

PRESCRIPTION & SKIN BOOSTING FACIALS

MY KINDA SKIN FACIAL

55 minutes from £85

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe, and then tailor a gorgeous facial which will deliver amazing results. To begin, your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face and chest massage, a bespoke treatment mask and a prescribed moisture treat. Completed with a choice of a tension-relieving hand & arm massage or a divine scalp massage.

FOREST SIGNATURE FACIAL

55 minutes from £75

A bespoked facial designed to soothe, calm and de-stress sensitive and stressed skin. Our trained therapist will use signature creams, oils and mask to suit your skin. A hydrating, soothing and calming facial to restore your skin's natural equilibrium, radiance, and glow.

PURIFICATION FACIAL

45 minutes from £75

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 clear out congested and blocked pores, rebalance and remineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left looking brighter, clearer and full of vitality.

WELLBEING FACIALS

POWER BREAKFAST FACIAL

25 minutes from £55

Looking for quick results, need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey and fruit juices, to create this pick me up facial. Includes a deep power-cleanse, nutritious scrub & mask, revitalizing face massage and wonderful scalp massage.

BODY SCRUBS, WRAP & INFUSIONS

I'LL BE BACK SCRUB

45 minutes from £75

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.

MASSAGES

DRIFT AWAY MASSAGE

55 minutes from £90

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. The perfect treatment to soothe and calm frazzled nerves and wind down an active mind tension and stress simply melt away.

FOREST SIGNATURE MASSAGE

55 minutes from £80

Immerse yourself in nature-inspired relaxation with our Forest Signature Massage. This full-body treatment combines expert techniques, including gentle strokes and targeted pressure, to release muscle tension, reduce stress, and improve circulation. Inspired by the calming essence of the forest, the massage integrates soothing aromas and natural elements to rejuvenate your body and mind, leaving you deeply relaxed and connected to the serenity of nature.

FOREST SIGNATURE MASSAGE

25 Minutes from £65

Escape into the tranquillity of the forest with this focused back, neck, and shoulder massage. Using a variety of expert techniques, this treatment is designed to ease muscle tension, relieve stress, and improve blood flow to these often-overworked areas. Perfect for those seeking a restorative moment in the midst of their day.

WORK IT OUT MASSAGE

55 minutes from £95

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

MY KINDA MOOD EXPERIENCE

105 minutes from £140

Not sure what you'd like? Then this is the ideal treatment includes a massage and facial - choose the aromatherapy fragrance to match your mood, tailored to your skin needs with natural fragrance ingredients to match your mood and sooth your skin.

MOM TO BE EXPERIENCE (Pregnancy Treatment)

55 Minutes from £90

Wrap yourself in a relaxing back massage, now you deserve the most delicate touch massage. You will enjoy smooth arm exfoliation following arm & hands massage. All products are natural and safe for you and your baby.

Please note: All treatment times are inclusive of consultation