



FOREST of ARDEN  
HOTEL & COUNTRY CLUB

# SPA TREATMENT MENU

Science-led skincare. Bathed in  
Mediterranean sunshine.



TEMPLESPA



*Marrying* clinically proven formulas  
with naturally rich botanicals,  
**TEMPLESPA is beauty redefined.**

Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal.

Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight.

With a deep respect for our awe-inspiring planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.

# FACIALS

## TEMPLESPA MY KINDA SKIN

Prescription Facial

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

**£50 - 30 minutes    £80 - 60 minutes**

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## TEMPLESPA REPOSE

Relax & Restore Facial

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 & arm massage. Want to look and feel less tired? Then this is for you.

**£95 - 75 minutes**

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# MASSAGE

## TEMPLESPA DRIFT AWAY

Relaxing Aromatherapy Massage

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 award-winning 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 melts away... stay awake if you can zzzzzzz!

**£40 - 30 minutes    £70 - 60 minutes**  
**£95 - 90 minutes**

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## TEMPLESPA WORK IT OUT

Reviving Deep Tissue Massage

A detoxifying, deep tissue massage that works out tired, aching muscles and overworked limbs. Using the ingenious WORK IT OUT muscle-tox massage oil with Mediterranean essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out – untangle knot and ease tension and tightness. Better all round!

**£40 - 30 minutes    £70 - 60 minutes**  
**£95 - 90 minutes**

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### **TEMPLESPA NEW BEGINNINGS**

Pregnancy Massage

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 topped off with a relaxing 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!

**£75 - 60 minutes**

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### **TEMPLESPA ROCKS OF THE MEDITERRANEAN**

Relax & Restore Hot Stone Massage

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. 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!

**£90 - 75 minutes**

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# BODY TREATMENTS

## TEMPLESPA THE OUTER GLOW

Glow & Radiance Body Treatment

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or a special event. Off you glow!

**£55 - 45 minutes**

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## TEMPLESPA THE BODY DETOX

Purify & Balance Body Treatment

This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

**£70 - 60 minutes**

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## TEMPLESPA AAAHHH!

Revive & Energise Foot & Leg Treatment

This oh-so-good treatment is instant relief for tired, over worked legs & 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.

**£45 - 30 minutes**

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# SPA EXPERIENCES

## TEMPLESPA MY KINDA MOOD

Prescription Face & Body Experience

Not sure what you'd like? Then this is the treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven, full 60 minute body massage, followed by a bespoke 60 minute facial. Step off the bed feeling all the better for it.

**£130 - 120 minutes**

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## HALF DAY SPA

Experience includes the following:

- A 30 minute treatment of your choice
- Use of towels, robes and slippers
- Swimming & Spa Pool, Sauna & Steam Room access
- A hot drink and pastry in Zest

**£70 per person**

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## LEISURE DAY PASS

Our Leisure Day Pass grants you full access to our Spa Pool, Swimming Pool, Sauna & Steam Room — perfect for a day of ultimate relaxation.

**£25 for visitors, £15 for a members guest**

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## THE ULTIMATE RELAXATION GETAWAY

Escape the everyday and treat yourself and a loved one to the perfect retreat. Enjoy an overnight stay, a delicious dinner and a rejuvenating breakfast. Pure relaxation awaits!

Book today by calling the team on 01676 522335 or by emailing [reservations@forestofardenhotel.com](mailto:reservations@forestofardenhotel.com)

**From only £300 per night** (based on double occupancy)

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## SIDE ORDERS

Have you ever had a treatment and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we offer a targeted selection of "add ons" to your main treatment. These can be added to any facial, massage or body treatment.

### TEMPLESPA TARGETED BODY EXFOLIATION

£20 - 30 minutes

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### TEMPLESPA RELAX & RESTORE HOT OIL SCALP MASSAGE

£20 - 15 minutes

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### TEMPLESPA HYDRATE & SOOTHE HAND RITUAL

£20 - 15 minutes

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### TEMPLESPA PURIFY & BALANCE FOOT RITUAL

£20 - 15 minutes

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### TEMPLESPA REPLENISHING EYE RITUAL

£20 - 15 minutes

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### TEMPLESPA RELAX & RESTORE HOT STONE NECK & SHOULDER MASSAGE

£20 - 15 minutes

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# BOOKING YOUR SPA EXPERIENCE

We highly recommend booking your spa appointments in advance to ensure your preferred treatment time.

To reserve, call us directly at 01676 526 149, or conveniently book online. Please note that credit card details are required to secure your booking.

For a seamless experience, we advise arriving at least 20 minutes prior to your appointment time to check-in and to complete a health questionnaire. Kindly be aware that late arrivals may result in a shortened treatment duration.

## OPENING HOURS

Monday - Sunday: 10.00am–6.00pm

SCAN BELOW TO BOOK





## **WHAT SHOULD I WEAR?**

For your comfort during Spa Day treatments, we recommend wearing dry swimwear beneath your robe. Underwear must be worn at all times, and our therapists are trained to ensure your modesty is respected throughout your experience. Disposable briefs or boxers are available for your convenience.

Robes and towels are available for your relaxation in the spa lounge. Most packages include these at no extra cost. If they're not part of your purchase, you can rent them for £10 per person for the day.

For your safety and comfort, we strongly advise removing all jewellery while using the spa facilities or during treatments.

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## **TREATMENT CONSULTATIONS**

All treatments begin with a confidential and complimentary consultation, which is included in your treatment time. Please inform us of any allergies or medical concerns at the time of booking, so we can tailor your treatment accordingly. Certain treatments may not be suitable for some medical conditions; in these cases, your therapist will recommend an alternative treatment.

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## **SELECTING THE RIGHT TREATMENT**

Our carefully curated treatment menu is designed to pamper, relax, and rejuvenate. Should you need guidance in selecting the perfect treatments, our expert therapists are happy to offer personalised recommendations based on your needs and preferences.

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**MAKING THE MOST OF  
YOUR SPA EXPERIENCE**



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