



Treatments at the Club 2024

The Royal Automobile Club



Introduction

Whether you are looking to treat an existing sporting injury or simply groom and relax, the Club’s therapists are on hand to help. With a wide variety of treatments including the Club’s specialist therapies, prescription facials and a range of different massage treatments, there is something for everyone.

For enquiries on pre and post treatments and any other information including heat experiences in the Turkish Baths at Pall Mall, please speak to the Sports Reception of the respective clubhouse.

TEMPLESPA Ethos

*Your body is a living temple
Honour it, enjoy your life and live it to the full*

TEMPLESPA was founded by a British couple with a love of the Mediterranean. The people, the food, the lifestyle and the landscape are infused with such a special energy. Each and every TEMPLESPA product is created with purpose and stands alone without duplication.

Products are sourced from a plethora of botanicals utilising plant, fruit and legume extracts, many of which have a history of health benefits.

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Signature Treatments

The Mediterranean Mini Break

The fully loaded skin-luxe facial and body duo
90 minutes. WP: £111.00 | PM: £116.00

Packed with delicious ingredients, this double deluxe all over treatment will leave you looking and feeling like you have had a mini break. Your mind will escape as your body is polished and nourished with the iconic Mediterranean **SUGAR BUFF** scrub, prior to being cocooned in an aromatic infusion of our aromatherapy body oil to soften and hydrate.

Your mini break continues with a rejuvenating facial to brighten, soften and hydrate. The results...? A totally relaxed skin, head to toe.

The Serious Detox

The ultimate detox
3 hours. WP: £214.00 | PM: £242.00

If you are serious about detoxing, then this is the one for you. We commence with full body exfoliation. The hips, thighs and stomach are treated to a detoxifying massage, using body boosting Mediterranean essential oils, followed by a stimulating marine and mineral rich mud wrap. Whilst all wrapped up you will enjoy a detox facial to decongest and spring clean your skin.

Your boot-camp treatment finishes with a friction rub and application of the award winning Go Figure anti-cellulite gel whilst the rest of the body is hydrated and cocooned with a layer of **DUVET** comforting body cream.

A Brush with Heaven

Totally unique face and body treatment using only brushes
90 minutes. WP: £111.00 | PM: £116.00

Imagine the sensation from a sequence of brushes in varying sizes and textures being used from top-to-toe, to massage, stimulate, drain toxins and smooth on delicious preparations to the face and body. Once lavished in rich warm body oil, you will be cocooned, then treated to the exclusive **TEMPLESPA** facial treatment. Carried out entirely with brushes, while you doze. Heaven!

My Kinda Mood

A prescriptive facial and massage bespoke to you
120 minutes. WP: £153.00 | PM: £169.00

Not sure how to spend the next couple of hours? Firstly, we will chat about how you are feeling - skin, body and soul - and let you smell the different aromas to match your mood. Then we will 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.

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- 1. SUGAR BUFF**
- 3. DUVET**

It's All About the Face

PRESCRIPTION AND SKIN BOOSTING FACIALS

My Kinda Skin Prescriptive Facial

Bespoke prescription facial for your skin type
60 minutes. WP: £87.00 | PM: £94.00

We will 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 and décolleté massage, an application of a bespoke treatment mask and a prescribed moisture treat. You will feel amazing and your skin will look so, so good!

The Mediterranean Marinade

A calming facial for sensitive or delicate skin
60 minutes. WP: £87.00 | PM: £94.00

A de-sensitising and ultra-soothing facial packed with fresh ingredients, Mediterranean essential oils and vitamin boosters. Following a deep, yet tender cleanse, your skin is gently exfoliated and followed by our signature relaxing face massage, finishing with an application of a unique TEMPLESPA marinade mask. Restore your skin's natural equilibrium, radiance and glow.

Purification

A deeply cleansing and relaxing facial for oily, congested, blemished skin
60 minutes. WP: £87.00 | PM: £94.00

This glorious treatment begins with an effective brush cleanse, followed by a stimulating and detoxifying face massage. Your skin is then exfoliated, and a layer of **PURIFICATION MUD MASK** is applied to vacuum out congested and blocked pores, rebalance and re-mineralise whilst you take it easy and enjoy a deeply relaxing scalp massage. Your complexion is left clearer and full of vitality.





Wellbeing Facials

Repose Aromatherapy

Relaxing, indulgent facial for all skin types
75 minutes. WP: £100.00 | PM: £109.00

Member
Favourite

This indulgent aromatherapy facial is infused with a Mediterranean blend of 40 essential oils which will soothe, calm and hydrate your skin. This divine treatment concentrates on releasing tension and stress caused by day to day living with a TEMPLESPA signature face, eye, scalp, hand and arm massage experience using **REPOSE**. Pure Bliss.

The Totally Quenched and Drenched

Rehydrating facial for thirsty skin
75 minutes. WP: £100.00 | PM: £109.00

We combine powerful ingredients and techniques to help fight the ageing process and loss of elasticity in the skin. This divine facial includes a signature face and décolleté massage including a specialised eye massage to stimulate circulation and muscle tone. Skin is then exfoliated and treated to a double layer hydrating and cooling cryogenic mask including an application of the award winning TEMPLESPA **QUENCH HYDRATING MASK**. The results are outstanding; skin looks plumper, firmer, hydrated, visibly smoother and wonderfully soft.

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4. PURIFICATION MUD MASK

5. REPOSE

6. QUENCH HYDRATING MASK



The Lap of Luxury

THE CRÈME DE LA CRÈME OF TREATMENTS

Champagne and Truffles Facial

Champagne and Truffles Deluxe Treatment

90 minutes. WP: £114.00 | PM: £128.00

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 and a hydrating and brightening alginate mask to iron out fine lines and wrinkles. Cold stone therapy will then reduce puffiness before an application of the multiple award winning **SKIN TRUFFLE**. Your skin will be visibly plumper, firmer, radiant and glowing.

All About The Glow

Skin transforming facial

60 minutes. WP: £98.00 | PM: £105.00

This advanced skin workout transforming facial turns up your glow with instant and viable results. Your complexion is transformed thanks to the **LET'S CONCENTRATE** active ingredients boosted by vitamin C and glycolic acid complex and our unique lifting massage techniques. We call it the facial gym power hour!

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8. SKIN TRUFFLE

12. LET'S CONCENTRATE

Cashmere and Truffles Body Treatment

Total Body Rejuvenation

60 minutes. WP: £100.00 | PM: £112.00

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.

Harness the power of black truffles, champagne extract, gold and botanical complexes to deliver exceptional results and exquisite experiences

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7. BODY TRUFFLE





Skin Boost

TEMPLESPA HIGH PERFORMANCE FACIALS

Perfector Facials

Skin Investment Cell Communication Facials

A collection of non-surgical designer facials that uniquely use an advanced Skin Investment Cell Communication machine to visibly lift, firm, tighten and tone the skin (and yes, that would be instantly). This is a non-invasive, computerised device that conducts a nine-stage process to help to build new tissue, lift sagging skin and give dramatic results on many skin concerns including deep wrinkles, pigmentation, dark circles, acne and sun damage. A course of six treatments is available for ‘Need a Prescription?’ and ‘Need a Spring Clean?’

Need A Lift?

High performance lifting facial
30 minutes. WP: £57.00 | PM: £82.00

A quick, yet effective treatment that delivers fast results. An introduction to a more toned complexion. Designed to be added to any treatment, or on its own. Perfect when time is short but your skin needs a bit of a lift.

Need A Miracle?

High performance miracle facial
90 minutes. WP: £119.00 | PM: £157.00

This ultimate treatment including a peel and super-boosting mask is designed to re-texture and brighten the skin. Lines and wrinkles will be smoothed, facial contours sculpted and the muscles re-educated and lifted, producing immediate and dramatic results. The skin is more youthful and visibly radiant. Recommended prior to a special occasion or as a maintenance treatment.

Need A Spring Clean?

High performance brightening facial
60 minutes. WP: £94.00 | PM: £120.00
Course of six. WP: £440.00 | PM: £565.00

Whatever the season, we can all look in the mirror and feel that our skin is looking dull, tired and in need of a good spring clean. Bring on this ultra-deep cleansing treatment that uses micro and galvanic currents designed to flush out toxins. Special drainage techniques are used to cleanse and detoxify leaving your skin brighter, smoother and refreshed.

Recommended as a one-off treatment or as part of a course of six treatments.

Need A Prescription?

High performance prescriptive facial
60 minutes. WP: £94.00 | PM: £120.00
Course of six. WP: £440.00 | PM: £565.00

The boot camp of facials – a prescriptive treatment designed to work on the muscles, lifting and firming in all the right places. The Skin Investment Cell Communication machine's safe and effective nano-current smooths wrinkles, brightens the skin tone and boosts collagen levels.

Recommended as a course of six treatments.

Body Renew

MASSAGE TREATMENTS

Relaxing Full Body Massage

55 minutes. WP: £79.00 | PM: £90.00
85 minutes. WP: £98.00 | PM: £128.00

Member
Favourite

This top-to-toe massage will soothe nerves, relaxing the muscles and the mind, completed with a face and scalp massage.

Energising Full Body Massage

55 minutes. WP: £79.00 | PM: £90.00
85 minutes. WP: £98.00 | PM: £128.00

An invigorating and energising massage designed to leave you revitalised. The massage movements encourage circulation, tone muscles and stimulate the whole body.

Deep Tissue Massage

25 minutes. WP: £46.00 | PM: £52.00
55 minutes. WP: £82.00 | PM: £98.00
85 minutes. WP: £103.00 | PM: £135.00

Designed to release severe tension, this massage eliminates deep-rooted knots. This is a strong massage that can benefit those who experience minor aches and pains due to physical exercise or common sports-related injuries.

Soul Retreat

60 minutes. WP: £75.00 | PM: £82.00

This treatment begins with a foot ritual to soak, exfoliate and treat the feet using TEMPLESPA's SUGAR BUFF. This is followed by a back, neck and shoulder massage, relaxing scalp massage and facial mask of your choice.

Indian Head Massage

25 minutes. WP: £42.00 | PM: £51.00

Indian head massage has been practiced in India for over 1,000 years. Starting on the upper back and shoulders to release tension in the muscles, the massage then moves up to the neck, scalp and face. Promotes healthy hair and scalp and leaves you with a sense of peace and wellbeing.

Aromatherapy Massage

Woodcote Park

55 minutes. £85.00
75 minutes. £91.00 (initial consultation)

Aromatherapy helps the body and mind to maintain optimum health. The soothing benefits of aromatherapy oils can help with insomnia, relieve muscular aches and pains, protect against infection, promote energy in the body and can stimulate the circulation, enhancing a feeling of wellbeing.

Reflexology

55 minutes. WP: £75.00 | PM: £97.00

Reflexology is the ancient art of foot massage which helps to restore balance to the body. Every part of the foot corresponds to an area of the body so by applying pressure to specific points on the foot it promotes the body's natural healing process. A deeply relaxing treatment that helps to reduce stress and anxiety.

Work It Out Massage

30 minutes. WP: £43.00 | PM: £49.00
60 minutes. WP: £80.00 | PM: £86.00
90 minutes. WP: £110.00 | PM: £116.00

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. Detox-licious!

Utilise the power of Mediterranean essential oils including juniper, lavender and cyress, renowned for their muscle soothing and detoxifying superpowers

Lymphatic Drainage Massage

Woodcote Park

55 minutes. £82.00
85 minutes. £103.00

Lymphatic drainage massage works to slowly move waste toxins to the lymph nodes around the body, this is a gentle massage to encourage better circulation and detoxify the body. You will leave feeling relaxed and glowing.

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1. SUGAR BUFF

16. WORK IT OUT

Specialist Therapies

Chiropractor

Pall Mall

15 minutes. £59.00

30 minutes. £92.00

45 minutes. £116.00

Chiropractic is a health care profession dedicated to the non-surgical treatment of disorders of the nervous system and/or musculoskeletal system. Generally, chiropractors maintain a unique focus on spinal manipulation and treatment of surrounding structures, however, problems with hips, shoulders, arms and legs can be addressed too. This is one that really investigates the bones, joints and muscles.

Foot Health Practitioner - Chiropody

Woodcote Park

30 minutes. £43.00

Your feet are worked hard every day; walking and running, and carrying around the weight of your body, so it is always worthwhile to invest a little TLC into those overworked feet. This treatment is a full foot care routine to include toenail clipping, callus reduction, corn removal and in-grown toenail treatment. Your full foot treatment will conclude with a deeply moisturising cream to the feet. The Club's chiropodists are qualified to carry out this treatment on diabetics.

Osteopath

Pall Mall

15 minutes. £40.00

30 minutes. £80.00

45 minutes. £93.00

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body and is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together. Such as back pain, hip, neck, shoulder, knee pain and feet problems.

Advanced Soft Tissue Treatment For Sport and Non-Sport Injuries

Pall Mall and Woodcote Park

25 minutes. WP: £55.00 | PM: £60.00

55 minutes. WP: £89.00 | PM: £103.00

This treatment focuses on your area of concern and is suitable for any muscular conditions, sports or non-sports related. It is minimal massage and uses advanced rehabilitation techniques to assess, treat and offer remedial advice. As well as treating the area, our therapist will look to identify the underlying cause and offer short to long term improvements in physical performance and wellbeing.



CBD Treatments

MASSAGE AND FACIAL TREATMENTS

Cannabidiol, or CBD, is one of the hottest trends to hit the skincare and body care world.

This multi-talented wonder ingredient has found its way into many things from skincare, nutritional supplements to tea and coffee, hair treatments and baby products.

Research shows CBD to be of help with:

- Anxiety
- Insomnia
- Chronic pain
- Inflammation

Stress Not Massage

30 minutes. WP: £43.00 | PM: £49.00

60 minutes. WP: £80.00 | PM: £86.00

90 minutes. WP: £109.00 | PM: £116.00

Treat yourself to our CBD body massage that incorporates the **STRESS NOT** light relief oil which aids relaxation deep within the mind and body. Melt away stress and tension from the body.

Light Relief Facial

A calming facial for sensitive or delicate skin

75 minutes. WP: £100.00 | PM: £109.00

Feeling and looking stressed out? Our light relief CBD Facial skin booster facial is the remedy. This anti-inflammatory treatment brings comfort to fragile and dehydrated skin whilst soothing the mind body and soul. Starting with a calming facial massage and eye treatment followed by a hot oil scalp massage and a hot stone arm massage, rest assured you will feel radiant, glowing and totally chilled.

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2. STRESS NOT



Time to Cocoon

BODY SCRUBS, WRAPS AND INFUSIONS

The Outer Glow

Face and body exfoliation

45 minutes. WP: £57.00 | PM: £61.00

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. Off you glow!

I'll Be Back

A facial for the back

45 minutes. WP: £57.00 | PM: £61.00

Following an invigorating exfoliation with our Mediterranean **SUGAR BUFF** scrub, a warm purifying mud is smoothed all over your back for a powerful and deeply cleansing and hydrating treatment. Whilst the mask is working its magic enjoy a detoxifying foot massage. Luxurious warm mitts are used to remove the mask before a stimulating back, neck and shoulder massage is performed, leaving you energised, relaxed and with a back to be proud of.

Go Figure

A firming, toning, tightening body detox treatment

60 minutes. WP: £83.00 | PM: £92.00

The treatment commences with body brushing and sloughing movements to stimulate lymphatic flow before hips, thighs and stomach are treated

to a bespoke TEMPLESPA detoxifying massage. You are then enveloped in an intensive marine and mineral rich mud wrap to stimulate the metabolism and promote fat burning. Finally, a friction-rub with the award winning Go Figure anti-cellulite gel completes the treatment.

Kiss of Bronze

All-over face and body exfoliation, moisturising and tanning treatment

75 minutes. WP: £73.00 | PM: £76.00

This treatment involves a double exfoliation and hydration of your face and body, followed by a skilful application of a bronzing product to give you a golden glow.

Turkish Delight

Body exfoliation

45 minutes. WP: £57.00 | PM: £61.00

Your body is lathered and exfoliated with mitts and the Keep Calm Aromatherapy Bar. This is followed by a hot, steam towel removal and the warm Drift Away oil massage, so your skin feels soft and smooth and you feel totally relaxed.

Glorious Mud

Skin conditioning and detoxifying mud wrap

60 minutes. WP: £83.00 | PM: £92.00

Using the finest blends of ingredients for detoxifying and purification of the body, this treatment starts with top-to-toe body-brushing before the body is smoothed with an application of Glorious Mud; a

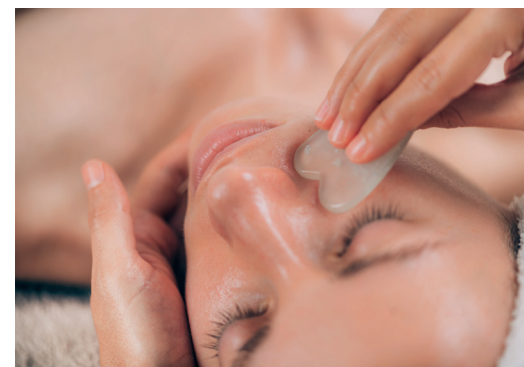
warm vitamin and mineral rich mud which helps nourish and purify the skin. Once cocooned in a cosy wrap, the relaxation process is then taken to another level with a glorious face and scalp massage. You would not believe wallowing in mud could feel so good!

Your Best You

A full body massage and facial

60 minutes. WP: £80.00 | PM: £86.00

This unique top-to-toe treatment is bespoke to you that increases energy with rhythmic stretches and lymphatic drainage. A gentle, caring massage uses a combination of expert therapist hands and Himalayan Salt stones to support stress relief and positively boost your mood.



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1. SUGAR BUFF

11. BREAKFAST SMOOTHIE

No Time to Spare

EXPRESS TREATMENTS

The Power Breakfast Facial

Express facial for all skin types

30 minutes. WP: £47.00 | PM: £54.00

Looking for quick results, need to look your best but do not have much time? This is the one for you. We have 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 and mask, revitalising face massage and wonderful scalp massage. A taster treat for all skin types!

Express Manicure or Pedicure

30 minutes. WP: £34.00 | PM: £37.00

File, shape and polish.

Relaxing Back, Neck and Shoulder Massage

25 minutes. WP: £42.00 | PM: £47.00

This massage is devoted to your neck, shoulders and back. A short treatment for when you do not have a lot of time, but you do have a lot of stress.

Energising Back, Neck and Shoulder Massage

25 minutes. WP: £42.00 | PM: £47.00

It does not take long to make you feel rejuvenated. This invigorating and energising massage on the back, neck and shoulders using essential oils leaves you feeling uplifted.

Windows of the Soul

Anti-ageing eye treatment

30 minutes. WP: £47.00 | PM: £54.00

This hard-working, results-driven eye treatment is designed to deliver speedy results for tired, dull and puffy eyes. A pressure point and specialised eye massage lifts, firms and smoothes eyes preparing them for the application of **BE QUIET** soothing milky toner to settle the skin. Finally, our secret eye remedy will leave your eyes less puffy and dark. A complete anti-ageing eye treatment that will reduce fine lines, wrinkles and dark circles and put the sparkle back into your eyes. A real eye-opening experience!

AAAHHH!

Leg and foot energiser

30 minutes. WP: £40.00 | PM: £43.00

Do you not just hate it when your legs and 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 **SUGAR BUFF** 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 an invigorating rub of our cooling and soothing balm **AAAHHH!**

When you do not have a lot of time, but you do have a lot of stress...

TEMPLESPA Finishing Touches

15 minutes per side order

WP: £22.00 | PM: £26.00

If you have more time, why not add one of our side orders to a treatment?

1. **Stressed Out?**
Enjoy our neck and shoulder treatment
2. **Head feel heavy and uptight?**
You will love our sedating 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

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1. **SUGAR BUFF**
13. **THE POWER BREAKFAST**
14. **BE QUIET**
15. **AAAHHH!**







Take Time for Two

PREGNANCY TREATMENTS

Mummy to Be*

Everything a mother to be should have to make her feel healthy, gorgeous and pampered.

150 minutes. WP: £181.00 | PM: £195.00

A thorough pampering experience designed to give our expectant mummies-to-be a real luxurious treat. We begin with a soothing and relaxing body massage concentrating on areas of concern, followed by a delicious facial packed with wonderful natural ingredients leaving your skin glowing.

Finally, your legs will be revitalised with our leg energiser treatment **AAAHHH!** The perfect treat for swollen ankles and aching limbs. Your therapist will pamper and relax you fully, preparing you for this wonderful new chapter in your life.

Pre-Natal Pampering*

Top-to-toe relaxation

120 minutes. WP: £125.00 | PM: £136.00

An instant relief pedicure for tired and aching feet, following by a relaxing TEMPLESPA prescriptive facial. Begin by bathing your feet in a pool of warm water. Includes file and shape, cuticle work, foot exfoliation, hard skin removal, a relaxing massage helping to reduce swelling, and a nail polish of your choice. Then let your legs and feet relax further while you enjoy a 60 minute facial using award winning TEMPLESPA **REPOSE** Cream, designed to leave you feeling rested and restored.

Designed to give our expectant mummies-to-be a real luxurious treat

New Beginnings*

Mummy to be massage

60 minutes. WP: £75.00 | PM: £94.00

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 complete with a 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!

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5. REPOSE

15. AAAHHH!

*Please note: all treatments to be carried out after the first trimester.



Hands, Feet and Eyes

These treatments will leave your hands and feet looking elegant.

Spa Manicure

60 minutes. WP: £49.00 | PM: £56.00

File, shape, cuticle treatment, hand exfoliation and massage followed with a polish of your choice.

Manicure

45 minutes. WP: £46.00 | PM: £48.00

File, shape and cuticle treatment, concluding with a polish and moisturising hand cream.

Spa Pedicure

60 minutes. WP: £52.00 | PM: £56.00

File, shape, cuticle treatment, foot and leg exfoliation and massage followed with a polish of your choice.

Gel Manicure and Pedicure

60 minutes, lasts up to two weeks

Gel Manicure. WP: £52.00 | PM: £54.00

Gel Pedicure. WP: £59.00 | PM: £61.00

Try a gel manicure or pedicure, which leaves your nails looking immaculate for up to two weeks. We use Gelish nail varnish that not only nurtures the nail bed but creates a chip-resistant, glossy colour.

Gel Manicure and Pedicure Removal

Gel Manicure and Removal.

WP: £62.00 | PM: £62.00

Gel Pedicure and Removal.

WP: £69.00 | PM: £69.00

Gel Removal. WP: £23.00 | PM: £23.00

Paraffin Wax

15 minutes. WP: £22.00 | PM: £26.00

Add this warming treatment onto your Manicure or Pedicure for a luxurious boost of hydration or to provide pain relief to sore joints and muscles.

Eye Treatments

Eyebrow Shape. WP: £19.00 | PM: £22.00

Eyebrow Tint*. WP: £19.00 | PM: £22.00

Eyelash and Eyebrow Tint*. WP: £34.00 | PM: £42.00

Eyelash Tint*. WP: £25.00 | PM: £28.00

LVL Lashes*. WP: £77.00

Eyebrow Lamination*. WP: £77.00

Men's Mid-Brow. WP: £17.00 | PM: £17.00

*Please note: requires a patch test at least 24 hours prior to application.

Treat your hands and feet with perfectly polished nails, ready for any special occasion.

Hair Removal

Half Leg. WP: £30.00 | PM: £32.00

Full Leg. WP: £46.00 | PM: £48.00

Half Leg and Bikini. WP: £47.00 | PM: £49.00

Half Leg, Bikini / Underarm. WP: £65.00 | PM: £68.00

Full Leg and Bikini. WP: £60.00 | PM: £62.00

Full Leg, Bikini / Underarm. WP: £73.00 | PM: £76.00

Standard Bikini. WP: £26.00 | PM: £27.00

Brazilian. PM: £47.00

Hollywood. PM: £49.00

Half Arm. WP: £25.00 | PM: £26.00

Full Arm. WP: £30.00 | PM: £32.00

Underarm. WP: £24.00 | PM: £26.00

Lip or Chin. WP: £16.00 | PM: £18.00

Lip and Chin. WP: £23.00 | PM: £23.00

Hair Removal For Men

Chest. WP: £34.00 | PM: £36.00

Shoulders. WP: £30.00 | PM: £32.00

Back and Shoulders. WP: £51.00 | PM: £53.00

Back. WP: £39.00 | PM: £42.00

Legs. WP: £53.00 | PM: £55.00



Take a Seat

BARBER SHOP AND HAIRDRESSER'S

The Barber Shop and Hairdresser's at Pall Mall offers a range of haircuts and treatments for men and a limited range of ladies' hairdressing. So whether you need a quick trim or a refreshing hot towel and cut throat treatment, the experienced team will have you looking sharp in no time. Using our very own range of bespoke barber products, you can even pick up our shaving foam and moisturiser to use at home.

Gent's Haircut
30 minutes. £33.75

Consultation, followed by a wash (if desired) and traditional haircut.

Head Shave
30 minutes. £26.50

Consultation, electric clipper cut to desired length and followed by a wash if desired.

Beard Shaping
15 minutes. £19.00

Defining, shortening beard using clippers and/or scissors.

Ladies' Hair
Blow Dry. £46.75
Cut and Blow Dry. £71.00

A blow dry before a special occasion or a full consultation, wash, cut and blow are available for ladies in the Hairdresser's.



Man Space

MALE TREATMENTS

Go Guy Male Executive Facial
Men's facial for all skin types
60 minutes. WP: £87.00 | PM: £94.00

This high-performance men's facial is perfect to revive, refresh and invigorate. Your skin will be revitalised and energised with a deep brush cleanse, followed by a targeted face and shoulder massage. Skin is then treated to a deep exfoliation and an application of a bespoke face mask. Finally choose from a detoxifying foot massage or stress relieving scalp massage to melt away the final traces of tension and stress. Skin is left smoother, softer and hydrated making you ready to face the world.

Sports Pedicure
45 minutes. WP: £46.00 | PM: £49.00

Begin with a cut, shape and cuticle work before removal of hard skin and scrub.

Executive Manicure
30 minutes. WP: £31.00 | PM: £33.00

Nails are filed, shaped and cuticles treated before a nail buff to finish.

Cut and Shape
15 minutes. WP: £18.50 | PM: £18.50

A simple cut and shape for those who have little time.

Continue at Home

TEMPLESPA products that have been used within your treatments are available to purchase at the Sports Reception at Pall Mall or at Cedars Sports Reception at Woodcote Park. For more information and pricing, please speak to a therapist at one of the clubhouses.

1. SUGAR BUFF

Mediterranean Exfoliating Sugar Body Scrub. 185g

An all over anti-ageing body scrub that leaves your skin smooth, fragrant and buffed to perfection.

2. STRESS NOT

All-Over CBD Balm. 50ml

A clever multi-purpose CBD-infused balm to bring comfort to stressed out skin and anti-inflammatory relief to aches and pains.

3. DUVET

Comforting Body Cream. 150ml

Aromatherapy body cream to help calm, soothe and hydrate your skin.

4. PURIFICATION MUD MASK

Deep Cleansing Mask for Oily/Congested Skin. 85g

A highly effective anti-blemish and deep cleansing skin purifying clay mask.

5. REPOSE

Night Cream. 50ml

Relaxing aromatherapy face and neck night cream. Calms your soul while it moisturises your skin.

6. QUENCH HYDRATING MASK

Mask for Dry Skin. 65ml

A creamy anti-ageing face mask that is intensely hydrating, moisturising and skin brightening.

7. BODY TRUFFLE

Total Body Radiance. 150ml

A sumptuous anti-ageing body crème that is hydrating and firming, skin perfecting and beautifying. Sheer luxury.

8. SKIN TRUFFLE

Total Face Radiance. 50ml

A luxury face moisturiser that gives you complete facial rejuvenation and brings immediate facial skin transformation as well as powerful anti-ageing goodness.

9. EASY GLOWING

Vitamin C Facial Cleanser. 100ml

This melting, silky-gel cleanser transforms into a luscious hydrating milk to effectively remove makeup and daily grime.

10. IN THE BEGINNING

Deep Pore and Exfoliating Cleanser. 75g

A nourishing deep facial cleanser that thoroughly cleanses and gently exfoliates leaving a clean, dewy complexion.

11. BREAKFAST SMOOTHIE

Face Exfoliator. 100ml

Brightening and skin smoothing facial exfoliator/scrub and mask in one.

12. LET'S CONCENTRATE

Skin Glowing Serum. 30ml

A powerful, serum-juice-concentrate that melts deep into your skin to reveal a clearer, smooth, toned and glowing complexion.

13. THE POWER BREAKFAST

Natural Scrub and Mask for Combination Skin. 85g

A nutritious multi-tasking treatment that is a scrub and mask in one.

14. BE QUIET

Soothing Milky Toner. 150ml

A calming, velvety toner specifically designed and clinically tested to soothe and settle the skin. Beautifully crafted with skin-loving biomimetic squalane, fermented oats, niacinamide and Alpine rose that soften, soothe and hydrate.

15. AAAHHH!

Soothing Balm for Aching Feet and Limbs. 150ml

A cooling and refreshing gel-balm for a quick revival and rescue.

16. WORK IT OUT

Aromatherapy Detoxing Bath and Massage Oil. 100ml

A bathing and massage oil in one that helps relieve muscle tension and warm aching bodies.



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Clubhouse Guidelines

Booking

Pall Mall

Renowned for its Grecian inspired swimming pool, turn a pre or post treatment into an unforgettable experience. With squash courts, gym, as well as the Turkish Baths, you have everything you need to relax and rejuvenate. For bookings and enquiries, including the Barber Shop, the Hairdresser's and the Turkish Baths please telephone: 020 7747 3365 or email: sportsrecept@royalautomobileclub.co.uk

Woodcote Park

Enjoyable at any time of the year, make the most of your visit to Woodcote Park's stunning woodland and explore the sports and wellbeing facilities. For treatment bookings and enquiries, please telephone: 01372 229266 or email: cedarsreception@royalautomobileclub.co.uk

Mobile Telephones

Out of courtesy for Sports and Wellbeing guests, we appreciate you taking calls outside of the sports area. At Pall Mall this can be in the dedicated phone booths near the front door.

Gift Vouchers

Gift vouchers are available for all treatments. Please ask at the Sports Reception to purchase a gift voucher of your choice.

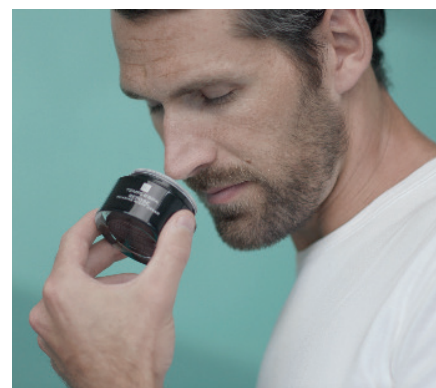
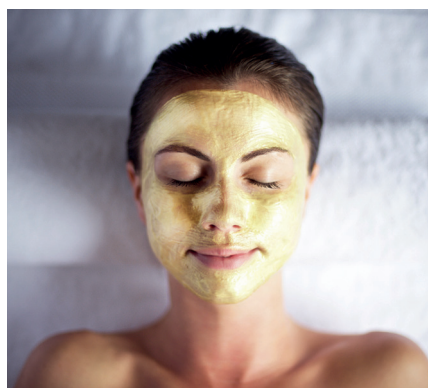
Timing

We advise you to arrive for your first appointment 15 minutes ahead of your treatment to complete your health questionnaire and relax.

Age Restrictions

Please note that any member or guest under the age of 18 must be supervised by an adult during their treatment.







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