

# REDUCED *tariff* CHOICE

## SOUL REVIVOR (50 MINS)

A beautifully nurturing therapy from top to toe. Includes a wonderful foot ritual, a massage to ease tension and stress in the back, neck and shoulders, a face mask and relaxing scalp massage - using Temple Spa products.

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## 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.

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## 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!

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## TEMPLE SPA ROSE QUARTZ FACIAL (50 MINS)

This specialist facial is designed to leave your complexion glowing, more youthful and instantly wonderful. A triple infusion alginate mask will help iron out fine line and wrinkles. Specialist lifting massage will strengthen muscle tone then a facial drainage using Rose Quartz stones which have light reflective properties that help illuminate the skin, soften flaws and boost radiance.

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## 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.

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## 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.



## *Autumn Special Treatments*

To celebrate the opening of our Gin Distillery at Hensol Castle we are offering a gin inspired treatment plus a new facial.

## BODY TREATMENT (50 MINS)

A full body exfoliation leaving the skin polished and buffed, all ready for a warm scented back massage using essential oils of juniper, which will leave the mind calm and the body grounded.

## NEW VEGAN FACIAL (50 MINS)

A relaxing vegan friendly facial with products based on nourishing fruit extracts and plant based formulas.

