



WHITE SPA  
at White House

## OVERNIGHT SPA BREAKS

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### MID-WEEK SPA-CATION BREAK FOR TWO

Available Sun - Thurs

**£240 for two (£120 per person)**

**Includes:**

- 1 night stay in a double or twin room
    - Full welsh breakfast
  - £20 per person dinner allowance in the White House restaurant
    - 2 hours spa access on the day of treatments
      - Towel, robe & slippers
    - One 30 minute treatment of your choice
- \*Upgrade to a weekend for £20 per person
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### LUXURY SPA-CATION BREAK FOR TWO

7 days a week

**£360 for two (£180 per person)**

**Includes:**

- 1 night stay in a Superior Room
    - Full Welsh breakfast
  - £20 per person dinner allowance in the White House restaurant
    - 2 hours spa access on the day of treatments
      - Towel, robe & slippers
  - A one course light lunch or a Mediterranean Platter with a glass of wine, prosecco, or a soft drink
    - One 60 minute treatment of your choice
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## DAY SPA EXPERIENCE PACKAGES

*Full payment is required upon booking for all spa packages.*

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### WHITE SPA DISCOVERY EXPERIENCE

**£75 per person**

Includes:

- 2 hours access to spa facilities & gym
  - Complimentary use of a towel, robe, and slippers
    - A glass of wine, prosecco, or a soft drink
    - A one course lunch
  - One 30 minute treatment of your choice
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### WHITE SPA ESCAPE EXPERIENCE

**£95 per person**

Includes:

- 2 hours access to spa facilities & gym
  - Complimentary use of a towel, robe, and slippers
    - A glass of wine, prosecco, or a soft drink
    - A one course lunch
  - One 60 minute treatment of your choice
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### WHITE SPA INDULGE EXPERIENCE

**£130 per person**

Includes:

- 2 hours access to spa facilities & gym
  - Complimentary use of a towel, robe, and slippers
    - A glass of wine, prosecco, or a soft drink
    - A one course lunch
  - One 60 treatment, plus a 30 minute treatment, of your choice
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The White Spa at the White House, Holywell Road, Rhualt, Denbighshire, LL17 0AW

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## TEMPLE SPA MASSAGE

### TEMPLE SPA DRIFTAWAY MASSAGE

*Relaxing Full Body Massage*

**60 minutes £65**

**90 minutes £90**

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. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

### TEMPLE SPA DRIFTAWAY HEAD MASSAGE

**30 minutes £30**

Drift into deep relaxation with this calming massage of your scalp, neck, and shoulders. All traces of tension are gently eased away, and you are left feeling re-energised.

### TEMPLE SPA WORK IT OUT MASSAGE

*Muscle Workout Massage*

**60 minutes £65**

**90 minutes £90**

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 workout - working on knots, tensions, and tightness to help the detox process. Detox-licious!

### TEMPLE SPA BACK, NECK & SHOULDER MASSAGE

**30 minutes £35**

Your massage therapist will help you choose between the Work It Out Massage or Drift away Massage for your back massage.

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## HOLISTIC TREATMENTS

### HOT STONE MASSAGE

30 minutes back, neck & shoulder £40

60 minutes full body £70

90 minutes full body £95

Our signature White Spa relaxing massage therapy involves the use of smooth, heated stones. Your massage therapist combines the use of soothing heated stones, along with aromatherapy massage techniques, to relieve muscle tension and achieve a deep sense of relaxation.

### REFLEXOLOGY

50 minutes £55

This is a holistic healing technique applying pressure to the feet. It works on the major organs of the body, which are mapped out on the feet, helping to alleviate a number of problems such as back pain, migraines and digestive problems. The treatment can relax, energise, detoxify, and balance the body.

### HAVING A MASSAGE?

Why not go VIP and upgrade?

Add in a skin remodeling & brightening CONTOURIST MASK and leave revived & radiant from top-to-toe.

Only £7!

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## TEMPLE SPA BODY TREATMENTS

### **AAAHHH!**

*Temple Spa Leg & Foot Energiser*

**30 Minutes £30**

Don't you just hate it when your legs & feet beat like drums? This oh-so-good treatment is instant relief for tired, swollen, over worked legs and feet. It begins with skin brushing to help eliminate excess fluids, followed by our Mediterranean Scrub to exfoliate, and stimulate circulation. Your legs are then treated to a warm oil massage that will leave you tingling and feeling lighter. The treatment is completed with invigorating rub of our cooling and soothing AAAHHH! balm. Followed with a skin treating sweep across the feet with the Award-Winning SOLE BALM. You really will say "AAAHHH!"

### **TEMPLE SPA OUTER GLOW**

*Face & Body Exfoliation*

**45 Minutes £45**

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, revitalized and hydrated. The perfect way to begin another body treatment and an absolute must before your holiday or a special event. Off you glow!



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## TEMPLE SPA FACE TREATMENTS

### THE POWER BREAKFAST

*Express facial for all skin types*

**30 minutes      £32**

Looking for quick results, need to look your best but don't have much time? This is the one for you. We've taken all the ingredients that you would find in a healthy breakfast like oats, honey, and fruit juices, to create this pick me up facial. Includes a deep power-cleanse, nutritious scrub & mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!

### MY KINDA SKIN FACIAL

*Bespoke prescription facial for your skin type*

**60 minutes      £65**

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 an application of a bespoke treatment mask and a prescribed moisture treat. Whilst you drift off your treatment is completed with a choice of a tension relieving hand & arm massage or a divine scalp massage. You will feel amazing, and your skin will look so, so good!

### REPOSE AROMATHERAPY FACIAL

*Relaxing, indulgent facial for all skin types*

**75 minutes      £75**

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils 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 ageing the skin and there's nothing like relaxation for smoothing it. Pure Bliss!

### CHAMPAGNE AND TRUFFLES

*The crème de la crème of facials*

**90 minutes      £90**

This stunning treatment is just the thing if you are looking for a serious celebration for your skin. This super luxe 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 stone 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 a delicious handmade truffle as you admire your new complexion!

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## TEMPLE SPA SIDE ORDER TREATMENTS

*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.*

**15 minutes per side order      £15**

1. Stressed Out? Enjoy our hot stone neck & shoulder treatment.
2. Head feel heavy and uptight? You will love our sedating hot oil scalp massage.
3. Love your hands to be pampered? Select our indulgent hand ritual.
4. Want a spring in your step? Select our Indulgent foot ritual.
5. Want to look less tired? Discover our secret eye remedy.

*These can be added to any facial, massage or body treatment.*

## TEMPLE SPA EXPERIENCES

### TEMPLE SPA MY KINDA MOOD

*A prescriptive facial & massage bespoke to you.*

**120 Minutes    £125**

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 WHITE SPA SIGNATURE TREATMENT EXPERIENCE

*The Power Breakfast facial & a back massage bespoke to you.*

**60 minutes    £65**

Not sure what you'd like? Then this is the ideal treatment. First, we help you choose the aromatherapy fragrance to match your mood. Then we'll take care of you with a wonderfully relaxing and restorative back massage, followed by an Express facial. Products and techniques will be bespoke to your wants and needs. Look, feel and smell oh so good.

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## NAILS

### Shape & Polish

30 minutes  
(Hands or Toes)  
£20.00

### Manicure or Pedicure

60 minutes  
£30.00

### CND Shellac Shape & Polish

45 minutes  
(Hands or Toes)  
£30.00

### CND Shellac Manicure or Pedicure

75 minutes  
£40.00

### Gel Removal

15 minutes  
£10.00

## WAXING

### Full Leg Wax

£28.00

### Half Leg Wax

£20.00

### Bikini Line Wax

£15.00

### Underarm Wax

£15.00

### Lip or Chin Wax

£8.00

### Lip & Chin Wax

£14.00

### Back or Chest Wax

£30.00

## BROWS

### Eyebrow Shape

£10.00

### Eyebrow Tint\*

£8.00

### Eyebrow Shape & Tint\*

£16.00

### Eyelash Tint\*

£12.00

*\*A patch test is required 24 hours prior to tinting treatments*

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