

Spa Day Treatment List

50 MINUTE TREATMENTS

MY KINDA SKIN

A totally bespoke facial designed to suit your skin type and 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 & decollete massage, an application of a bespoke treatment mask and a prescribed moisture treat. You will feel amazing and your skin will look so, so good!

PURIFICATION

The perfect facial to spring-clean your face. This glorious treatment begins with an effective brush cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated and a layer of Purification Mud Mask is applied to vacuum out congested and blocked pores, rebalance and re-mineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.

MEDITERRANEAN MARINADE

A calming facial for sensitive or delicate skin. A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Designed to soothe, calm and de-stress a sensitive and stressed skin. Following a deep, yet tender cleanse your skin is gently exfoliated followed by our signature relaxing face massage finishing and an application of a unique Temple Spa marinade mask. A truly soothing and calming facial to restore your skin's natural equilibrium, radiance and glow.

GO GUY - THE MALE EXECUTIVE TREATMENT

Men's facial for all skin types. This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face & shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you ready to face the world.

THE OUTER GLOW

Face & body exfoliation. What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

I'LL BE BACK

A facial for the back. 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.

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

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