

Mix and Match

Not sure what treatment to have?
Fancy trying a taster of something different?
Why not try one of our mix and match packages?

30 minutes of massage
30 minutes of reflexology £50

30 minutes of reflexology
30 minutes of Reiki £50

30 minutes of massage
30 minute mini-facial £55

30 minutes of massage
30 minutes of reflexology
30 minutes of Reiki £75

45 minutes of massage
45 minutes of reflexology £75

45 minutes of massage
45 minute facial £75

Scan the QR code below to see more Mix and Match combinations.

Don't see a combo you like?
Get in touch and we can create one for you.



Scan the QR code to visit our website
for the latest news and our
Treatment of the Month



Opening hours:

Mon: 11:00 - 18:00
Tue: 10:00 - 18:00
Wed: 11:00 - 18:00
Thu: Closed
Fri: Closed
Sat: Closed
Sun: 10:00 - 18:00

Please give 48 hours notice
for cancellations



Qualified - Verified - Insured

Body & Sole

THERAPY

every session as individual as you

Reflexology
Pregnancy Packages
Massage - Reiki - Facials

Multi Award-Winning Therapist

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 Body and Sole Therapy
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Reflexology - Face, Feet or Hands

Reflexology helps to activate the healing powers of the body. The face, feet and hands contain reflex points that correspond to all the major organs, glands and body parts.

I have undertaken additional training to incorporate treatment protocols for stress and peri-menopause/menopause.

| | |
|-------------------|-----|
| 30 minute session | £30 |
| 40 minute session | £40 |
| 60 minute session | £50 |

Massage Therapy

Massage Therapy is the management, manipulation and rehabilitation of soft tissues of the body, which includes muscles, tendons and ligaments.

I offer the following types of massage:

Sports, myofascial release, aromatherapy therapeutic, oncology, Indian Head Massage.

| | |
|-------------------|-----|
| 30 minute session | £30 |
| 40 minute session | £40 |
| 60 minute session | £50 |

Upgrades

| | |
|-----------------------------------|-----|
| Foot soak & scrub (extra 10 mins) | £10 |
| Back cleanse and scrub | £5 |
| "Aaahhh!" Cooling Balm | £5 |
| Heated eye mask | £4 |

Pregnancy Packages

Mama To Be Signature Package

Everything an expectant Mama could want to ease those aches:

Foot soak/scrub/massage, back massage, scalp and facial massage.

Stretch HA cream-gel sample to take away.

60 minute session £55

Mama To Be Ultimate Package

The ultimate relaxing and soothing treatment for pregnant mamas to be:

Foot soak/scrub/massage, back massage, hand/arm massage, facial reflexology/scalp massage.

Stretch HA cream-gel sample to take away.

90 minute session £79

Reiki with Crystal Healing & Chakra Balancing

Reiki is an holistic energy treatment, working the whole body and mind. It stimulates the body's natural healing abilities.

Relevant crystals will be chosen for each chakra (7) based on a detailed consultation - every session will be completely bespoke.

You will remain clothed throughout.

60 minute session £50

All prices correct as of September 2022

Temple Spa Facials

The goal of Temple Spa is the well-being of your skin, body and soul. Anti-ageing ingredients are incorporated into 100% of our skincare and sensitive skin is our base line in all products. Every product contains botanicals, essential oils and extracts found in the Mediterranean and is devoted to de-stressing, rebalancing and restoring.

60 minute session £52

Power Breakfast (Normal Skin)

To balance and brighten

Quench (Dry/Dehydrated Skin)

To rejuvenate and hydrate

Purification (Oily/Combination Skin)

To deep cleanse and detoxify

Be Calm (Sensitive Skin)

To soothe and calm

Your facial will include a hand scrub followed by a nourishing hand and arm massage.

Instead of a facial massage you will be treated to 20 minutes of facial reflexology.

You will receive complimentary mini skincare products to take away.