

## HOG'S BACK SIGNATURE SPA DAY | £165

A truly indulgent experience, this day includes full access to our leisure facilities, robes and slippers for comfort, and a two-course light lunch (£25 food allowance) or Afternoon Tea with a glass of Prosecco.

Hogs Back Signature Treatment (60 minutes)

This beautiful top-to-toe therapy will leave you feeling comforted and peaceful. We begin with a wonderful foot ritual where we soak, exfoliate, and massage your feet. Then, we focus on relieving tension and stress in the back, neck, and shoulders. The treatment concludes with a prescribed face mask and a relaxing scalp massage.

## MUM & ME | £249

A truly special experience for you and your mum to enjoy together, this pampering day begins with a TEMPLESPA My Kinda Skin Facial (30 minutes) to refresh and rejuvenate the skin. After that, indulge in a relaxing Spa Manicure and Spa Pedicure, leaving both your hands and feet feeling soft and beautiful.

Enjoy robes and slippers for ultimate comfort, and unwind with a delicious two-course light lunch, making the day even more memorable.

## BRIDAL BLISS | £395

Package includes bride-to-be and 3 friends.

Celebrate in style with a day of pure indulgence before the big day. As the bride-to-be, you'll be treated to a luxurious 60-minute Hog's Back Signature top-to-toe treatment, while each of your friends enjoys a choice of one of the following 30-minute:

TEMPLESPA My Kinda Skin Facial (30 minutes)

TEMPLESPA Drift Away Massage (30 minutes)

Indian Head Massage (30 minutes)

TEMPLESPA AAAHHH! (30 minutes)

After your pampering session, the celebration continues with a 90-minute Bottomless Brunch, where you'll enjoy free-flowing Prosecco to toast to the bride-to-be.

Want to bring more friends? Add up to two extra guests for £85 per person. Elevate the experience with selected cocktails for £10 per person.

Brunch available: 10:00 – 14:00

Spa day package: 10:00 – 16:00



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## TEMPLESPA BACK TO LIFE

This invigorating treatment includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of.

45 minutes | £60

## TEMPLESPA THE OUTER GLOW

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!

45 minutes | £65

## TEMPLESPA THE BODY DETOX

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.

60 minutes | £75

## TEMPLESPA AAAHHH!

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.

30 minutes | £50



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## HOG'S BACK SIGNATURE TREATMENT

This beautiful top-to-toe therapy will leave you feeling comforted and peaceful. We commence with our truly wonderful foot ritual where we soak, exfoliate and massage your feet. Following this we massage all the areas of tension and stress in the back, neck and shoulders. Your treatment is topped off with a prescribed face mask and a relaxing scalp massage. Total bliss!

60 minutes | £140

## TEMPLESPA MY KINDA MOOD

Not sure what you'd like? Then this is the ideal 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 body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

120 minutes | £150

## TEMPLESPA THE MEDITERRANEAN MINI BREAK

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

90 minutes | £110

## TEMPLESPA THE SERIOUS DETOX

Clear out the old and bring in the new with our deep cleansing, top-to-toe detox treatment. Begins with an invigorating body brush and a full-body exfoliation. Achy, overworked joints and tight muscles are then treated to a deep tissue massage. Our full body wrap is then applied and while it goes to work it's time for a purifying and balancing facial. Purely wonderful.

150 minutes | £180

## TEMPLESPA NEW BEGINNINGS TOTAL RETREAT

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 & tired legs.

150 minutes | £180



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# LUXURY FACIALS

These targeted treatments will gently but firmly take on the challenges of sensitivity, oiliness and dullness for healthier complexions.

## TEMPLESPA MY KINDA SKIN

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.

30/60 minutes | £55/£85

## TEMPLESPA MEDITERRANEAN MARINADE

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming probiotic products, gentle lymph draining and a tranquil face massage.

30/60 minutes | £55/£85



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## TEMPLESPA THE SKIN DETOX

The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and spotlessly clean.

30/60 minutes | £55/£85

## TEMPLESPA REPOSE

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.

75 minutes | £100

## MASK UPGRADES

### TEMPLESPA QUENCH DEEP HYDRATION MASK | £10

Creamy anti-ageing face mask that's intensely hydrating, soothing and skin brightening.

### TEMPLESPA TRUFFLESQUE RADIANCE BOOSTING MASK | £10

A power packed anti-ageing radiance mask clinically proven to boost hydration and improve skin after one application.



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# WELLBEING MASSAGES

## TEMPLESPA DRIFT AWAY

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!

30/60/90 minutes | £50/£75/£100

## TEMPLESPA WORK IT OUT

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 workout – untangle knot and ease tension and tightness. Better all round!

30/60/90 minutes | £50/£75/£100



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## TEMPLESPA ROCKS OF THE MEDITERRANEAN

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!

75 minutes | £100

## TEMPLESPA NEW BEGINNINGS

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!

60 minutes | £75



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# NAILS

## HOG'S BACK SPA MANICURE

Cut, reshape, cuticle work & polish

30 minutes | £40

## HOG'S BACK SPA DELUXE MANICURE

Cut, re-shape, soak off, exfoliation, cuticle work, massage, hand mask & polish

60 minutes | £60

## HOG'S BACK SPA PEDICURE

Dead skin removal using foot files, cut, reshape, cuticle work & polish

30 minutes | £40

## HOG'S BACK SPA DELUXE PEDICURE

Foot soak, exfoliation, dead skin removal using files, cuticle work, massage, foot mask & polish

60 minutes | £60

### Terms & Conditions

- The spa is open daily from 10:00am to 6:00pm. The first appointment is at 10:00am. Our last appointment for 60-minute treatment is at 4:30pm and 5:00pm for 30-minute treatments.
- Full prepayment is required for all treatments and spa day packages.
- Group bookings (up to 8 guests) require full prepayment and are subject to availability.
- If a cancellation is made within 72 hours, this will incur a 50% charge.
- Cancellations made within 24 hours will incur a 100% charge.
- If you arrive late, your treatment time may be shortened or cancelled without refund.
- Treatment times include consultation and preparation.
- Gift vouchers are valid from the date of purchase until the expiry date. When booking with a voucher, you must provide the voucher number. On arrival, the voucher must be presented for validation—failure to do so may require full payment. We reserve the right to refuse payment by gift voucher.
- Please notify us of any medical conditions, allergies, or pregnancy when booking, as some treatments may not be suitable. A medical questionnaire must be completed on arrival.
- No children under 16 are allowed in treatment areas unless accompanied by an adult and arranged in advance. To maintain a tranquil atmosphere, please keep noise to a minimum and avoid mobile phone use in spa areas.