



# House Spa - what's changed, what's new...

## What's opening?

- The hydrotherapy and indoor pool ~ however with limited capacity and a booking system ~ please see details below
- Treatment rooms ~ with an amended treatment list as detailed below
- Thermal suites
- A brand new flotation tank experience ~ please see details below
- The gyms ~ please see details below
- The Greenhouse
- Changing room facilities ~ however we will be asking residents to change and shower in their own bedrooms and not make use of these facilities. Where possible, members should arrive in their workout gear and use their facilities at home (as per the Government guidelines).

## What's not opening?

- Couples treatments ~ this is to allow appropriate social distancing of our team



# Spa Days

- We are currently unable to offer spa days temporarily. We will be honouring spa days booked and taking new spa day bookings from 1<sup>st</sup> March onwards.

## Pool & gym access

Guests will be able to book 60 minute sessions in the pool and gym during their stay so we can manage the numbers in the spaces at any time. There will also be a 15 minute turn-round slot in-between each session so the areas can be thoroughly cleaned ready for the next guests. Those staying who have children will be welcome to book the 60-minute sessions between 9:30am-10:30am and 3.45pm-4.45pm daily.

## Treatments

Due to the restrictions we have had to remove treatments from our treatment list for the time being. We hope to be able to offer these again soon but for now here is a list of the treatments we can offer:



### Treatments we can offer:

Aaahhh! By Temple Spa

Head Start scalp massage by Temple Spa

The Outer Glow body scrub by Temple Spa (minus the face)

The Glorious Mud Wrap by Temple Spa

Citrus Body Scrub by Natura Bisse

Gent's Tonic Back on Track

60minute body massage

Back massage

Pregnancy massage

Manicures

Pedicures

Leg waxing

Bikini waxing

Underarm waxing

Eyebrow waxing

Eyelash and brow colouring

The Tub floatation experience





## Treatments Continued...

Treatments that for now are not available are:

Radiance Express facial by Natura Bisse  
Oxygen facial by Natura Bisse  
Skin Comfort by Natura Bisse  
Diamond Energy by Natura Bisse  
Diamond Life Infusion Ritual by Natura Bisse  
Ultimate Citrus Ritual by Natura Bisse  
  
Cashmere & Truffles Golden Truffle  
Experience by Temple Spa  
  
Power Breakfast by Temple Spa  
Mediterranean Marinade by Temple Spa  
Repose by Temple Spa  
Champagne & Truffles by Temple Spa  
  
Gent's Tonic Booster Facial  
Gent's Tonic Facial  
Gent's Tonic Tonic Treatment  
Gent's Tonic Advanced Anti-ageing facial  
  
Face Massage  
90minute Body Massage  
  
Lip, Chin and Face waxing

