



The Spa at Bowood

Treatment Menu

Temple Spa | Body Treatments

Aaahhh! Leg & Foot Energiser

£60

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

£70/£110


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 perform a 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

£60/£100

30 or 60 mins

Formulated with a dreamy  blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. 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

£185

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.

Relax & Revive Face & Body

£90

30 mins Drift Away & 30 mins Breakfast Facial

Combine the best of both worlds with a relaxing Drift Away back, neck and shoulder massage, followed by a reviving Power Breakfast Express Facial.

I'll Be Back

£70

45 mins

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

£70/£110

30 or 60 mins

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils 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. *Upgrade your experience to 90 minutes to include an Express Facial for a £35 supplement.*

Rocks Of The Mediterranean

£110

Hot Stones Massage

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.

Hot Oil Scalp Sensation

£60

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.

The Outer Glow

£70

45 mins

A gentle exfoliating treatment to polish your body, leaving your skin feeling soft, revitalised and hydrated from top to toe.



Temple Spa | Facials

My Kinda Skin Prescription Facial **£90**

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.

Go Guy - Men's Executive Facial **£90**

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 **£60**

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.

All About The Glow Facial **£90**

60 mins

This advanced skin-transforming facial enhances your radiance, delivering instant and visible results for skin that feels firmer and looks brighter and healthier. Your complexion undergoes a remarkable transformation, courtesy of intelligent active ingredients combined with the potency of vitamin C and our glycolic acid complexes. Our unique skin-lifting massage techniques further enhance the results, promising even better skin.

Temple Spa | Luxury Truffle Collection

Champagne & Truffles Deluxe Treatment **£155**

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-distressing 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 **£90**

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 **£100** **Mummy-To-Be Massage** *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.

Hands & Feet

Jessica 'Geleration' Manicure **£70** *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 **£70** *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.

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

Gel Removal **£15**

Express Mii Manicure or Pedicure **£55** *30 mins*

Express Mii Manicure or Pedicure for Men **£55** *30 mins*

Cuticles made neat and tidy. Nails are analysed, shaped and treated with a prescriptive base coat, before a final flourish of your chosen Colour Confidence Polish, which is yours to take home at the end of your treatment.

Give your hands or feet the pampering they deserve!

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.



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.

Mii Nails - Created by British beauty entrepreneur, Susan Gerrard, Mii is designed to deliver healthy natural nails by offering a formula and colour for every individual and every occasion. Their dedication extends beyond TLC for hand and foot care. All of Mii manicure and pedicure products are ethically sourced with sustainable ingredients, are vegan and not tested on animals.

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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