

# REDUCED *tariff* CHOICE

## TRADITIONAL SWEDISH MASSAGE (50 MINS)

The world's favourite traditional massage and one as popular today as ever. A massage with softer strokes and the more delicate and bonier parts of your body combined with deeper and stronger strokes where the muscle is thicker will leave you feeling relaxed and ready for whatever life brings next.

---

## AROMATHERAPY MASSAGE (50 MINS)

A full body aroma massage to enhance your mood, be it relaxed, energised, or rebalanced. Treatment may be taken with traditional oils.

---

## TEMPLE SPA DRIFT AWAY MASSAGE (50 MINS)

Formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. We wind you down and take your mind off your thoughts for a while. Zzzzzzz!

---

## CLARINS AROMATIC BALANCER FACIAL (50 MINS)

Oily, congested, dry and dull, dehydrated, sensitive... Whatever your skin condition, this customised treatment will rebalance and coax it back to blooming.

---

## TEMPLE SPA MY KINDA SKIN FACIAL (50 MINS)

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes lymph drainage a face, scalp, hand and arm massage of your choice - choose from tranquil or lifting.

## TEMPLE SPA IN GOOD SPIRITS MASSAGE (50 MINS)

This exhilarating massage encourages lymph drainage and revs up circulation to stimulate the whole mind, body and soul - guaranteed to leave you raring to go.

---

## PREGNANCY MASSAGE (50 MINS)

Pre and postnatal body treatment

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 achy muscles while you feel completely comfortable and relaxed. You never know your little bambino might enjoy the sense of calm too.

---

## NEW YEAR, NEW YOU (50 MINS)

Start 2021 in a positive mind set with this skin boosting face and body treatment. Skin can feel dry and dehydrated in the winter months so scrub off 2020 along with the dead skin cells and let your body emerge refreshed, revitalised and super smooth. This is followed by a stimulating facial to leave you glowing and brighter all over.

