



TEMPUS SPA

WELCOME TO TEMPUS SPA

Relaxation, pampering and the ultimate in high-end luxurious treatments is what you can come to expect from The Oxfordshire Tempus Spa. With friendly experienced therapists, a calming and ambient atmosphere combined with the very best products and treatments.

Enjoy the full relaxation experience at The Tempus Spa with 3 tranquil treatment rooms, a fully equipped Gym and Studio with state of the art equipment, as well as a 15m indoor Swimming Pool, Spa Pool, Sauna and Steam Room to sit back and unwind in after your treatment.

SPA ETIQUETTE

Please arrive 5-10 minutes before your appointment to complete a consultation form.

Please ensure mobile phones are switched to silent mode during your treatments.

We will not perform treatments on children under the age of 16 years.

Cancellations within 24 hours of appointment will be charged at full price.

Applicable to all reservations for Treatments, Spa Days and Spa Breaks.

All treatments, Spa Days and Spa Breaks are also subject to availability and should be booked in advance.

All treatments will include a consultation prior to the treatment this will be included within your treatment time.

A 50% deposit for large treatment booking will be required at the time of booking and the final amount will be taken on the arrival of your booking. Deposits are non refundable.

 This treatment is safe for pregnancy when you see this symbol

Treatments will only be performed when in 2nd or 3rd trimester. (12 weeks +)



ANCIENT AND MODERN RITUALS

Enjoy the perfect combination of innovative, state-of-the-art science-based conscious Formulas™, rich in natural-origin ingredients and free from silicones, parabens and animal derivatives, with our unique signature application techniques and massages.

Each treatment begins with the Tranquillity™ Welcome Ritual, which favours mind-body relaxation and enhances the efficacy of the specific selected treatment.



FREE FROM
SILICONES, PARABENS,
MINERAL OILS, ARTIFICIAL COLORS,
ANIMAL DERIVATIVES



FACE

SUBLIME SKIN

AGE CORRECTION - DELUXE PEEL & LIFT

£90 70 MIN.

Give your skin the boost of radiance and plumpness that it needs with an innovative double peel followed by a lifting mask for immediate rejuvenation. The Active-lift™ Massage, inspired by Kobido techniques, softens wrinkles and invigorates skin tone.

DOUBLE PEEL

£55 40 MIN.

In a rush but in need of a special beauty touch?

Ask our team to book you for this must have treatment. This facial resurfaces and stimulates cellular renewal. The double peeling combined with vitamin C guarantees an illuminating effect on the face, neck and décolletés. Good for aging, uneven skin tone and skin with tendency towards oiliness.

HORMON AGING

£85 70 MIN.

The ultimate treatment to counter skin thinning, extreme dryness and loss of density due to menopause. The exclusive Cell-Support Technology™, innovative oil based textures and two special massage techniques, Dermal Petrissage and Kobido, reactivate cellular communication, regenerate and redensify the skin.

EYES ADD-ON

Triple action against dark circles, puffiness and wrinkles, providing immediate lifting and luminosity

15 min (add to a facial) £20 15 MIN.

25 min (Single eye treatment) £30 25 MIN.



SENSITIVITY	<p>REMEDY </p> <p>An innovative, fortifying approach to sensitive, delicate skin. With a Prebiotic from sugar beets, promoting cutaneous resilience, and Marula Oil, this facial calms skin discomfort, relieves neuroinflammation and reinforces the skin's defence.</p>	£70	50 MIN.
DOUBLE HYDRATION	<p>HYDRAMEMORY </p> <p>The ultimate treatment for deep hydration and radiance, ideal for skin stressed by central heating and air-conditioning. The HydraBrush Massage transports the precious Moringa Oil and the Hyaluronic Acid biomimetic fragments deep into the skin.</p>	£70	55 MIN.
REPAIR	<p>RECOVER TOUCH </p> <p>Nurture your skin and recover from the damage caused by sun, pollution, and aging. The antioxidant, replenishing combination of organic Goji Berry and Macadamia Oil leaves the skin soft and replenished.</p>	£60	50 MIN.
PURIFICATION	<p>ACTIVE PURENESS</p> <p>If your skin is oily, scarred or acne-prone, this is the perfect choice! Characterized by a mattifying peel-off Spirulina Algae mask, this deep purifying facial with Mandelic Acid, Green and White Clays rebalances and reduces pores and blackheads.</p>	£70	50 MIN.
		£40	25 MIN.



RITUALS

RITUALS

AROMASOUL ELEMENTS MASSAGE

The remarkable and renowned therapeutic gifts of aromatherapy. Each treatment begins with a personalized selection from our unique collection of aromatherapy oils based on the ancient cultures of the Orient, Arabia, India or the Mediterranean. This massage treatment will leave you deeply relaxed in mind and body.

£65 55 MIN.

£40 25 MIN.

TRANQUILLITY™ PRO-SLEEP MASSAGE

Inspired by the Indonesian Sea Malay Massage, this exceptional ritual acts in synergy with our Tranquillity™ Sound and Essential Oil Blend to effectively induce a state of deep rest. Ideal as jet lag recovery and insomnia sufferers.

£70 55 MIN.

NEW LIFE NEW MUM

A gentle elasticizing, nurturing massage, perfect for during pregnancy as well as post-pregnancy. It reduces swelling, improves circulation and contributes to skin silkiness and tone.

£70 55 MIN.



BODY

DETOX	HIMALAYAN SALT MASSAGE A complete body detoxification, easing muscle aches and effectively stimulating the metabolism.	£70	55 MIN.
RENEW	AROMASOUL BODY SCRUB Pure volcanic rhyolite particles from Stromboli, Sicily, deeply exfoliate while Karité Butter and Betaglucan provide intense nourishment.	£55	40 MIN.
NOURISH	DEEP BODY RENEWAL  Full body double exfoliation with scrub and AHA peeling, hydrating antioxidant body mask wrap for deep exfoliation and conditioning. Suitable for all including pregnancy.	£55	40 MIN.
-tone	MONTALCINO THERMAL MUD  A muscle-warming, remineralizing and purifying body wrap. Deep cleansing mud mask for the body, and a warming therapeutic treatment for muscles and joints, stimulating energy flow and bestowing a sense of therapeutic relaxation, comfort and vitality.	£65	55 MIN.





mixage
et d'extraits
blend of oils
et extraits aromatisés
et extraits aromatisés
VITALITY
professional
15 ml e 0.5 fl. oz. US

[comfort zone]
AROMASOUL
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BLEND
blend of essential oils
and aromatic extracts
mélange d'huiles essentielles
et d'extraits aromatisés
blend of oils
et extraits aromatisés
VITALITY
professional
15 ml e 0.5 fl. oz. US

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AROMASOUL
MEDITERRANEAN
BLEND
blend of essential oils
and aromatic extracts
mélange d'huiles essentielles
et d'extraits aromatisés
blend of oils
et extraits aromatisés

[comfort zone]
AROMASOUL
INDIAN
BLEND
blend of essential oils
and aromatic extracts
mélange d'huiles essentielles
et d'extraits aromatisés
blend of oils
et extraits aromatisés

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AROMASOUL
MEDITERRANEAN
BLEND

[comfort zone]
AROMASOUL
ORIENTAL
BLEND
blend of essential oils
and aromatic extracts
mélange d'huiles essentielles

HAND & FEET

REJUVENATING	HAND RITUAL  A rejuvenating, protective treatment rich in Vitamin E and Karité Butter, restoring nourishment and beauty to the hands. Add Jessica Nail Polish additional £10 Add Jessica GELeration Polish additional £15	£35	30 - 55 MIN.
RENEWING	FOOT RITUAL  Revitalizing foot ritual with neem extract to reveal polished and smoother feet. Add Jessica Nail Polish additional £10 Add Jessica GELeration Polish additional £15	£40	30 - 55 MIN.
REVIVING	NAIL RITUAL  Essential nail treatment for hands or feet, consisting of cuticle work, nail shape and polish. Jessica Nail Polish £20 Jessica GELeration Polish £30		20 - 45 MIN.
	GELERATION POLISH REMOVAL  Removal of gel polish with acetone remover and tidy up of nails.	£15	15 MIN.

Please note if you are booking for a hand or foot treatment and have existing gel polish on your nails, you will be required to book a removal treatment prior to your hand or foot treatment. The removal does require more treatment time and products. This cannot be done within a standard hand or foot treatment. Please ask a member of the spa team if you would like more information.

HAIR REMOVAL



All treatments are safe for pregnancy

BODY WAX	> FULL LEG WAX	£35	60 MIN.
	HALF LEG WAX (Including Knee)	£20	30 MIN.
	FULL LEG & BIKINI WAX (sides of Bikini only)	£45	75 MIN.
	BIKINI WAX (Sides of Bikini Line)	£15	15 MIN.
	G-STRING WAX (more from the sides & sides underneath)	£20	30 MIN.
	BRAZILIAN WAX (small strip left at the top & all of underneath removed)	£30	45 MIN.
	HOLLYWOOD WAX (All of the hair in the area removed)	£40	60 MIN.
	UNDERARM WAX	£15	15 MIN.
FACE WAX	> EYEBROW WAX	£15	15 MIN.
	UPPER LIP WAX	£12	15 MIN.
	CHIN WAX	£13	15 MIN.
	LIP & CHIN WAX	£23	20 MIN.

HAIR REMOVAL

 All treatments are safe for pregnancy

EYE ENHANCEMENTS

EYEBROW TINT

£13 15 MIN.

EYELASH TINT

£20 30 MIN.

LASH & BROW TINT

£30 30 MIN.

EYEBROW WAX & TINT

£25 30 MIN.

MEN

BACK WAX

£30 30 MIN.

BACK & SHOULDER WAX

£40 30 MIN.

CHEST WAX

£30 30 MIN.

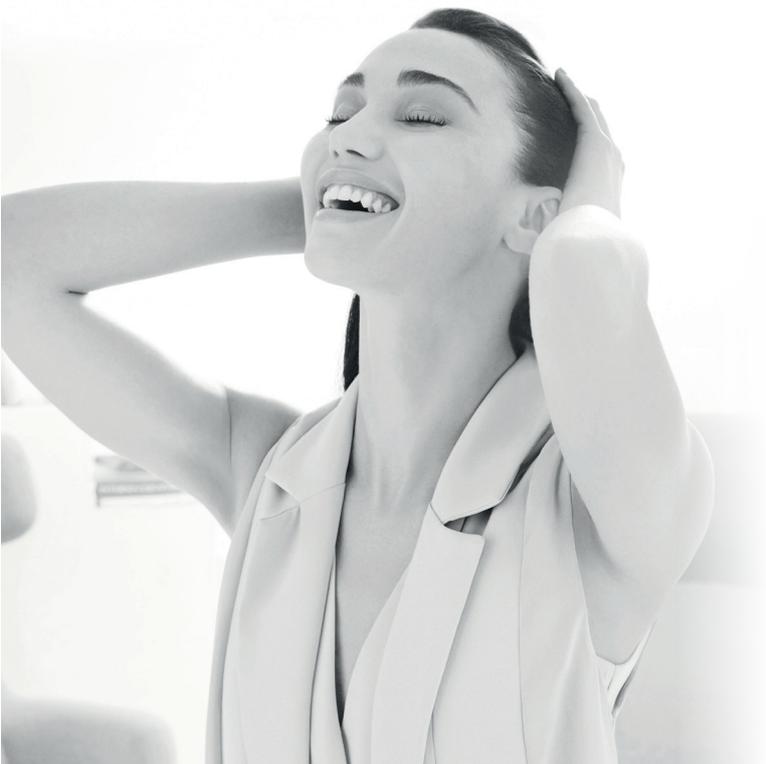
CHEST & ABDOMEN

£40 30 MIN.



SPA DAY PACKAGES

All our day spa packages include a two-course lunch in the Sakura Restaurant, indulgent robes and slippers for your comfort and full use of the Health Club facilities which include an indoor Swimming Pool, Spa Pool, Sauna and Steam Room.



ORIENT

Pro-Sleep Massage
Signature Facial
Hand or Foot Ritual (Nail Paint included)

MON - THURS £179
FRI - SUN £189

ARABIA

Himalayan Salt Massage
Signature Mini Facial

MON - THURS £159
FRI - SUN £169

MEDITERRANEAN

Aromasoul Body Scrub
Aromasoul Elements Massage

MON - THURS £139
FRI - SUN £149

INDIA

Aromasoul Back Treatment
Nail Ritual for hands or feet

MON - THURS £89
FRI - SUN £99

NEW JOURNEY

New life New mum treatment
Nail Ritual for hands or feet

MON - THURS £109
FRI - SUN £119

HEN SPA PACKAGES

BOTH PACKAGES INCLUDE THE FOLLOWING:

Afternoon Tea

Use of Pool Facilities and Gym

Robes, Towels and Slippers

Package 1: £89pp includes two treatments from the list below

Package 2: £69pp includes one treatment from the list below

CHOOSE FROM THE FOLLOWING TREATMENTS:



All treatments are safe for pregnancy

Signature Mini Facial

Back, Neck and Shoulder Massage

Full Body Scrub

Head and Shoulder Massage

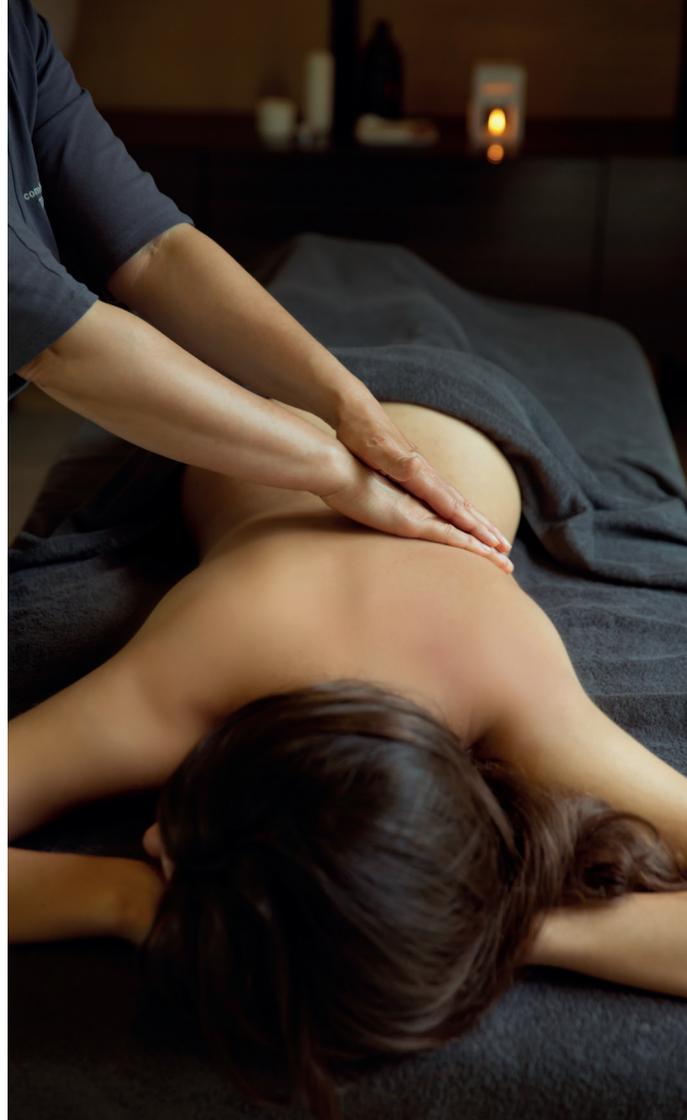
Nail Ritual for Hands or Feet

Book for 7 or more and the Bride will go free.

Why not add on dinner and an overnight stay to your day to make the most of the celebrations. For more information please speak to a member of the Tempus team.

50% deposit of the booking total will need to be paid up front and the final amount paid either the week prior to the spa day or on arrival.

The 50% deposit is non-refundable if you cancel your booking.



SPA BREAKS PACKAGES

Situated in the heart of the Chilterns, a luxury 50 bedroom Hotel and Spa with a Championship Golf Course of outstanding quality.

Beautiful treatments, a relaxing atmosphere, the best quality ingredients and outstanding friendly service by skilled professionals. What better way to unwind and relax than with a Spa Break at The Oxfordshire with our signature Tempus Spa, offering everything you may need to step out of your busy schedule and enjoy some time being pampered.

Whether you are looking for facials, manicures, body treatments or the very best in luxurious massages, you will find what you need at Tempus. World-class ingredients and skilled, professional practitioners will leave you feeling rejuvenated, relaxed and ready for anything.



ESCAPE

One night's accommodation
3-Course Dinner
Bed & Breakfast
Use of the Health Club and Spa Facilities
Robes and Slippers for the duration of your stay
One 25-minute treatment

MON - FRI £119
SAT £149
SUN £99

HIS & HERS

One night's accommodation
3-Course Dinner
Bed & Breakfast
Use of the Health Club and Spa Facilities
Robes and Slippers for the duration of your stay
One 50-minute treatment or two 25 minute treatments
1 round of golf (per room)

£159

SERENITY

One night's accommodation
3-Course Dinner
Bed & Breakfast
Use of the Health Club and Spa Facilities
Robes and Slippers for the duration of your stay
One 50-minute treatment or two 25 minute treatments

MON - FRI £139
SAT £169
SUN £119

TWO NIGHTS SPA

Two nights accommodation
3-Course Dinner
Bed & Breakfast each evening
Use of the Health Club and Spa Facilities
Robes and Slippers for the duration of your stay
One 50-minute treatment (per person) or two 25 minute treatments (per person)

£235

INDULGENCE

One night's accommodation
3-Course Dinner
Bed & Breakfast
Half bottle of Wine per person
Use of the Health Club and Spa Facilities
Robes and Slippers for the duration of your stay
One 50-minute treatment or two 25 minute treatments

MON - FRI £149
SAT £179
SUN £129

Spa Break Packages are based per person sharing. Single supplement will apply. Subject to availability.



The Oxfordshire : Golf : Hotel : Spa
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