



FACIALS

THE POWER BREAKFAST

Express facial

We've taken all of the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices to create this pick-me-up facial. It includes a deep power-cleanse, nutritious scrub and mask followed by a revitalising face and scalp massage.

- Cleanses and improves skin
- Anti-aging properties

30 MINUTES £40

MY KINDA SKIN

Bespoke prescription facial

Designed to suit your personal skin type and concerns. Starting with a deep cleanse and exfoliation, followed by our signature Temple Spa face and décolleté massage. This facial is completed with a treatment mask and prescribed moisture treatment.

- Leaves skin feeling radiant and fresh
- Calming - ideal for sensitive skin

60 MINUTES £70

QUENCHED AND DRENCHED

For your skin type

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

- Rejuvenates skin
- Anti-aging properties

75 MINUTES £95

BODY

I'LL BE BACK

A facial for the back

After a deep exfoliation using our Mediterranean scrub, a warm purifying mud is smoothed over your back for a deeply hydrating treatment, followed by a detoxifying foot massage. Luxurious warm mitts are then used to remove the mask before a back, neck and shoulder massage.

- Deep cleaning and purifying
- Leaves you feeling energised and relaxed

45 MINUTES £60

AAAHHH!

Leg & foot energiser

A refreshing combination of skin brushing to help eliminate excess fluids, Mediterranean Scrub to exfoliate and stimulate circulation, a warm oil massage for your legs and finished off with an invigorating rub of our cooling and soothing balm.

- Feet are left soft and rejuvenated
- Instant relief for tired, swollen and over worked legs and feet

30 MINUTES £40

NAILS

EXPRESS 40 MINUTES

File, cuticle trimming & paint

Lacquer MANI £40 PEDI £45
Gel MANI £50 PEDI £55

DELUXE 55 MINUTES

File, cuticle trimming, paint, exfoliation & massage

Lacquer MANI £50 PEDI £55
Gel MANI £60 PEDI £65

LUXURY 70 MINUTES

Soothing mask, heated mitts or boots, exfoliation, massage, cuticle trimming, file & paint

Lacquer MANI £60 PEDI £65
Gel MANI £70 PEDI £75

GEL REMOVAL FROM £15

MASSAGES

WORK IT OUT

Detoxing / muscle workout massage

A deep tissue massage that works out tired muscles, using the ingenious Work it Out massage oil. Start off with full body brushing, boosting circulation and lymph drainage, followed by a deep tissue massage, working out knots, tensions and tightness to help the detox process.

- Releases stress and tension
- Gives your muscles a perfect pre-flight work out

IN GOOD SPIRITS

Energising massage

An invigorating massage using a blend of essential oils that are carefully chosen to stimulate and refresh the skin, body & soul. Clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life.

- Creates a sense of wellbeing
- Leaves you feeling rejuvenated

DRIFT AWAY

Relaxing massage

This deeply relaxing top-to-toe massage, formulated with a blend of Mediterranean essential oils is guaranteed to have you drifting away. Let the tension and stress melt away

- Soothes and calms frazzled nerves
- Winds down an active mind

ALL MASSAGES ARE AVAILABLE IN: 30 MINUTES £45 | 60 MINUTES* £80 | 90 MINUTES* £115

SIGNATURE TREATMENTS

MY KINDA MOOD

A relaxing massage and facial

A combination of a massage and facial in one treatment. A wonderfully relaxing and restorative full body massage will be followed by an indulgent tailored facial. We will select the products and techniques perfect for your needs.

Creates a sense of wellbeing | Leaves skin feeling radiant | Releases stress

Following your treatment, enjoy complementary entry to our lounge for 2 hours. Enjoy our made-to-order menu, delicious pantry table items and fully-tended bar.

120 MINUTES* £165

THE MEDITERRANEAN MINI BREAK

The fully loaded skin-luxe facial and body duo

Your mind will escape as your body is polished and nourished with the iconic Mediterranean Sugar Buff scrub before you're cocooned in an aromatic infusion of Aromatherapy body oil 'In Good Spirits' to soften and hydrate your skin.

Look and feel like you've had a mini break | Skin feels refreshed from head to toe

90 MINUTES* £115

TOP ME UP

15 MINUTE TREATMENTS

Only available with another treatment

HOT OIL SCALP MASSAGE
INDULGENT HAND RITUAL
INDULGENT FOOT RITUAL
SECRET EYE REMEDY
THE CONTOURIST MASK

ALL £20

LOVE THE PRODUCTS?

See the back page for a selection of Temple Spa products - perfect to take on your travels

*WE CAN ONLY INCLUDE A 25 MINUTE BACK MASSAGE IN ANY TREATMENT OF 40 MINUTES OR MORE

PRODUCTS

REPOSE

Aromatherapy resting cream

Relaxing aromatherapy face and neck night cream. Calms your soul while it moisturises your skin

50ML £40

EXALT

Firming neck gel

Lifting & tightening neck and décolletage treatment.

50ML £40

IN THE BEGINNING

Deep cleansing melt

A nourishing balm cleanser that thoroughly cleanses and gently exfoliates leaving a clean, dewy complexion.

75G £30

AAAHHH!

Soothing balm for aching feet & limbs

A cooling respite! This lightweight formula helps refresh feet & limbs leaving skin feeling cool & zingy

150ML £20

QUENCH

Rejuvenating mask

This rejuvenating mask literally saturates the skin with moisture & goodness. It has a rich texture and leaves skin plump, soft & radiant.

65ML £28

DRIFT AWAY

Relaxing bathing & massage oil

The most luxurious aromatherapy oil ever. Bathing and massage oil in one for total wind-down.

100ML £25

THE ESSENTIAL TRAVEL KIT

SPA WHEREVER YOU ARE

Refresh your senses on the go with our collection of essentials to invigorate body and mind.

Contents

- Toning essence 30ml
- Quietude 30ml
- Aaahhh! 15ml
- All talk 5ml
- Becalm 15ml
- Palm balm 15ml
- Repose 15ml
- In the stillness 15ml
- Eye mask

ONLY
£25



TEMPLESPA

DISCOVER MORE FROM THE NO1 COLLECTION at no1lounges.com