



TEMPUS SPA

# WELCOME TO TEMPUS SPA

The place to be for the ultimate pampering and relaxing experience. We offer luxurious treatments with our friendly and experienced therapists, a calm and serene atmosphere combined with the very best products.

Enjoy the complete relaxation experience with our three tranquil treatment rooms, a 15m indoor swimming pool, spa pool, sauna and steam room and a fully equipped gym and studio.



[comfort zone]



## ANCIENT AND MODERN RITUALS

Enjoy the perfect blends of our face and body products, our philosophy is conscious skin science, rich in natural-origin ingredients and free from silicones, parabens and animal derivatives, with our unique signature application techniques and massages.

# SPA DAY PACKAGES

All of our spa day packages include use of towels, cosy robes, slippers and full use of all health club facilities which include an indoor swimming pool, spa pool, sauna, steam room and gym.

## 🌸 LOTUS SPA ACCESS PACKAGE

2-Course lunch, use of spa facilities.

Mon-Thurs - **£42**

Fri-Sun - **£62**

## 🌸 ROSE (50 minute spa experience)

2-Course lunch, Remedy Mini Facial, Mii File and Polish

Mon-Thurs - **£109**

Fri-Sun - **£129**

## 🌸 VIOLET (50 minute spa experience)

2-Course lunch, Aromasoul Elements Back Massage, Hand or Foot Ritual or Mii File and Polish.

Mon-Thurs - **£129**

Fri-Sun - **£149**

## 🌸 BLOSSOM 🌸 (80 minute spa experience)

2-Course lunch, New Life, New Mum Massage, Remedy Mini Facial.

Mon-Thurs - **£169**

Fri-Sun - **£189**

## 🌸 CAMELLIA (135 minute spa experience)

2-Course lunch, Pro-Sleep Massage, Remedy Facial, Hand or Foot Ritual or Mii File and Polish.

Mon-Thurs - **£209**

Fri-Sun - **£229**

All treatments include a consultation prior to the treatment, this will be included within your allocated treatment time.



# SPA DAY AFTERNOON TEA PACKAGES

## INDULGENT AFTERNOON TEA PACKAGE

One 25-minute treatment per person, afternoon tea, use of all facilities, robes, towels and slippers for you to relax in.

Mon-Thurs - £90

Fri-Sun - £110

Upgrade to sparkling afternoon tea for £6 per person

## ULTIMATE INDULGENT AFTERNOON TEA PACKAGE

Two 25-minute treatments per person, sparkling afternoon tea, use of all facilities, robes, towels and slippers for you to relax in.

Mon-Thurs - £139

Fri-Sun - £159

## CHOOSE FROM THE FOLLOWING 25-MINUTE TREATMENTS:

 Aromasoul Back, Neck and Shoulder Massage

 Signature Mini Facial 

 Aromasoul Full Body Scrub

 Hand or Foot Ritual 

 File and Polish 

# BODY TREATMENTS

## 🌸 AROMASOUL ELEMENTS MASSAGE

The remarkable and renowned therapeutic gifts of aromatherapy. Each treatment begins with a personalised selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India and the Mediterranean.

Back, neck & shoulders, 25 mins - **£49**

Full body, 55 mins - **£75**

## 🌸 AROMASOUL BODY SCRUB

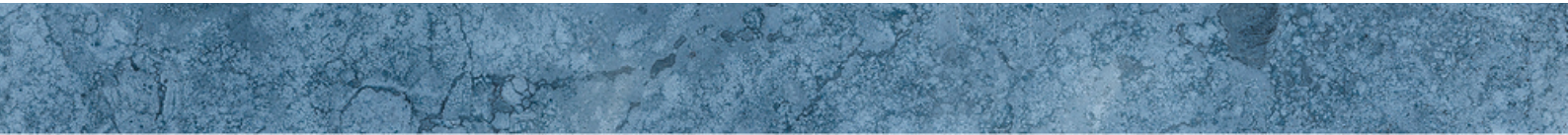
A unique renewing body ritual which can be enjoyed on its own, or combined with the Aromasoul Massage, which reflect the ancient traditions of the Oriental, Mediterranean, Indian and Arabian cultures. The skin is left feeling soft and nourished.

25 mins - **£65**

## 🌸 NEW LIFE NEW MUM MASSAGE 🧘

A gentle elasticising, nurturing massage, perfect for during pregnancy (second trimester) as well as post-pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

55 mins - **£79**



# BODY TREATMENTS

## 🌸 TRANQUILITY™ PRO-SLEEP MASSAGE

Inspired by the Indonesian Sea Malay Massage, this exceptional massage ritual acts in synergy with our Tranquility™ sound and essential oil blend to effectively induce a state of deep rest & wellbeing.

55 mins - £79

## 🌸 HIMALAYAN SALT RITUAL

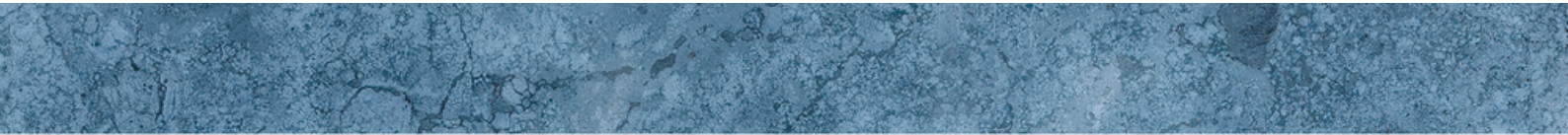
An extraordinary ritual, beginning with a body massage using warmed Himalayan salt blocks, which bestow relaxation, alleviating tension, stress and anxiety. An exhilarating salt scrub follows; a combination of the precious pink Himalayan salt crystals and aromatic oils to detoxify the body, ease aches and pains, stimulate the metabolism and restore vitality and balance.

55 mins - £96

## DEEP BODY THERMAL RENEWAL MASK

🌸 A soothing, renewing and regenerating treatment for restored tone, elasticity and profound hydration. A sensorial cocooning and deeply relaxing experience for a complete transformation of the skin and tissues. Ideal for skin that needs moisture and elasticity.

55 mins - £96



# FACIALS

## 🌸 HYDRA GLOW

A dynamic fresh treatment made for anyone seeking visible immediate glow, hydration, and vitality. Thanks to its unique combination of Lactic Acid for immediate renewal and glow, powerful concentration of Hyaluronic Acid for superficial and profound hydration, and the bioactive Prickly Pear extract from Regenerative Agriculture, we deliver instant hydration and radiance for a healthy dewy look.

25 mins - £49

55 mins - £79

## 🌸 PURIFICATION - ACTIVE PURENESS

If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterised by a mattifying peel-off spirulina algae mask, this deep purifying facial with mandelic acid, green and white clays rebalances and reduces pores and blackheads.

25 mins - £49

55 mins - £79

## 🌸 REPAIR - RECOVER TOUCH 🌿

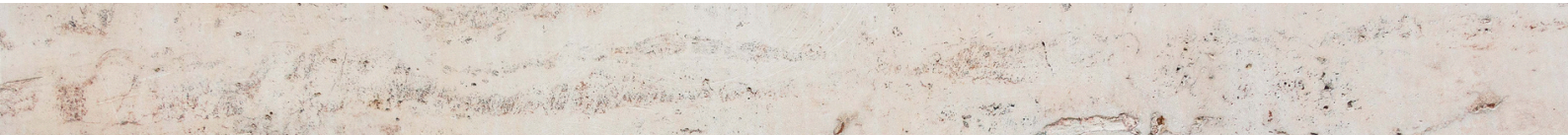
Nurture your skin and recover from the damage caused by sun, pollution, and aging. The antioxidant, replenishing combination of organic goji berry and macadamia oil leaves the skin soft and replenished.

55 mins - £69

## 🌸 SENSITIVITY - REMEDY 🌿

An innovative, fortifying approach to sensitive, delicate skin. With a prebiotic from sugar beets, promoting cutaneous resilience, and marula oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.

55 mins - £79





# FACIALS

## 🌸 **SUBLIME SKIN ULTRA GLOW PEEL** 👤

This facial delivers immediate radiance and glow & provides an even complexion and improvement to hyperpigmentation. The facial consists of an indulgent massage and tone-correcting peel to treat dullness, hyperpigmentation and melasma.

55 mins - **£85**

## 🌸 **SUBLIME SKIN PRO-LIFT** 👤

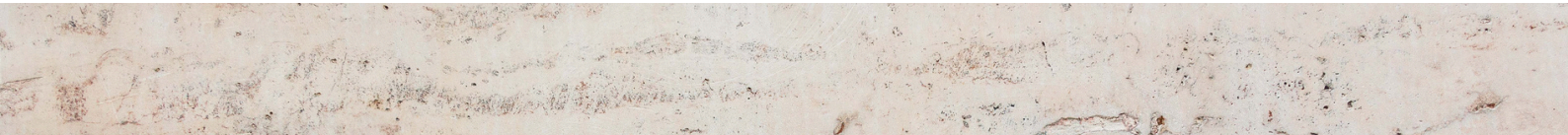
This intensive facial has a natural filler-effect, providing instant skin firmness. The skin is nourished with a specialised kobido facial massage followed with a replumping peel-off mask to restore fullness and tone.

55 mins - **£89**

## 🌸 **SUBLIME SKIN SUPER PEEL** 👤

This intensive facial visibly reduces expression lines and wrinkles and provides exceptional skin smoothness. The facial includes a facial massage and double peel which can be customised according to the skin condition. Suitable for the most delicate to the most resistant of skins.

55 mins - **£95**



# NAILS

Transform your nails, hands and feet with Mii's nourishing treatments. Formulated with a signature blend of highly active ingredients, restorative oils and multi-vitamins to protect, nourish and nurture.

MANICURE	55 mins	<b>£39</b>
PEDICURE	55 mins	<b>£43</b>
FILE AND POLISH	25 mins	<b>£25</b>
GEL MANICURE	55 mins	<b>£43</b>
GEL PEDICURE	55 mins	<b>£47</b>
GEL FILE AND POLISH	40 mins	<b>£29</b>
GEL REMOVAL <i>(Mii polish only)</i>	25 mins	<b>£20</b>
HAND RITUAL	25 mins	<b>£45</b>
FOOT RITUAL	25 mins	<b>£49</b>



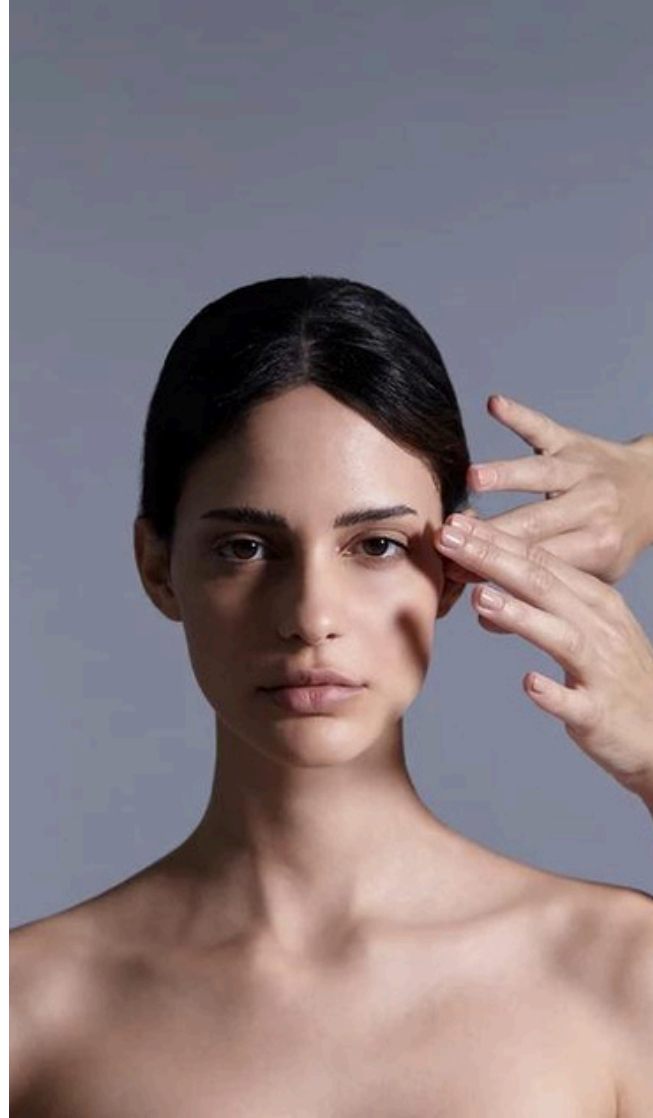
Mii

## WAXING

FULL LEG WAX	£39
HALF LEG WAX	£25
BIKINI WAX	£19
UNDERARM WAX	£19
BACK WAX	£35
EYEBROW WAX	£19
LIP WAX	£15
CHIN WAX	£15

## EYE ENHANCEMENTS

EYEBROW TINT	£15
EYELASH TINT	£23
EYEBROW AND EYELASH TINT	£34
EYEBROW WAX AND TINT	£30



# SPA BREAK PACKAGES

All of our spa break packages include overnight accommodation, a full English breakfast, use of towels, cosy robes and slippers, full use of all the health club facilities which include; indoor swimming pool, spa pool, sauna, steam room and gym.

## 🌿 ESCAPE

3-Course dinner, overnight accommodation, full English breakfast, robes and slippers for the duration of your stay, one 25 minute treatment (back, neck & shoulder massage, signature mini facial or nail ritual)

	Mon-Thurs	Fri	Sat	Sun
March-October	£149	£179	£179	£149
November-February	£149	£149	£179	£129

## 🌿 SERENITY

3-Course dinner, overnight accommodation, full English breakfast, robes and slippers for the duration of your stay, one 50 minute treatment (full body massage, signature facial, foot ritual or hand ritual)

	Mon-Thurs	Fri	Sat	Sun
March-October	£169	£199	£199	£169
November-February	£169	£169	£199	£149



# SPA BREAK PACKAGES

## 🌸 GOLF & SPA BREAK

3-Course dinner, overnight accommodation, full English breakfast, robes and slippers for the duration of your stay, one 50 minute treatment (full body massage, signature facial, foot ritual or hand ritual), 1 round of golf (per room)

Mon-Sun - **£199pp**

## 🌸 TWO NIGHTS SPA BREAK

3-Course dinner on both nights, two night's accommodation, full English breakfast, robes and slippers for the duration of your stay, one 50 minute treatment (full body massage, signature facial, foot ritual or hand ritual) (per person) or two 25 minute treatments (full body massage, signature facial, foot ritual or hand ritual) (per person)

Mon-Sun - **£299pp**

All rates are based on two people sharing a room and are subject to availability.  
A single supplement of £60 per night applies.





[comfort zone]  
**SUBLIME SKIN  
MICROPEEL LOTION**

exfoliating lotion  
lotion exfoliante  
lozione esfoliante



[comfort zone]  
**SUBLIME SKIN  
CREAM**

replumping cream  
crème repulpante  
crema rimpolpante



[comfort zone]  
**SUBLIME SKIN  
INTENSIVE SERUM**

firming smoothing serum  
sérum raffermissant lissant  
siero rassodante levigante



[comfort zone]  
**SUBLIME SKIN  
EYE CREAM**

smoothing eye cream  
crème yeux lissante  
crema occhi levigante



[comfort zone]  
**SUBLIME SKIN  
FLUID CREAM**

replumping fluid cream  
crème fluide repulpante  
crema fluida rimpolpante

# SPA ETIQUETTE

- 🌸 Please arrive 5-10 minutes before your appointment to complete a consultation form.
- 🌸 All treatments will include a consultation prior to the treatment, this will be included within your treatment time.
- 🌸 Please ensure mobile phones are switched to silent mode during your treatments.
- 🌸 We will not perform treatments on children under the age of 16 years.
- 🌸 This treatment is pregnancy safe when you see 🤰 this symbol. Treatments can only be performed in the second and third trimester (12 weeks+).

# TERMS & CONDITIONS

- 🌸 All treatments, spa days and spa breaks are subject to availability and should be booked in advance.
- 🌸 Full payment is required for all treatments & packages at time of booking.
- 🌸 Deposits are non-refundable. Spa treatments cancelled within 7 days of the booking date will result in a 100% charge.
- 🌸 Any treatment bookings made within 7 days of the booking date will be charged in full and are non-refundable.
- 🌸 Spa day packages cancelled within 14 days will incur a 100% charge. Any spa day package booking made within 14 days of the booking date will be charged in full and is non-refundable.
- 🌸 Please note if we cancel your appointment, you will not be charged and will be refunded in full.



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