



SPA TREATMENTS

Treat yourself, or a loved one, to one of our luxurious
Spa Packages or Spa Treatments.





FISHMORE HALL SPA

Welcome to Fishmore Hall, the privately-owned boutique Shropshire country house hotel overlooking the charming town of Ludlow, and with unrivalled views over stunning Shropshire countryside. SPAsell is nestled in the gardens of Fishmore Hall offering a collection of wellness spa treatments from TEMPLESPA

Our team of experts will personalise your experience with one of our luxury hands-on holistic treatments or more advanced treatments for performance results. During your visit take advantage of our thermal cabins and the outdoor cedar wellness pool. Then sit in the lounge and enjoy the relaxing calm of the SPAsell.

TEMPLESPA Treatment Menu. Science-led Skincare. Bathed in Mediterranean sunshine. Marrying clinically proven formulas with naturally rich botanicals, TEMPLESPA is beauty redefined. Merging the finest derma-science with the warmth and vitality of the Mediterranean, our 100% British brand has a truly global appeal. Founded in 2000, TEMPLESPA is built on over 20 years of skincare breakthroughs and cutting-edge science. But our heart, well, that's full of sunlight. With a deep respect for our awe-inspiring plan

FACE

The hands of one of our highly trained therapists are profoundly effective for creating rebalancing.

Using a combination of massage techniques from around the world, this is where intuition meets expertise with clinically proven results.

CHAMPAGNE & TRUFFLES | THE CRÈME DE LA CRÈME OF FACIALS

60 minutes £90 | minutes £105

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, cold stone 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.

MY KINDA SKIN | BESPOKE PRESCRIPTION FACIAL FOR INDIVIDUAL SKIN TYPES

30 minutes £50 | 60 minutes £80

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 TEMPLESPA 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!

ALL ABOUT THE GLOW | VITAMIN C BASED, LEAVES SKIN RADIANT

30 minutes £60 | 60 minutes £90

We've curated this vitamin c facial as an advanced skin transforming treatment, turning up the glow dial with visible results for a firmer feeling and healthier-looking skin. We've combined intelligent active ingredients such as Ascorbyl Glucoside, our stable and consistent vitamin c ingredient that performs over a longer period, and a fusion of AHAs of glycolic, mandelic, malic and lactic acids for extra exfoliation of dullness and uneven skin tone. You'll experience our unique facial contouring massage with techniques that visibly lift, depuff and iron out fine lines from expert therapist hands and THE SCULPTOR Multi-Purpose Massager.





CBD LIGHT RELIEF | CALMING, FOR ALL SKIN TYPES

75 minutes - £95

Enriched with hemp, CBD and green mandarin oil, this light-weight superfood oil is designed to support the recovery process and bring comfort to stressed out, fragile, dry or dehydrated, skin. Calming down signs of redness and irritation plus alleviating blemishes. A soothing blend of coconut, hemp and olive oils together deliver a deep-down rescue mission for your skin.

REPOSE AROMATHERAPY FACIAL | RELAXING, INDULGENT FACIAL FOR ALL SKIN TYPES

75 minutes | £95

This facial 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 TEMPLESPA 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!



MASSAGE

Experience the benefits of touch and put the world on hold whilst enjoying an unforgettable full body massage. In our hands you will be left feeling relaxed and rejuvenated.

Your therapist will help you choose your favourite TEMPLESPA essential oil blend to relax, energise or destress then we'll tailor the massage to meet your wellbeing desires.

DRIFT AWAY | RELAXING FULL BODY MASSAGE

30 minutes | £40

60 minutes | £70

90 minutes | £95

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. Upgrade your experience to 90 minutes to include a signature face and scalp massage using our aromatherapy resting cream REPOSE. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.....zzzzzzz!!!!

WORK IT OUT | DETOXING / MUSCLE WORKOUT MASSAGE

30 minutes | £40

60 minutes | £70

90 minutes | £95

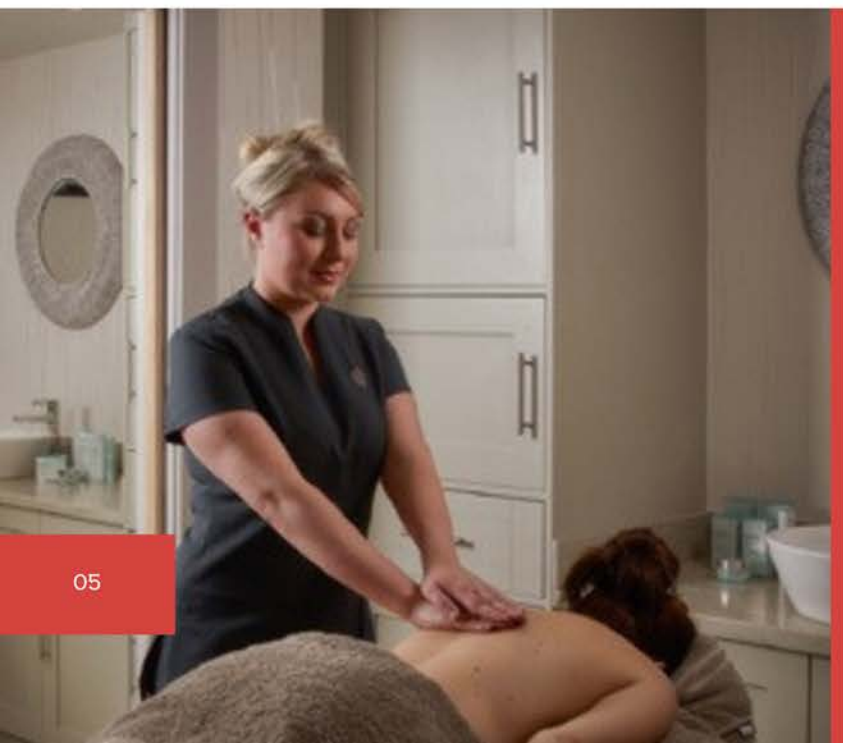
A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the ingenious WORK IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

TEMPLESPA NEW BEGINNINGS | PREGNANCY MASSAGE.

60 minutes | £70

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!





BODY SCRUBS/ WRAPS

AAAHHH! | LEG & FOOT ENERGISER

30 minutes | £45

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 balm AAAHHH! Followed with a skin treating sweep across the feet with the Award Winning SOLE BALM. You really will say "AAAHHH!"

THE OUTER GLOW | FACE & FULL BODY EXFOLIATION

45 minutes | £55

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

BACK TO LIFE | BACK RITUAL TO LEAVE YOU FEELING ENERGISED

45 minutes | £55

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you energised with a back to be proud of. The Back to Life treatment from TEMPLESPA is designed to help relieve tension, rejuvenate tired muscles, and enhance relaxation, focusing specifically on the back, neck, shoulders, and arms. This treatment is perfect for anyone dealing with stress, tension, or tightness in these areas, offering a refreshing and therapeutic experience.



MY KINDA MOOD | A PRESCRIPTIVE FACIAL & MASSAGE BESPOKE TO YOU

120 minutes | £130

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

BODY DETOX | COCOONING MUD WRAP

60 minutes | £70

This luxurious spa treatment harnesses the power of natural ingredients to detoxify, exfoliate, and revitalise your skin. Combining the therapeutic benefits of mineral-rich mud with expert techniques to purify, revitalise, and nourish your skin. Surrender to the blissful sensation of this treatment and discover a new level of pampering and relaxation. Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing to stimulate and detoxify. The body is then smoothed with an application of GLORIOUS MUD; a warm vitamin and mineral-rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. The perfect pre-Mediterranean massage treatment or post scrub treatment after our body scrub. You wouldn't believe wallowing in mud could feel so good!





SEDATING SCALP MASSAGE

15 minutes | £20

Head feel heavy and uptight? You will love our sedating scalp massage.

INDULGENT HAND

15 minutes | £20

Love your hands to be pampered? Select our indulgent hand ritual.

INDULGENT FOOT

15 minutes | £20

Want a spring in your step? Select our indulgent foot ritual.

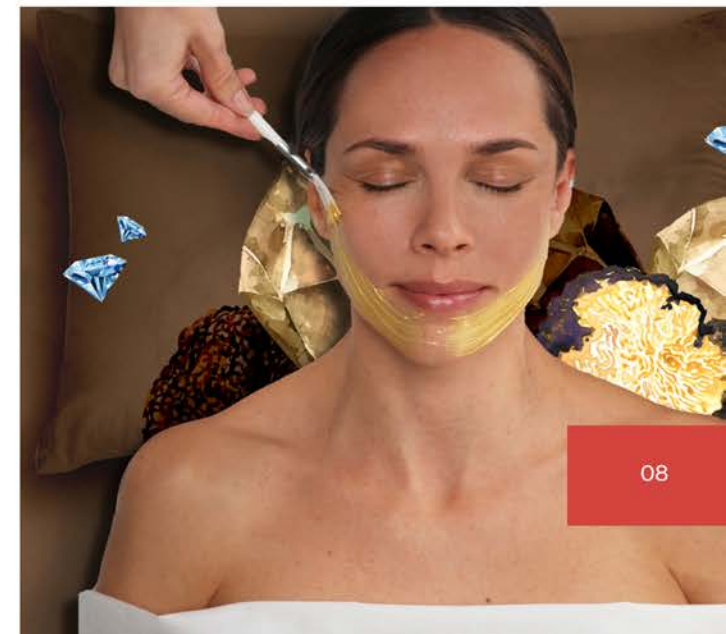
WINDOWS OF SOUL

15 minutes | £20

Want to look less tired? Discover our secret eye remedy.

SIDE ORDERS

Have you ever had a treatment and thought to yourself, 'I wish I could have a little more'? Well now you can! Here we offer a targeted selection of "add ons" to your main treatment. These can be added to any facial, massage or body treatment.



SPA PACKAGES

Relax, recharge, and indulge with our carefully curated spa day packages. Choose from a selection of treatments including facials, massages, and body rituals, all paired with access to our spa facilities and your choice of afternoon tea or a two-course light lunch. Whether you're after a quick refresh or a full day of bliss, there's a package designed just for you.

AFTERNOON TEA SPA DAY

Monday to Friday £95pp
Saturday to Sunday £105pp

Includes 60-minute treatment from the following options:

Drift away massage

My kinda skin facial

Express drift away massage & My kinda skin facial

Express drift away massage & Scalp massage

90 minutes use of the spa facilities

Afternoon Tea served between 3pm and 4.15pm

2 COURSE LUNCH SPA DAY

Monday to Friday £95pp
Saturday to Sunday £105pp

Includes 60-minute treatment from the following options:

Drift away massage

My kinda skin facial

Express drift away massage & My kinda skin facial

Express drift away massage & Scalp massage

90 minutes use of the spa facilities

2 course bistro lunch

SUPREME TEMPLE EXPERIENCE

Monday to Friday £160pp
Saturday to Sunday £165pp

Includes x 2 60 minute treatment from the following options:

Drift away massage and My kinda skin facial Or

Express drift away massage & My kinda skin facial

& Indulgent foot massage & Sedating scalp massage

90 minutes use of the spa facilities

2 course bistro lunch

TWILIGHT SPA

Wednesday to Friday £110pp
Saturday £115pp

Includes 60 minute treatment from the following options:

Drift away massage

My kinda skin facial

Express drift away massage & My kinda skin facial

Express drift away massage & Sedating scalp massage

90 minutes use of the spa facilities

2 course dinner served at 6pm

SIGNATURE SPA DAY

Monday to Friday £150pp
Saturday to Sunday £155pp

Includes:

90 minute signature treatment

90 minutes use of the spa facilities

2 course bistro lunch



YOUR VISIT

We thank you for making a space in your life for us. So we can make your experience with us special and complete we ask that you join us 15 minutes before your treatment. We will give you a robe, towel and slippers for your time with us and these can be purchased if you would like to take home a memory.

A charge of £15 is applicable if you would like to use the spa facilities. Access for 90 minutes and should to be pre-booked.
For all guests having treatments over £70 these are included.

On your arrival you will be greeted by one of the team who will organise a complimentary glass of mineral water. They will then give you a personalised tour of the Spa so that you can make the most of your visit with us.

Leave the outside world behind. We ask that you leave your mobile phone switched off at all times. We want to make you look and feel as young as possible. We are unable to offer treatments to anyone under the age of 16. Clients aged 16 and 17 must be accompanied by a parent or legal guardian throughout the treatment.

OPENING HOURS

Monday - Friday 10.00 - 18.00
Saturday - Sunday 10.00 - 18.00

DRESS

We think you are beautiful but ask that in the wet areas and for treatments you wear appropriate clothing. Your therapist can help with selecting the right attire.

TREATMENT BOOKINGS

A 50% deposit is required to secure your booking. This deposit is non-refundable. However, this may be waived if you reschedule your appointment within 2 weeks of cancellation.

GROUP BOOKINGS

We hope you will bring some friends to experience the Spa. To confirm your booking, we ask for a 50% deposit. Maximum group size of four guests. For groups over four, please contact us for details of Exclusive Use.

We invite you to create your own Fishmore Hall Spa experience so if you would like any special essentials like a glass of fizz or birthday cake we will be delighted to discuss how to make your day even more special.



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