



WHITE SPA

at White House

Relax and Rejuvenate Your Mind & Body



White Spa Facilities

Our facilities include:

- 12 metre indoor swimming pool using AFM* and salt water!
- Heated outdoor vitality pool with massage jets
- Aromatherapy Steam room
- Traditional Sauna
- Outdoor seating area
- Poolside relaxation loungers
- Gymnasium with Award-winning Matrix equipment
- Indoor dining lounge area with bar
- Luxury underfloor heated changing facilities with keyless entry lockers
- Private treatment rooms
-

*AFM = Activated Filter Material

One of the purest filtration systems on the market!

The advantages of this are:

- Crystal clear water clarity
- Less chlorine, no chlorine smell.
- No skin, eye or respiratory irritation.

Healthier pool water conditions with healthier air conditions.

Spa Guest Pass

Use all of our luxury Spa facilities for up to two hours*

Monday – Friday £20 per person

Weekends £30 per person

*Booking is essential. Must be over 16 to use the Spa facilities.

Day Spa Experience Packages

White Spa Discovery Experience **£75 per person**

Includes:

- 2 hours access to the spa facilities & gym
- Complimentary use of a towel, robe, and slippers
- A glass of wine, prosecco, or a soft drink
- A one course light lunch
- One 30-minute treatment

Choose between; *Temple Spa Driftaway Back Massage*, *Temple Spa The Power Breakfast Facial*, *Temple Spa Driftaway Head Massage* or *Temple Spa AAAAHHH! Leg & Foot Ritual*

White Spa Escape Experience **£95 per person**

Includes:

- 2 hours access to the spa facilities & gym
- Complimentary use of a towel, robe, and slippers
- A glass of wine, prosecco, or a soft drink
- A one course light lunch
- One 60-minute treatment

Choose between; *Temple Spa Driftaway Full Body Massage*, *Temple Spa My Kinda Skin Prescription Facial*, *Temple Spa Cashmere & Truffles Body Treatment*

White Spa Indulge Experience **£130 per person**

Includes:

- 2 hours access to the spa facilities & gym
- Complimentary use of a towel, robe, and slippers
- A glass of wine, prosecco, or a soft drink
- A one course light lunch
- One treatment from Escape and one treatment from Discovery OR
One 90-minute treatment between; *Temple Spa Driftaway Massage* or *Temple Spa Champagne & Truffles Facial*

Full payment is required upon booking for all spa packages. This is strictly non-refundable. However, you may change the date, provided 72 hours' notice is given.





Overnight Spa

Mid-Week Spa-Cation Break For Two

£240 for two (£120 per person)

Available Sunday to Thursday

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

Choose between; *Temple Spa Driftaway Back Massage*, *Temple Spa The Power Breakfast Facial*, *Temple Spa Driftaway Head Massage* or *Temple Spa AAAAHHH! Leg & Foot Ritual*.

Upgrade to a weekend for £20 per person

Luxury Spa-Cation Break For Two

£360 for two (£180 per person)

7 days a week

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
- A one course light lunch with a glass of wine, prosecco, or a soft drink
- One 60-minute treatment

Choose between; *Temple Spa Driftaway Massage*, *Temple Spa My Kinda Skin Prescription Facial*, *Temple Spa Cashmere & Truffles Body Treatment*

Full payment is required upon booking for all spa packages. This is strictly non-refundable. However, you may change the date, provided 72 hours' notice is given.

**We are proud to be
partnered with
some of the
industry's leading
treatment brands.**

**Their treatments and
products are available
at White Spa.**



TEMPLESPA

Temple Spa

Temple Spa create exceptional skincare products and experiences that make a real difference to your skin and soul health. A British Brand that takes influence from the Mediterranean diet, culture and lifestyle, founded over 22 years ago.

Temple Spa believe 'Your body is a living temple. Honour it, enjoy your life and live it to the full.'



CACI

CACI International has paved the way in anti-ageing, skin rejuvenation and problematic skin solutions for over three decades. CACI treatments are often described as the 'red-carpet beauty secret' and have attracted an impressive celebrity following including royalty, film stars, super models, beauty editors and make-up artists from around the globe.

At White Spa, we are proud to have Advanced CACI Clinic Status and to use the CACI Synergy, their latest, most advanced facial system.



CACI use the latest technological and scientific advancements to offer a range of treatment systems, which have been specifically developed to provide tailored solutions for men and women of all ages and skin types. CACI treatment systems are at the forefront of aesthetic treatment technology.

The CACI Synergy available at White Spa, is their latest and most advanced facial system that has been shown to reduce **wrinkle depth** by up to **75%** and improve **skin elasticity** by up to **88%**. It offers a variety of exclusive technologies including our unique S.P.E.D® Dual Action Technology, that provides simultaneous skin rejuvenation and facial toning. Synergy is clinically proven* to provide even faster, better and longer lasting results than

our other CACI facial systems.

* Cutest Systems Ltd 2017 Comparative Microcurrent Study

BOOK YOUR COMPLIMENTARY CONSULTATION TODAY



Treatments

CACI Signature Non-Surgical Facial Toning (60 minutes)

£75 per person

Course of 10 **£675 per person**

This non-invasive facial features S.P.E.D® Dual Action Technology that provides simultaneous skin rejuvenation and facial toning. This treatment uses microcurrent impulses, to lift and tone and LED light therapy to improve skin elasticity and reduce the appearance of fine lines and wrinkles. Firms your face and gives your skin a more youthful, fresh appearance and glow.

CACI Synergy Advanced Non-Surgical Facial Toning (90 minutes) **£110 per person**

Course of 10 **£990 per person**

Combines CACI's Signature Non-Surgical Facial Toning with advanced skin exfoliation techniques to revitalise your skin, resulting in a brighter and smoother complexion. A combination of advanced technologies are used to plump fine lines and wrinkles, instantly lift and tone your face and firm your neck.

CACI Synergy Purifying (45 minutes)

£55 per person

Course of 10 **£450 per person**

This treatment tackles problematic skin and leaves your complexion looking smooth and radiantly healthy. A combination of red and blue LED light therapy, deep cleansing and skin exfoliation techniques are used to effectively brighten and even your skin tone.

CACI Skin Calm (30 minutes)

£40 per person

Course of 10 **£360 per person**

Targets skin prone to breakouts and irritation. This treatment uses LED light therapy that is renowned for its anti-bacterial and anti-inflammatory healing properties, combined with a soothing gel mask to calm, reduce redness and rehydrate your skin.

CACI Gentleman's Facial (45 minutes)

£55 per person

Course of 10 **£450 per person**

Using a combination of advanced technologies, this treatment is designed to specifically address male skincare concerns. Deep cleansing and skin exfoliation techniques tackle razor bumps and ingrown hairs, electrical impulses tighten, firm and redefine the jawline; the CACI Hydro Mask and LED light therapy are then used to hydrate, calm and smooth the skin, leaving your complexion refreshed, revitalised and more youthful looking.

Express Treatments

CACI Wrinkle Revolution (30 minutes)

£36 per person

CACI's unique Wrinkle Comb targets deep lines and wrinkles, such as crow's feet and laughter lines. This treatment is a non-invasive, needle-free, alternative to collagen injections and dermal fillers that will instantly plump fine lines and wrinkles from the very first treatment.

CACI Lip Booster (15 minutes)

£18 per person

Enhance your pout with CACI's Wrinkle Comb. Designed to give you fuller, plumper lips and soften top lip lines, this quick fix treatment will have your pout party-ready in no time.

CACI Skin Confidence (30 minutes)

£36 per person

Designed to soften and refine the appearance of stretch marks and scarring, this treatment uses crystal free orbital microdermabrasion together with the regenerating effects of microcurrent stimulation and LED light therapy to trigger skin tissue repair and healing.



CACI Hydratone (15 minutes)

£18 per person

This treatment is designed to deeply nourish, hydrate and firm the skin. Facial rollers emitting simultaneous microcurrent impulses and LED light therapy are gently massaged over the Hydro Mask. The rejuvenating energy transmitted through the rollers provides immediate and intensive hydration and helps to restore skin firmness, soften fine lines and rejuvenate your skin. Ideal for the treatment of dehydrated or sun damaged skin.

Please note: Express treatments can be performed as either stand alone or as add ons to any of our other treatments.

Advanced Treatments

CACI Eye Revive (30 minutes)

£40 per person

Course of 10 £360 per person

Lift and firm muscles around your eye area, particularly where you may tend to lose definition as you age and develop. This treatment uses serum-filled microcurrent rollers together with the soothing and calming Eye Revive Mask to reduce puffiness and dark circles, and soften the appearance of fine lines and wrinkles around your eyes.

CACI Electro Cellulite Massage (30 minutes)

£40 per person

Course of 10 £360 per person

Give an instant lift, shape and tone to your buttocks and thigh area. This treatment improves the appearance of cellulite and breaks down fatty deposits. It stimulates circulation and lymphatic drainage, which will help to flush toxins away giving a smoother and tighter, dimple free appearance. This treatment is ideal for a pre-holiday body blitz.

CACI Jowl Lift (15 minutes)

£20 per person

Target muscle laxity around the jawline using S.P.E.D® Dual Action Technology, which harnesses the power of LED light therapy at the same time as using CACI microcurrent. This treatment will lift and firm your muscles and redefine facial contours to give a firmer, more toned appearance. Ideal for those wanting to improve the appearance of sagging jowls or who desire a more chiselled jawline.

CACI Hand Rejuvenation (30 minutes)

£36 per person

This advanced conditioning anti-ageing hand treatment uses the Electro Gloves in conjunction with CACI's Rejuvenating Hand Mask to smooth lines and wrinkles, firm skin, improve elasticity, boost circulation and brighten skin tone leaving your hands hydrated with a youthful appearance.

CACI Micro-Touch Facial (45 minutes)

£55 per person

Course of 10 £495 per person

The Micro-Touch Facial combines the muscle toning and lifting benefits of CACI's iconic microcurrent technology with hands-on treatment therapy using the Electro Gloves. The treatment focuses on muscle lift, tension release, deep tissue relaxation, and lymphatic drainage for more sculpted, toned, enhanced facial definition.

Please note: Advanced treatments can be performed as either stand alone or as add ons to any of our other treatments. Advanced treatments are not available with every Synergy system. Check with your therapist to see if they offer these treatments.

Temple Spa Facials

The Power Breakfast (30 minutes)

Express facial for all skin types



£32 per person

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 (60 minutes)

£65 per person

Bespoke prescription facial for your skin type

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 (75 minutes)

£75 per person

Relaxing, indulgent facial for all skin types

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!



Temple Spa Body Treatments



AAAHHH! (30 minutes)

Leg & Foot Energiser

£30 per person

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 (45 minutes)

£45 per person

Face & Body Exfoliation

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!

Champagne And Truffles (90 minutes)

£90 per person

Total Body Rejuvenation

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!

Temple Spa Massage



Driftaway Massage

Relaxing full body massage

(60 minutes) **£65 per person**

(90 minutes) **£90 per person**

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!!!!

Driftaway Head Massage

(30 minutes) **£30 per person**

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.

Work It Out Massage

Muscle Workout Massage

(60 minutes) **£68 per person**

(90 minutes) **£92 per person**

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!

If a treatment is made with less than 48 hours' notice, a charge of 100% will be taken based on your original booking fee.



Driftaway Back, Neck & Shoulder Massage

Relaxing back massage

(30 minutes) **£35 per person**

Work It Out Back, Neck & Shoulder Massage

Muscle work out massage

(30 minutes) **£38 per person**

Cashmere & Truffles Body Treatment

(60 minutes) **£60 per person**

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.

If a treatment is made with less than 48 hours' notice, a charge of 100% will be taken based on your original booking fee.

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.





Holistic Treatments

Hot Stone Massage

(30 minutes) Back, neck & shoulder **£40 per person**

(60 minutes) Full Body Full Body **£70 per person**

(90 minutes) **£95 per person**

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 per person**

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?

Go VIP & Upgrade...

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you.

Only £7!

Full payment is required upon booking for all spa packages. This is strictly non-refundable.

If a treatment is made with less than 48 hours' notice, a charge of 100% will be taken based on your original booking fee.

Memberships

Our memberships include full access to our luxury spa facilities & fully equipped Matrix gymnasium.

We currently have a waiting list for memberships. To be added to this list, please contact us via email or telephone. If you wish to look around White Spa, please pop in at any time and a member of our team would be happy to give you a tour.

Membership Benefits

- 20% off treatments*
- 10% off retail therapy* (Temple Spa Skincare & Giftsets, Dexter & Mason Candles)
- Complimentary Gym Induction upon joining & gym reviews at any time during your membership;
- One free guest pass per year;
- 10% off in the White House Restaurant Monday – Thursday;
- Discounted rates on bed & breakfast;
- Discounted rates for events held at the White House;
- Coffee Loyalty Reward Scheme;

**Does not include CACI treatments*

Membership Prices

Membership Type	Monthly (Direct Debit)	Annual
Joining Fee	£20.00	--
Individual Full Membership	£70.00	£700.00



Gift Vouchers

Perfect presents for every occasion

Birthdays, Anniversary, Thank you.

Available to purchase at White Spa or on our website.

www.whitehousespa.co.uk

How to Spa

Arrival

Please arrive to the White Spa Reception at least fifteen minutes prior to your treatment time, this will allow time for you to relax and complete a health questionnaire. If you are delayed, please contact the spa as soon as possible to advise the team. We will do our utmost to accommodate your treatment however this may result in a reduction of your treatment time.

Health Questions

Please advise our Spa Team upon booking, should you have any medical conditions or allergies. Treatments will only be performed on pregnant guests after their first trimester of pregnancy.

Age Policy

Our age policy for treatments & spa access is 16 years old. Only Member's children are permitted to use our facilities and the children's swim times apply. Please ask our reception team for the children's swim times

Spa Etiquette

The spa environment is to provide a sense of calm. Please be considerate of noise levels to respect other guests & members wishing to relax during their visit. We kindly request that mobile phones remain on silent. Please ensure you change into dry underwear for your treatment. You may wear your robe anywhere within the Spa. Finally, please ensure you have a shower every time, prior to entering either of our pools.

For all other Spa etiquette and health & safety guidance, please refer to the White Spa Terms of Use displayed in our changing rooms.

Cancellation Policy

Should you need to change the date of your booking please give a minimum of 72 hours' notice. Please see below our cancellation policy:

- Spa packages require full payment upon booking, these are non-refundable, however, you may rearrange the date if needed, provided 72 hours notice is given.
- If a treatment cancellation is made with less than 48 hours' notice, a charge of 100% will be taken based on your original booking fee.



WHITE SPA

at White House

Opening Hours

Monday to Friday: 6.30am – 8pm

Saturday & Sunday: 8am – 6pm