

BVLGARI  
HOTEL LONDON

SPA

TREATMENTS



## THE PRIVATE ONYX SPA SUITE

The Onyx Spa Suite is a tranquil, spacious and blissfully private experience for two. The Suite consists of two treatment beds, a beautiful changing area, private bathroom, relaxation room, as well as an over-sized hydro massage tub with a spectacular green onyx backdrop. The spa suite is a perfect haven for sharing indulgent relaxation time with a friend, loved one or simply by yourself.

Consultation with a therapist will guide you through your personalised experience and ensure the final touches will be added to create the perfect treatment on the day. You will then have the time to enjoy the full suite facilities for one hour before your treatment begins.

We would be more than happy to create a bespoke Suite Experience that includes most of the treatments listed in our spa menu. The possibilities are endless and our team is here for you to make any occasion extra special.

Please contact the Spa reservations team for help with creating your ideal private spa experience.

TWO PEOPLE

**120 mins** (60 mins of treatments per person) from **£700**

**180 mins** (120 mins of treatments per person) from **£900**

# ESPA

## PERSONALISED FACIALS

**60 mins £140**

**90 mins £210**

Our customised ESPA facials begin with a detailed consultation and in-depth skin analysis using technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment-specific massage and mask. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain healthy radiant skin we recommend a facial once a month.

Choose from: *Desensitiser - Re-balancing – Hydrating - Age-Defy* (for 60 min)  
*Life & Stage - Advanced Radiance* (for 90 min)

## HOLISTIC VITALITY FACIAL (90 mins)

**£230**

Revitalise your complexion and bring renewed clarity and focus to the mind and body with this specialised holistic facial. Tailored entirely to your needs, this deeply cleansing personalised facial treatment also incorporates assisted breath-work techniques to increase oxygenation of the skin cells and restore balance to the body. By combining lymphatic and diaphragmatic breathing exercises, the upper energy centres are cleared, improving the alignment of the upper body and enabling you to breathe more deeply.

Includes: *Lymphatic breath exercises – neck stretches – facial cleanse – exfoliation – visualisation – connective awareness – age-defying facial massage – facial mask – scalp massage*

## BACK, FACE AND SCALP (90 mins)

**£200**

Renowned as our 'Hero' treatment and loved by all. This ESPA experience delivers triple results by targeting three key areas: the back, the face and the scalp, making it the ideal treatment for everyone.

Includes: *Back exfoliation – back massage – personalised facial – scalp massage*

## BODY MESSAGES

### PERSONALISED MASSAGE

**60 mins £140**

**90 mins £200**

Personalised massage treatment will allow the therapist to use their own therapeutic skills, also to combine different massage techniques to fulfil and anticipate the guest needs.

Choose from: *detox / lymphatic drainage – de-stress – hot stone – Swedish – aromatherapy*

### DEEP MUSCLE MASSAGE

**60 mins £180**

**90 mins £250**

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as stiff neck, painful lower back pain and sore, tight shoulders.

### BODY RITUALS (120 mins)

**£260**

We offer a huge range of ESPA body treatments, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs. All rituals include a body exfoliation, wrap and massage.

Choose from: *detox – stress release – body toner – energiser – muscle relaxer*

### CONTOUR & FIRM BODY TREATMENT (120 mins)

**£270**

A specialised body treatment that combines a detoxifying wrap and advanced body massage to tone and firm the skin. First, circulation is stimulated through body exfoliation using warm and iced mitts; a body wrap is then applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. Lastly, a lymphatic drainage and deep stimulating massage follows to help the body eliminate toxins, tone the skin and revitalise the mind. A course of treatments is recommended to maximise the effects.

Includes: *Exfoliation with iced and warm mitts – detox wrap – lymphatic drainage and deep stimulating massage – scalp massage*

### MATERNITY MASSAGE (60 mins)

**£140**

A relaxing full body massage to help improve skin elasticity, reduce fatigue and target areas prone to tension during pregnancy. This massage is ideal to relax and relieve tension when shifts in posture cause muscles to tighten and feel uncomfortable.

### SURRENDER BY MAULI (120 mins)

**£330**

A ritual body experience to decompress, release burden and revive the spirit. MAULI blends India's most rare and opulent Ayurvedic oils to suit guest's personal dosha and help create inner balance and outer radiance. The treatment begins with a welcome foot ritual and a healing Himalayan full body salt scrub. Guests are then surrendered to complete relaxation in a marma pressure point massage to release toxins and improve the flow of positive energy for the mind, body and spirit.

### SYNCHRONISED FOUR-HANDED MASSAGE (120 mins)

**£570**

An indulgent experience for those who find it difficult to unwind. A unique treatment starting with a welcome foot ritual, a body exfoliation and facial cleanse. Two therapists then connect to commence the four-handed, tension releasing body massage. Using long, sweeping movements, this treatment features the pouring of warm oil and use of hot volcanic stones, finishing with a balancing and soothing therapeutic head massage to achieve relaxation and total bliss.

Includes: *Foot ritual – body exfoliation and facial cleanse – four-hand massage with hot stone head massage*

### COCONUT BODY EXPERIENCE by JAX COCO (60/90 mins)

**£200/£270**

Enriching and hydrating JAX Coco body experience treatment begins with a warming exfoliation combining Himalayan salts mixed with organic coconut oil. You will then enjoy a bespoke massage incorporating warmed coconut oil and hot stone therapy. This Super Luxe treatment will leave you completely soothed, nourished and renewed. Also ideal as a pregnancy treatment.

### COCONUT COMPRESS MASSAGE by JAX COCO (90 mins)

**£270**

Hydrate your skin and ease all muscle tension with this enriching coconut compress massage. This warming treatment utilises bespoke massage techniques to relieve muscle tension, improve circulation and skin nourishment. You will enjoy warmed coconut oil pouring combined with the coconut infused compresses to relax mind and body.

### DEEP RELAXING FOOT MASSAGE (30 mins)

**£70**

The perfect treatment to relieve tired, aching feet whilst deeply nourishing your skin. This treatment includes pressure points and foot stretches to release inner body tension. A blissful therapeutic massage for your feet which is best enjoyed added to any face and body treatment.

# WELLNESS THERAPIES

## TRADITIONAL CHINESE MEDICINE *by* DAVID PETERS

DAVID PETERS is a renowned practitioner of Traditional Chinese Medicine in residence exclusively at The Bulgari Spa London. His rejuvenating facial was named one of the best beauty treatments in the UK by Stylist magazine. David has extensive experience, including a clinical internship at the prestigious Hangzhou TCM Hospital, China.

### ACUPUNCTURE (*60 mins*) **£190**

The focus of treatments is taken from the ancient, extensively developed and highly effective Eastern theories and techniques of acupuncture to provide inner and outer balance and wellbeing. Treatments are tailored to every individual to help soothe, relax and target the areas of tension in the body and guide your own healing.

### DP SIGNATURE REVITALIZING BODY TREATMENT (*70 mins*) **£250**

Experience a unique fusion of traditional Eastern and contemporary Western techniques, tailored to each individual from a total mind-body viewpoint. Japanese acupuncture can be effectively combined with traditional Eastern cupping as well as Tui Na, sports and myo-fascial release massage. A focused and bespoke blend of techniques targets root causes to alleviate muscle tension, improve mobility and guide the body's natural recovery and vitality.

### CUSTOM REJUVENATING FACIAL with Cosmetic Acupuncture (*70 mins*) **£290**

This bespoke treatment invigorates skin with unrivalled luminosity whilst plumping and hydrating. LED Light Therapy is gently combined with tiny hinai-shin intradermal needles in a unique protocol that encourages collagen production, cellular renewal and clears blemishes. An invigorating Tui Na massage, facial cupping and sculpting follow to firm, tone and smooth fine lines – leaving you completely rejuvenated and revitalised.

## 24K GOLD REJUVENATING FACIAL (*70 mins*)

**£450**

The power of cosmetic acupuncture, LED light therapy and 24 carat gold, which has been shown to uniquely reduce inflammation and decrease cell degradation, are combined in this deluxe facial treatment, to ensure you will be glowing from the inside out. Experience a deep sculpting connective tissue massage, to help tone facial muscles, plump and smooth the skin, stimulating production in the extra cellular collagen matrix, resulting in total radiance, with Cosmetic Acupuncture by David Peters.

## OSTEOPATHIC HEALTH JOURNEY *by SUSANNAH MAKRAM*

**60 mins £200**

**90 mins £300**

The health journey is treating the body as a whole working with osteopathy and naturopathy techniques. Osteopathy will realign your posture performed carefully for your optimal comfort. Whilst osteopathy physically aligns and balances our body, naturopathy supports health on a cellular level by improving circulation, nutrition, detoxification and elimination.

SUSANNAH MAKRAM personalises techniques of Osteopathy to suit every client's needs. Treatment techniques can include cupping massage, pressure or trigger point therapy, manual lymphatic drainage, gentle stretching and joint alignment performed carefully for your optimal comfort.

## SHIATSU (*60 mins*)

**£200**

Shiatsu is Japanese for finger pressure. The treatment involves applying pressure on the meridians (which are energetic channels that run through all body parts) and working on the musculoskeletal system. The treatments awaken the body's potential to heal itself. Shiatsu works on a deep and superficial level. Deep work induces a meditative state that encourages relaxation and reduces the effects of long-term stress, whilst superficial focuses on stretching and relaxing muscles, freeing up joints and realigning the spine. Regular sessions make a real difference to quality of life as well as preserving wellbeing and enhancing daily performance.



## SPECIALISED MASSAGE *by* MARZENA ZAWADZKA

MARZENA ZAWADZKA is a highly skilled practitioner focusing her unique treatments on Myofascial release. This deep body work helps to correct structural and personal imbalances, assists with the healing of soft tissue injuries and helps with the relief of chronic pain. Having trained with the world's leading authorities in Myofascial techniques, Marzena combines these with her own healing energy leaving guests feeling rejuvenated, energised and balanced.

### DEEP TISSUE & MYOFASCIAL RELEASE *by* MARZENA

**60 mins £190**

**90 mins £280**

Marzena's personal approach blends a combination of deep tissue massage, pressure point and Myofascial release techniques targeted to the individual's needs.

### MARZENA'S PERSONALISED RELAXING MASSAGE

**60 mins £190**

**90 mins £280**

A relaxing personalised massage with light to medium pressure using blended aromatherapy essential oils. Marzena's use of hot stones with this massage heightens the relaxing experience leaving the body feeling warm, supple and deeply relaxed

## ADVANCED BEAUTY

### FIRE AND ICE FACIAL *(40 mins)*

**£250**

iS Clinical Fire & Ice is a results-led intensive clinical treatment, combining glycolic acid with retinol to resurface the skin, treat problematic skin, reduce fine lines, smooth and encourage cellular renewal. The facial comprises of two professional treatment masques combined with carefully selected iS Clinical pharmaceutical grade formulations to optimise results and create a treatment that bridges the gap between a mild facial and an invasive peel.

### MESOTHERAPY *(40 mins)*

**Single treatment for £250**  
**Course of 6 treatments £1,250**

Face: Customised rejuvenating cocktail is delivered via micro air gun injections, containing an exclusive vitamin and mineral complex formulated to nourish, hydrate and protect skin. This is an excellent pre-party treatment designed to give complexions a boost of vitality and that elusive glow which may have all your friends asking if you've been away on holiday.

Hair: New and revolutionary hair loss reversal procedure utilises micro air gun techniques to deliver a specially customised mineral complex and rejuvenating treatment. This results in an increase of blood circulation that enhances and stimulates the hair's follicle. The procedure has long-lasting neutralising effects on the DHT hormone, thus giving hair a chance to regrow and flourish. The result improves quality, thickness, strength and volume.

## RADIO FREQUENCY (*Skin Tightening*)

**Single treatment for £250**  
**Course of 6 treatments for £1,250**

Radio Frequency is a non-invasive treatment that offers cosmetic improvement without surgery and is ideal for clients who desire cosmetic improvement in areas prone to showing signs of ageing. Radio frequency treatment requires an in-depth consultation with the skin specialist. For the face, radio frequency tightens and rejuvenates the skin, reduces wrinkles and stimulates the production of collagen with visible results often after just one session. Radio frequency also reduces fat and contours the body. It is a revolutionary form of treatment for the reshaping of targeted fat deposits. At Bulgari Spa we use the industry-leading Alma HD3D RF machine to deliver focused RF energy to all layers of the skin.

## LED LIGHT THERAPY (*30 mins*)

**Single treatment for £100**  
**Course of 6 treatments for £500**

LED Light Therapy is a revolutionary non-invasive treatment that uses the power of light to rejuvenate, repair and revitalise the skin. The technology of LED light therapy is a natural photo-biological reaction that is clinically proven to reverse the visible signs of ageing, clear acne and blemishes, and accelerate healing.

The Dermalux treatment offers a pain-free and effective way to achieve flawless, youthful and healthy skin. The visible effects are immediate, after just one treatment skin is hydrated, plump and radiant, and any redness and irritation is calmed. A course of treatment offers dramatic and lasting improvement in the appearance and health of the skin. Furthermore, results of light therapy can be enhanced when used in combination with many other skin treatments such as Microdermabrasion, Skin Peels, Micro Needling, Injectables and Laser.

## SWISS PERFECTION CELLULAR FACIALS

Swiss Perfection Luxury Anti-Ageing Facials are truly personalised, customised and unique experiences. Clients skincare needs are different and ever-changing due to seasonal, hormonal and environmental factors. Swiss Perfection's expertly prescribed facials are based on a unique Anti-Ageing Transdermal System, incorporating deep cleansing, treatment masks, massage and customised aftercare. Using Cellular Active IRISA® technology, each facial is tailored to achieve a younger, smoother and naturally radiant complexion.

### CELLULAR EXCLUSIVE LIFT CONCEPT *(120 mins)*

**£950**

This exclusive facial treatment acts on a multi-dimensional level to target signs of ageing. It visibly lifts and improves the skin firmness while promoting cellular renewal. It combines the most innovative rejuvenating treatments to remodel the face contour while smoothing away wrinkles. The treatment also includes the cellular neck and décolleté which reshapes the neck and décolleté area. It targets wrinkles, skin sagging as well as loss of firmness. The face and décolleté is visibly rejuvenated leaving your skin firmed, smoothed and toned.

Includes: Cellular Neck and Décolleté

### CELLULAR HYDRATING REJUVENATION *(90 mins)*

**£650**

Inspired by medical Anti-Ageing techniques, this unique treatment targets wrinkles, loss of hydration and irregular skin texture. It leaves the skin smooth and rejuvenated. The wrinkles are visibly diminished in number and in size.

### CELLULAR ANTI-OXIDANT *(90 mins)*

**£650**

Through the power of pure vitamin C, our highly active anti-oxidant facial stimulates collagen production, restores radiance and visible firmness. Your skin will appear brightened and renewed. This treatment is the perfect cure to combat against premature signs of ageing and free radical damage.

CELLULAR BRIGHTENING RADIANCE (90 mins) **£550**

Experience a visible reduction in hyperpigmentation, improve texture and brighten your skin. This revolutionary facial is specifically designed to rapidly lighten dark spots, leaving you with an even complexion and refined pores.

CELLULAR ESSENTIAL RECOVERY (60 MINS) **£550**

Using the combination of highly calming and soothing ingredients targeted to support the natural healing process of the skin. The facial provides calming of irritation and inflamed skin whilst deeply repairing any damage caused by environmental factors.

CELLULAR PURIFYING CONTROL (90 mins) **£550**

This effective treatment provides a real solution against imperfections and acne-prone skin. It deeply purifies the pores while accelerating the tissue healing. It also has a deeply regenerating power that visibly reduces acne scars. The result is a reduction of imperfection, an even complexion and a soft skin.

CELLULAR MEN'S SKIN CLEANSE (90 mins) **£550**

This deep cleansing and purifying face treatment specific to men's skin, is designed to soothe, purify and eliminate fatigue and to promote a calm, fresh and youthful appearance. It is tailored to ensure optimum skin rejuvenation for men of any age.

**Treatments used as add-ons to all the facials or as individual treatments**

CELLULAR EYE CONTOUR (30 mins) **£300**

Focusing on the most delicate area of the face, this amazing treatment promotes a fresh and uplifted appearance in a fraction of the time. Fine lines and wrinkles are diminished with this infusion of eye specific masks and brightening serums to perfect your eye area.

CELLULAR NECK AND DÉCOLLETÉ (30 mins) **£200**

This specialised care rejuvenates and reshapes the neck and décolleté area. It targets wrinkles, skin sagging as well as loss of firmness. The décolleté is visibly rejuvenated; it is firm, smooth and toned.

## WAXING

Our waxing treatments use premium hot or warm wax. These naturally derived waxing products effectively tackle hair removal problems such as irritations, pimples and ingrowing hairs. Suitable for sensitive skin, it will remove even the most stubborn hairs.

HALF LEG WAX £35

¾ LEG WAX £40

FULL LEG WAX £50

UNDER ARM WAX £30

FOREARM WAX £35

BIKINI WAX £35

BRAZILIAN WAX £55

FULL FACE WAX £60

### GENTLEMAN'S WAXING

NOSTRILS WAX £10

EARS WAX £10

CHEST WAX £60

UPPER BACK & SHOULDERS WAX £60

FULL BACK & SHOULDERS WAX £85

FULL ARM WAX £70

## LASHES & BROW TINTING

EYEBROW SHAPE **£25**

EYEBROW TINT **£20**

EYELASH TINT **£30**

EYEBROW & EYELASH TINT **£45**

EYE REJUVENATION **£100**

A rejuvenating eye treatment that includes an eyebrow shape, eyebrow and eyelash tint. You will enjoy a firming eye mask, scalp or hand massage then a relaxing pressure point eye massage.

## MAKEUP

We believe beauty is always in fashion; trends come and go, but true beauty transcends time. The makeup products are created to bring out the true beauty in every person. Using the highest quality ingredients, new innovative formulas, and exciting seasonal twists on timeless classics.

DAY MAKEUP (*60 mins*) **£250**

MAKEUP LESSON (*90 mins*) **£350**

*\*Black, brown, blue or grey dyes available. Treatments require a 24-hour patch test*

## NAIL STUDIO

Our Manicure and Pedicure treatments are carried out with concentrated ingredients, expert techniques that are credible, effective and sought after. You will be left with healthy, beautiful hands and feet.

MANICURE (*50 mins*) **£50**

Our hand treatment begins with nail shaping, cuticle care, followed by a nourishing hand massage completed with a polish of your choice.

PEDICURE (*60 mins*) **£60**

Our Pedicure treatment begins with nail shaping, cuticle care and hard skin removal followed by a relaxing foot massage completed with a polish of your choice.

LUXURY MANICURE (*70 mins*) **£75**

Our most luxurious manicure provides you with perfect hand and nail grooming. This treatment is accompanied by a softening exfoliation, warm paraffin gloves to seal in moisture, followed by a hot stone hand to forearm massage.

LUXURY PEDICURE (*80 mins*) **£85**

A pure pampering treatment that eliminates hard skin, to leave your feet feeling totally renewed. This luxurious pedicure includes an exfoliation, a peel to remove hard skin from your heels, followed by warm paraffin wax with a massage including hot stones to soothe and heal, completed with a polish of your choice.

OPI GEL POLISH

Add on gel to any nail service **£25**

Add on removal and re-application of gel to any nail service **£40**



# HOW TO SPA

## SPA OPENING TIMES

Monday to Friday 06.30 – 22.00  
Saturday and Sunday 07.30 – 21.00

## SPA TREATMENT TIMES

Monday to Friday 08.00 – 21.00  
Saturday and Sunday 09.00 – 20.00

## CHILDREN'S POLICY

Access to the spa including the changing facilities, spa and heat experiences, and gym are restricted to over 16's. We are delighted to welcome children over the age of 8 accompanied by an adult between the hours of 08.00 – 10.00 and 16.00 – 18.00, Monday to Sunday.

## SCHEDULING AN APPOINTMENT

To schedule an appointment for your perfect treatment, please contact our spa reservations team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you to book in advance. All spa treatments and programmes will need to be guaranteed with a credit card.

## ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

## SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera, alcohol and smoke-free zone.

## **SPA FACILITIES AND ACCESS**

The following spa facilities are available to guests booking a treatment lasting for a minimum of 2 hours: sauna, steam room, ice fountain, pool, vitality pool, spa changing and relaxation areas. Due to obvious time constraints, guests who have reserved a treatment of 2 hours or less will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities, pool or the gym.

## **GYM**

A state-of-the-art gym equipped with the Technogym cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

## **POOL AND VITALITY POOL**

The 25-metre pool and vitality pool with air and water massage jets are available to hotel guests, members and day spa guests only.

## **CANCELLATION POLICY**

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

## **HEALTH CONDITIONS**

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

## **PREGNANCY**

We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time.

## **GIFT VOUCHERS**

An ideal gift for someone special. Please contact the reservations team for details.

## **HOMECARE**

To continue your spa experience at home, most products used in our treatments are available to buy at reception.

## **VALUABLES**

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

## **LOST PROPERTY**

All lost property found on the premises should be handed in at reception. Items will be stored for 4 months, if they are not collected within this time they will be donated to local charities. Liquids, undergarments and hair brushes are kept for 24 hours only.

## **PRICES**

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.



## CONTACT DETAILS:

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