



— THE —  
TREATMENT  
ROOMS  
— AT —  
TRENTHON  
— MANOR —



SPA TREATMENTS  
& THERAPIES



TRENTHON MANOR





# IT'S ALL ABOUT THE FACE!



PRESCRIPTION,  
SKIN BOOSTING  
& WELL BEING FACIALS

## THE POWER BREAKFAST FACIAL

30 MINUTES. This introductory facial provides a quick and instant pick-me-up for any occasion.



## MY KINDA SKIN BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES.

60 MINUTES. This gorgeous facial includes a face mask, lymph drainage and a face, scalp, hand and arm massage. You will feel amazing and your skin will look so, so good.

## PRESCRIPTION AND SKIN BOOSTING FACIALS



### MEDITERRANEAN MARINADE A CALMING FACIAL FOR SENSITIVE OR DELICATE SKIN.

**60 MINUTES.** Totally luxurious facial packed with fresh ingredients and vitamin boosters that will leave skin, body and mind smoothed and soothed. Designed to reduce the effects of sun, stress and fatigue. A deeply relaxing experience not to be missed.



### GO GUY – MALE EXECUTIVE MEN'S FACIAL FOR ALL SKIN TYPES.

**60 MINUTES.** This macho facial is perfect to revive, refresh and invigorate. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. You'll feel glad you gave us an hour of your time.



### PURIFICATION A DEEPLY CLEANSING AND RELAXING FACIAL FOR OILY, CONGESTED, BLEMISHED SKIN.

**60 MINUTES.** This glorious treatment starts with an effective cleanse, followed by a tranquil face massage. Skin is then exfoliated with a set of movements and a purification Mud Mask applied whilst you enjoy a deeply relaxing scalp massage. Purifies oily skin conditions such as acne, blemishes and congested skin.



### WINDOWS OF THE SOUL DIVINE EYE TREATMENT, PERFECT FOR WHEN YOU LOOK TIRED.

**30 MINUTES.** This treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and 'cold therapy' to tighten and tone the eye area. Specialised eye massage techniques to lift, smooth and revitalise, putting a sparkle back in your eye. Perfect to add to any facial or by itself.

## WELL BEING FACIALS



### REPOSE AROMATHERAPY FACIAL RELAXING, INDULGENT FACIAL FOR ALL SKIN TYPES.

**75 MINUTES.** This indulgent, aromatherapy facial is infused with generous anti-inflammatory ingredients. It will soothe, calm and nourish a tired irritated or unhappy complexion. A divine treatment that includes lymph drainage and a tranquil face massage, a relaxing eye treatment and a hot oil scalp massage. Pure bliss.



### THE TOTALLY QUENCHED AND DRENCHED FACIAL REHYDRATING FACIAL FOR THIRSTY SKIN.

**75 MINUTES.** The ultimate in anti-ageing. This lavish facial is a must for dehydrated or neglected skin and it is designed to leave it looking radiant and fresh. Combining powerful anti-oxidants to help fight the ageing process and loss of elasticity in the skin, this divine treatment includes our intense eye therapy and eye massage and a rather special secret remedy to encourage deep hydration and eliminate fine lines. And if that isn't enough we also use lifting massage techniques and lymph drainage.



## SUPERLUXE TRUFFLE FACIALS



### CHAMPAGNE AND TRUFFLES DELUXE TREATMENT

THE CRÈME DE LA CRÈME OF FACIALS.

**90 MINUTES.** This stunning treatment is just the thing if you are looking for a serious celebration for the skin; containing ingredients such as champagne, silk, diamonds, gold and of course black truffles. Highly unique elements include special lymph drainage massage, techniques to reveal fresher skin, a warm melting mask to help iron out fine lines, specialist lifting massage to strengthen muscle tone on the face and jowls, and an iced blend to reduce puffiness. We also use cold stone therapy and a special alginate to lift and tighten the skin. Finally, an application of temple spa award winning SKIN TRUFFLE, will leave your complexion glowing, more youthful and instantly wonderful. You will receive a flute of bubbly and a delicious handmade truffle as you admire your complexion.



### TRUFFLE EYE TREATMENT MIRACLE WRINKLE REMEDY A POWERFUL NON SURGICAL EYELIFT.

**30 MINUTES.** The most luxurious anti-ageing treat that your eyes have been craving. The eye area will be treated with a gentle yet scientifically advanced eye massage, combined with facial lymph drainage to brighten dark circles, plus a heavenly scalp massage to relax tension held around the eyes. In addition super-luxe EYE TRUFFLE is applied with cold therapy techniques for maximum wrinkle – ironing results. You will emerge looking and feeling incredible, with an eye and brow area that is lifted, firmer and smoother, with reduced fine lines and wrinkles. Wow!



# BODY SCRUBS, WRAPS & INFUSIONS



JUST LIKE A 'FACIAL' BUT  
FOR THE BODY!



## I'LL BE BACK

### A FACIAL FOR THE BACK

**45 MINUTES.** Following an invigorating skin exfoliation with our Mediterranean scrub, warm purifying mud is smoothed all over your back for a deeply cleansing treatment. Heated fragrance infused mitts are used to remove the mask before a stimulating massage, leaving you energised and with a back to be proud of.



## AAAHHH!

### LEG AND FOOT ENERGISER

**30 MINUTES.** Don't you just hate it when your legs and feet beat like drums? This oh-so-good treatment is instant relief for tired, over worked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by our mediterranean scrub; a warm oil massage, that will leave you tingling, and finally an invigorating rub with Aaahhh! Wonderful to add on to another treatment.



## GO FIGURE

### A FIRMING, TONING, TIGHTENING BODY DETOX TREATMENT

**60 MINUTES.** This is the one if you need a bit of help with the wobbly bits! Your treatment commences with brushing and sloughing movements to stimulate lymphatic flow. Hips, thighs & abs are treated to a detoxifying massage, using targeted techniques, followed by anintensive marine and earth mud wrap to continue the good work. Finally, a friction rub with Go Figure anti-cellulite gel completes the treatment. You will feel invigorated and clothes should be that bit looser. One treatment is fab, a course of six is amazing!

## GLORIOUS MUD

### SKIN CONDITIONING & DETOXIFYING WRAP

**60 MINUTES.** Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body brushing to encourage lymphatic flow. The body is then smoothed with warm vitamin and mineral-rich mud, which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. You wouldn't believe wallowing in mud could feel so good!



## THE OUTER GLOW

### FACE AND BODY EXFOLIATION

**60 MINUTES.** Using our unique, sugar-buff body scrub we polish your body and exfoliate your face with a breakfast smoothie. This invigorating and refreshing all over treatment leaves the skin top-toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event.Go and Glow!



## SPA EXPERIENCES



## A BRUSH WITH HEAVEN

### TOTALLY UNIQUE FACE & BODY TREATMENT USING ONLY BRUSHES

**75 MINUTES (COMING SOON).** Imagine the sensation from a sequence of brushes in varying sizes and textures being used top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned, then treated to the exclusive Temple Spa facial treatment. Carried out entirely with brushes, while you doze. Heaven!



## MY KINDA MOOD

### A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU

**120 MINUTES.** Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas 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. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell "oh so good".





# MEDITERRANEAN MASSAGES



THE BEST MASSAGE TREATMENTS  
YOU'LL EVER EXPERIENCE

## DRIFT AWAY RELAXING FULL BODY MASSAGE

**30 / 60 / 90 MINUTES.** This is our really relaxing top-to-toe massage, formulated with a dreamy blend of essential oils, guaranteed to have you drifting away. It will soothe frazzled nerves, relaxing the muscles and mind. We will wind you down and take your mind off your thoughts for a while. The 60 and 90 minute versions also includes a face and scalp massage.



## IN GOOD SPIRITS

### ENERGISING FULL BODY MASSAGE

**30 / 60 / 90 MINUTES.** An invigorating massage designed to leave you full of vitality. We use a gorgeous 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. Your aching muscles will feel eased and soothed. All guaranteed to restore and revive you top-to-toe. The 60 and 90 minute version also includes a face and scalp massage.



## WORK IT OUT

### DETOXING / MUSCLE WORKOUT MASSAGE

**30 / 60 / 90 MINUTES.** A detoxifying massage that helps sculpt the body, relieve fluid retention and work out tired muscles. First we start with full body brushing to get the circulation going and improve lymph draining. Then we preform a deep tissue, body boosting massage with special techniques to really give your muscles a work out, working on knots, tension, tightness and start the detox process. Detox-licious!



## ROCKS OF THE MEDITERRANEAN HOT STONES MASSAGE

**30/60 MINUTES.** Enjoy a hot stone back massage to melt away your tension. Or choose our 60 minute full body massage. This popular 'Thermal Stone' massage is a glorious treatment using warm basalt lava stones to massage the body from head to toe, harnessing the touch of the stone and the influence of the heat to create an aura of warmth. The muscles are relaxed and rejuvenated in a sensation unique to stone massage. It's an experience you just have to have at least once in your life.



## LAVA SHELL THERAPIES

The revolutionary Lava Shell, is the world's first portable self heating massage tool. These marine polished tiger clam shells are from the Philippines and are eco-friendly as they are recycled from food waste.

### LAVA SHELL BACK MASSAGE

**30 MINUTES.** A great introduction to our Lava Shell massage. Designed to target deep set muscular tension in the back and relax the mind and body.

### LAVA RELAX MASSAGE

**60 MINUTES.** Allow this full body thermal massage to melt away tension and ease the discomfort of stiff, sore muscles and painful joints while offering you a chance to drift away.

### LAVA RELAX FACE & BODY EXPERIENCE

**90 MINUTES.** The ultimate in relaxation. Take time to truly switch off while your thoughts drift away and your tension melts. Warmed oils are massaged into the face and body for complete top to toe relaxation.



## NEW BEGINNINGS MUMMY TO BE

**60 MINUTES.** Pregnancy is a most wonderful time that requires treatments specially designed just 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 muscles while you feel completely comfortable and relaxed. You never know, the little bambino might enjoy the sense of calm too!



## HOLISTIC THERAPIES

### INDIAN HEAD MASSAGE

**45 MINUTES.** Indian head massage includes massage of the shoulders, upper arms, neck, scalp, face and ears. It is a wonderfully relaxing treatment that is very effective at relieving aches, pains, stress and rebalancing energy flow to provide a deep sense of peace, calm and tranquillity.



## SIDE ORDER

### ADD ON TO ANY TREATMENT

- Hot Stone Neck and Shoulder Massage **15 MINUTES**
- Indulgent Scalp Massage **15 MINUTES**
- Indulgent Hand and Arm Massage **15 MINUTES**
- Indulgent Leg and Foot Ritual Massage **15 MINUTES**



TEMPLE SPA





# HANDS AND FEET SUITE & ESSENTIAL MAINTENANCE

TEMPLE SPA PEDICURES & MANICURES

Probably the most luxurious manicure and pedicure you will ever have, literally skin care for the hands and feet. These 60 minute treatments will leave your hands and fingertips or feet and toes looking elegant and feeling 'oh so good'.

### DELUXE HEATED MANICURE

FREE POLISH 75 MINUTES

### DELUXE HEATED PEDICURE

FREE POLISH 75 MINUTES

SPA MANICURE 60 MINUTES

SPA PEDICURE 60 MINUTES

EXPRESS MANICURE 30 MINUTES

EXPRESS PEDICURE 30 MINUTES

\*Add on Jessica GELeration onto any manicure or pedicure



### EYE ENHANCERS

EYELASH TINT\* 30 MINUTES

EYEBROW TINT\* 15 MINUTES

EYELASH AND BROW TINT\* 30 MINUTES

\*patch test required 24hrs prior to treatment



### WAXING

HALF LEG 30 MINUTES

HALF LEG AND BIKINI 45 MINUTES

FULL LEG 60 MINUTES

FULL LEG AND BIKINI 75 MINUTES

BIKINI 15 MINUTES

UNDERARM 15 MINUTES

UPPER LIP OR CHIN 15 MINUTES

EYEBROW SHAPE 15 MINUTES

BACK OR CHEST 30 MINUTES



## SPA PACKAGES



### HALF DAY PACKAGE

#### TIME OUT PACKAGE

- Drift Away Massage
- Temple Spa express manicure or pedicure

#### SPOIL ME PACKAGE

- Glorious mud wrap
- Full body massage

#### POLISH AND REVITALISE

- Outer glow face and body exfoliation
- My kinda skin facial

*Package includes full use of our leisure facilities, day hire of a robe, towel and slippers, and a soft drink in the bar.*



### FULL DAY PACKAGE

#### PAMPER ME

- Mediterranean Full Body Massage
- Superluxe Truffle Facial
- Mini Manicure or Mini Pedicure

#### TOP TO TOE

- Drift away back, neck and shoulder massage
- Power breakfast facial
- Manicure
- Pedicure

#### PURE BLISS

- Rocks of the Mediterranean
- Mediterranean marinade
- Eye truffle treatment

*Includes breakfast, lunch, full use of our leisure facilities, day hire of a robe, towel and slippers, and a glass of bubbly in the bar.*



## PARTY PACKAGES

All party packages include being greeted by a spa therapist at Reception, full use of the leisure facilities, coffee and cake on arrival, spa lunch including a glass of wine and day hire of a robe, towel and slippers. Available to groups of two or more.

### ‘DRIFT AWAY’

£60pp

Includes all of the above plus one ½ hour treatment from selection below:

- The Power Breakfast Facial  
or
- Drift Away Back Massage  
or
- Temple Spa Mini Manicure  
or
- Temple Spa Mini Pedicure

### ‘MY KINDA DELIGHT’

£70pp

Includes of all the above plus one ¾ hour treatment from selection below:

- My Kinda Skin Facial  
or
- In Good Spirits Massage  
or
- Temple Spa Manicure  
or
- Temple Spa Pedicure

### ‘SUPER INDULGE’

£90pp

Includes of all the above as well as a 1 hour treatment from selection below:

- Mediterranean Full Body massage  
or
- My Kinda Skin Facial  
or
- Drift Away Back Massage and Power Breakfast Facial  
or
- Temple Spa Mini Manicure & Mini Pedicure



# SPA GUIDELINES



## OPENING HOURS

The spa is open seven days a week between 10am-6pm. We offer a late night opening on a Wednesday until 8pm.



## TREATMENTS AND PACKAGES

The Treatment Rooms at Trenythor Manor are open to male and female clients over the age of 16. Exceptions may be made for younger clients but this must be discussed with our Therapists prior to treatment and may require adult supervision. Please arrive 5 minutes prior to your appointment time to complete a short consultation. A consultation must be completed by all clients. If you arrive late for your appointment it may result in your treatment being shortened.



## FACILITIES

All treatments of 1 hour or more include complimentary use of our leisure facilities including pool, sauna, steam room, Jacuzzi and gymnasium. For treatments of less than 1 hour there is a small charge to use the facilities. Why not make the most of your spa experience and use the facilities before your treatment to relax your muscles and open your pores.



## SPA ATTIRE

You may arrive for your treatments fully dressed or in a robe from your room, lodge or that has been provided if you are on a spa day or part of a package. Robes and towels are not provided if you are just having individual treatments, please bring your own. We will inform you of what to wear in your treatment during the consultation.



## SPA ETIQUETTE

We hope you find our Spa a peaceful and tranquil environment. Please help us to keep it this way by respecting other clients' rights to privacy and quiet.



## HEALTH CONSIDERATIONS

Please advise your Therapist of any health or medical issues you may have, including pregnancy, so that suitable treatments may be recommended. It may be that we will require a Doctor's note for some medical conditions before we can carry out your treatment, so please contact the Spa prior to arrival if you are concerned.



## CANCELLATION POLICY

Please give at least 24 hours notice if you need to cancel an appointment. If less than 24 hours notice is given, a cancellation charge equal to 50% of the price of the treatment booked will be made direct to the card details given to secure your appointment, or to your room bill if you are a hotel resident.



## GIFT VOUCHERS

Gift vouchers are available to purchase all year round and are valid for 12 months.

For more information or to make an appointment please call 01726 811822.

Residents should call extension '100'.

All information is correct at time of printing but may be subject to change without notice.





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