

every session as individual as you

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 women's health.

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.

60 minute session £55

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.

60 minute session £59

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.

90 minute session £85

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

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 £55

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.

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 minute massage
 30 minute reflexology £50

30 minute reflexology
 30 minute Reiki £50

30 minute massage
 30 minute mini-facial £55

30 minute massage
 30 minute reflexology
 30 minute Reiki £79

45 minute massage
 45 minute reflexology £79

45 minute massage
 45 minute facial £79

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.

