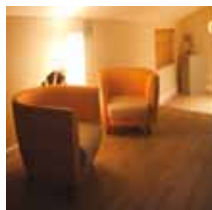


Treatment Menu



Cotswold House
Hotel & Spa





Stepping into the Temple Spa retreat, you are entering the perfect setting for your total enjoyment and benefit. Unwind and chill in 6 luxurious treatment rooms, a spatini manicure bar, a stunning hydrotherapy pool and Turkish hammam. For ultimate relaxation, enjoy your treatments on an amazing floatation bed, the first in the UK and to die for.

Temple Spa treatments use the comprehensive range of Temple Spa skin, body and spa-lifestyle products, created with Mediterranean-inspired natural ingredients as well as advanced technology. The results are visible and impressive as well as seriously restorative.



Facial Therapies

The Power Breakfast Facial

30 Minutes

If you are looking for quick results, need to look your best and don't have much time, this is the one for you. We have taken all the ingredients that you would find in a healthy breakfast, containing oats, honey and fruit juices, to create this revitalising facial that includes a power cleanse, mask and mini massage.

Windows of The Soul

30 Minutes

Perfect for when you look tired, this treatment is designed for the delicate eye area that needs special attention. Using intensive formulations and specific very clever massage techniques, we will lift, smooth and revitalise to put the sparkle back into your eyes.

Repose Aromatherapy Facial

60 Minutes

There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it. This indulgent aromatherapy facial treatment, infused with generous anti-inflammatory ingredients will soothe, calm and nourish a tired, irritated or unhappy complexion.

Go Guy – Male Executive Facial

60 Minutes

This macho facial is perfect to revive, refresh, and invigorate. Your skin will be revitalised with our prescribed facial products and in addition, aching neck muscles will be massaged, worry lines erased and headaches soothed.

My Kinda Skin Prescriptive Facial

75 Minutes

We'll analyse your skin, then prepare for you a wonderful menu of appropriate treatment and product selections, specific to your skin type. This prescription facial includes two wonderful masks, face, scalp, hand and arm massage.

Book and pay for a course of four Prescription facials, and you will receive a Temple Spa Moisturiser individually prescribed by your aesthetician to enhance your skin improvement programme.

The Mediterranean Marinade

60 Minutes

This luxurious facial, packed with natural ingredients and vitamin boosters, is specially designed to reduce the effects of sun, stress or fatigue on the face. Following a deep cleansing, your skin is softened and tenderised with our unique Temple Spa marinade, including fresh herbs gathered from our garden.

The Totally Quenched and Drenched Facial

90 Minutes

The ultimate in anti-ageing, this lavish facial is created for mature, de-hydrated or neglected skin and designed to leave it looking radiant and fresh. Combining powerful anti-oxidants to help fight the ageing process and nourishing ingredients to replace lost elasticity in the skin, this advanced treatment includes our Windows of the Soul eye therapy and a secret remedy to encourage deep hydration and eliminate fine lines.

Body Scrubs, Wraps & Infusions

I'll Be Back

45 Minutes

Warm purifying mineral mud is smoothed all over your back for a deeply cleansing treatment, following an invigorating skin exfoliation with our Mediterranean scrub. Warm fragranced mitts are used to remove the back mask before you enjoy a stimulating massage, leaving you energised.

The Mediterranean Infusion

60 Minutes

A luxurious hydrating body treatment that starts with all over body brushing, followed by a warm and rich organic marinade of fresh mint, cucumber, yoghurt, honey and lemon that is smoothed over the entire body. You will then be cocooned, whilst your face benefits from Med-marinade, and your mind is relaxed with a soothing scalp massage.

Glorious Mud Complete Detox

60 Minutes

Using the finest blends of ingredients for detoxifying and purification of the body, this powerful top to toe body-brushing encourages lymphatic flow. The body is then smoothed with warm vitamin and mineral-rich mud and cocooned in a cosy wrap. The total body detoxification and relaxation process is then taken to another level with a glorious face and scalp massage.

The Outer Glow

45 Minutes

Using our unique Sugar Buff Body Scrub, we polish your body and then we exfoliate your face with The Power Breakfast. This invigorating and refreshing all over treatment leaves the skin top to toe soft, revitalised and hydrated.

AAAHHH! Foot and Leg Energiser

30 Minutes

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 hot oil massage that will leave you tingling and a final friction tap with Aaahhh! Wonderful to add on to another treatment.

Turkish Delight

45 Minutes

Using steam and exfoliating mitts along with our Keep Calm Aromatherapy Cleansing Bar, your body will be lathered and exfoliated, Turkish style, followed by a hot steam towel removal and then warm Drift Away Aromatic Oil is drizzled onto the body for a delicious massage, to leave you soft smooth and totally relaxed.



TEMPLESPA

Massage Treatments

Vespers - Drift Away

60 Minutes

90 Minutes

Our really relaxing top to toe massage, formulated with a dreamy blend of essential oils guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream Repose. It will soothe nerve endings, relaxing the muscles and the mind.

Media Vespers – Chilled Out

30 Minutes

The best thirty minutes you'll spend, to wind you down and take your mind off your thoughts for a while, in a massage devoted to your neck shoulders and back.

Matins - Fully Restored

60 Minutes

90 Minutes

Starting with Mediterranean massage movements and moving in to a revitalising ritual, this invigorating and energising massage encourages circulation, tones muscles and stimulates the whole body. The treatment is completed with our rescue mask Wake Up Call.

Media Matins – Good to Go

30 Minutes

An invigorating and energising massage packed into thirty minutes, concentrating on the back neck and shoulders, a quick fix to get you started, enthused and feeling great.

Fiduciae - Touch and Go

60 Minutes

A great confidence-boosting treatment which begins with an energising back massage using our Dream Stones, followed by rebalancing reflex zone massage and a re-assuring scalp massage. This is completed with an application of our Power Breakfast mask removed with steam towels infused with an uplifting aroma.

The Seated Siesta (Indian Head Massage)

30 Minutes

This amazing massage of the head, neck and shoulders promoting physical and psychological well-being, reduces muscular and nervous tension, and improves circulation. It also reduces the aches and pains associated with long journeys, too much time at the desk or when you've been under the weather. Perfect for pregnant, elderly or less able guests and those with little time to spare.

Footprints In The Sand (Reflexology)

60 Minutes

A reflexology zone massage that will help to rebalance the body by working on reflex points in the feet which correspond to the rest of our body leaving you relaxed but helping to restore lost energy. Have this treatment as a side order to one of the other massage therapies.

Head In The Clouds

60 Minutes

This amazing treatment uses a unique style of massage, working on parts of the face and body, resulting in a deep sense of relaxation physically and mentally as tension lines are eased away. The highlight of this wonderful therapy is the pouring of warmed, fresh herb infused olive oil onto the forehead that trickles back through the scalp giving a feeling of peace, calm and serenity.

Rocks of The Mediterranean

75 Minutes

This popular thermal stone massage is a glorious treatment using warm basalt lava stones and cold marble 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.

New Beginnings

60 Minutes

Pregnancy is a wonderful time in your life 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.





Signature Treatments & Packages

The Mediterranean Float

90 Minutes

Float away as your body is softened with our unique scrub prior to being cocooned in our specially created body infusion. Your face is rejuvenated with our Mediterranean marinade and finally we will moisturise your body from top to toe, finishing with our awesome body tapping, a sensation to be experienced!

A Brush With Heaven

90 Minutes

Imagine the sensation of a sequence of brushes in varying sizes and textures being used from top to toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm aromatic oil, you will be cocooned and then treated to the exclusive Temple Spa facial treatment carried out entirely with brushes, while you doze.

Silent Night

120 minutes

Whether you have jet lag, a poor sleep pattern or simply need deep relaxation, this is the treatment for you. After a visit to the hammam to warm the muscles, you will be offered chamomile tea to wind you down. We will then perform the most calming facial and restful body massage ever, using manual and hot stone techniques. We'll concentrate on the areas that will most definitely encourage a good night's rest. You will also take away with you a Temple Spa Silent Night Kit to continue the good work in your room or at home. (Recommended for later in the day when you need to sleep).

Duvel Day

120 minutes

We will commence with a lovely exfoliation to soften and polish the face and body, followed by a generous application of our gorgeous warm duvet to nourish, tone, tighten and feed the skin. Once cosseted in a down duvet, your face will enjoy a relaxing and restoring facial specific to your skin care needs on the day and the final treat, an application of our delicious thermal face mask. Skin and soul will be nourished... everything you'd expect from a Duvet Day.

Our full day packages include a spa lunch and our executive chef prepares a daily changing spa cuisine option, that offers lighter diet choices if desired. Our day packages always include lots of other little treats and surprises and are preceded by a full consultation with one of our spa hosts, so we ensure you get the absolute best out of your visit.

Total Well Being Package

1 Full Day

Your treatment programme starts with a visit to the hammam followed by a full body exfoliation treatment to polish the skin and improve circulation. After this, you'll enjoy a ninety minute top to toe massage specially designed to relax the body and strengthen the immune system. Next a powerful combination of natural ingredients including luscious yoghurt, honey and treatment serum is applied whilst you experience the most delicious facial.

Radiant Bride

1 Full Day

Great for the day before the big event. We will begin by softening your skin with a body exfoliation and hydrating body wrap. Our aromatherapy facial is designed to calm the skin and the mind and is packed with lots of great essential oils and anti-inflammatory ingredients. To ensure your eyes look their best you will enjoy our brightening eye treatment and an eye brow shape and eye lash tint*. In addition, your hands and feet will enjoy the Temple Spa Manicure and Pedicure so you look the part from top to toe. Bring along your mum and best friend and enjoy the day together.

**Skin patch testing will be required 24 hours prior to the treatment*

Just the Two Of Us

1 Full Day

Perfect for you and your partner or best mate. To start the process of unwinding, you will float in our hydrotherapy pool bath and steam away in the hammam to prepare you for the therapies ahead and relax the mind and body. Following this, you experience our Turkish body exfoliation and then you are ready for a Full Body Massage and a 60-minute facial of your choice. Your feet will enjoy a wonderful pedicure and your hands a gorgeous spa manicure.

Executive Stress Away

1 Full Day

A powerful combination of treatments perfect for guys in need of a little de-stressing. Your treatment will start with a body exfoliation to get rid of those dead skin cells. This is followed by a 90-minute full body massage which will soothe those over-worked muscles. After this, it is time for the face to have a prescriptive skin conditioning facial treatment. Finally every guy needs good hands, so we finish off with a Temple Spa Manicure.

Yummy Mummy-To-Be

Half Day

Everything a mummy-to-be should have to make her feel healthy, gorgeous and pampered. This is our specially-designed treatment for pregnant guests to enable their full body to be massaged and treated, without having to lie on their tummy. We follow this with a delicious face treatment packed with wonderful natural ingredients. Finally your legs will be revitalized with our Leg Energiser treatment perfect for those swollen ankles.

The Serious Detox

Half Day

If you are serious about detoxing, then this is the one for you. You start with some detox superjuice. We have put together the perfect combination to cleanse and detoxify. We exfoliate the whole body, followed by a powerful detoxifying mud treatment infused with essential oils. We finish with an invigorating massage, using lymphatic drainage techniques, to leave you thoroughly rejuvenated and supported in your quest to get in shape.

Therapy By Time

180 Minutes

Not sure what to have? Why not speak to one of our specialised spa consultants who will bespoke a period of time especially for you and your Spa needs in 180 minute time frames.

Temple Spa Treatment Tapas & Side Orders

A selection of smaller bite size treatments to have alongside any other service in 15 and 30 minute portions.

Temple Spa

15 Minute Side Orders

These can be added to any treatment.

■ Stressed Out?

Enjoy our calming back massage

■ Head feel heavy and uptight?

You will love our sedating scalp massage

■ Need all over well-being?

Go for our rebalancing foot reflex massage

■ Love your face to be pampered?

Opt for our special soothing face massage

■ Buzz off fuzz – wax hair removal available

in 15 minute segments *(includes application of Be Strong Serum)*

■ Eye brow shape

■ Man's mid-brow

■ Eye lash tint*

■ Eye brow tint*

■ **Enjoy something delicious** from our spa bar

■ **Want to really understand where your skin is at?** Our aesthetician will analyse your skin using our unique Skin Scanner, perfect before any facial or selecting Temple Spa skincare products

■ Turkish thermal cleanse –

we'll provide the scrubs and muds for you to spend 15 minutes of bliss in our hammam which will result in glowing skin and deep muscle relaxation

■ Nuvola Float Bed

Treatments can be upgraded and performed on our amazing water bed. This innovative system gives body and soul the gift of total relaxation. Its special nature allows you to forget all about the feeling of gravity, giving you the gentle caress of The Mediterranean Sea. The special chromotherapy of alternating colours can be perceived with eyes closed as well, ensuring deep relaxation. Especially beneficial in case of fatigue and insomnia, back problems and muscle strain. The therapy can be combined with various wraps, facials and massages for better absorption of nutrients or simply on its own.

Temple Spa

30 Minute Side Orders

These can be added to any treatment or enjoyed on there own.

■ Temple Spa Signature Anti-ageing treatment for hands *(includes hand and arm massage)*

■ Temple Spa Signature Anti-ageing treatment for feet *(includes shoulder massage)*

These signature anti-ageing treatments for hands or feet are a specific blend of hot waxes and multi-vitamins balanced to rejuvenate the skin, providing exceptional hydration and protection from dryness, cracking, soreness and irritation that savvy spa goers have come to expect from a Temple Spa treatment.

**Skin patch testing will be required 24 hours prior to the treatment*



Hands & Feet

Temple Spa Manicures and Pedicures. Probably the most luxurious manicure and pedicure you will ever have. These 60 minute treatments will leave your hands and fingertips or feet and toes looking elegant and treated oh-so-good. Using our unique Nail Treats that are nail treatments with colour, you choose your shade and then get to take it home with you.

Enjoy a glass of our special Spatini or upgrade to a Templetini while you relax and we'll do the work.

Spa Manicure –	60 minutes
Spa Pedicure –	60 minutes
Express Manicure –	30 minutes
Express Pedicure –	30 minutes



Your Visit to Our Spa

- **Appointment timing** - please arrive 15 minutes prior to your treatment time for the necessary consultation, and of course to relax! If you are late, we're sure you'll understand that this may well result in a shortened treatment time.
- **Mobile phones and smoking** - phones are to be switched off in the Temple Spa and we operate a no-smoking policy inside and outside of the spa building.
- **Cancellations** - credit card details will be taken to secure a booking and any package cancelled within 72 hours of appointment or treatment cancelled with 24 hours of appointment will be charged at the full cost.
- **Health** - we would ask that at the time of booking you make us aware of any health issues so we can consider any contra-indications. Additionally, if you are pregnant, please consult your doctor and seek an approval letter prior to experiencing a treatment and bring it with you on the day.
- **Age** - you must be aged 16 or over to experience treatments or therapies.
- **Clothing** - you will be provided with a spa robe and slippers during your visit to the spa. Bathing costumes need to be worn in the hydrotherapy area and hammam. If you are coming from the hotel and the weather's not great, we do provide spa capes and boots for your walk through the garden. In the summer we will provide you with sarongs.

Temple Spa Products

The spa has a full collection of Temple Spa products for sale. Do take time to play at your leisure. We would be more than happy to gift wrap any of our products and we also have Gift Vouchers available.

Fancy a Sparty?

Book a "Sparty" with one of our Temple Spa expert therapists. In a couple of hours, we'll take care of you and your friends and teach you how to give your skin and body a spa treatment at home and help you select the complimentary product that comes with this fun session. Great for a hen party or simply a girlie get-together. Choose Skin Therapy or Spa Therapy. A minimum of 6 people at £30 per person redeemable on Temple Spa products of your choice.

Some Spa treatments may only become available during 2010.



Cotswold House
Hotel & Spa

The Square, Chipping Campden, Gloucestershire, GL55 6AN
Tel: 01386 848934

spareception@cotswoldhouse.com | www.cotswoldhouse.com



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