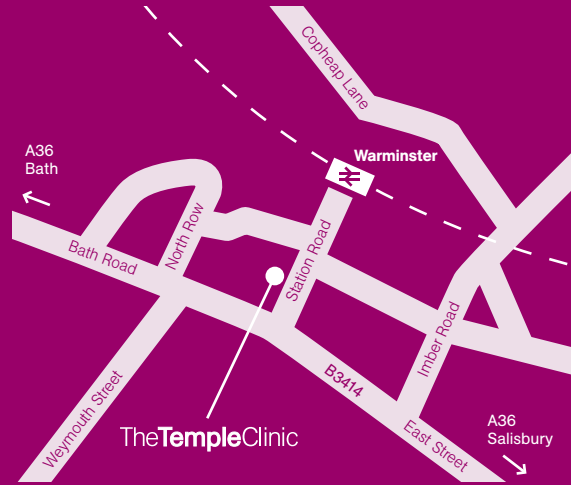


Take time out for yourself.

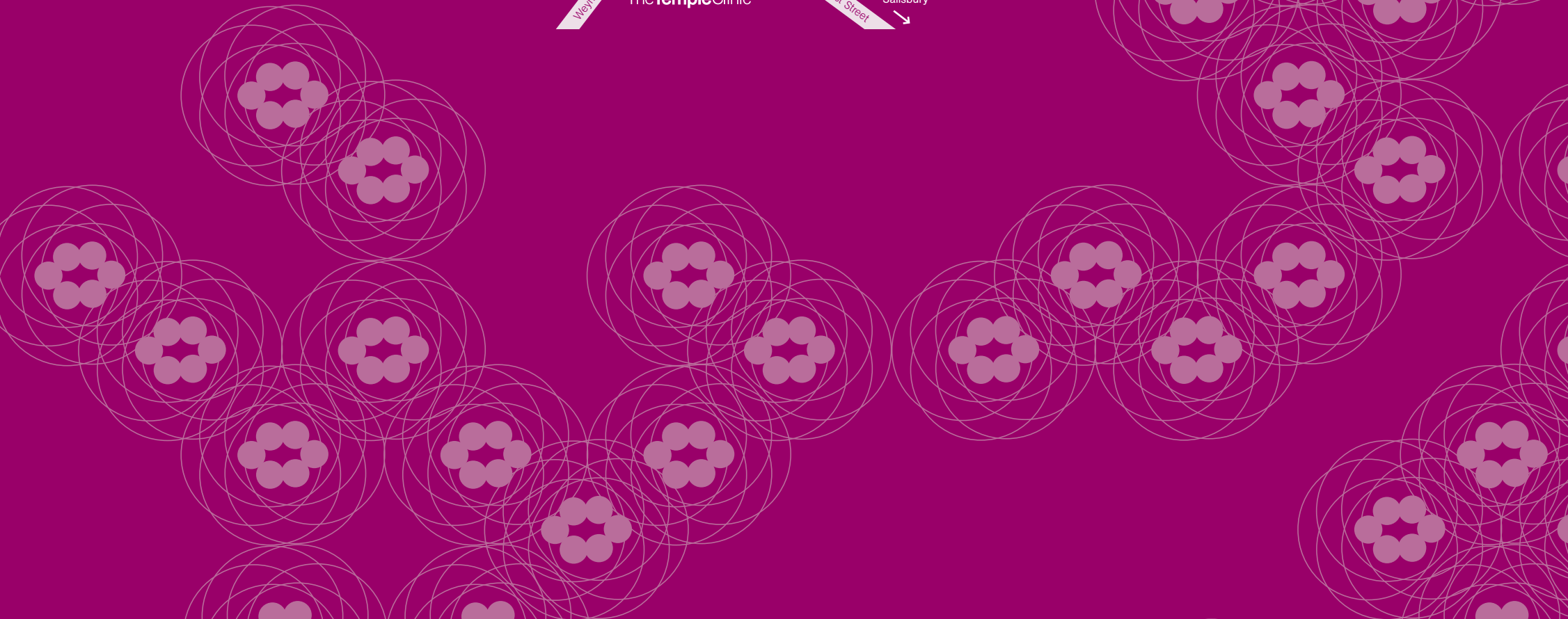
You have a busy schedule. There's always something that needs doing, someone who wants attention, problems to solve, places to go. You deserve a little time to yourself, and here's where you can escape for a while...

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The Temple Clinic

Beauty and holistic therapies
It's all about you



Whether you fancy being pampered, or you feel your body and spirit need a bit of a lift, The Temple Clinic has a range of therapies and treatments to make you feel special.

We employ only the best therapists: experienced individuals trained to the highest and broadest levels. In addition to professional qualifications specific to their specialisms, each therapist also has a Diploma in Anatomy and Physiology, and a genuine drive in the pursuit of your overall wellbeing.

So, come on in – you're in good hands.

Looking great: beauty treatments

We offer a range of traditional and emerging therapies to help you look good from top to toe. Here's a selection...

Facials

Indulge yourself in one of our signature facial treatments. Your dedicated skin therapist will discuss the different types of facial available and which ones will suit you best. Whether you need to rehydrate, rejuvenate or simply replenish, we have a facial which will do the trick. We use the renowned Dermalogica range, so rest assured you're getting the very best in skin care products.

Glycolic peels

If your skin needs a bit of a lift, give it a helping hand with a glycolic peel. This treatment removes rough, dry or sun-damaged skin, leaving your face brighter and with a fresher texture. Glycolic peels help reduce the appearance of fine lines and age spots, too. We offer a course of treatments over a six-week period and the effects are impressive.

Hands and feet

Make sure your extremities are looking their best! These important areas speak volumes about your wellbeing, so treat yourself from our extensive range of manicure and pedicure therapies. We use Jessica Nails Treatments, so you can be sure of long-lasting results.

The eyes have it

How are the windows to your soul looking? We offer a range of treats for the eyes, eyelashes and eyebrows, including tinting and shaping, to ensure you 'look' really good.

Sun-kissed

There's no doubting a light sun tan makes you look and feel so much better – yet the sun's UVA and UVB rays, and those from sunbed treatments, are seriously damaging and ageing to your skin. We advocate the St Tropez method of tanning for that gorgeous, sun-kissed look: safe, smooth and straight from the Côte d'Azur.

Make-up

Whether you need help with your everyday make-up or a stunning treatment for that special occasion, our make-up therapists can help. They're also fully trained and experienced in using make-up to camouflage flaws or after cosmetic treatment – just ask.

Feeling better: holistic therapies

For a rounded treatment to indulge your body and spirit, try our range of holistic therapies.

Reflexology

Reflexology was practised by the Ancient Egyptians. It's based on the philosophy that reflex points on the soles, tops and sides of your feet and toes are directly connected to organs in your body via channels of energy, or Qi (pronounced 'chee'). By stimulating specific points on your feet, our experienced reflexologists can correct imbalances in your Qi and promote wellbeing throughout your body. Try it!

Aromatherapy massage

How are you feeling? Specific essential oils, when massaged into the body, penetrate the skin and restore the body, mind and spirit back to harmony. The oil, or combination of oils, is chosen according to your needs on the day of your massage, as are the massage techniques themselves. Massage therapy helps your muscles to relax, and to trigger the release of your body's natural painkillers.

Indian head massage

This therapy is traditionally given while you are seated and fully clothed. Your therapist stands behind you and concentrates their healing massage on your head, scalp, face, neck and down to your shoulders and upper back. In the West, this therapy has been extended and adapted, and at The Temple Clinic we incorporate some of these newer techniques.

Retail therapy

This therapy needs little explanation! Whether shopping for yourself or for a fabulous gift, we have a range of simply amazing products and sets to choose from. We stock and use only the best and purest products, by Dermalogica and DCL. If you're buying for someone else, and unsure of their skin type or preferences, buy them a gift voucher, which is redeemable against any treatments and products.

And if anyone asks what you'd like for your birthday...

How can The Temple Clinic help you to look and feel better?

Ask any of our friendly staff about our approach and the treatments available to you. You can also ask for copies of our other leaflets in this series:

- Effective and innovative therapies for the face, body and mind: cosmetic – surgical – holistic
- Removing your unwanted skin blemishes through minor cosmetic surgery
- Wrinkle-relaxing: the safe, gentle treatment to reduce wrinkles and lines
- Correction of skin imperfections and permanent hair reduction with IPL: intense pulsed light treatment
- Acupuncture: a traditional, holistic therapy