



Clowance SPA

IN PARTNERSHIP WITH TEMPLE SPA



LUXURY LODGES

UNWIND AND DISCOVER

THE TRUFFLE EXCELLENCE COLLECTION

Curated by industry expert and founder Liz Warom, these exclusive Truffle products and treatments harness the power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each deliver exceptional results and exquisite experiences.

TEMPLES PA | CHAMPAGNE & TRUFFLES DELUXE | The crème de la crème of facials 90 minutes - £90

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, and is finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, radiant, and glowing. And if all that's not enough choose the 90-minute version and you'll be treated to a shoulder & neck massage using warm stones, a hydrating and brightening alginate mask to iron out fine lines and wrinkles followed by rose quartz massage therapy. Simply irresistible results.

TEMPLES PA | VIP GOLDEN TRUFFLE EXPERIENCE | Luxe top-to-toe face & body treatment 120 Minutes - £140

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. Add to this our Champagne & Truffles deluxe facial and skin is left glowing, brighter and revived beyond expectation.

TEMPLES PA | ROSE QUARTZ & TRUFFLES BODY MASSAGE | Total body relaxation 90 Minutes - £105

This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin-transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored and radiant and guest oh-so relaxed.



oh-so relaxed...

CBD WELLBEING TREATMENTS

Our CBD treatments incorporate the overall skin and body benefits of CBD as well as the relaxation and wellbeing benefits of massage. Together, this creates the perfect fusion for a total body wellbeing experience.

**TEMPLESPA | STRESS NOT |
CBD massage
30/ 60/ 90 minutes - £55/ £80/ £105**

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed stones leaving you feeling inexplicably relaxed and soothed from top-to-toe. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

**TEMPLESPA | LIGHT RELIEF |
CBD skin booster facial
75 minutes- £90**

Feeling and looking stressed out? Our LIGHT RELIEF CBD skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing mind, body, and soul. Starting with a calming face massage and eye treatment and followed with a hot oil scalp massage, plus a hand & arm massage using warmed stones, rest assured you'll leave radiant, glowing and feeling totally chilled out.





IT'S ALL ABOUT THE FACE

TEMPLESPA | ALL ABOUT THE GLOW | Vitamin c radiance facial workout 60 minutes - £90

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin. Deep double cleanse is followed by a layer of our state-of-the-art oxygenating bubble peel that powerfully resurfaces to transform your complexion from lacklustre to positively glowing, Next up is a powerful skin workout that wakes up your skin and visibly lifts, depuffs and irons out fine lines. Finally, our professional-only alginate mask drives product deep into your skin to work its magic. We like to call it the facial gym power hour!

TEMPLESPA | REPOSE AROMATHERAPY FACIAL | Relaxing, indulgent facial for all skin types 75 Minutes - £90

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 TEMPLESPA 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!

TEMPLESPA | MY KINDA SKIN | Bespoke prescription facial for your skin type 60 Minutes - £70

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 followed by our signature TEMPLESPA face & décolleté massage. Your skin is then exfoliated followed by 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!

TEMPLESPA | THE POWER BREAKFAST FACIAL | Express facial for all skin types 30 Minutes - £45

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!

MEDITERRANEAN MASSAGES

TEMPLESPA | DRIFT AWAY | Relaxing full body massage

30 / 60 / 90 minutes - £45/ £65/ £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. 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.....zzzzzzzz!!!!

TEMPLESPA | IN GOOD SPIRITS | Energising full body massage

30 / 60 / 90 minutes - £45/ £65/ £90

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!

TEMPLESPA | WORK IT OUT MASSAGE | Detoxing / muscle workout massage

30 / 60 / 90 minutes - £45/ £65/ £90

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!

TEMPLESPA | ROCKS OF THE MEDITERRANEAN | Hot stones massage

75 Minutes - £85

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!

TEMPLESPA | 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!



THE BEST MASSAGE
TREATMENTS YOU'LL
EVER EXPERIENCE

BODY SCRUBS, WRAPS & INFUSIONS

TEMPLESPA | I’LL BE BACK | A facial for the back

45 Minutes - £50

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.

TEMPLESPA | THE OUTER GLOW | Face & body exfoliation

45 Minutes - £50

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!

TEMPLESPA | GO FIGURE | A firming, toning, tightening body detox treatment

60 minutes - £65

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 TEMPLESPA 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 are 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.

TEMPLESPA | GLORIOUS MUD | Skin conditioning & detoxifying mud wrap

60 Minutes - £65

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing to stimulate and detoxify. The body is then smoothed with an application of GLORIOUS MUD; a warm vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. The perfect pre-Mediterranean massage treatment or post scrub treatment after our body scrub. You wouldn’t believe wallowing in mud could feel so good!



SPA EXPERIENCES

TOP-TO-TOE SPA AFFAIRS!

TEMPLESPA | THE MEDITERRANEAN MINI BREAK |

The fully loaded skin-luxe facial & body duo
90 Minutes - £95

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean SUGAR BUFF scrub, prior to being cocooned in an aromatic infusion of our Aromatherapy body oil IN GOOD SPIRITS to soften and hydrate. Your mini break continues with a rejuvenating facial to brighten, soften and hydrate. The results....? A totally relaxed skin, head to toe.

TEMPLESPA | MY KINDA MOOD |

A prescriptive facial & massage bespoke to you
120 Minutes - £120

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.

HOLISTIC THERAPIES

FOOT REFLEXOLOGY

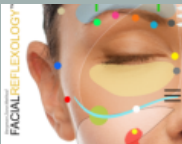
45 Minutes £45

Reflexology is an alternative medicine method involving the practise of massaging and applying pressure to parts of the feet, the goal of encouraging a beneficial effect on other parts of the body and to improve general health & well-being. The reflexology practitioner aims to 'kick start' the client's natural healing process. A wonderful relaxing treatment for both mind and body.



FACIAL REFLEXOLOGY

Have you ever considered having reflexology but can't bear the thought of someone touching your feet? Well here is your answer, Facial Reflexology was developed by award winning Reflexologist Ziggie Bergman. It is a non-invasive, natural Complementary Therapy based on the same principles as Foot Reflexology. It provides the same therapeutic benefits as regular Reflexology but with some wonderful added benefits. This amazing treatment is so relaxing and beneficial to the Body, Mind and Skin and it will reduce stress, bring balance back in the mind and body, with the added bonus of giving your face a healthy glow. This is not a facial but I can combine it with a facial and make the treatment bespoke to you.



Stress Busting Facial Reflexology - 30 Minutes £45

works 12 reflex points on the face helps Reduce Stress for Health & Wellbeing. Great if you don't have much time (to include cleanse).

Stress Busting Facial Reflexology with Back Massage | 60 Minutes £75

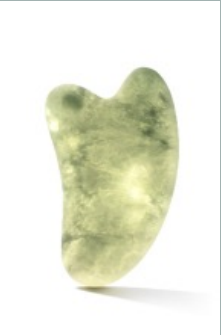
Advanced Facial Reflexology - 60 Minutes £65

works all the reflex points of the body. For complete relaxation (to include cleanse).

Upgrade to 90 Minutes to include Bespoke Facial for £90.

GUA SHA TREATMENTS

We now offer the Hayo'u Method Bespoke Luxury Facial Treatment using quality Crystal Gua Sha tools chosen for your skin type. Tools can be purchased for home use. See our website for further details.



ZONE FACE LIFT

We now offer this 75 Minute treatment which involves head and face massage, facial reflexology and Zone face lift which uses Gua Sha crystals and techniques to lift and smooth the face. See our website for further details.



SIDE ORDERS

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. (not to be booked as a stand alone)

- 1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
- 2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
- 3. Love your hands to be pampered? Select our indulgent hand ritual.
- 4. Want a spring in your step? Select our Indulgent foot ritual.

15 minutes per side order - £15

HAVING A MASSAGE? GO VIP & UPGRADE

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

Additional £10Choose from:

TEMPLESPA | TRUFFLESQUE | Hydrating radiance mask

A power packed anti-ageing radiance masque clinically proven to boost hydration and improve skin after one application.

TEMPLESPA | BE CALM | Soothing face mask

Prebiotic skin rescue mask that’s like a comfort blanket for sensitive, stressed and delicate skin.

TEMPLESPA | QUENCH | Rejuvenating mask

Creamy anti-ageing face mask that’s intensely hydrating, moisturising and skin brightening.

SPA ETIQUETTE

TREATMENTS AND PACKAGES

The Treatment Rooms are open to male and female clients over the age of 16. Exceptions may be made for younger clients but this must be discussed with our Therapists prior to treatment and may require adult supervision. If you arrive late for your appointment it may result in your treatment being shortened.

SPA ATTIRE

We respectfully request that guests do not wear jewellery during treatments. Please ensure to remove contact lenses prior to facials or eye treatments.

HEALTH CONSIDERATIONS

Please advise your Therapist of any health or medical issues you may have, including pregnancy, so that suitable treatments may be recommended. It may be that we will require a Doctor’s note for some medical conditions before we can carry out your treatment, so please contact the Spa prior to arrival if you are concerned. We can provide specialist treatments for guests undergoing Chemotherapy, please feel free to contact us if you have any questions regarding these.


CANCELLATION POLICY

Please give at least 24 hours’ notice if you need to cancel an appointment. If less than 24 hours’ notice is given, a cancellation charge, equal to 50% of the price of the treatment booked will be made direct to the card details given to secure your appointment. In the event of a no show the full cost of the treatment will be charged to your card.

GIFT VOUCHERS

Gift vouchers are available to purchase all year round and are valid for 6 months.

All information is correct at time of printing but may be subject to change without notice.



TEMPLESPA is a British brand with a Mediterranean soul. Our luxurious, results-driven skincare and spa experiences are a tool in the hand to “spa wherever you are” and most importantly to live, breathe and love who you are. We have an extensive menu of face & body treatments for girls and guys and we guarantee you’ll leave feeling rested, revived and restored – skin, body and soul.

**YOUR BODY IS
A LIVING TEMPLE.
HONOUR IT, ENJOY
YOUR LIFE AND LIVE
IT TO THE FULL**

BOOKING INFORMATION

To book please visit www.clowancespa.co.uk and use our booking link or email enquiries@clowancespa.co.uk or call 01209 833122 for Clowance or 01288 355037 for Burn Coastal Retreat.

Clowance
SPA