

## Treatments for body

### Drift Away - Relaxing Massage

**30-minute treatment £60 60 minutes treatment £120**

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 frazzled nerves and wind down an active mind; tension and stress simply melts away...

### Work It Out Massage - Deep Muscle Massage

**30-minute treatment £70 60-minutes treatment £125**

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 workout - working on knots, tensions and tightness to help the detox process. Detox-licious!

### Rocks of Mediterranean- Hot stone massage

**45 minutes treatment £80 60 minutes full body treatment £130**

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 must have at least once in your life. Simply heavenly!

### Kensington Signature massage- relaxing massage

**45 minutes treatment £65 75 minutes full body treatment-£120**

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and back of the legs before performing a relaxing massage and applying warm compresses. The massage is particularly appropriate if you suffer from backache.

### **Stress not CBD massage- relaxing massage**

**30 minutes treatment £70    60 minutes full body treatment £125**

A calming and anti-inflammatory massage that's created to target muscle pain and tension in your body, using the warmth of the heated-up crystal wave stones which are especially designed to work on muscle stiffness and the buttery texture of Temple Spa's CBD Stress NOT balm will naturally ease all the muscle pain and soothe busy minds, surely leaving you in complete bliss...

### **New beginnings – Mum to be massage**

**30 minutes treatments £60    60 minutes full body treatment £115**

It is specialized treatment designed to provide comfort and relaxation for expecting mothers.

The session typically uses gentle techniques and pregnancy safe oils, creating a nurturing environment that promotes both physical and emotional well-being.

### **You best you-Menopause massage**

**60 minutes full body treatment £115**

This is a luxurious treatment made specifically to address the unique physical and emotional challenges of menopause. This specialized massage combines soothing techniques with Himalayan salt stones to provide relief from symptoms like hot flashes, joint pain, stress, hormonal imbalances and promoting sense of wellbeing during the menopause transition.

## **Body Treatments**

### **Aaahhh!! Leg and foot energiser**

**30 minutes treatment £48**

This oh-so-good treatment is instant relief for tired, overworked legs & 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.

### **Outer glow- full body exfoliation**

**30 minutes treatments £50**

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!

### **Glorius mud- detoxifying body wrap**

#### **45 minutes treatment £75**

Indulge in our detoxifying body wrap treatment, a luxurious escape made to cleanse and revitalize your body from the inside out. wrapped in a blend of detoxifying clay and essential oil, your body will be enveloped in soothing warmth, allowing the powerful properties of the wrap to penetrate deeply, leaving your skin feeling refreshed and rejuvenated.

### **I'll be back**

#### **30 minutes treatment £50**

This invigorating treat 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.

### **Finishing Touches**

#### **Cooling Leg and Foot Treatment**

##### **15 minutes £28**

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.

### **Hot Oil Scalp Massage**

#### **15 Minutes £25**

Experience the ultimate in relaxation and rejuvenation with our Hot Oil Scalp Treatment, designed to nourish both your hair and scalp providing a deeply soothing experience.

### **Hand and Arm Massage**

#### **15 Minutes £25**

Experience the bliss of our Hand and Arm Massage and emerge feeling lighter, more relaxed, and ready to embrace your day with renewed energy.

## **Wellness Packages**

### **55 Minutes Zen Wellness Experience £120**

A rejuvenating package designed to restore balance and harmony the mind and body. The serene journey begins with 30 minutes back, neck and shoulders massage followed by a revitalizing 25-minute Pro-Glow Renewal Facial by Elemis. Experience and emerge feeling refreshed, balanced and ready to embrace life with renewed energy and clarity.

### **75 minutes Detox Package £130**

Embark on a rejuvenated journey with our Detox Package, meticulously designed to cleanse and revitalize the body from the inside out.

The holistic experience begins with a luxurious body scrub which is followed by a body wrap formulated with detoxifying agents that help eliminate toxin, hydrate the skin and promote a sense of overall well-being.

## **Sessional Packages**

### **110 Minutes Summer Glow Package £175**

A delightful trio of treatments designed to revitalise the skin and illuminate the natural glow. This refreshing experience begins with a rejuvenating body scrub that gently exfoliate the skin followed by a luxurious wrap which is crafted with sun-kissed ingredients that promote hydration and enhance the skin elasticity.

To complete the Summer Glow Experience, enjoy a revitalizing facial that targets specific skin concerns.

### **45 Minutes Winter Warmth Therapy (Leg and Feet Treatments) £70**

This luxurious treatment designed to melt away the chill of winter and soothe the body and mind. Targeting tired leg and feet to improve the blood circulation using the warmth of the Mediterranean stones and continuing with the bliss of Hot Oil Scalp Massage.

## **Courses of Treatments**

**Drift Away Swedish Massages 30 minutes -5 sessions £220**

**Drift Away Swedish Relaxing Massage 1 hour -5 sessions £375**