

# Birthday Treatment Menu!

## Sunday 21st June, 10am – 5pm

Celebrate with a little extra indulgence. Choose from our selection of relaxing treatments available throughout the day.

### 10 Minute Treats

£10 per treatment

#### Shoulder Massage

Relieve built-up tension and restore comfort with a focused massage designed to ease tight, aching shoulders.

#### Facial Massage

A relaxing facial massage designed to ease tension, boost circulation and leave your skin feeling refreshed and rejuvenated.

#### Foot & Leg Massage

Soothe tired legs and feet with a revitalising massage that helps reduce tension, improve circulation and restore a sense of lightness.

#### Hand & Arm Massage

A comforting treatment that relieves tension in the hands and arms while promoting relaxation and leaving skin feeling soft and nourished.

### 30 Minute Treats

£60 per treatment

#### Back, Neck & Shoulder Massage

A deeply relaxing treatment that targets stress and muscular tension, leaving you feeling refreshed and revitalised.

#### Temple Spa Facial

A results-driven facial tailored to your skin's needs, combining luxury skincare, radiance and hydration.

#### Leg & Foot Revive

Soothe tired legs and feet with a revitalising treatment designed to refresh, relax and restore.

#### Crown & Glory Massage

Melt away stress with a calming scalp, neck and shoulder massage that promotes deep relaxation.

#### Gel Polish on Hands & Toes

Flawless, long-lasting finish with expertly applied gel polish for beautifully groomed hands and toes.

Please speak to a member of the spa team to book your treatment.  
Treatment availability may vary throughout the day.