



# SPA TREATMENT MENU

Escape the chill of the mountains in our cosy treatment space. Enjoy relaxing therapies perfect to soothe aching muscles after a day on the slopes, or simply to treat yourself and maintain your wellbeing. There's sure to be something to tempt you from our range of Temple Spa treatments.

## POWER BREAKFAST FACIAL

**Express facial for all skin types | 25 minutes €45**

Looking for instant results? This revitalising facial includes a deep power cleanse, nutritious clay mask and lymph drainage techniques for a rapid turnaround, topped off with a wake-up massage. Quick, go!

## MY KINDA SKIN

**Bespoke prescription facial for your skin type | 55 minutes €70**

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a bespoke face and décolleté massage, plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

## AAAHHH!

**Leg and foot energiser | 25 minutes €35**

This oh-so good treatment provides instant relief for tired, over-worked limbs. Begins with skin brushing to eliminate excess fluids, followed by a warm oil massage and invigorating foot rub! A wonderful add-on to another treatment.

## DRIFT AWAY

**Relaxing full body massage | 25 minutes €40 | 55 minutes €70**

This is our really relaxing top-to-toe massage, formulated with a dreamy blend of essential oils and guaranteed to have you drifting away. It's completed with a face and scalp massage using 'Repose', our aromatherapy resting cream. It will soothe frazzled nerves, relaxing the muscles and the mind. We'll help you wind down and take your minds off your thoughts for a while.

## WORK IT OUT

**Detoxifying muscle workout massage  
25 minutes €45 | 55 minutes €70**

A detoxifying massage that will sculpt the body, relieve fluid retention and work out tired muscles, using the ingenious 'Work it out' detox oil. We'll start with a full body brushing to get the circulation going and improve lymph drainage. This will be followed by a really deep tissue, body boosting massage with special techniques to give your muscles a real work out – focusing on knots, tensions, tightness and really helping the detox process. Detox-licious!

## MY KINDA MOOD

**A bespoke massage and facial | €110**

Not sure what you'd like? Then this is the ideal treatment. First, we'll help you choose the aromatherapy fragrance to match your mood. We'll then take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. Products and techniques will be selected to meet your wishes and needs. Look, feel and smell wonderful.

## NEW BEGINNINGS

**Mummy-to-be massage | 55 minutes €70**

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 tired muscles, while you feel completely comfortable and relaxed. You never know, your little bambino might enjoy the sense of calm too!

## SOUL RETREAT

**Face, feet and body treatment | 55 minutes €75**

This nurturing therapy will leave you feeling comforted and peaceful. We'll begin with our wonderful foot ritual, where we'll soak, exfoliate and treat the feet. Then we'll massage away all the areas of tension and stress in the back, neck and shoulders. Finally, a divine massage of the face and scalp will complete this exhilarating treatment.

## INDIAN HEAD MASSAGE

**Energising neck, shoulders and head massage | 25 minutes €40**

A wonderful massage technique that has been used for centuries in Indian culture. It uses deep, energising movements on the neck and shoulders to melt away stiffness. A stimulating massage of the face and scalp completes this exhilarating treatment.

## HANDS & FEET SUITE

Probably the most luxurious manicure and pedicure you will ever have. These treatments will leave your hands and fingertips or feet and toes looking elegant and feeling gorgeous.

**Spa Manicure or Spa Pedicure | 55 minutes €40**

**Express Mani or Pedi | 25 minutes €30**

**OPI gel colour | €35**

## SIDE ORDERS

**15 minutes each | €15 each**

Just the thing you've been waiting for! Add a little something extra onto the side of your main treatment and enjoy even more time to relax.

- **Stressed out? Enjoy our hot stone neck and shoulder treatment**
- **Head feel heavy and uptight? You'll love our sedating hot oil scalp massage**
- **Love your hands to feel pampered? Select our indulgent hand ritual**
- **Want a spring in your step? Select our indulgent foot ritual**
- **Want to look less tired? Discover our secret eye remedy**

## ADDED EXTRA

Add a contour mask onto any treatment for just €12. It's plumping and brightening, soft wrinkle 'filler' nourishes, regenerates and helps define facial contours.

Please ask your therapist for information about spa etiquette and our terms and conditions before booking your treatment.



RELAX AS HARD AS YOU LIKE



# TEMPLESPA



**IN THE BEGINNING**  
DEEP CLEANSING  
MELT

A hand blended facial in a jar! With olive butter, calendula, basil and clary oils, lavender & vitamin E. This divine balm with a cult following, leaves skin hydrated and dewy. The secret is in the exfoliating beads that melt as you massage, giving a deep, nourishing cleanse.

60g/2.1oz | €39



**DUAL ACT**  
WET & DRY  
CLEANSING LOTION

The telepathic performer! With Combiderm™, grapefruit, wild yam, tomato, grapeseed, olive & vitamins. This ingenious cleanser works as a wipe-off cream or a rinse off gel wash – you choose! It cleverly knows how to cleanse both oily and dry patches at the same time.

150mL/5fl.oz | €26



**BE GONE**  
KIND-HEARTED  
CLEANSING LOTION

The gentlest way to say goodbye! With Calmaderm™ basil, olive, aubergine, liquorice & vitamins. This state-of-the-art luscious lotion springs out all traces of makeup, embedded grime and impurities to leave skin feeling fresh, clean and beautifully settled.

150mL/5fl.oz | €26



**TONING ESSENCE**  
ALCOHOL FREE,  
ESSENTIAL MIST TONER

Mediterranean liquid refreshment! With citrus fruits, rosemary, tomato, melon, ginger & basil. Refines, balances and gives a double cleanse by removing embedded debris and last traces of cleanser. A non-sting, hydrating formula inspired by the Mediterranean diet.

200ml/6fl.oz | €22



**BREAKFAST SMOOTHIE**  
NATURALLY NORMAL  
EXFOLIATOR

Get your glow on! With honey, jojoba, olive, papaya, strawberry, apricot, pear, apple & oats. A facial-to-go for those in a hurry. Packed with naturals that hydrate and remove dead skin cells to reveal a bright and smooth complexion. Use 2-3 times weekly.

100mL/3.3fl.oz | €35



**MOISTURE TO GO**  
BALANCING  
MOISTURISER

Liquid velvet for the skin! With Combiderm™, tomato, oregano, grapeseed, olive & vitamins. An intelligent lotion that balances split-personality skin – hydrating dry patches whilst soaking up excess oil in the T-zone. A must for a smooth, fresh and silky complexion.

50mL/1.6fl.oz | €47



**BE STILL**  
SETTLING  
MOISTURISER

Liquid silk for the skin! With Calmaderm™ liquorice, aubergine, calendula & vitamins. A sophisticated anti-ageing and anti-inflammatory formula that soothes and leaves skin feeling settled and hydrated. Use under makeup or after shaving. Wonderfully comforting.

50mL/1.6fl.oz | €47



**QUENCH**  
REJUVENATING  
FACE MASK

Drench & quench to life! With avocado, blackberry, Phirmaderm™, red pepper & vitamins. This ultra-rich, nourishing mask will put the life back into your skin. Use either as a 10-minute booster or a facial treat that you leave on for a few hours or overnight. Hello radiance!

65mL/2.1fl.oz | €35



**BECALM**  
SOOTHING  
FACE MASK

A hug in a jar! With aubergine, Calmaderm™, liquorice, camomile, basil & vitamins. Fragile or stressed skin doesn't have to miss out on a treat! This gentle cream mask will calm, soothe and tenderly love sensitive skins and leave them feeling firm & plump.

65mL/2.1fl.oz | €35



**WINDOWS OF THE SOUL**  
EYE  
TREATMENT

Easy on the eye! With milk thistle, echinacea, eyebright, edelweiss & vitamins. A velvet-glove formula that treats the eye area with kindness. Lightweight yet hydrating, this gel-balm reduces puffiness, dark circles, fine lines and sensitivity. It's all you'd ever want in an eye cream.

15mL/0.5fl.oz | €39



**ALL TALK**  
MOISTURISING  
LIP BALM

Kiss those dry lips goodbye! With orange, bergamot, thyme & vitamin E. Packed with botanicals and a delicious Mediterranean fruit flavor for sensorially soft and nourished lips. A naturally based formula with no petrochemicals.

10mL/0.3fl.oz | €9



**BREATH OF LIFE**  
ENERGISING  
INHALATION ESSENCE

Aromatherapy brain booster! With eucalyptus, tea tree & lavender. A must-have to clear your head or to use when feeling out of sorts. Use with steam inhalation, pop on a tissue or sniff straight from the bottle... Whoa!!!

10mL/0.3fl.oz | €15



**DRIFT AWAY**  
RELAXING BATHING  
& MASSAGE OIL

The most luxurious oil you will ever use! With sesame, jojoba, avocado, lavender & vitamin E. Apply straight to the skin for a moisturising massage or drizzle into a bathtub and allow the delicious fragrance to chase fatigue away!

100mL/3.3fl.oz | €33



**REPOSE**  
AROMATHERAPY  
RESTING CREAM

A good night's sleep in a jar! With jojoba, hops, vitamins, frankincense & relaxing essential oils. Calms the soul, deeply hydrates & soothes the skin. Plus calming essential oils help you get a restful sleep and encourages deep breathing.

50mL/1.6fl.oz | €54



**AAAHHH!**  
SOOTHING BALM FOR  
ACHING FEET & LIMBS

A cooling respite! With dandelion, menthol, lavender, juniper, grapefruit & lemon. When feet get hot and puffy, or legs start to throb when tired, this lightweight formula helps soothe the aches, reduce swelling, cools the skin and refreshes tired limbs.

200mL/5.5fl.oz | €28



**WORK IT OUT**  
MUSCLE-TOX BATHING  
AND MASSAGE OIL

Detox-licious! A body boosting blend of essential oils, this detoxifying oil will truly reboot your system and work wonders on knots and tight muscles. Helps eliminate toxins, encourages lymphatic drainage and stimulates circulation. Works for me!

100mL/3.3fl.oz | €33