FACIAL

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining and lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

**Time:** 60 minutes  
**Great for:** Dehydrated or dry skin  
**Results:** Instantly hydrated skin.  
 Moisturising.  
 Anti-ageing.

**Price:** £65

### CHAMPAGNE AND TRUFFLES DELUXE THE CRÉME DE LA CRÉME OF RADIANCE FACIALS

This luxury facial combines Temple Spa award-winning formulas with a deep double cleaning ritual, a glycolic resurfacing peel, followed by a unique skin-lifting and muscle-firming massage.

**Time:** 60 minutes  
**Great for:** Ageing skin  
**Results:** Firmer skin.  
 Anti-ageing.  
 Reduces puffiness.

**Price:** £75

### WINDOWS OF THE SOUL ANTI-AGEING EYE TREATMENT

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

**Time:** 30 minutes  
**Great for:** All skin types  
**Results:** Anti-ageing.  
 Refreshing and soothing.  
 Toning and tightening.

**Price:** £40

**DRIFT AWAY**

RELAXING FULL BODY MASSAGE

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This deeply relaxing massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. The perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away... zzzzz!!!!

**Time:** Back only 30 minutes  
Top to Toe 60 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
Eased muscles.  
Hydrated skin.

**Price:** £40/£65

**NEW BEGINNINGS**

MUMMY TO BE MASSAGE

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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 aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

**Time:** 30 / 60 minutes  
**Great for:** Pregnancy  
**Results:** Instant relaxation.  
Eased muscles.  
Hydrated skin.

**Price:** £40/£65

**WORK IT OUT MASSAGE**

DETOXING / MUSCLE WORKOUT MASSAGE

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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.

**Time:** 30 / 60 minutes  
**Great for:** Everyone  
**Results:** Less tense and tight.  
Detoxed.  
Improved circulation.

**Price:** £40/£65

**ROCKS OF THE MEDITERRANIAN**

HOT STONES

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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!

**Time:** 30 / 60 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
Eased muscles.  
Hydrated skin.

**Price:** £40/£65

**I'LL BE BACK****A FACIAL FOR THE BACK**

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This invigorating treatment includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of!

**Time:** 30 minutes  
**Great for:** All skin types  
**Results:** Brighter skin.  
 Eased muscles.  
 Detoxed.

**Price:** **£40**

**THE OUTER GLOW****BODY EXFOLIATION**

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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 holiday or special event. Off you glow!

**Time:** 30 minutes  
**Great for:** All skin types  
**Results:** Brighter skin.  
 Healthy glow.  
 Soft and smooth feet.

**Price:** **£40**

**AAAHHH!****LEG AND FOOT ENERGISER**

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This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

**Time:** 30 minutes  
**Great for:** Tired and achy feet and legs  
**Results:** Improved circulation.  
 Eased aches and pains.  
 Instant relaxation.

**Price:** **£40**

**GO FIGURE****A FIRMING, TONING AND TIGHTENING BODY DETOX TREATMENT**

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Need help with the wobbly bits? This starts with a lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs and abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

**Time:** 60 minutes  
**Great for:** Cellulite  
**Results:** Improved circulation.  
 Toned and tightened appearance.  
 Reduced appearance of cellulite.

**Price:** **£70**

**DEEP TISSUE****FREESTYLE BACK MASSAGE**

This is a firm treatment effective in ironing out any tension in the muscles. This is perfect for those who are carrying a lot of stress in the back or shoulder area.

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
 Eased muscles.

**Price:** £40

**THE PARKS RETREAT**

(To include a soft drink of your choice)

Our only 3 in 1 treatment commences with our truly wonderful foot ritual, where we soak, exfoliate and massage the feet, followed by a Back, Neck and Shoulder to release tension and stress. This is completed with a face mask and relaxing scalp massage.

**Time:** 60 minutes  
**Price:** £70

**FREESTYLE NECK, SHOULDER,  
FACE AND SCALP MASSAGE**

This treatment aims to relax you by massaging warm and nourishing oils, which release tension gently in the back, neck, face and scalp.

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Instant relaxation.  
 Eased muscles.

**Price:** £40

**CHAMBER OF SECRETS****MUD SERAIL TREATMENT**

Our 'Chamber of Secrets' includes a whole host of extra indulgence as you sit back, relax and enjoy the mud serial chamber. A seasonally inspired natural salt scrub will remove dead skin cells all over to reveal brighter, glowing skin. You will lavish yourself in our glorious natural mud, specifically sourced to deep cleanse, exfoliate and revitalise the skin. Finally, a hair mask to deeply nourish and condition from root to tip, as you enjoy the herbal steam, and tropical raindrop shower. Head to toe indulgence! (2 hours spa included).

**Time:** 30 minutes  
**Great for:** Everyone  
**Results:** Hydrated skin  
 Detoxed  
 Rejuvenation

**Price:** £45 one person  
 £80 two person

**We offer a range of feet and hand nail care treatments to nourish and protect your skin, ensuring those frequently neglected areas look and feel their best.**

**Manicure**

Prescriptive Manicure 60 minute treatment **£30**

This specialist manicure will strengthen and condition your hands and nails with a refreshing nail paint to finish. This includes a mini varnish to take home with you.

Phenom Manicure 60 minute treatment **£35**

This is a new way to enjoy a longer lasting manicure, with a fast-drying formula that provides a Gel-like shine without the need for an LED lamp.

Geleration Manicure 60 minute treatment **£40**

A revolutionary soak-off Gel polish that offers a longer lasting manicure, with added protection for nails. This quick and easy polish is chip resistant, giving women the freedom to literally work hard and play hard, whilst keeping their nails looking their best.

**Pedicure**

Prescriptive Pedicure 60 minute treatment **£30**

Sheer bliss for the feet, this conditioning treatment nourishes and softens, leaving the feet feeling silky soft. This includes a mini varnish to take home with you.

Phenom Pedicure 60 minute treatment **£35**

Phenom is the perfect way for a longer lasting pedicure, with the fast-drying formula that provides a Gel-like shine.

Geleration Pedicure 60 minute treatment **£40**

A revolutionary soak-off Gel polish that offers a longer lasting pedicure with added protection for nails.

**Express Treatments**

File and Paint 30 minute treatment **£20**

A maintenance treatment for both hands or feet to help you keep your nails in tip top condition. This includes a mini varnish to take home with you.

Phenom File and Paint 30 minute treatment **£25**

A treatment for both hands or feet which provides a Gel-like shine without the need for a soak off.

Geleration File and Paint 30 minute treatment **£30**

An application of Gel applied to hands or feet, which offers a longer lasting look, with chip resistance perfect for those longer breaks.

**Geleration Removal**

Gel removal ensures your Gels are removed correctly. We recommend that you have them soaked off with us to keep your nails in good condition. Your nails will be wrapped in foil and finished with a base coat if you are not having Gels reapplied.

Gel soak off 30 minute treatment **£15**

Gel soak off and Express re-application: 60 minute treatment **£35**

**WAXING**

		<b>Price</b>
Full Leg	45 minutes	<b>£23</b>
Full Leg and Bikini	45 minutes	<b>£28</b>
1/2 Leg	30 minutes	<b>£19</b>
1/2 Leg and Bikini	30 minutes	<b>£23</b>
1/2 Leg, Bikini and Underarm	45 minutes	<b>£31</b>
Bikini	15 minutes	<b>£13</b>
Extended Bikini Line	30 minutes	<b>£19</b>
Underarm	15 minutes	<b>£15</b>
Forearm	30 minutes	<b>£16</b>
Lip or Chin	15 minutes	<b>£11</b>
Lip and Chin	15 minutes	<b>£13</b>
Chest or Back	30 minutes	<b>£19</b>
Brazilian	60 minutes	<b>£30</b>
Hollywood	60 minutes	<b>£35</b>

**EYE TREATMENTS**

Eyebrow Wax/Shape	15 minutes	<b>£11</b>
Eyebrow Tint*	15 minutes	<b>£11</b>
Eyelash Tint*	30 minutes	<b>£14</b>
Eyebrow and Eyelash Tint*	30 minutes	<b>£19</b>
Eyebrow Shape and Tint*	30 minutes	<b>£19</b>
Eyebrow Shape, Tint and Eyelash Tint*	30 minutes	<b>£23</b>

\*A tint test must be carried out 24 hours before treatment.

**NOVALASH EXTENSIONS**

120 minutes

**Classic £65 Volume £75**

NovaLash Extensions are a glamorous new way to extend the length and thickness of natural eyelashes and are a practical, convenient and beautiful alternative to the daily use of mascara. Unlike decades-old, traditional false lashes, lash extensions are the first innovation in lash lengthening that can be worn daily, without nightly removal. Each tapered, synthetic lash is bonded to a single natural lash, the final result is of effortless glamour and difficult to detect even close up.

**NOVALASH CLASSIC INFILLS**

60 minutes

**£35****ST. TROPEZ TANNING**Full Body  
Half Body**£30**  
**£22****MAKE UP****BRIDAL MAKE UP**For the Bride  
Bridesmaids120 minutes  
30 minutes**£65\***  
**£30 per person**

\*This includes a 60-minute trial prior to your big day, as well as your make-up on the day itself.

**MAKE UP LESSON/APPLICATION**60 minute treatment **£39**

Learn about our make-up range and how best to apply it. We'll advise you on what you should use on your skin and why. Alternatively, come and relax while we apply your make-up for you - perfect after one of our luxurious facials.