

# Spa Day Treatment List

## 30 MINUTE TREATMENTS

### POWER BREAKFAST FACIAL

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!

### WINDOWS OF THE SOUL

Anti-ageing eye treatment. This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. A pressure point and specialised eye massage lifts, firms and smoothes followed by the use of Temple Spa unique 'cold therapy' to tighten and tone your eye area. A complete anti-ageing eye treatment to reduce fine lines, wrinkles and dark circles and put the sparkle back into your eyes. A real eye-opening experience!

### AAAHHH!

Leg & foot energiser. Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our Mediterranean Scrub to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!"

### DRIFT AWAY

Relaxing back massage. 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. Upgrade your experience to 90 minutes to include a full body massage, 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.....zzzzzzz!!!!

### WORK IT OUT

Detoxing / muscle workout massage. 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 back brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, boosting back 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!

### HOT STONE SHOULDER AND BACK MASSAGE

This indulgent thermal Stone massage is a glorious treatment using warm basalt stones too ease away tension and stress in the neck and shoulders. 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!

JESSICA EXPRESS MANICURE (gel not included)  
Buff, file and Jessica Polish.

JESSICA EXPRESS PEDICURE (gel not included)  
Buff, file and Jessica Polish.