

BVLGARI
HOTEL LONDON

SPA

MEMBERSHIP



SPA MEMBERSHIP

Regarded by many as the crowning achievement of the hotel, the Bulgari Spa has curated a selection of the most advanced beauty, grooming and health-enhancing treatments available today, offering the flexibility of one-off specialist treatments to long term life-improvement programmes uniquely tailored to the needs of the individual. This tranquil, spacious and blissfully uncrowded two-storey complex comprises of a cutting edge training facility, steam rooms, saunas, ice fountains, 11 treatment rooms, relaxation room with a dramatic vertical fireplace, hair and nail salon as well as a room dedicated to gentlemen's grooming, all of which offer an urban oasis of experiences that soothe the mind, invigorate the body and revive the senses. There is also a private Onyx Spa Suite for two people that has its own dressing room, steam shower, private relaxation room and oversized hydro-massage tub against a backdrop of spectacular green onyx.

The Bulgari Spa is one of the largest and one of the most exclusive in central London. Crafted from onyx, oak, Vicenza stone, and Italian glass mosaics, the Spa blends a contemporary Italian design ethos with the dramatic visual heritage of Bulgari.

A limited number of private memberships are available combining bespoke Bulgari treatments with WORKSHOP GYMNASIUM training and Assessment services that are exclusive to Bulgari Spa. WORKSHOP places a focus on total body conditioning with a holistic approach to training, wellness, health, nutrition and fat loss through its unique FRAMEWORK assessment; a series of tests including Exercise and Nutrition Genetic Analysis, Food Intolerance Testing, Metabolic Testing, Comprehensive Hormone Profile, Functional Movement Screen and Body Composition Analysis. WORKSHOP marks the return to a gym's core values and at heart is an invigorating workout to achieve optimal health and visible results.

All members are entitled to a 10% discount on Bulgari Spa retail products, food & beverage throughout the hotel, room hire at the Hotel's Private Cinema, Hotel bedrooms and Bulgari Spa treatments (20% on Bulgari Spa Treatments Mon – Fri).

A handwritten signature in black ink that reads "Shelley".

Shelley Hepburn, Spa Director

SINGLE MEMBERSHIP

Gym Induction
Skin Consultation
Bulgari Gift
6 Guest Passes
10% discount on: Bulgari Spa Retail Products, Bulgari Hotel Food & Beverage, Hotel Screening Room, Hotel Rooms and Bulgari Spa Treatments.
(20% discount on spa treatments Mon–Fri)

Joining Fee £2,000

Yearly Access Fee £5,500

THREE YEAR MEMBERSHIP

Gym Induction
Skin Consultation
Bulgari Gift
20 Guest Passes
1 Private Cinema Screening for up to 8 people
2 hours of spa treatment
One residential stay for one night per year
Exclusive 10% discount on: Bulgari Spa Retail Products, Bulgari Hotel Food & Beverage, Hotel Screening Room, Hotel Rooms and Bulgari Spa Treatments.
(20% discount on spa treatments Mon–Fri)

Joining Fee £2,000

Three Year Access Fee £13,500

JOINT MEMBERSHIP

Family residing at the same address
Gym Induction
Skin Consultation
Bulgari Gift
12 Guest Passes
10% discount on: Bulgari Spa Retail Products, Bulgari Hotel Food & Beverage, Hotel Screening Room, Hotel Rooms and Bulgari Spa Treatments.
(20% discount on spa treatments Mon–Fri)

Joining Fee £2,000

Yearly Access Fee £10,500

OVERSEAS MEMBERSHIP

(Three consecutive months)
Gym Induction
Skin Consultation
Bulgari Gift
6 Guest Passes
10% discount on: Bulgari Spa Retail Products, Bulgari Hotel Food & Beverage, Hotel Screening Room, Hotel Rooms and Bulgari Spa Treatments.
(20% discount on spa treatments Mon–Fri)

Joining Fee £2,000

Yearly Access Fee £3,500

*Additional family members can be added for a spa access fee of £3,000 and an additional joining fee of £500

WORKSHOP WELLNESS

The ultimate package for completely refining your body and health.

Joining Fee
Yearly Access Fee
Workshop Framework Assessment
75 hour Workshop Sessions
16 hours of Treatments
Residential overnight stay based on two people sharing
1 Private Cinema screening for up to 8 people
Personal Training sessions at the rate of £125
Gym Induction
Skin Consultation
Bulgari Gift
20 Guest Passes
Access to workshop Classes
One residential stay for one night per year
Exclusive 10% discount on: Bulgari Spa Retail Products, Bulgari Hotel Food & Beverage, Hotel Screening Room, Hotel Rooms and Bulgari Spa Treatments.
(20% discount on spa treatments Mon–Fri)

Yearly Single £19,000

Yearly Joint £35,000



ASSESSMENT SERVICES

FRAMEWORK ASSESSMENT

The ideal way to take stock of where you are in your life – and the changes you need to make for a more toned body and healthier lifestyle. The initial assessment covers a Food Intolerance Test, Exercise and Nutrition Genetic Analysis, Body Composition Analysis, Functional Movement Screen, Comprehensive Hormone Profile and a Metabolic Analysis. Together, they help create a unique, step-by-step plan that maps the way to the body you want, identifying potential limitations and addressing movement, nutrition and lifestyle choices.

**2 hour assessment £1,300
(members and hotel guests);
£1,400 (non-members)**

EXERCISE AND NUTRITION GENETIC ANALYSIS

Our individual genetic data is the key to our health, but yields a detailed, tailored report analysing your genetic markers known to impact metabolism, exercise and energy use. It informs us how much fat is absorbed from your dietary intake, how effective different exercise is for your genetic makeup and the optimum intensity of exercise to maximise fat-burning; there is also a bespoke supplement plan aimed at maintaining energy levels, burning body fat and creating lean muscle.

30 minute one-to-one assessment £400

FOOD INTOLERANCE TEST

A comprehensive assessment of your body's immune response to almost 100 different foods. This self-administered test involves a simple prick of the finger onto a collection card. You will then receive a bespoke report that may reveal the contributing factors to a range of conditions, including joint or muscle pain, chronic headaches, fatigue, eczema, psoriasis and weight gain, which can be caused by an increase in Food IgG levels. Along with a list of foods to avoid, the report includes a healthy eating plan along with supplement suggestions to boost energy and aid digestion.

30 minute one-to-one assessment £250

COMPREHENSIVE HORMONE PROFILE

Hormone balance is the key to health. Through the Comprehensive Hormone Profile, we are able to help identify the root cause of what may be contributing to weight gain, irritability, poor sleep and fatigue. Saliva and blood spot samples are taken and analysed to look at a full spectrum of hormones including Cortisol (stress hormone), Estrogen, DHEAS and Testosterone.

30 minute one-to-one assessment £400

PHYSIOTHERAPY AND INJURY REHABILITATION

We offer comprehensive physiotherapy and rehabilitation services for those looking to treat ongoing or acute injuries or movement impairments. If you suffer from postural, muscular or joint problems then our in house physiotherapists can offer some relief and a path to recovery through a range of treatments.

I hour one-to-one assessment £150

NUTRITIONAL THERAPY

Food is medicine, and if you are currently experiencing tiredness, weight gain, poor sleep, eczema, acne or any other symptom, Nutritional Therapy can help to identify what is contributing to these symptoms. Working together with one of our Nutritional Therapists, a personalised nutrition and supplement programme will be created to optimise your energy levels, fat loss and improve the health and vibrancy of your hair, skin and nails.

I hour consultation £150

METABOLIC ANALYSIS

This assessment of the metabolic system is used to create customised workouts and exercise progressions driven by your state of fitness. It pinpoints precisely the maximum amount of oxygen your body can use to tailor physical activity to you, along with the minimum number of calories you require to burn the optimum amount of fat. This test is performed on a bike or a treadmill.

I hour one-to-one assessment £250

FUNCTIONAL MOVEMENT SCREEN (FMS)

Documenting the body's movement patterns to highlight asymmetries and imbalances, this test is used by professional athletes to determine optimum movement. Seven movements are assessed to help identify any limitations in strength, stability and mobility, helping create a detailed individual workout plan that decreases the risk of injury when you train and helps rebalance the body and ensure optimum performance.

I hour one-to-one assessment £125

WORKOUT SERVICES

PERSONAL TRAINING

Our personal trainers are expert at motivating their clients to achieve visible results. We specialise in designing customised workouts that achieve your desired goals, whatever they are – from losing weight, toning and recovering from an injury right up to building muscle or training for a marathon. To facilitate progression, our trainers also create bespoke nutrition and supplement plans to optimise your training.

I hour one-to-one training sessions range from £100–£200

FASCIA STRETCH THERAPY

A unique therapy that stretches the fascia of the body to increase flexibility. FST begins by warming up the joints before moving on to deeper stretching. This treatment is successful at removing tension held in the joints, which often causes tightness or pain, allowing for improved movement. Carried out on a massage table in one of our private treatment rooms, FST offers a deeply satisfying way to lower stress, wind down, and recover from workouts.

I hour one-to-one session £125

DYNAMIC PILATES

Combining strength, stretching and relaxation exercises, Pilates minimises pressure on the joints and corrects poor posture, creating an athletic physique without adding bulk. We offer both classical Pilates and the more modern Dynamic Pilates, using the state-of-the-art Reformer equipment, springs and ropes for all-over body-conditioning and flexibility.

I hour one-to-one session £125

SWIMMING

As one of the most effective ways to work the entire body, swimming is hard to beat. It improves the body's ability to burn fat, strengthens breathing and tones the entire body, and as your weight is supported by the water, injuries are rare. Swimming is also said to bring about a sense of mental wellbeing. All our private one-to-one swimming workouts are conducted in our spectacular 25-metre pool.

I hour one-to-one session £125

YOGA

Yoga's benefits have been documented for centuries, and range from improved flexibility and strength to better concentration and enhanced breathing capacity. Suitable for just about anyone of any ability, it can be practised with no special equipment or venue, and there is no end to mastering the techniques. Each of our experienced practitioners has their own specialty, from Ashtanga Vinyasa to Jivamukti, and will adapt techniques to your individual needs. One-to-one private sessions take place in our private yoga suite.

I hour one-to-one session £125

BOXING

Learning how to throw a punch not only boosts the confidence, but is one of the quickest ways to achieve a taut physique, as well as boosting strength, agility, coordination and endurance. We combine work on speed bags, heavy bags and double-ended bags with jump rope and bodyweight exercises to achieve strength and leanness.

I hour one-to-one session £125



C O N T A C T D E T A I L S :

The Bulgari Spa,
171 Knightsbridge,
London SW7 1DW
Tel: +44 (0)207 151 1055
london-membership@bulgarihotels.co.uk