



CLOWANCE
spa

Treatment
Menu

PHILOSOPHY

We're passionate about wellbeing, it's health-giving and good for the soul, provoking happiness and rejuvenating mind and body. That's why we use Temple Spa products and tailored therapies which harness the healing and boosting power of natural botanical ingredients, as well as unique Derma science elements – To cleanse, rebalance and restore.

Temple Spa found inspiration in the Mediterranean lifestyle for their products, philosophy, ingredients and treatments – A perfect match for our own philosophy.

The Temple Spa range of luxurious and indulgent treatments have been carefully selected to leave you feeling refreshed long after you leave the serenity of our treatment rooms. Revive your senses and feel good with a little bit of pampering time, simply re-energise and escape the pressures of everyday life.



TEMPLESPA

it's all about the face

Prescription & skin boosting facials

MY KINDA SKIN

Bespoke prescription facial for your skin type

60 Minutes - £55

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 with your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face & décolleté massage an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing and your skin will look so, so good!

MEDITERRANEAN MARINADE

A calming facial for sensitive or delicate skin

60 Minutes - £55

A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Designed to soothe, calm and de-stress a sensitive and stressed skin. Following a deep, yet tender cleanse your skin is gently exfoliated followed by our signature relaxing face massage finishing with an application of a unique Temple Spa mask. A truly soothing and calming facial to restore your skin's natural equilibrium, radiance and glow.

THE POWER BREAKFAST FACIAL

Express facial for all skin types

30 Minutes -£35

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, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!



WINDOWS OF THE SOUL

Anti-ageing eye treatment

30 Minutes - £35

This divine treatment is designed to revitalise and treat the delicate eye area that needs some special attention. A pressure point and specialised eye massage lifts, firms and smoothes followed by the use of Temple Spa unique 'cold therapy' to tighten and tone your eye area. A complete anti-ageing eye treatment to reduce fine lines, wrinkles and dark circles and put the sparkle back into your eyes. A real eye-opening experience!

the goody goodies

Well being facials



REPOSE AROMATHERAPY FACIAL

Relaxing, indulgent facial for all skin types

75 minutes - £70

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment concentrates on releasing tension and stress caused by day to day living, with a Temple Spa signature face, eye, scalp and hand & arm massage experience. There's nothing like stress for ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!

THE TOTALLY QUENCHED & DRENCHED

Rehydrating facial for thirsty skin

75 minutes - £70

This facial is the ultimate in anti-ageing. This lavish experience is a must for a dehydrated, dull or devitalised skin, leaving your skin looking radiant & fresh. We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a double layer hydrating and cooling cryogenic mask including an application of the award-winning Temple Spa Quench Hydrating Mask.

The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft. You could call it a facial iron.

body scrubs, wraps & infusions

I'LL BE BACK

A facial for the back

45 Minutes - £45

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.

THE OUTER GLOW

Face & body exfoliation

45 Minutes - £45

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

GO FIGURE

A firming, toning, tightening body detox treatment

60 minutes - £60

This is the treatment if you need a bit of help with the wobbly bits! Commencing with body brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs & stomach are then treated to a bespoke Temple Spa detoxifying massage, using targeted techniques to help break down fatty deposits and stimulate collagen and elastin formation in the skin, improving strength and elasticity. You're then enveloped in intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the Award-Winning GO FIGURE anti-cellulite gel completes the treatment. Skin is left feeling firmer, tighter and invigorated!

One treatment is fab, a course of six is amazing.



mediterranean massages - *the best massage treatments you'll ever experience*

DRIFT AWAY

Relaxing full body massage
60 / 90 minutes - £58 / £78

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. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE.

This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

WORK IT OUT

Detoxing / muscle workout massage
60 / 90 minutes - £58 / £78

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!

IN GOOD SPIRITS

Energising full body massage
60 / 90 minutes - £58 / £78

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including Ginger, Lemon and Bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. Upgrade your experience to 90 minutes to include a mini detox facial.

All guaranteed to restore and revive you, putting a spring back into your step!

BACK, NECK & SHOULDER ONLY

35 minutes - £35

Choose from one of the three massage treatments above. Discuss with your therapist which option meets your needs.

HAVING A MASSAGE? - GO VIP & UPGRADE

Add in a skin remodelling & brightening CONTOURIST MASK and leave revived & radiant from top-to-toe for just an extra £7.50

spa experiences

top-to-toe affairs!

MY KINDA MOOD

A bespoke facial & massage

120 Minutes - £100

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

ROCKS OF THE MEDITERRANEAN

Hot stones massage

75 minutes - £75

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

A BRUSH WITH HEAVEN

Totally unique face & body treatment using only brushes

90 Minutes - £80

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm DRIFT AWAY body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. Heaven!

NEW BEGINNINGS

Mummy to be massage

60 minutes - £65

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 aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

for the fellas!

GO GUY – THE MALE EXECUTIVE

Men's facial for all skin types

60 Minutes - £55

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face & shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated and you ready to face the world.

I'LL BE BACK

A facial for the back

45 Minutes - £45

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.

AAAHHH!

Leg & foot energiser

30 Minutes - £35

Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our Mediterranean Scrub to exfoliate and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with an invigorating rub of our cooling and soothing balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!"

mediterranean massages - the best massage treatments you'll ever experience

Drift Away

Work It Out

In Good Spirits

Please see earlier page in brochure for details of these three massage treatments

side orders (£15 each)

delightful treats to add to main treatments

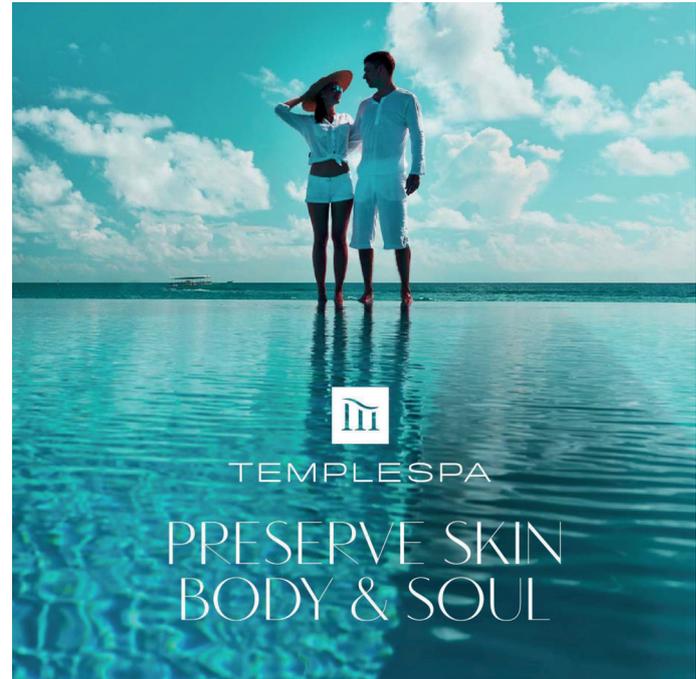
Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment. These can be added to any facial, massage or body treatment.

1. Stressed out? - Enjoy our 15 minute hot stone neck and shoulder treatment
2. Head feel heavy and uptight? -You will love our 15 minute sedating scalp massage
3. Love your hands to be pampered? - Select our 15 minute indulgent hand ritual
4. Want a spring in your step? - Select our 15 minute indulgent foot ritual
5. Want to look less tired? - Discover our 15 minute secret eye remedy

Having a Massage? Or another Body treatment?

GO VIP & UPGRADE - add £7.50

Add in a skin remodelling & brightening CONTOURIST MASK and leave revived & radiant from top-to-toe.



hands & feet suite

manicures & pedicures

CLOWANCE SPA MANICURE

45 Minutes £30

This popular Manicure will ensure your hands and feet are in tip top condition, you will be truly relaxed with our Hand and Arm massage, and leave with beautifully polished nails, if desired.

UPGRADE THE ABOVE TO LUXURY

60 Minutes £45

All the above with the addition of Exfoliation, Mask and Warm Mitts, PURE RELAXATION

CLOWANCE SPA PEDICURE

60 Minutes £30

This popular Pedicure will ensure your feet are in tip top condition. You will feel relaxed with our Temple Spa Sugar Buff exfoliation and relaxing massage, and leave with beautifully painted nails, if desired.

UPGRADE THE ABOVE TO LUXURY

75 Minutes £45

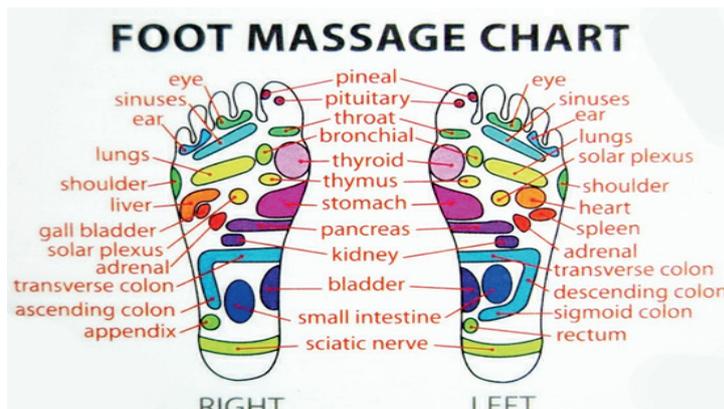
All the above with the addition of a Warm Mask and Warm Booties, PURE RELAXATION.

Add Gel Polish to any of the above for an additional £10

reflexology

45 Minutes £45.00

This holistic treatment stimulates reflex points to bring about balance to the body, it helps to relieve aches and pains, the reflexologist will apply pressure to the reflex areas of the feet, clearing blockages and imbalances to restore the flow of the body's natural healing energies.



Waxing Menu

We make our waxing a pleasure not a pain by using Outback Organic Wax – the title says it all they are free from anything that could irritate your skin. Even though it's waxing you will go away feeling pampered!!

Lip and/or chin	15mins	£8.00
Bikini	30mins	£15.00
Underarm	15mins	£10.00
Half Leg	30mins	£17.50
Half Leg & Bikini	45mins	£26.00
Full Leg	45mins	£28.00
Full Leg & Bikini	60mins	£36.00

Eyecare Menu

Brow Wax	15-30mins	£10.00
Lash Tint	30mins	£11.50
Brow Tint	15mins	£8.50
Lash & Brow Tint	30mins	£18.00
Lash Lift & Tint	60mins	£40.00
Brow Wax & Tint	30mins	£14.50



Gift Vouchers

These make an ideal present and are available for any treatment or amount.

Products

We stock a wide range of “TEMPLE SPA” SKIN CARE & BODY PRODUCTS which are available to purchase, so why not continue the benefits of your Clowance Spa Treatments at home.

The Small Print

Do not wear jewellery during treatments
Bring flip flops/sandals to wear after pedicure
Please remove contact lenses prior to facials or eye treatments
Tinting will require a patch test 24 hours before your appointment
Failure to attend or cancel within 24 hours of the appointment may result in you being charged fully for the treatment
Information and prices correct at time of print and are subject to change

Most of the treatments in this brochure are suitable for both men and women



enquiries@clowancespa.co.uk

01209 833122 (Salon)

01209 833100 (Resort Reception)

WWW.CLOWANCESPA.CO.UK

at CLOWANCE ESTATE, PRAZE-AN-BEEBLE, CAMBORNE TR14 0PT