



RAITHWAITE
SANDSEND



TEMPLESPA

SPA MENU



WELCOME

to the most divine spa experience you'll probably ever have!

Welcome to the perfect setting for your total enjoyment and wellbeing.
A wonderfully cosy haven of relaxation and peace and never-rushed calm.

We welcome you with open arms and our friendly,
kind-hearted hosts and therapists are here to totally serve you.
Our first-class Temple Spa treatments are both seriously restorative and thoroughly feel-good.
You'll notice the visible, impressive results straight away.
In fact, you might not want to leave!

IT'S ALL ABOUT THE FACE

Prescription & skin boosting facials

Express facial £55

Perfect skin pick-me up - 30 Minutes

This mini facial is ideal for those on the go. Your skin is cleansed, lightly exfoliated and gently massaged. This quick-fix facial will leave your skin looking visibly brighter and you with a radiant complexion, a must-have for pre-parties and special occasions.

My Kinda Skin £85

Bespoke prescription facial for your skin type - 60 Minutes

Are you the sensitive type? Classic combination? Dreadfully dry? Perhaps you don't know. Let us analyse your skin and prepare a wonderful treatment using products specifically for your skin type. Just relax and we'll do the rest. This gorgeous facial includes a face mask, lymph drainage. You will feel amazing and your skin will look so, so good.

Go Guy - Male Executive £85

Men's facial for all skin types - 60 Minutes

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with a deep cleanse, followed by a lifting, tranquil or compression massage depending on your skin type, an exfoliating mask will then be applied. Aching neck muscles will be massaged, worry lines smoothed and headaches soothed. Finally, a detoxifying foot massage. You'll feel glad you gave us an hour of your time.





THE GOODY-GOODIES

Wellbeing facial

The Totally Quenched & Drenched *£120*

Rehydrating facial for thirsty skin - 75 Minutes

The ultimate in anti-ageing, this lavish facial is a must for dehydrated or neglected skin and is designed to leave it looking radiant & fresh. Combining powerful antioxidants to help fight the ageing process and loss of elasticity in the skin, this divine treatment includes a cryogenic mask which gives a cooling effect and aids the infusion of the goodness of the mask. It also includes our intense eye therapy and eye massage with a rather special secret remedy to encourage deep hydration and eliminate fine lines. And if that isn't enough, we also use lifting massage techniques and lymph drainage. You could call it a facial iron!

Repose Aromatherapy Facial *£110*

Relaxing, indulgent facial for all skin types - 75 Minutes

This indulgent aromatherapy facial is infused with generous anti-inflammatory ingredients and will soothe, calm and nourish a tired, irritated or unhappy complexion. A divine treatment that begins with lymph draining techniques and a hand and arm massage, followed then by a relaxing, tranquil face and scalp hot oil massage. Pure Bliss.

THE LAP OF LUXURY

All About The Glow £120

Vitamin C Radiance Facial Workout - 60 minute facial.

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & brighter, healthy-looking skin. Your complexion is transformed thanks to intelligent active ingredients boosted by vitamin c and our glycolic acid complexes. Add our unique skin-lifting massage techniques and the results are even better skin. We like to call it the facial gym power hour!

Champagne & Truffles Deluxe Treatment £140

The crème de la crème of facials - 90 minutes

A luxury facial that combines our Award-Winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help to strengthen muscle tone and reduce puffiness. You'll have something to celebrate. The 90-minute treatment includes an exquisite cooling alginate mask and rose quartz massage therapy.





BODY SCRUBS, WRAPS & INFUSIONS

Just like a 'facial' but for the body

Aaahhh! £55

Leg & foot energiser - 30 minutes

Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is instant relief for tired, over worked limbs. It begins with skin brushing and a sugar buff scrub, to help eliminate excess fluids, followed by a warm oil massage, that will leave you tingling, and finally an invigorating rub with Aaahhh! Wonderful to add on to another treatment.

Turkish Delight £80

Body exfoliation - 45 minutes

Using hot exfoliating gloves, along with our KEEP CALM aromatherapy cleansing bar, your body will be lathered and exfoliated. Followed with a hot, steam towel removal and blissful, warm DRIFT AWAY oil massage, you will feel soft, smooth and totally relaxed. If you've ever wondered what it would be like to be rubbed, scrubbed and lathered-up Turkish style, this is the one for you.

The Outer Glow £90

Face & body exfoliation - 45 minutes

Using our unique Sugar Buff body scrub, we polish your body and exfoliate your face with a facial scrub. This invigorating and refreshing all over treatment leaves the skin top-to-toe soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Go and glow!

MASSAGES

the best massage treatment you'll ever experience

Scalp, Neck and Shoulder Massage *£55*

30 minutes

Face up, across the chest, around the shoulder and into the scalp is massaged with either hot oil applied or can be done without oil applied to scalp.

Back, Neck and Shoulder Massage *£60*

30 minutes

This massage, devoted to your neck, shoulders and back, is the best 30 minutes you'll ever spend! Perfect for when you don't have a lot of time, but you do have a lot of stress.

Fully Body Massage *£110*

60 minutes

Whole body massage including back, backs of legs, front of legs, down the arms, across the chest and scalp. Massage oil is chosen to match the pressure choices of soft, medium or firm.

Fully Body Massage (incl. Face) *£155*

90 minutes

Whole body massage including back, backs of legs, front of legs, down the arms, across the chest and scalp. Massage oil is chosen to match the pressure choices of soft, medium or firm Followed by an express facial including Eye & Lip cleanse, Face cleanse, Express facial massage, Exfoliation, Eye cream, Moisturiser.

Hot Stone Back, Neck & Shoulder Massage *£70*

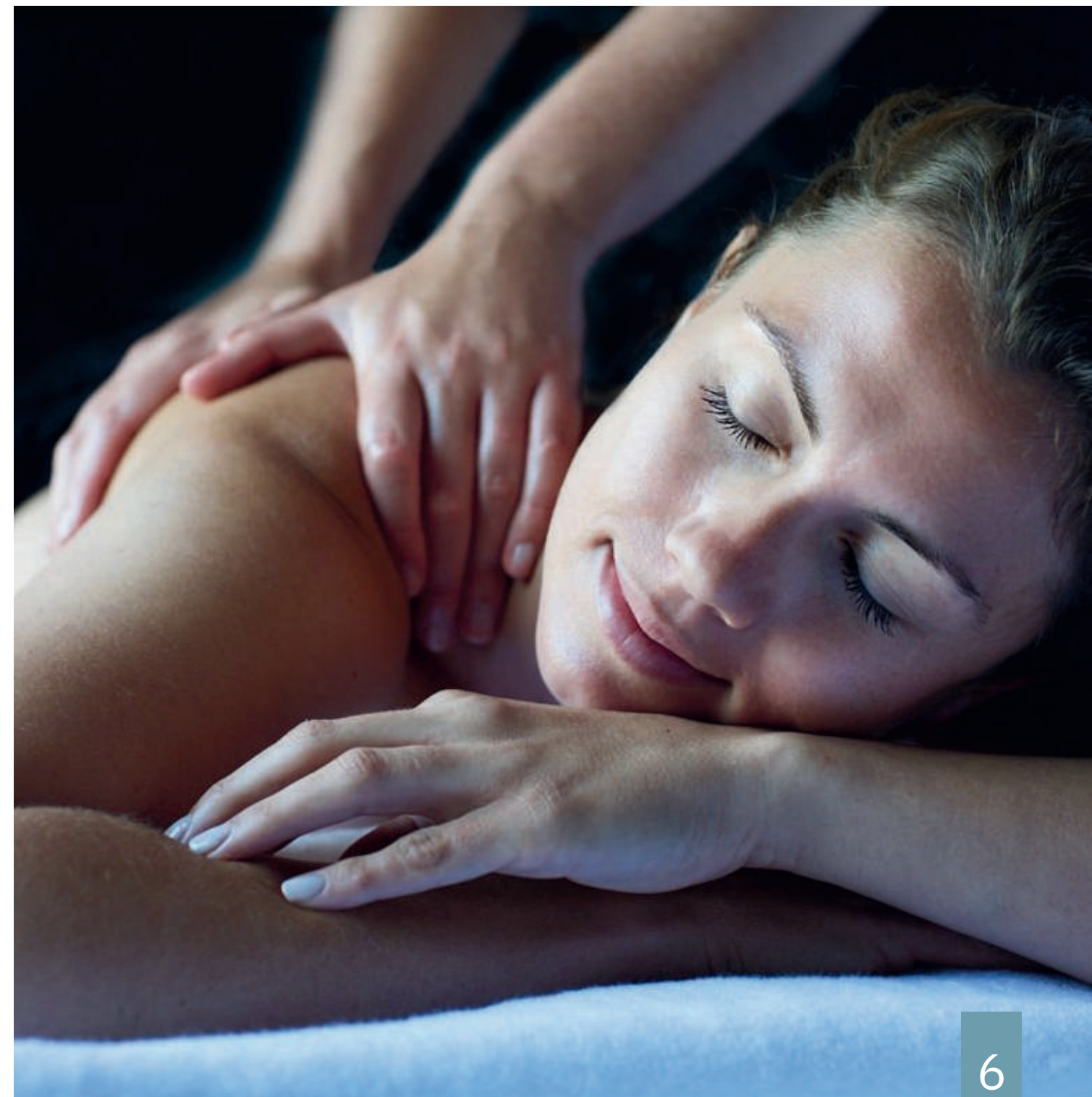
Hot stones massage - 30 minutes

Hot stones are heated and used to massage the whole back area including the lower back, shoulders and neck area as well as manual massage.

Rocks of the Mediterranean *£130*

Hot stones massage - 75 minutes

This popular thermal stone massage is a glorious treatment using warm basalt lava 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. It's an experience you just have to have at least once in your life.



SPA EXPERIENCES & PACKAGES

top-to-toe spa affairs

The Mediterranean Float £135

The fully loaded skin-luxe facial & body duo - 90 Minutes

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and 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. The rejuvenating facial contains our unique Mediterranean marinade. The result? Totally smoothed and soothed skin, head to toe.

My Kinda Mood £190

A prescriptive facial & massage bespoke to you - 120 Minutes

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling - skin, body & soul - and let you smell the different aromas to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative full body massage, followed by an indulgent facial. We will select the products and techniques perfect for your wants and needs.

You will look, feel and smell oh so good.

Your Best You £150

Menopause Relief Treatment - 90 minutes

This unique top-to-toe treatment is bespoke to you, supporting fully during your second spring, no matter the stage you're at. Give us your whole you for 90 minutes and you'll leave energised yet nurtured, at ease. Choose from warm or cool but hey it's okay to change your mind at any time, just say. This gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with TEMPLESPA nurturing skincare. These healing stones produce negative ions to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and tension and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful. Nutritious oils and our deeply hydrating & comforting body cream, DUVET gives your body the hug it deserves. You'll step off the bed feeling fresh, calm & content knowing that you have done something good for you. Your best you once again.

This 90 minute treatment includes a lifting facial massage, hot oil scalp massage and application of our award-winning Truffle products.

RAITHWAITE DAY SPA PACKAGES

Mini Spa Day £95

To Include:

2 hours spa use (swimming pool, sauna & steam room)

Use of 1 x towel & 1 x spa robe & locker usage

1 x 30 minute treatment (choice from Express Facial, Scalp, Neck & Shoulder Massage or Aaahhh leg & foot massage)

£25 to spend on our Bar menu (towards food only)

*Treatment can be upgraded to:

30 minute Back, Neck & Shoulder Massage for £5 extra

30 minute Hot Stone Back, Neck & Shoulder £10 extra

60 minute treatment to include 1 x 30 minute Back, Neck & Shoulder Massage & 1 x Express Facial £55 extra

60 minute Full Body Massage £60 extra

Morning Spa & Dine £30

2-hour Spa use with use of changing facilities, lockers and towel, followed by coffee/tea, fresh pastry & seasonal fruit in the lounge. Available Monday – Friday 07:00-11:00, £30 per person, to be pre-booked subject to availability.

Afternoon Spa & Dine £30

2-hour Spa use with use of the changing facilities, lockers and towel, followed by cream tea in the lounge/terrace. Available Monday – Friday 12:00-14:00, £30 per person, to be pre-booked subject to availability.

Spa days are to be booked in advance and subject to availability, parties of up to 4 guests at a time.

OUR PRODUCTS

temple spa products

Temple Spa products are geared towards serious results, self-preservation and overall wellbeing. We employ cutting edge science and innovative technologies to produce results oriented products and concentrated formulas with boosted performance. We continually reach into the brilliant minds and derma-science laboratories of some of the most eminent doctors and professors of bio-chemistry, dermatology and medicine in Switzerland, Italy and the UK.

Every product contains an abundance of botanicals, essential oils and extracts traditionally found in the rich fields and waters of the Mediterranean, and sourced from the highest quality crops. Anti-ageing and skin psychology is very important us. Anti-ageing ingredients are formulated within all of their skincare and problem solving serums target specific anti-ageing problems.

All textures and touches are briefed to feel like cashmere, silk or velvet, so there really is a poly-sensual experience within every bottle and every spa treatment. They look good and they do you good, with every sense touched.

Contemporary packaging, anti-ageing formulas, textures like cashmere, feel-good factor aromas and names to make you smile.



CAN'T DECIDE WHICH TREATMENT?

Sometimes you don't know what treatments you'd like until you arrive - you might need to relax, or you might need to be rejuvenated. But knowing in advance how you are going to feel on the day of your spa visit is sometimes a little hard. No problem at all.

Our unique booking system is here to help. You have **two options**:

Book a specific treatment from our menu if you know in advance what you'd like or;

Book A 'time' (choose from 1 hour, 2 hours or more) and you can decide on which treatments you want when you arrive.

And if you still can't decide, tell us how you feel and we'll design something personally, just for you. So relax and know that whatever you need is taken care of.

A **deposit** is taken for all bookings (£55 for half hour or £85 for an hour) which is nonrefundable.

PAYMENT & CANCELLATION POLICY

Full payment is due at the time of booking for all treatments and spa days. In the event you need to cancel, if notice of 72 hours or more ahead of your scheduled appointment is given, then a 50% refund will be processed. We may also be able to move your appointment to an alternative date that is within 3 months of your original appointment date, however this is strictly subject to availability and cannot be guaranteed. If less than 72 hours' notice is given, no refund will be processed. Arriving late for your appointment will unfortunately result in a reduced treatment time and no reduction in treatment cost.

In the event you do not attend a scheduled treatment, full payment will still be taken and no refund will be issued.



MAKE THE MOST OF YOUR VISIT

Thank you for choosing to come and visit The Spa at Raithwaite. We have a variety of features to help you relax, unwind and recover. This includes three treatment rooms; with one double room should you wish to share the experience with a partner or friend.

Within the Spa you will find a sauna and steam room for mixed gender. Both are designed to open your pores, increase heart rate and work your sweat glands. Both are great to use after exercise, recovering from a cold, and for general cleansing of the skin.

You will be provided with robes and a towel.

We have lockers which need a number code to access (no coin required).

Drinking water is available by the pool.

Lunch is available from 12:00pm - 17:00pm.

Afternoon tea is available from 13:00pm - 17:00pm - you can choose what time is most suitable.

Any food or beverage extra to what is included in your package must be paid at time of ordering in the bar 1822/restaurant.

Adult only pool times between 10:00am - 12:00pm / 18:00pm - 20:00pm.

Spa Opening hours are 07.00am - 20.00pm.

Spa Etiquette

Swimwear must be worn at all times in the spa area. Please shower before and after you enter the spa facilities and before and after any heat treatments. Belongings are left at owners risk.

The use of mobile phones and recording equipment is not permitted in the pool area.

Outdoor shoes are not to be worn and glass objects are not permitted in the pool area.

Any form of food or drink (except water) is not permitted in the spa area. No running or jumping in the spa area.

Children under 16 must be accompanied by an adult and are not permitted to use the steam room or sauna.

People with high blood pressure, heart disease and women who are pregnant should avoid heat treatments.

Come out immediately if you feel faint or dizzy during any time in the spa facilities.

Women who are pregnant - we do not recommend use of sauna or steam room.

Arrival Instructions

The Spa is located on the lower ground floor of the Main House.

For day packages you are welcome to use the facilities between 10am - 4pm for your 2 hour slot.

We recommend you arrive in the Spa reception area a few minutes before your treatment start time, to enable you to complete a consultation form.

Treatment time: please be advised that the treatment time stated in the brochure is not hands on treatment time but includes consultation and aftercare time.

Please enjoy your visit with us.



RAITHWAITE SANDSEND

your body is a living temple. honour it, enjoy your life & live it to the full

Temple Spa philosophy



TEMPLESPA

For more information please email spa@raithwaite.com or call 01947 661661

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