The Spa

at Norfolk Woods

Almost Everything Works Better When You Unplug... Including You

Step away from the demands of everyday life and immerse yourself in a sanctuary of relaxation and well-being. Whether you are seeking a moment of indulgence, a restorative massage, or a complete mind-and-body reset, our highly trained therapists offer a carefully curated selection of Temple Spa treatments tailored to your individual physical and emotional needs.

For the ultimate finishing touch, our partnership with Mii cosmetics provides luxurious manicures and pedicures for both men and women, leaving hands and feet beautifully groomed and refreshed.

Whether you wish to unwind, ease tension, enjoy a rejuvenating facial, or simply indulge in some well-deserved self-care, our spa offers the perfect escape. Leave feeling relaxed, revitalised and ready to reconnect with your best self.

IMPORTANT INFORMATION

BOOKING

Full payment of spa packages, any treatments and use of the spa facilities is required at time of booking.

Please ensure that you arrive at the spa at least 15 minutes prior to your appointment in order to make full use of your treatment time and consultation.

CANCELLATION

Spa treatment cancellations must be made at least 24 hours prior to your scheduled appointment.

Spa packages, group bookings and spa facilities must be cancelled within 48 hours prior to booking.

If notice is not given, the full cost of the treatment may be charged.

TERMS & CONDITIONS

To ensure a relaxing environment for all guests, spa facilities and body and facial treatments are only available to those aged 18 and over.

Younger guests aged 8-16 are welcome to enjoy a Mii file and polish treatment, while guests aged 16 and above may book a Mii Manicure or Pedicure.

For guests under the age of 18, written consent from a parent or legal guardian is required prior to any nail treatment. A parent or guardian must also accompany the child for the entire duration of the appointment. Treatments will not go ahead without parent's written consent.

If you are thought to be under the influence of alcohol or drugs you will be refused your treatment.

MEDICAL & ALLERGIES

Some treatments are not suitable for certain medical conditions, please inform us on booking of any pre-existing medical conditions and we strongly recommend you consult your doctor before booking any treatments.

You must declare any surgery that has taken place in the last 12 months before your appointment.

If surgery had taken place in the last 12 months your treatment may be cancelled.

Any conditions requiring life maintaining medication will not be accepted.

A patch test is required 24 hours prior to certain treatments, please consult our spa therapists if you have any skin conditions, such as Psoriasis or Eczema, as well as any other allergies or conditions that may affect your treatment, for example a nut allergy. To avoid disappointment please consult a medical professional and bring a Doctor's note clearing you for any treatments.

Treatments may be cancelled at the discretion of our spa therapists.

SPA ETIQUETTE

We politely request that you respect other guests and the ethos of the spa. Please switch your phone to silent during your visit. Clients having spa packages or using the spa facilities, please leave your personal belongings and valuables in lockers.

Underwear/Swimwear must be worn throughout the treatments.

TEMPLE SPA MY KINDA SKIN

Prescription Facial
Let us analyse your skin and prepare a tailored treatment just for you.

Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin transformed.

TREATMENT TIME
25 minutes
50 minutes

TEMPLE SPA ALL ABOUT THE GLOW

Glow & Radiance 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 techniques and the results are even better skin.

TREATMENT TIME
25 minutes
50 minutes

TEMPLE SPA CHAMPAGNE & TRUFFLES DELUXE TREATMENT

Firm and Lift Facial
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 version includes an exquisite cooling Alginate mask and rose quartz massage therapy.

TREATMENT TIME
60 minutes
90 minutes

TEMPLE SPA REPOSE FACIAL

Relaxing Aromatherapy Facial

Theres nothing like stress for lining the skin and there's nothing like relaxation for smoothing it!

This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with a hot oil scalp massage, plus a hand & arm massage and eye treatment. Want to look and feel less tired? then this is for you.

TREATMENT TIME

75 minutes

TEMPLE SPA WORK IT OUT

Reviving Deep Tissue Massage

A tension easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the ingenious WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica.

We begin with full body brushing to stimulate circulation and improve lymph drainage. Then a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a workout – untangle knots, ease tightness and relieve stress. Better all round!

TREATMENT TIME

25 minutes
50 minutes

TEMPLE SPA DRIFT AWAY

Relaxing Aromatherapy Massage

This deeply relaxing top-to-toe 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 80 minutes to include a signature face and scalp massage using our award-winning 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.... stay awake if you can zzzzz!

TREATMENT TIME

25 minutes
50 minutes
80 minutes

TEMPLE SPA A BRUSH WITH HEAVEN

Relax & Restore Face & Body Experience

Imagine the sensation of being brushed head-to-toe!

This unique treatment revives, relaxes and drains toxins. Your skin is cocooned in a rich warm body oil, whilst your face gets an equally heavenly treat. The entire treatment is carried out with brushes, whilst you doze!

TREATMENT TIME
90 minutes

TEMPLE SPA THE OUTER GLOW

Glow and Radiance Body Treatment

An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to prep your skin for a massage and an absolute must before your holiday or special event. Off you glow!

TREATMENT TIME
45 minutes

TEMPLE SPA NEW BEGINNINGS

Pregnancy Massage

Pregnancy is a most wonderful time that requires treatments specially designed 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 and aching muscles while you feel completely comfortable and relaxed.

The treatment is topped off with a relaxing face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

TREATMENT TIME
50 minutes

New Beginnings Back Massage

TREATMENT TIME
25 minutes

TEMPLE SPA AAAHHH!

Revive & Energise Foot and Leg Treatment

This oh-so-good treatment is instant relief for tired, overworked legs and feet. Begins with skin brushing to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

TREATMENT TIME

25 minutes

50 minutes

REFLEXOLOGY

Step in and let Amanda work her magic on your soles, this treatment is tailored to you as a whole person, taking into account both physical and non-physical factors that might be affecting your well-being. Your feet and inner body will thank you for this pure bliss.

TREATMENT TIME

45 minutes

HOT OIL SCALP MASSAGE

Shoulders, neck, scalp & face are massaged to help with circulation, soothe away aching muscles & ease any tension.

TREATMENT TIME

25 minutes

SWEDISH MASSAGE

This massage is great for everyday stress, your physical and mental health, it will have you feeling calm and relaxed and a little less knotty, the perfect little stress reliever.

TREATMENT TIME

Back Massage 25 minutes

Full Body Massage 50 minutes

MANICURE

Your hands are cleansed, exfoliated, cuticle care, conditioning cream and oils are then massaged in for lasting nourishment and comfort. Nails are shaped and prepared with a base coat. Complete your treatment with a polish topped with a glossy high shine finish or opt for the long-lasting elegance of our statement gel polish.

TREATMENT TIME
45 minutes

PEDICURE

Cleansed, exfoliated, cuticle's groomed, hard skin removed and massaged with a deep conditioning cream. Nails are shaped and prepared with a base coat. Complete your treatment with a polish topped with a glossy high shine finish or opt for the long-lasting elegance of our statement gel polish

TREATMENT TIME
60 minutes

FILE AND POLISH

Nails are shaped and prepared with a base coat. Complete your treatment with a polish topped with a glossy high shine finish.

TREATMENT TIME
30 minutes

OTHER TREATMENTS

We also offer a range of waxing and tinting treatments.
Please refer to our Price List for more information.

The Spa
at Norfolk Woods

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