



Wellness Spa
at Richmond
Villages

“The experience was *exceptional* and I was made to feel *welcome* upon arriving. My whole body now feels very *relaxed* and without tension.”

Revive, restore, *relax*.



Step inside The Wellness Spa at an award-winning Richmond Retirement Village and you'll enter a world which is fresh and tranquil – the ideal place to rejuvenate mind, body and soul.

Here you can enjoy the 16m swimming pool or relax and rejuvenate in the hydrotherapy pool, sauna and steam room. For those who want to work up a sweat, there is the gym and exercise studio. And after all that exercise, why not pamper yourself with one of our beauty, spa and hair treatments?

The Wellness Spa offers spa days, spa passes and spa treatments for the over 18s, plus exclusive membership for the over 50s.



Work *it out.*

Whatever your level of fitness and your medical history, exercise is good for your body and mind. Our well-equipped gymnasium, which has been specially designed for the over 50s, has the very latest resistance and cardiovascular equipment.

After an initial consultation which will take into consideration every aspect of your health and fitness, our qualified personal trainers will devise the perfect programme for you – they'll be there to support and motivate you at all times.

For spa members who enjoy keeping fit as part of a group, we have a range of classes available including pilates and aqua aerobics.



Beauty, mind & *body*

The Wellness Spa at Richmond Villages is proud to partner with Temple Spa and welcome you to the perfect setting for your total enjoyment and well-being – a wonderful cosy haven of relaxation and peace.

Our first-class treatments are both restorative and thoroughly feel-good. You'll notice the impressive results straight away.



TEMPLESPA

Facials

Massages

Spa Days & Experiences

Body Treatments

Waxing

Hairdressing

Eyelashes & Eyebrows

Manicures & Pedicures





We have worked with the renowned Amethyst Trust to create an adapted menu of our wonderful Temple Spa treatments that are suitable for clients who are medically frail, recovering from illness or are immunocompromised, such as those with or recovering from cancer. These bespoke and customisable treatments allow the therapist to adapt to suit the client's needs. Treatments that are part of the Amethyst Trust collection are highlighted throughout the treatment menu.



TEMPLESPA



Temple Spa & *Amethyst Trust*



Facials



My Kinda Skin

Bespoke prescription facial
30 mins / 60 mins

TREATMENT
APPROVED BY Amethyst
Trust

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 and lymph drainage techniques. Choose from tranquil or uplifting. You will feel amazing and your skin will look so, so good.



All About The Glow

Glow & radiance facial
30 mins / 60 mins

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 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.

Mediterranean Marinade

Hydrate & soothe facial
30 mins / 60 mins

A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate, or stressed skin.

The secret is in our cooling, calming probiotic products, gentle lymph drainage and a tranquil face massage.

Luxury Facials



Light Relief CBD Skin Booster Facial

Soothing facial for stressed out skin
75 mins

TREATMENT
APPROVED BY
Amethyst
Trust

This soothing facial is enriched with nourishing ingredients such as coconut, hemp, CBD and green mandarin oil. A powerful facial designed to bring comfort to stressed out, fragile, dry or dehydrated skin.

Repose Aromatherapy Facial

Relaxing facial for all skin types
75 mins

This 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 drainage techniques, followed by a relaxing face and hot oil scalp massage.

Champagne & Truffles Deluxe Treatment

The crème de la crème of facials
90 mins

A serious celebration for the skin, containing ingredients such as champagne, silk, diamonds, gold and black truffles. Unique elements include special lymph drainage techniques to reveal fresher skin, a Triple Infusion Alginate mask to help iron out fine lines and wrinkles, a specialist lifting massage to strengthen muscle tone on the face, an iced blend to reduce puffiness and cold stone therapy.

Body Treatments



AAAHHH!

Leg & foot energiser 30 mins

TREATMENT
APPROVED BY Amethyst
Trust

This oh-so-good treatment is an instant relief for tired, overworked limbs. It begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage, that will leave your skin tingling, followed by a soothing massage with Aaahhh! cooling moisturising balm.

Your Best You

Hydrate & soothe menopause body treatment 60 mins / 90 mins

This unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones with Temple Spa hydrating and soothing skincare to support stress relief, increase energy, and positively boost your mood. Rhythmic stretches, and gentle joint rotation rescue achy limbs and a gentle lymph drainage facial reduces puffiness to leave skin fresh and feeling beautiful.

Back to Life

A facial for the back 45 mins

Following an invigorating skin exfoliation with Sugar Buff Mediterranean scrub, warm purifying mud is smoothed over your back for a deeply cleansing treatment. Heated fragrance-infused mitts are used to remove the mask before a stimulating massage, leaving you energised and restored.



Massages



Drift Away

Back, neck & shoulders: 30 mins
Full body: 60 mins / 90 mins

TREATMENT
APPROVED BY Amethyst
Trust

This top-to-toe massage, formulated with a dreamy blend of essential oils is guaranteed to have you drifting away. It's completed with a face and scalp massage using our aromatherapy resting cream Repose. It will soothe frazzled nerves, relaxing the muscles and the mind. We'll wind you down and take your mind off your thoughts for a while. The 90 minute version also includes a facial.

Feeling Good

Back, neck & shoulders: 30 mins
Full body: 60 mins / 90 mins

An invigorating massage designed to leave you full of vitality. We use a gorgeous blend of Mediterranean essential oils that are carefully chosen to stimulate and refresh the skin, body and soul. The clever massage movements encourage circulation and stimulate the whole body. Your aching muscles will feel eased and soothed. All guaranteed to restore and revive you top-to-toe. The 90 minute version also includes a facial.

Work It Out

Back, neck & shoulders: 30 mins
Full body: 60 mins / 90 mins

A detoxifying massage that will sculpt the body, relieve fluid retention and work out tired muscles, using the ingenious Work It Out detox oil. First, we start with a full body brushing to get the circulation going and improve lymph drainage. A deep tissue, body-boosting massage with special techniques to really give your muscles a workout – focusing on knots, tensions, tightness and helping the detox process.

Stress Not

Back, neck & shoulders: 30 mins
Full body: 60 mins / 90 mins

TREATMENT
APPROVED BY Amethyst
Trust

A calming and anti-inflammatory massage targeting muscle pain, melting away tension, to leave you feeling inexplicably relaxed and soothed from head to toe. Using Temple Spa's CBD-infused balm Stress Not, which is packed full of powerful and nourishing ingredients to naturally ease muscle stiffness, rehydrate your skin and calm busy minds... giving you a moment of blissful respite.

New Beginnings

Pregnancy massage
60 mins

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.

Top-to-toe Experiences



My Kinda Mood

A prescriptive facial & massage bespoke to you
120 mins

Not sure how to spend the next couple of hours? Firstly, we'll chat about how you are feeling – skin, body and 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.

The Total Glow Up

Glow & radiance, face & body experience
90 mins

Not sure what you'd like? Then this is the ideal treatment for you. First, we'll help you choose the aromatherapy oil to match your mood. Then we'll take care of you with a tailored, results-driven full body massage, followed by a bespoke facial. Step off the bed feeling all the better for it.

Holistic Therapy

Reflexology

45 mins

Indian Head Massage

30 mins



Spa Days

To make the most of the Wellness Spa, choose from one of our full or half day spa packages. All spa days include refreshments on arrival, use of towels, robes and slippers, and access to the spa facilities including pool, spa pool, sauna and steam room.



Full Day

Spa Spa Away

Any 60 *min* massage
My Kinda Skin facial
Two course lunch

Champagne Luxe

Champagne & Truffles facial
Any 60 *min* massage
Express manicure or pedicure
Two course lunch

Half Day

Morning Breeze

My Kinda Skin facial – 30 *mins*
Aaahhh! Foot & Leg Energiser
Light lunch

TREATMENT
APPROVED BY Amethyst
Trust

The Quick Fix

Any 60 *min* treatment
or Any 2 x 30 *min* treatments
Plus either a light lunch or afternoon tea

Afternoon Delight

My Kinda Skin facial – 30 *mins*
Back to Life body treatment
Afternoon tea

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! Just like when you are at your favourite restaurant and you choose your main meal but desire a little extra something on the side. Here, we present a lovely selection of options which can be added to any treatment (facials, massages and body treatments).

Relax & Restore Hot Stone Neck & Shoulder Massage

Stressed out?

Enjoy our 15 minute hot stone neck and shoulder treatment

Relax & Restore Hot Oil Scalp Massage

Head feel heavy and uptight?

Unwind with our 15 minute relaxing scalp massage

Hydrate & Soothe Hand Ritual

Love your hands to be pampered?

Select our 15 minute indulgent hand ritual



Purify & Balance Foot Ritual

Want a spring in your step?

Select our 15 minute indulgent foot ritual

Replenishing Eye Ritual

Want to look less tired?

Discover our 15 minute secret eye remedy

Hands & Feet Suite

Probably the most luxurious manicure and pedicure you will ever have. These treatments will leave your hands and fingertips or feet and toes looking elegant and feeling oh-so good.

Spa Manicure

60 mins

Hands and cuticles are moisturised in creams and oils and placed in heated mitts to assist the nourishing process. Nails are then shaped and finished with a treatment base coat and your choice of colour. Shellac or gel application is available as an upgrade with this treatment.

Spa Pedicure

60 mins

Feet are moisturised in creams and oils and placed in heated boots to assist the nourishing process. Nails are then shaped and finished with a treatment base coat and your choice of colour. Shellac or gel application is available as an upgrade with this treatment.

Express Manicure

30 mins

A quick soak, exfoliate, cut, file and cuticle tidy, followed by a 5 minute hand massage and a nail paint. Shellac or gel application is available as an upgrade with this treatment.

Express Pedicure

30 mins

A quick soak, exfoliate, cut, file and cuticle tidy, followed by a 5 minute foot massage and a nail paint. Shellac or gel application is available as an upgrade with this treatment.

Cut, File & Polish

15 mins

Cut, File & Soak

15 mins

Gel Soak Off

15 mins



Salon Treatments

Whether it's for a special occasion, a treat or just because, the Wellness Spa offers beautiful treatments for your eyelashes and brows to help give you that fresh, bright eye look. We also offer a selection of waxing treatments.

Eyelashes & Eyebrows

Eyelash Tint*

Eyebrow Tint*

Eyelash & Eyebrow Tint*

Eyebrow Wax & Shape**

Bright Eyes*

Eyelash tint, eyebrow tint and eyebrow shape

Lash Lift

Lash Lift & Tint

Brow Lamination

Brow Lamination & Tint

Waxing**

Full Leg

Half Leg

Full Leg & Bikini

High Bikini

Bikini Line

Under Arm

Chest

Back

Upper Lip

Chin

Lip & Chin

* Skin patch test is required 24 hours prior to your treatment.

** Heated treatments are not recommended 24 hours before or after waxing.



Make the most of *your visit*

We wouldn't want you to miss out on your favourite date or time, so we recommend booking well in advance.

Please note not all treatments and spa packages are available at all Wellness Spas, please check prior to booking.

Check In

Please arrive 15 minutes prior to your scheduled treatment so you can complete a health care consultation and questionnaire and be fully relaxed. We don't want to rush you!

Minimum Ages

All spa treatments are available to those 18 years of age or over.

Medical Conditions

Please let us know of serious medical conditions. In some cases, medical approval may be needed.

Cancellation Policy

Sometimes things go amiss and you can't make your appointment, but please let us know 24 hours in advance. Unfortunately, if you forget to cancel and we cannot fill your booking with someone else you will be charged a fee.

Smoking

This is not permitted anywhere in or around the spa.

Personal Belongings

Place your things in a locker or leave them safely with a friend or in your room. All you need to bring is yourself.



Become a Member

Membership opportunities at the Wellness Spa are limited and bring with them a wealth of privileges. Membership is only available for the over 50s and includes full use of all the facilities, free induction session to the gym, plus 15% discount on Temple Spa treatments and products as well as being able to take part in any of the fitness classes free of charge.

Book a Treatment

The quickest and easiest way to book is by contacting the spa reception, who are on hand to help find the most suitable day and time for you. Contact details for each of our spas can be found on the next page.

Gift Vouchers

Looking for a gift idea for someone special? What better than a voucher entitling them to a spa treatment, or a spa day to leave them feeling refreshed and revived? Vouchers can be redeemed for any of the treatments available at the Wellness Spa.

Our Spa Locations

Aston-on-Trent

Richmond Drive,
Aston-on-Trent,
Derbyshire DE72 2EA
01332 794326

Letcombe Regis

South Street, Letcombe Regis,
Oxfordshire OX12 9RG
01235 774575

Painswick

Stroud Road, Painswick,
Gloucestershire GL6 6UL
01452 810211

Witney

Coral Springs Way, Witney,
Oxfordshire OX28 5DG
01993 894045

Wood Norton

Evesham Road, Wood Norton,
Worcestershire WR11 4TY
01386 862222



“I would *highly recommend* for
a *blissful* spa experience. My
massage was *incredibly* relaxing.”

