THE
MALVERN VIEW
SPA
THE BANK HOUSE HOTEL

WELCOME TO

THE MALVERN VIEW SPA

The Malvern View Spa is an oasis of relaxation and indulgence, offering hotel and day spa guests award-winning Temple Spa treatments, superb facilities and an exclusive environment, all brought together in a stunning setting with landscaped gardens and panoramic views of the beautiful Malvern Hills.

Guests seeking rest and relaxation will be spoilt for choice with an indoor swimming pool and panoramic sun terrace, thermal suite (featuring a jacuzzi, sauna, steam room and experience shower), a tranquil relaxation room perfect for unwinding before or after treatments, and four luxurious treatment rooms with highly trained Temple Spa therapists.

For the more energetic, there is also a state-of-the-art fitness studio set in the comfort of one of Worcester's premier spa hotels.

OUR SPA PARTNER: TEMPLE SPA

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 planet, our ethically conscious brand creates results-driven, science-led skincare that's bathed in Mediterranean sunshine.

TEMPLESPA

RESULTS-DRIVEN FACIALS

TEMPLESPA My Kinda Skin (60 / 30 MINUTES) £85 / £55
Prescription Facial
Let us analyse your skin and prepare a tailored treatment just for you. Your facial includes our signature massage plus a relaxing scalp massage. You will feel amazing and your skin will look so, so good.

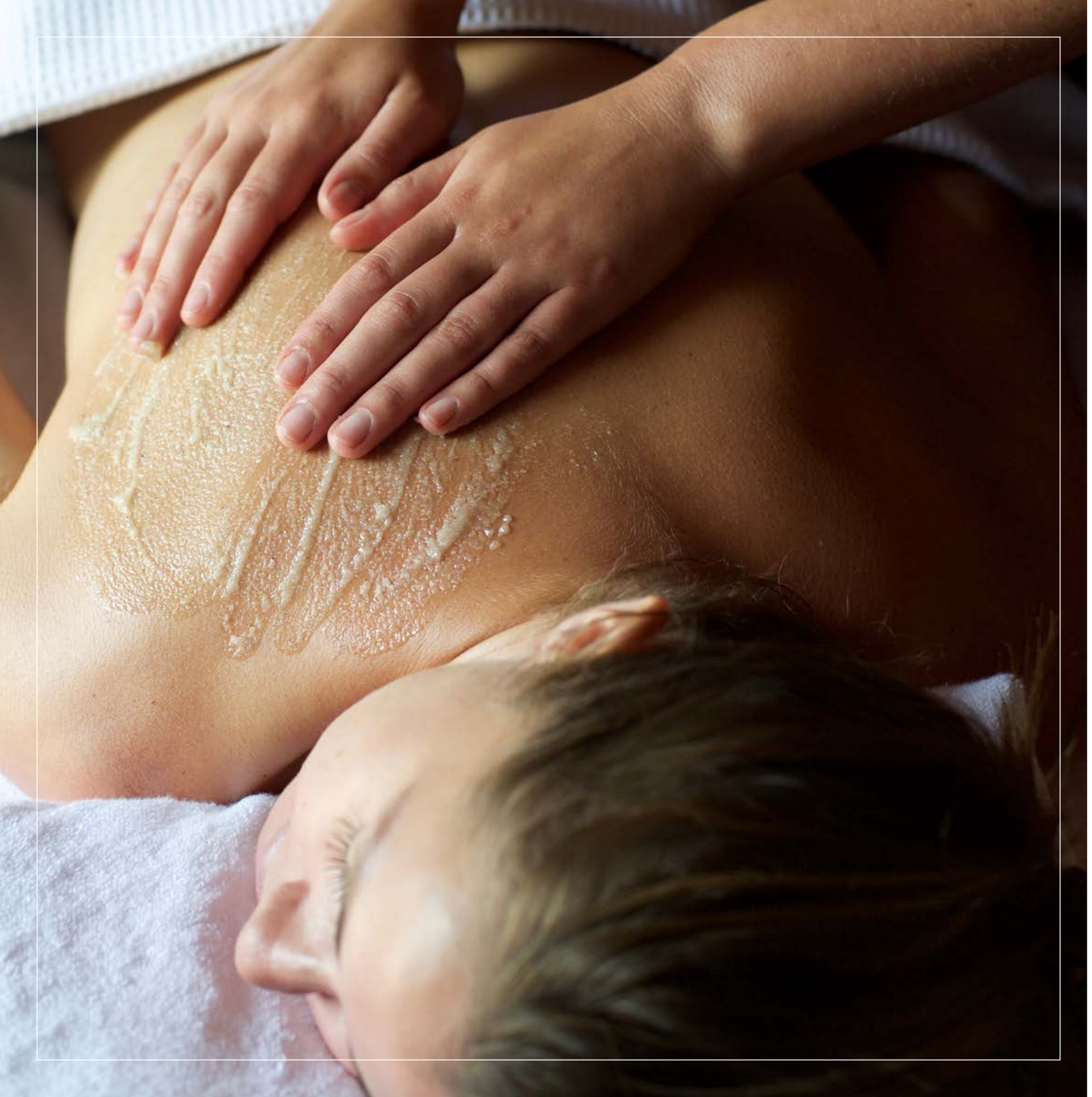
TEMPLESPA Mediterranean Marinade (60 / 30 MINUTES) £85 / £55
Hydrate & Soothe Facial
A deeply hydrating facial to help soothe and calm the effects of fatigued, delicate or stressed skin. The secret is in our cooling, calming probiotic products, gentle lymph drainage and a tranquil face massage

TEMPLESPA ALL About the Glow (60 / 30 MINUTES) £95 / £62
Glow & Radiance
This advanced, skin transforming facial turns up your glow with instant and visible results for firmer feeling & 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.

TEMPLESPA The Skin Detox (60 / 30 MINUTES) £85 / £55
Purify & Balance Facial
The solution for skin in need of a good spring clean. A professional deep cleanse that leaves your complexion feeling squeaky clean, un-clogged, decongested and spotlessly clean.

TEMPLESPA Repose (75 MINUTES) £100
Relax & Restore Facial
There's nothing like stress for lining the skin and there's nothing like relaxation for smoothing it! This indulgent aromatherapy facial includes a relaxing face massage and eye treatment followed with a hot oil scalp massage, plus a hand & arm massage. Want to look and feel less tired? Then this is for you.

TEMPLESPA Light Relief (75 MINUTES) £100
CBD Wellbeing Facial
This soothing de-stress facial includes our tranquil face massage using our LIGHT RELIEF CBD skin booster oil leaving your skin comforted, hydrated and looking radiant, followed by a tension relieving massage to the arms, neck and shoulders, you will feel totally chilled.



BODY TREATMENTS

TEMPLESPA Back to Life (45 MINUTES) £60
Purify & Balance Back Treatment
This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. You will leave relaxed, energised and with a back to be proud of.

TEMPLESPA The Outer Glow (45 MINUTES) £65
Glow & Radiance Body Treatment
An invigorating and refreshing all over exfoliation treatment that leaves skin soft, revitalised and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your holiday or special event. Off you glow!

TEMPLESPA The Body Detox (60 MINUTES) £75
Purify & Balance Body Treatment
This heavenly treatment starts with lymphatic body-brushing, then warm vitamin and mineral rich purifying mud is smoothed all over the body. Once cocooned in this cosy wrap, you'll relax with a glorious face and scalp massage. Wallowing in mud never felt soooo good!

TEMPLESPA Aaahhh! (30 MINUTES) £50
CBD Wellbeing Massage
This oh-so-good treatment is instant relief for tired, over worked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

TEMPLESPA Your Best You (90 / 60 MINUTES) £115 / £90
Hydrate & Soothe Meno-Pause Body Treatment
This Unique top-to-toe treatment is bespoke to you. The gentle, caring massage uses a combination of expert therapists hands and Himalayan Salt Stones with TEMPLESPA 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.

BOOK YOUR TREATMENT ONLINE
Scan the QR code to book your Spa Treatments online now
Or visit: malvernviewspa.co.uk/treatments

WELLBEING MASSAGES

*90 minutes refers to an extended experience, 60 minutes to a full body treatment and 30 minutes to focus on the back, neck and shoulders**

TEMPLESPA Drift Away

(90 / 60 / 30 MINUTES) £100 / £75 / £50

Relaxing Aromatherapy Massage

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 award-winning 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... stay awake if you can zzzzzzz!

TEMPLESPA Feeling Good

(90 / 60 / 30 MINUTES) £100 / £75 / £50

Energising Aromatherapy Massage

This revitalising Power Massage uses our vibrant and joyful aromatic oil inspired by the zest of Mediterranean Citrus groves. Bergamot, Sweet Orange, Lemon, and cooling Mint working alongside our invigorating massage movements designed to combat fatigue and encourage circulation, You will be left feeling re-energised and at ease. Upgrade your experience to 90 minutes for an exceptional radiance facial. Guaranteed to put a spring back into your step and your skin!

TEMPLESPA Work It Out

(60 / 30 MINUTES) £80 / £55

Reviving Deep Tissue Massage

A tension easing, deep tissue massage that works out tired, aching muscles and overworked limbs using the ingenious WORK IT OUT detoxifying massage oil with Mediterranean essential oils of juniper & cypress combined with purifying eucalyptus and soothing arnica. We begin with full body brushing to stimulate circulation and improve lymph drainage. Then a deep tissue, body boosting massage with muscle-fitness techniques and movements to really give your muscles a work out – untangle knots, ease tightness and relieve stress. Better all round!

TEMPLESPA Rocks Of The Mediterranean

(75 MINUTES) £100

Relax & Restore Hot Stone Massage

Using thermal basalt stones this glorious, warming treatment works on energy points located throughout the body to rebalance and harmonise. Muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

TEMPLESPA New Beginnings

(60 MINUTES) £75

Pregnancy Massage (12 weeks & over)

Pregnancy is the most wonderful time that requires treatments specially designed for you. You will enjoy a wonderful 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.

MALVERN VIEW RITUALS

Siesta Scalp

(30 MINUTES) £50

De-stressing Scalp & Neck Massage

Drift into pure calm as expert hands ease away tension from your scalp, neck and shoulders. This deeply restorative massage melts muscular stress, soothes the nervous system and boosts circulation, leaving you feeling comforted, balanced and serene. Perfect for easing the strains of travel, long hours at your desk or simply when you need a moment of blissful escape.

Tranquility Trio

(45 MINUTES) £55

The ultimate escape for skin, body and mind.

Step into serenity with this blissful triple treatment designed to restore balance and radiance. Your journey begins with a refreshing facial cleanse and gentle exfoliation to reveal beautifully smooth, glowing skin. A tension-melting shoulder and neck massage follows, using the perfect massage medium that's soothing, hydrating or invigorating. Rhythmic pressure-point and lifting techniques ease away stress, boost circulation, and awaken your natural glow. The experience is completed with a calming scalp massage to quiet the mind and leave you feeling completely renewed - revitalised, supple, and utterly tranquil.

TRUFFLE BRILLIANCE

Created by industry expert and TEMPLESPA founder Liz Warom, these exclusive Truffle products and treatments harness the scientific power and multiple skin benefits of black summer truffles, champagne extract, gold and silk peptides plus potent high performing vitamins and botanical complexes. Each deliver exceptional results and an exquisite experience.

TEMPLESPA Champagne & Truffles Deluxe Treatment

(90 / 60 MINUTES) £115 / £95

Smooth & Firm Facial

A luxury facial that combines our award-winning truffle skincare with our specialist lifting massage techniques that together iron out deep lines and wrinkles, help strengthen muscle tone and reduce puffiness. The 90 minute version includes an exquisite cooling alginate mask and rose quartz massage therapy. You'll have something to celebrate. Why not add a glass of Fizz and delicious Chocolate truffles to enhance the luxury and help you relax.

TEMPLESPA Rose Quartz & Truffles Body Massage

(90 / 60 MINUTES) £115 / £95

Smooth & Firm Body Treatment

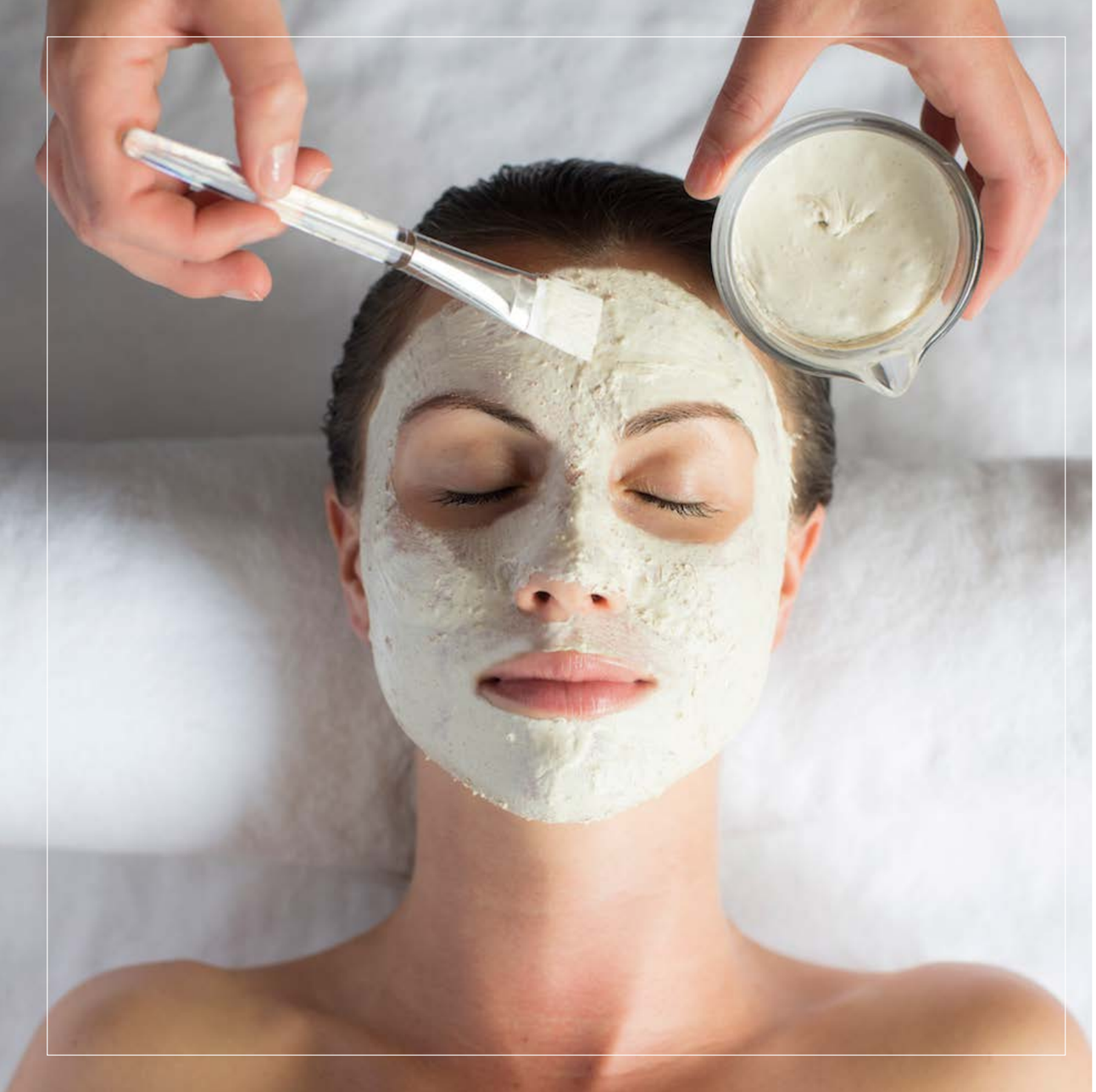
This indulgent treatment will leave you feeling totally relaxed from top-to-toe with our skin-transforming massage using our unique TRUFFLE BODY MASSAGE OIL. Skin is left feeling restored and radiant and guest oh-so-relaxed.

TEMPLESPA VIP Golden Truffle Experience

(120 / 60 MINUTES) £175 / £95

Smooth & Firm Face & Body Experience

The ultimate in total luxury. This treatment delivers all over radiance-boosting results starting with a leg energiser and an invigorating full body scrub followed by a relaxing massage using our unique advanced anti-ageing body techniques, both tightening and toning. Upgrade to the 120-minute treatment and experience our Champagne & Truffles deluxe facial. Skin is left glowing, brighter and revived beyond expectation.



TOP TO TOE

TEMPLESPA My Kinda Mood

(120 / 60 MINUTES) £150 / £90

Prescription Face & Body Experience

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. Also available as a 60-minute Back Massage and Facial.

TEMPLESPA The Mediterranean Mini Break

(90 MINUTES) £110

Hydrate & Soothe Face & Body Experience

This deluxe treatment will leave you feeling like you've taken a mini vacation. Your mind will escape as your body is polished and nourished with our Iconic Mediterranean body scrub and your face is indulged with our unique Mediterranean marinade facial. Totally smoothed and soothed, head to toe.

TEMPLESPA The Total Glow Up

(90 MINUTES) £110

Smooth & Firm Face & Body Experience

This unique face and body experience leaves your skin, face and body positively glowing from top-to-toe! To begin, you will be treated to a body brush, scrub and application of moisturiser, followed by a face & body contouring treatment which works on relieving tension and improving tone. Lastly, our advanced skin transforming facial turns up your glow with instant and visible results. A total face and body glow up!

TEMPLESPA A Brush with Heaven

(90 MINUTES) £110

Relax & Restore Face & Body Experience

Imagine the sensation of being brushed top-to-toe! This Unique treatment revives, relaxes and drains toxins. Your skin is cocooned in a rich warm body oil, whilst your face gets an equally heavenly treat. The entire treatment is carried out with brushes, whilst you doze!

MII MANICURE & PEDICURE

Mii prescriptive treatments are designed to deliver healthy, natural nails by offering a formula and colour for every individual, and every occasion. Available with Colour Confidence Nail Polish and Statement Gel Polish.

MANICURES

Indulge Mii (60 MINUTES) £55
Hands drink in all the benefits of the Treat Mii Manicure with the additional indulgence of a rich hand mask and heavenly hand and forearm massage.

Treat Mii (45 MINUTES) £45
Hand-reviving exfoliation, moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish or Statement Gel Polish.

Fly By Mii (30 MINUTES) £30
Achieve extra protection, extra fast. Hands are cleansed and conditioned, cuticles moisturised. Nails are shaped, then finished with Colour Confidence or Statement Gel Polish.

PEDICURES

Fly By Mii (30 MINUTES) £30
Feet are cleansed, conditioned, and cuticles moisturised. Nails are tidied and finished with Colour Confidence or Statement Gel Polish.

ADDITIONAL SERVICES

Renew Mii (30 MINUTES) £45
Brighten and renew skin. Includes a hand-reviving exfoliation, indulgent hydrating hand mask, restorative serum, and a heavenly hydrating hand and forearm massage.

Remove Mii (15 MINUTES) £20 / £10 with service
Fast, efficient and gentle removal of Statement Gel Polish. Leaves cuticles and natural nails conditioned and hydrated.

All services include Colour Confidence Nail Polish.
Upgrade to Statement Gel Polish for an additional £10.

SIDE ORDERS

Have you ever had a treatment and thought to yourself "I wish I could have had a little more"? Well now you can! Here we offer a targeted selection of "add-ons" to your main treatment.

TEMPLESPA Purify & Balance Foot Ritual (15 MINUTES) £25

TEMPLESPA Hydrate & Soothe Hand Ritual (15 MINUTES) £25

TEMPLESPA Relax & Restore Hot Oil Scalp Massage (15 MINUTES) £25

TEMPLESPA Relax & Restore Hot Stone Neck & Shoulder Massage (15 MINUTES) £25

TEMPLESPA Replenishing Eye Ritual (15 MINUTES) £25

TEMPLESPA Targeted Body Exfoliation (30 MINUTES) £45
Purify & Balance Body Exfoliation
The perfect addition to any treatment, an invigorating and refreshing full body exfoliation that leaves skin soft, revitalised and hydrated.

Side orders are designed to complement your main treatment and can be added to any 30-minute (or longer) service excluding nail treatments.

MASK UPGRADES

Having a massage or body treatment? Why not upgrade your treatment today with one of our results-driven, skin transforming masks? The results will astound you. Choose from:

TEMPLESPA QUENCH DEEP HYDRATION MASK £5
Creamy anti-ageing face mask that's intensely hydrating, soothing and skin brightening.

TEMPLESPA TRUFFLESQUE RADIANCE BOOSTING MASK £5
A power packed anti-ageing radiance mask clinically proven to boost hydration and improve skin after one application

SPA DAYS

THERMAL RELAX SPA DAY

£45pp *(Tues-Fri)*

- Half day spa access *(10am-2pm or 2pm-6pm)*

DISCOVER SPA DAY

£99pp *(Mon-Thurs)* / £115pp *(Fri-Sun)*

- Half day spa access *(10am-2pm or 2pm-6pm)*
- 30 minutes treatment time
- Afternoon tea or lunch
- Welcome drink

ENRICH SPA DAY

£129 *(Mon-Thurs)* / £145pp *(Fri-Sun)*

- Full day spa access *(10am-6pm)*
- 60 minute treatment time
- Afternoon tea or two course lunch
- Welcome drink

INDULGE SPA DAY

£179pp *(Mon-Thurs)* / £195pp *(Fri-Sun)*

- Full day spa access *(10am - 6pm)*
- 90 minutes treatment time
- Afternoon tea or two course lunch
- Welcome drink

SPA AND DINE

£80pp *(Mon-Thurs)*

- 4 hours spa access *(4pm-8pm)*
- Dinner in our Garden Room Restaurant

BOOK YOUR SPA DAY ONLINE

Click here to book your Spa Day online now
Or visit: malvernviewspa.co.uk/spa-days

SPA BREAKS

ONE-NIGHT SPA BREAK

Our one-night Spa Break is the perfect way to get away from it all and enjoy a relaxing overnight stay in our beautiful Worcestershire hotel.

- Overnight accommodation with breakfast and dinner* included
- 60 minutes treatment time per person
- Check-in from 1pm

Monday-Thursday: From £165 per person | Friday & Saturday: From £195 per person

TWO-NIGHT SPA BREAK

When you want to get away for a little longer and enjoy ultimate relaxation, why not choose a two-night spa break in the Worcestershire countryside.

- 2 nights overnight accommodation with breakfast included and dinner* on the first night
- Cream Tea for Two on one afternoon
- 60 minutes treatment time per person
- Check-in from 1pm

Monday-Thursday: From £292 per person | Friday & Saturday: From £322 per person

ROMANTIC BREAK

Our countryside hotel and spa makes the perfect romantic retreat in Worcestershire. Treat your loved one to some time together with our Romantic Spa Break.

- Overnight accommodation with breakfast included
- Traditional Afternoon Tea for Two
- 30 minutes treatment time per person
- Early check-in from 1pm and complimentary spa access during your stay

Monday-Thursday: From £130.95 per person | Friday & Saturday: From £160.95 per person

STAY SUNDAY, SPA MONDAY

Beat those Monday blues with our sleepover and spa package. If you're not quite ready to head back to work on Monday, why not treat yourself and a loved one to an extended weekend.

- Overnight accommodation with breakfast and dinner* included
- 60 minutes treatment time per person *(treatments can be booked for Sunday or Monday)*
- Check-in from 1pm

From £145 per person

** Dinner £35pp allocation. All prices are based on two people sharing*

SPA DAYS & SPA BREAKS TREATMENT INCLUSIONS

60-MINUTE TREATMENT CHOICES:
My Kinda Skin Facial
Drift Away Full Body Massage
My Kind Mood Back Massage & Facial
The Body Detox
Indulge Mii Manicure
Mediterranean Marinade Facial
The Skin Detox Facial
Feeling Good Full Body Massage
New Beginnings Pregnancy Massage
(suitable from 12 weeks or over)

30-MINUTE TREATMENT CHOICES:
My Kinda Skin Facial
Drift Away Back Massage
Siesta Scalp Massage
AAAHHH! Revive & Energise Foot & Leg
Fly By Mii Manicure
Mediterranean Marinade Facial
The Skin Detox Facial
Feeling Good Back Massage
New Beginnings Pregnancy Massage
(suitable from 12 weeks or over)

EXCLUSIVE UPGRADES

Elevate your treatment with one of our exclusive upgrades. Available with 60 minute treatments only.

FACIAL UPGRADE
Treat yourself to our All About The Glow Facial or Champagne and Truffles Deluxe Treatment for just £10 extra.

STATEMENT GEL POLISH
Upgrade to Statement Gel Polish for just £10, for a flawless, longer-lasting finish.

FACILITIES

Thermal Suite
A trip to the steam room will awaken your senses and cleanse unwanted toxins from your body. Relaxing in the sauna is a wonderful treatment to enjoy before or after a massage. Time spent in the jacuzzi is guaranteed to help you unwind...There are so many added health benefits to a trip to the spa for both body and mind, and our Thermal Suite has them all.

Swimming Pool
Our 10-metre heated indoor swimming pool is not only the perfect place to do some valuable lengths, it's also a great place to relax and cool down after a workout session in the gym.

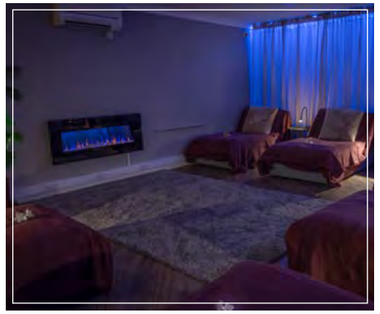
Gymnasium
Our Gym has a selection of the latest equipment including an elliptical trainer, treadmill, upright cycle, multi-use functional trainer, free weights and exercise mats.

Treatment Rooms
There are four dedicated treatment rooms (including a double treatment suite), each of which is luxurious and relaxing, creating the perfect atmosphere for whatever treatment you choose to have. Whether it's a relaxing massage, a pampering pedicure, or anything else in between, our treatment rooms – and highly qualified staff – will make sure you come out feeling refreshed and rejuvenated.

Relaxation Room
Featuring soft lighting, comfortable seating, calming music, and a soothing ambiance, our Relaxation Room is the perfect place to relax and recharge during your spa day.

Spa Boutique
Extend your experience and enjoy our luxury spa products at home or find the perfect gift in The Malvern View Spa Boutique. We stock an extensive range of luxurious Temple Spa products and our therapists and staff would love to help you decide which are suitable for your skin type and lifestyle.

The Garden Room Restaurant
Our Garden Room Restaurant is the perfect place to dine during your spa day, offering a delicious array of light bites, main meals and desserts, alongside freshly ground coffee, speciality teas, fresh juices and, of course, champagne!



SPA ETIQUETTE

Arrival times
Please arrive 30 minutes prior to your first treatment if you're attending a Spa Day, and 20 minutes prior for treatment-only appointments.

Check in
Upon arrival, you will be greeted by one of our hosts who will check you in and provide a brief tour of the spa. Our spa assistants are available to answer any questions you may have.

Treatments
Treatments must be booked in advance. You can view our full treatment menu on our website. Our two main product houses are currently Temple Spa and Mii Nails. Please note that treatment times are subject to change.

What to wear
For your comfort, we provide a robe, towel, and flip-flops for use during your visit. Please return all items to the laundry store in the changing rooms at the end of your day. You're welcome to keep your flip-flops for your next visit or return them for recycling.

Jewellery
To protect your jewellery from potential damage caused by chemicals, we recommend removing it before using the spa pools.

The Garden Room Restaurant
Lunch, afternoon tea, and dinner are served from 12 noon to 9 pm. With a wide selection of mouth-watering dishes, The Garden Room Restaurant is the perfect place to enjoy a meal as part of your spa experience. Please note that food may occasionally be served in one of our other restaurants.
If dining is included in your spa day package, it will be arranged at the time of booking. If not, you're welcome to book a table, and a member of our spa team will be happy to assist. A selection of hot and cold drinks is also available for purchase in the spa.

Poolside
Our swimming pool measures 10m x 5m and is heated to approximately 30°C. The thermal suite includes a spa pool, sauna, and steam room. Access to this area is restricted to guests aged 16 and over.

Poolside Etiquette
To ensure a relaxing experience for all guests:
- Please make the most of the space in the swimming pool. If you're cooling off, kindly stay to the side.
- Do not reserve loungers with towels. Towels may be removed if you wish to use another facility.
- Please relax and avoid using mobile phones where possible. If you must use your phone, keep noise to a minimum.

Poolside Showering
For hygiene reasons, please shower before entering the main pool and spa pool. Showers are located in the thermal area.

Age
Spa treatments and full use of spa facilities are available to guests aged 16 and over. Massage treatments are recommended for those aged 18 and above.

Medical or dietary requirements
Please inform us in advance of any medical or dietary requirements so we can prepare accordingly.

Treatment times and duration
Treatment length includes consultation time. We reserve the right to amend treatment start times.

Adults only
The spa facilities are reserved for guests aged 16 and over between 10 am and 4 pm. Outside these hours, children are welcome to use the swimming pool.

Cancellation policy
A 100% deposit is required at the time of booking, 50% of which is non-refundable. Bookings cancelled with less than 48 hours' notice will incur a 100% cancellation charge. Cancellations made more than 48 hours in advance will receive a 50% refund of the deposit.
For group bookings (over 6 guests), a 100% non-refundable deposit is required at the time of booking.

Opening Times
Monday to Saturday: 7am - 8pm
(Children's swim times: 7am – 10am & 4pm – 8pm)
Sunday and Bank holidays: 8am - 7pm
(Children's swim times: 8am – 10am & 4pm – 7pm)

Find out more
For more information or to contact us ahead of your visit, please visit our website **malvernviewspa.co.uk** or call us on **01886 834 834**.

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