



REST & RECOVERY INVESTMENT OPTIONS

CONSULTATION

Health And Wellbeing Consultation (60 min)	£95
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R&R MASSAGE RITUALS

Tailored Body Massage (45 mins)	£85
Tailored Body Ritual (60 mins)	£115
Sound and Soul Ritual (60 mins)	£120
Meltaway Stone Ritual (60 mins)	£120
Lymphatic Drainage Massage (45 mins)	£85
Signature R&R Serenity Ritual (75 mins)	£140
TEMPLESPA Drift Away Ritual (60 mins)	£120
TEMPLESPA Feel Good Ritual (60 mins)	£120
TEMPLESPA Indulgent Face Mask Ritual (only available on upgrade)	£35

NOTE: You can upgrade non TEMPLESPA treatments using TEMPLESPA botanicals for £10. You can also upgrade Temple Spa treatments above with a face mask: Pick from Quench or Trufflesque for only £10 saving £25.

R&R FACIAL RITUALS

TEMPLESPA All About The Skin Facial (60 mins)	£120
TEMPLESPA All About The Glow Facial (60 mins)	£130
TEMPLESPA Champagne and Truffles Deluxe Facial (75 mins)	£165

R&R @ FOURTHZONE



MOVEMENT



MINDSET



HEALING



CONNECTION



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HEALING SUITE

Healing Suite (90 min protocol) - 1 xweek	£395 per month	saving £105
Healing Suite (90 min protocol)	£135	
Vibration (10 min protocol)	£20	
BEMER (8 min protocol)	£25	
Red light therapy (30 min protocol)	£45	
FZ Relax pod (30 min protocol)	£45	
Pulsetto VNS Protocol	£35	
Guest Pass	£25	—

TO ACCESS R&R SERVICES ABOVE YOU MUST BE A FZ MEMBER. A ONE-TIME JOINING FEE APPLIES.
Joining fee - Option 1 £95 (includes wellbeing consultation and first visit pass - value £120) or £185 (includes Welcome members gift pack - value £105, day pass - value £35, Healing suite experience (90 mins) - value £135, Wellbeing consultation - value £95
TOTAL VALUE= £370

   
MOVEMENT MINDSET HEALING CONNECTION

R&R @ FOURTHZONE