



TREAT YOURSELF TO A VISIT TO THE POSH TREATMENT ROOM, THE IDEAL SPOT FOR A TOUCH OF PAMPERING. OUR EXCLUSIVE SPA TREATMENTS ARE THE PERFECT WAY TO UNWIND, WHETHER YOU'RE IN THE MOOD FOR A SOOTHING MASSAGE OR A REFRESHING FACIAL.

TAKE A MOMENT TO BROWSE THE TREATMENT MENU, THEN BOOK IN YOUR WELL-EARNED RELAXATION ONLINE OR WITH THE FRIENDLY TEAM AT RECEPTION.



SIGNATURE LUXURY TREATMENTS



THE POSH PAMPER

90 MINUTES | £160

Beginning with a rejuvenating back scrub, followed by a soothing back, neck, and shoulder massage. Next, enjoy a luxurious bespoke facial using TEMPLESPA products tailored to your skin type, which includes a relaxing scalp massage with beautifully scented oils. This indulgent session will leave you both feeling completely refreshed and relaxed. Perfect as a treat for you and your loved one or as an addition to your stay for the ultimate luxury experience.

TOTAL GLOW UP

TEMPLESPA

90 MINUTES | £160

This unique face and body experience leaves your skin, face and body positively glowing from to toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin-transforming facial turns up your glow with instant and visible results. A total face and body glow up!

THE ULTIMATE POSH ESCAPE 135 MINUTES | £195

A stress-defying hot oil scalp massage, using ancient acupressure points to help relieve tension, followed by a relaxing full body massage to soothe muscles and relax the mind. Topped off with a bespoke facial using products and massage techniques that will help you reach a state of even further calm, all whilst giving you that all-important glowing skin. Leave feeling like the best version of you.





FULL BODY MASSAGE

60 OR 90 MINUTES | £110 OR £160

Indulge in a full-body massage that begins with a luxurious back scrub and finishes with a stress-relieving scalp massage, ensuring you feel completely at peace and deeply relaxed. Our skilled therapists pay particular attention to areas where tension and stress accumulate, providing a fully restorative experience that rejuvenates both body and mind.

UPPER BODY MASSAGE

60 MINUTES | £110

Experience an immersive massage beginning with a soothing back scrub, targeting areas most prone to tension and stress. Indulge further with a luxurious scalp massage using beautifully relaxing aromatherapy oils. Feel rejuvenated and refreshed as skilled therapists expertly release built-up tension.



INDIAN HEAD MASSAGE 60 MINUTES | £100

This treatment targets accumulated stress in your scalp, neck, and shoulders by using ancient acupressure techniques and the soothing warmth of aromatherapy hot oil. Combined with a facial massage that promotes lymphatic drainage, it leaves you feeling deeply relaxed and harmonised.

FACIAL TREATMENTS



MY KINDA SKIN PRESCRIPTION FACIAL

TEMPLESPA

60 MINUTES | £110

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing, and your skin will look so good.

REPOSE AROMATHERAPY FACIAL

TEMPLESPA

75 MINUTES | £135

There's nothing like stress for lining the skin, and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage, eye treatment, hot oil scalp massage, and hand & arm massage - pure bliss.

CHAMPAGNE & TRUFFLES LUXURY FACIAL

TEMPLESPA

60 OR 90 MINUTES | £115 OR £170

A luxury facial that combines the Award-Winning

TEMPLESPA truffle skincare with our specialist lifting massage techniques that iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness, and include an exquisite cooling alginate mask and rose quartz massage therapy.

