

## THE DEVONSHIRE SPA FACIALS

### My Kinda Skin\* ○

Bespoke prescription facial for your skin type. £85 | 60 Minutes

A totally bespoke facial designed to suit your personal skin type and your concerns. We'll analyse, prescribe and then tailor a gorgeous facial which will deliver amazing results. To begin with your skin will be deeply cleansed and exfoliated followed by our signature Temple Spa face & décolleté massage and application of a bespoke treatment mask. Whilst you drift off your treatment is completed with a tension-relieving hand & arm massage. You will feel amazing and your skin will look so, so good!

Amethyst Trust approved.

### All About the Glow\*

Vitamin C radiance facial workout. £95 | 60 Minutes

This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling and brighter, healthy-looking skin. Your complexion is transformed thanks to the 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.

### Repose Aromatherapy Facial\*

Relaxing, indulgent facial for all skin types. £115 | 75 Minutes

This indulgent aromatherapy facial is infused with a Mediterranean marinade which will soothe, calm and hydrate your skin whilst having a relaxing action on the mind and body so you can switch off and recharge. This divine treatment concentrates on releasing tension and stress caused by day to day living with a Temple Spa signature face, eye, scalp and hand & arm massage experience. There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it. Pure bliss!

### Champagne & Truffles Deluxe Treatment\*

The crème de la crème of facials. £135 | 90 Minutes

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This luxurious facial includes an anti-ageing lifting and sculpting face massage, resurfacing peel, a hydrating and brightening alginate mask to iron out fine lines and wrinkles, Rose Quartz massage therapy to reduce puffiness and finished with an application of the multiple Award-Winning SKIN TRUFFLE. Your skin will be visibly plumper, firmer, radiant and glowing. And if all that's not enough you'll be treated to a shoulder & neck massage using warm stones. Simply irresistible results. You will receive a flute of bubbly and delicious handmade truffles.

\* Not suitable during pregnancy. ○ These treatments can be adapted for those living with or beyond cancer, and those who may be classed as medically frail. These treatments will be carried out by a specially trained therapist. Some medical conditions may prevent treatment, please enquire at the time of booking.

# THE DEVONSHIRE ARMS HOTEL

## Go Guy Facial

The male executive treatment for all skin types. £85 | 60 Minutes

This high performance men's facial is perfect to revive, refresh and invigorate. Your skin will be left feeling revitalised and energised with a brush cleanse followed by a facial and shoulder massage to soothe and hydrate. A deep exfoliation is performed followed by the application of a detoxifying face mask. A choice of either a foot massage or a scalp massage will melt away the final traces of tension, leaving you feeling relaxed with smoother, softer and hydrated skin. Ready to face the world.

## MEDITERRANEAN MESSAGES\*

### Drift Away\*

Relaxing full body massage. £95 | 60 Minutes | £130 | 90 Minutes

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.....zzzzzzzz!!!!

Amethyst Trust approved.

### Work It Out\*

Muscle workout massage. £95 | 60 Minutes | £130 | 90 Minutes

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including 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 with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process.

### Stress Not CBD Massage\*

£95 | 60 Minutes | £130 | 90 Minutes

This calming and anti-inflammatory massage targets muscle pain and melts away tension using the power of warmed White Jade WaveStones leaving you feeling inexplicably relaxed and soothed. Our CBD balm STRESS NOT naturally eases muscle stiffness and calms busy minds... giving you a moment of blissful respite. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our CBD skin booster facial oil LIGHT RELIEF.

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# THE DEVONSHIRE ARMS HOTEL

## Rocks Of The Mediterranean\*

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Hot stones massage. £95 | 60 Minutes

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

## New Beginnings Mummy to be massage

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Suitable between the 12th week and the 34th week of pregnancy. £95 | 60 Minutes

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.

## AAAHHH!\*

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Revive & Energise Foot & Leg Treatment. £50 | 30 Minutes

This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by our Mediterranean scrub, your legs are then treated to a warm oil massage and an invigorating foot rub using our cooling and soothing balm AAAHHH! Finished with the Award winning SOLE BALM Wonderful add-on to another treatment. You really will say “AAAHHH!” Amethyst Trust approved.

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## BODY TREATMENTS

### The Outer Glow\*

Face & body exfoliation. £75 | 45 Minutes

What a treat! Top-to-toe buffing and polishing. Using our unique, Award Winning Mediterranean SUGAR BUFF Scrub, we exfoliate and polish your body and gently buff away dead skin cells on your face with the BREAKFAST SMOOTHIE. This invigorating and refreshing all over treatment leaves the skin soft as silk, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!

### My Kinda Mood\*

A prescriptive facial & massage bespoke to you. £150 | 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 prescription facial. We will select the products and techniques perfect for your wants and needs. You will look, feel and smell oh so good.

### The Mediterranean Mini Break\*

The fully loaded skin-luxe facial & body duo. £120 | 90 Minutes

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you've had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean SUGAR BUFF scrub, prior to being cocooned in an aromatic moisturiser to soften and hydrate. Your mini break continues with a rejuvenating facial to brighten, soften and hydrate. The results....? A totally relaxed skin, head to toe\*.

### Yummy Mummy To Be

Everything a mother to be should have to make her feel healthy, gorgeous and pampered. £200 | 150 Minutes

A thoroughly pampering experience designed to give our expectant mummies-to-be a real luxurious treat. We begin with a soothing and relaxing body massage concentrating on areas of concern, followed by a delicious facial packed with wonderful natural ingredients leaving your skin glowing. Finally, your legs will be revitalized with our leg energiser treatment AAAHHH! The perfect treat for swollen ankles and aching limbs. Your therapist will pamper and relax you fully, preparing you for this wonderful new chapter in your life. \*Suitable between the 12th and 34th week of pregnancy.

\* Not suitable during pregnancy. ⦿ These treatments can be adapted for those living with or beyond cancer, and those who may be classed as medically frail. These treatments will be carried out by a specially trained therapist. Some medical conditions may prevent treatment, please enquire at the time of booking.

# THE DEVONSHIRE ARMS HOTEL

## A Brush With Heaven\*

Totally unique face & body treatment using only brushes.

£85 | 60 Minutes | £120 | 90 Minutes

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm DRIFT AWAY body oil, you will be cocooned, then treated to the exclusive TEMPLESPA facial brush treatment. A beautiful treatment for frazzled and stressed minds. Carried out entirely with brushes, while you doze. Heaven.....

## Rasul Chamber Experience\*

Nourishing mud treatment. £35pp | 30 Minutes

Minimum two people per experience.

We provide you with three Muds for Face, Body & Hair containing a complex of vitamins, minerals and plant extract to nourish the skin and promote healthy cell renewal and protect against free radicles. Begin the treatment by applying the mud to yourself or each other then take a seat in the Rasul and relax whilst the steam infuses the vitamins and minerals from the mud in to your skin and hair. After 25minutes the lights will change to indicate the showers are about to come on and you simply wash away the mud leaving the hair and skin totally nourished and rejuvenated. To complete the treatment enter our Caribbean experience shower leaving you feeling refreshed and totally pampered.

\*\* Mud Rasul is Not recommended during pregnancy.

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# THE DEVONSHIRE ARMS HOTEL

## SIDE ORDERS

Have you ever had a treatment at a spa and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we present a lovely selection of options to add onto your main treatment.

These can be added to any of our facials or body treatments, (excluding the Rasul chamber experience)

£30 | 15 Minutes

### 1. Hot Stones

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Enjoy our hot stone neck & shoulder treatment.\*

### 2. Scalp Massage

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You will love our sedating hot oil scalp massage.

### 3. Hand and Arm Massage

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Select our indulgent hand and arm ritual.

### 4. Foot Massage

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Select our Indulgent foot ritual.

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