

# 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.



## *Spring Time Treatments*

Put the spring back in your step with our gorgeous spring time treatments.

## BODY MASSAGE (50 MINS)

This vibrant indulging body massage using essential oils of Lavender, Lemon bergamot and lime will uplift the mind and reenergise the body.

## FACIAL (50 MINS)

Brighten and refresh your skin with beautiful aromas of Lavender, Basil, Grapefruit and Aloe Vera to leave your face fully hydrated with a spring glow.

