



The Spa at Bowood

Treatment Menu

Temple Spa | Body Treatments

Aaahhh! Leg & Foot Energiser

£50

30 mins

This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Work It Out Detoxing Massage

£50/£80

30 or 60 mins

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-lucious!

Drift Away Massage

£50/£80

30 or 60 mins

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 melt away... zzzzzzz!

My Kinda Mood

£150

Bespoke Massage & Facial

120 mins

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

I'll Be Back

45 mins

£60

A facial for the back... This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

In Good Spirits Energising Massage

£50/£80

30 or 60 mins

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 and soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life. All guaranteed to restore and revive you, putting a spring back into your step!

Upgrade your experience to 90 minutes to include an Express Facial for a £35 supplement.

Rocks Of The Mediterranean Hot Stones Massage

£75

60 mins

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!

Hot Oil Scalp Sensation

£50

30 mins

An ancient eastern scalp treatment passed down from generation to generation using a blend of natural botanical oils. This massage includes a shoulder, upper back, massage and facial drainage massage for a completely relaxing experience! The powerful and invigorating treatment helps clear tension in the head, nourishes the hair and scalp, relaxes the body and leaves you feeling energised and refreshed.



Temple Spa | Facials

My Kinda Skin Prescription Facial **£80**

60 mins

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage.

Purification Facial **£80**

60 mins

A deeply cleansing and relaxing facial; the solution for skin in need of a good spring clean. You'll also enjoy a deeply relaxing hot oil scalp massage. Your complexion is left feeling brighter, clearer, full of vitality and fresh as a daisy.

Go Guy - Men's Executive Facial **£80**

60 mins

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energising or relaxing massage. Includes hot stones, together with a hot oil scalp massage.

Power Breakfast Express Facial **£50**

30 mins

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

Windows Of The Soul **£50**

Anti-ageing Eye Treatment

30 mins

This results-driven eye treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point eye massage lifts, firms and soothes eyes preparing them for the application of Eye Will Survive eye mask patches; very clever coconut-derived patches drenched in a serum-mask-concentrate.

Repose Aromatherapy Facial **£90**

75 mins

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with hot oil scalp massage, plus a hand and arm massage. Pure bliss.

Temple Spa | Luxury Truffle Collection

Champagne & Truffles Deluxe Treatment **£120**

90 mins

The crème de la crème of radiance facials. This luxury facial combines our award-winning true formulas with a deep double-cleansing ritual, a glycolic resurfacing peel, a skin-destressing alginate mask and cold stone therapy followed by a unique skin-lifting and muscle-firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness and youthful radiance with a supreme healthy skin glow. Includes a glass of Champagne and a delicious chocolate truffle to enjoy post-treatment.

Cashmere & Truffles Body Treatment **£80**

60 mins

This indulgent treatment combines an invigorating, radiance-boosting body exfoliation followed by a skin-transforming treat with luxurious Truffle Body Massage Oil and a layer of our unique, award-winning Body Truffle Crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.

Amethyst Trust

Bowood is proud to work with The Amethyst Trust; offering a range of spa treatments with touch therapies, for those with experience of cancer. Treatments that can be specifically adapted are marked with a  icon.

Please speak to a member of the team for more information.

Temple Spa | Pregnancy Treatments

New Beginnings Mummy-To-Be Massage **£80**

60 mins

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.

Yummy Mummy-To-Be **£180**

150 mins

Everything a mother to be should have to make her feel healthy, gorgeous and pampered. This is our specially designed treatment for expectant mummies to enable your full body to be massaged and treated without having to lie on your tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally, your legs will be revitalised with our leg energiser treatment that is perfect for swollen ankles and tired legs.

Recommended after the first trimester only.

Temple Spa | Side Orders

Add one of the following selection onto any Temple Spa treatment for a little extra pampering...

All 15 mins

Indulgent Hand Ritual **£15**

Love your hands to be pampered? Select our Indulgent Hand Ritual.

Sedating Scalp Massage **£15**

Head feel heavy and uptight? You will love our Sedating Scalp Massage.

Indulgent Foot Ritual **£15**

Want a spring in your step? Select our Indulgent Foot Ritual.

Secret Eye Remedy **£15**

Want to look less tired? Discover our Secret Eye Remedy.

Temple Spa | VIP Upgrades

Upgrade your treatment with one of our results-driven, skin transforming sheet masks. The results will astound you...

Incorporated into your treatment time

The Contourist **£15**

Hello contours! Hello firm, tight, radiant skin! This ingenious red carpet treatment is much more than just a mask - it's a transforming experience you'll want to repeat again and again.

Eye Will Survive **£15**

Late nights, long days, early starts, screen gazing; all signs of a well-lived life. No wonder your poor eye area needs some attention. Eye Will Survive is an extremely clever concentrated 20-minute eye serum-mask that will leave your eyes hydrated, brightened and youthful.



Waxing

Bikini (30 mins)	£25
Half Leg (30 mins)	£25
Full Leg (45 mins)	£35
Lip (15 mins)	£15
Eyebrow (15 mins)	£15
Underarm (15 mins)	£15
Half Leg & Bikini (45 mins)	£45
Back (45 mins)	£45

Hands & Feet

Jessica 'Geleration' Manicure **£60**

60 mins

This Jessica treatment helps revitalize your hands whilst treating the natural nail. The treatment ends with gel polished nails for a longer lasting finish.

Jessica 'Geleration' Pedicure **£60**

60 mins

Treat your feet to a luxury pedicure treatment using aromatherapy-based products. The treatment ends with gel polished toes for a longer lasting finish.

Jessica Manicure or Pedicure **£55**

45 mins

Includes the nail polish colour of your choice to take home!

Jessica Manicure or Pedicure for Men **£55**

45 mins

Give your hands or feet the pampering they deserve!

Skincare Products

Temple Spa - Temple Spa is a luxury British skincare brand with a full top-to-toe offer of beautiful treatments from unique high performance, results driven facials to problem solving massages and sleep inducing experiences. Born out of our love of the Mediterranean, everything they do is inspired by this special region; the people, the food, the lifestyle and the landscape are infused with such a special energy.

Jessica Nails - The prescriptive base coats and treatment products are enriched with nurturing botanicals, antioxidants, vitamins and proteins, an integral part of an award-winning natural nail care system, working to improve nails at their core.

Good To Know

Arrival - Please check-in at the Spa Reception at least 10 minutes prior to your appointment, take a seat and your therapist will accompany you to your treatment room.

Hotel Residents - Please wear your robe and slippers to The Spa. If you have pre-booked a session in the spa pool you may also wear your swimwear under your robe. Once your treatment has ended, your therapist will leave you to get dressed before taking you to our Relaxation Area, where you can enjoy a cup of herbal tea and reconnect.

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