



# THE SPA

SPA • BATH HOUSE • GARDEN

## Spa Treatment Menu

# The Spa & Bath House is delighted to partner with TEMPLESPA

TEMPLESPA is a British skincare brand with exceptional products and spa experiences that enhance skin, body & soul. Born out of their love of the Mediterranean, everything they do is inspired by this special region; the people, the food, the lifestyle and the landscape are infused with such a special energy. Their values drive their purpose to focus on love, integrity and respect for their people, product, partners and planet. Their products combine Mediterranean inspired botanicals with the latest derma science to deliver visible results.

I look forward to welcoming you to The Spa & Bath House soon.

Hannah Parsons-Shaw  
Spa Manager



# Spa Days

Spa days at The Royal Crescent offer an escape from the hustle and bustle of daily life to the tranquillity of The Spa & Bath House.

All our days include full use of the spa facilities for 60 minutes and complimentary use of robe, towel and footwear.

## Half Day Spa

Use of the spa facilities and a 60-minute treatment of your choice, followed by a two-course lunch or afternoon tea.

Off Peak £195  
Peak £205

## Royal Experience Spa Day

A 90-minute Royal Crescent hero treatment and TEMPLESPA gift, use of the spa facilities and an afternoon tea.

Off Peak £230  
Peak £240

## Taittinger Champagne Mini Escape

Taittinger Champagne and chocolate truffles on arrival, a 60-minute treatment of your choice and use of the spa facilities.

Off Peak £175  
Peak £185

# Facial Treatments

## TEMPLESPA - Champagne & Truffles Deluxe Facial

### THE CRÈME DE LA CRÈME OF RADIANCE FACIAL

A luxury facial that combines award-winning Truffle skincare with specialist lifting massage techniques that together iron out deep lines and wrinkles, strengthen muscles and reduce puffiness. Includes a glass of Taittinger Champagne to celebrate the luxury.

Off Peak	60 mins £130
	90 mins £155
Peak	60 mins £150
	90 mins £175

## TEMPLESPA - Purification Facial

### DEEP CLEANSING AND RELAXING FACIAL

Perfect solution for skin in need of a good spring clean. A professional deep cleanse that leaves the complexion feeling squeaky clean, unclogged, decongested and fresh.

Off Peak	60 mins £115
Peak	60 mins £130

# Facial Treatments

## TEMPLESPA - All About The Glow

### VITAMIN C RADIANCE FACIAL

This advanced, skin transforming facial provides instant and visible results for firmer feeling, brighter, and healthy-looking skin. Intelligent active ingredients, boosted by Vitamin C and Glycolic acid complexes, combined by unique skin lifting massage result in your best skin ever.

Off Peak	60 mins £115
Peak	60 mins £130

## TEMPLESPA - The Totally Quenched & Drenched

### HYDRATING FACIAL

This facial treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines.

Off Peak	60 mins £115
Peak	60 mins £130

## TEMPLESPA - My Kinda Skin

### PERFECTLY BESPOKE PRESCRIPTION FACIAL

Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing.

Off Peak	60 mins £115
Peak	60 mins £130

# Facial Treatments

## TEMPLESPA -The Power Breakfast

### EXPRESS FACIAL TREATMENT

Short on time? Need fast results? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround includes a wake me up scalp massage.

Off Peak	30 mins £70
Peak	30 mins £80

## TEMPLESPA - Windows of The Soul

### ANTI-AGEING EYE TREATMENT

A perfect results-driven eye treatment, designed to deliver speedy results for tired, dull, and puffy eyes. A pressure point eye massage lifts, firms and smooths eyes preparing them for the application of a lightweight anti-ageing eye cream to hydrate, reduce puffiness and treat dark circles.

Off Peak	30 mins £50
Peak	30 mins £55

# Body Treatments

## TEMPLESPA - Cashmere & Truffles Body Treatment

This indulgent treatment combines an invigorating, radiance-boosting body exfoliation followed by a skin-transforming treat with our luxurious Truffle body massage oil and a layer of our unique, award-winning Body Truffle crème. Skin is left feeling cashmere soft and revived, beautifully fragrant and ready for the red carpet.

Off Peak	60 mins	£115
Peak	60 mins	£130

## TEMPLESPA - Drift Away Massage

### RELAXING BODY MASSAGE

This deeply relaxing 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 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.

Back, neck & shoulders massage		
Off Peak	30 mins	£70
Peak	30 mins	£80
Full body massage		
Off Peak	60 mins	£115
Peak	60 mins	£130
Full body, face & scalp massage		
Off Peak	90 mins	£125
Peak	90 mins	£150

# Body Treatments

## TEMPLESPA - Work It Out Massage

### DETOXING BODY MASSAGE

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious Work it Out Detox massage oil which includes essential oils of juniper, lavender and cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage to work on knots, tensions and tightness to help the detox process.

Back, neck & shoulders massage

Off Peak 30 mins £70

60 mins £115

Peak 30 mins £80

60 mins £130

## TEMPLESPA - In Good Spirits Massage

### ENERGISING MASSAGE

An invigorating massage designed to leave you full of vitality. We use an uplifting blend of Mediterranean essential oils including ginger, lemon and bergamot that are carefully chosen to stimulate and refresh the skin, body & soul. The clever massage movements encourage circulation and stimulate the whole body to leave you feeling energised and full of life.

Back, neck & shoulders massage

Off Peak 30 mins £70

60 mins £115

Peak 30 mins £80

60 mins £130



# Body Treatments

## TEMPLESPA - New Beginnings Pregnancy Massage

### PRE-NATAL WELL-BEING MASSAGE (12 WEEKS & OVER)

Pregnancy is a most wonderful time that requires treatments specially designed for you. Enjoy a full body massage without the need to lie on your tummy. Our specially trained therapists know exactly how to ease those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with face and scalp massage, leaving your skin feeling baby soft all over.

Off Peak	60 mins £115
Peak	60 mins £130

## The Spa & Bath House - Hot Stones Massage

### HOT STONE MASSAGE WITH WARM OIL

The heat of the basalt stones relieves deep tension and muscular stiffness combined with a warm oil hands on massage to detoxify the muscles.

Perfect therapeutic massage.

Off Peak	60 mins £115
Peak	60 mins £130

# Body Treatments

## The Spa & Bath House Reflexology

(SUBJECT TO AVAILABILITY - PRICE ON APPLICATION)

Reflexology massage involves applying pressure to specific areas of the feet, organs and systems of the body are brought into balance. Also relieves ache and pains and promotes relaxation.

## TEMPLESPA - Revitalising Leg Treatment

### FOOT AND LEG ENERGISER

This treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot massage incorporating the signature AAAHHH! Balm.

Off Peak	30 mins £70
Peak	30 mins £80

# Adapted Treatment Menu

## The TEMPLESPA & Amethyst Trust

This specially adapted menu of wonderful TEMPLESPA treatments that are suitable for guests who are medically frail, recovering from illness or are immunocompromised such as those suffering from cancer. These adaptable and customisable treatments allow therapists to create bespoke treatments to suit the guests needs.



## TEMPLESPA - My Kinda Skin

### BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES

A totally bespoke facial designed to suit your personal skin type and your concerns.

Off Peak	60 mins £115
Peak	60 mins £130

Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

# Adapted Treatment Menu

## TEMPLESPA - Power Breakfast

### EXPRESS FACIAL FOR ALL SKIN TYPES

Looking for quick results, need to look your best but don't have much time?

This is the facial for you. A tester treat for all skin types.

Off Peak	30 mins	£70
Peak	30 mins	£80

Exfoliation may not be appropriate for clients whose skin is sensitised from medical treatments they are undergoing.

## TEMPLESPA - Drift Away Massage

### RELAXING FULL BODY MASSAGE

This deeply relaxing massage, formulated with a dreamy blend of

Mediterranean essential oils including frankincense, lavender, and patchouli, is guaranteed to have you drifting away.

Off Peak	60 mins	£115
Peak	60 mins	£130

# Enhance Your Spa Experience

## Champagne

Whether a glass or a bottle, rose or vintage, enhance your spa experience with Champagne. Relax in front of a roaring fire in the winter, linger in Montagu's Mews or in the summer months go alfresco in the acre of secluded gardens.

## Dining

Whatever the time of day, there is always a delicious treat to enjoy on the menu. A relaxing breakfast before your spa day, sharing platters in Montagu's Mews after a workout or an indulgent afternoon tea in the gardens after a soothing treatment, we will help to create the experience that is right for you.

## Afternoon tea

Afternoon tea is the ideal way to complete your spa experience. Savoury delights and sweet indulgences, makes this quintessential tradition a must when visiting.

# Information

## Making an appointment

To make an appointment, please call The Spa & Bath House reception on 01225 823367 or email [spa@royalcrest.co.uk](mailto:spa@royalcrest.co.uk)

## Male and Female Therapists

Please note that we employ both male and female therapists.

## Arrival Time

Please arrive 15 minutes before your appointment time to complete your consultation form and to relax prior to your treatment.

## Dress Code

On arrival, we will provide you with a robe, towel and flip-flops for your comfort during your visit. Swimwear should be worn at all times when using The Bath House facilities.

## Spa Etiquette

The Spa & Bath House is a place of peace and tranquility. We want our guests to enjoy the relaxed atmosphere and a moment of quiet away from the noise of the outside world, so please avoid using mobile phones when possible.

## Payment

Payment in full is required upon booking. A discretionary 12.5% service charge is applied to all treatment bookings, to be settled on departure.

## Cancellation Policy

We request a 48-hour notice period when cancelling or rescheduling your treatment(s) to avoid any cancellation charges. In the unfortunate event that you have to cancel or postpone your confirmed booking within a 48-hour notice period, the hotel reserves the right to charge the full amount.

## Children's Policy

We welcome guests 16 years and over for treatments with signed consent from parent or guardian.

We are unable to offer the use of our pool facilities at The Bath House to children under 16 years old, other than during school holidays, please ask for details.

# Information

## Location

The Spa & Bath House is perfectly situated within the hotel's beautiful acre of secluded gardens; head for the doors to the left of hotel reception and take the left-hand path.

## Facilities

The Bath House offers a 12-metre relaxation pool, vitality pool, sauna and steam room.

## The Spa Garden

Unwind in the tranquil surrounds of The Spa Garden with a glass of Champagne or enjoy a dish from our all-day Bar & Terrace menus. Savour the picturesque setting in your fluffy bathrobe and flip-flops in the summer months.

## Spa Membership

Enjoy the five-star spa facilities all year round when you become a member of The Spa & Bath House. We have a range of different memberships to choose from, all of which come with various perks and special offers. There is also the option to spoil a friend with one of our guest passes.

Talk to our spa team about becoming a member.

01225 823367

or email

[spa@royalcrescent.co.uk](mailto:spa@royalcrescent.co.uk)





# THE ROYAL CRESCENT

HOTEL • SPA • DINING

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BATH

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