

BVLGARI  
HOTEL LONDON

SPA

PROGRAMMES

## SPA DAY PROGRAMMES

The Bulgari Spa is one of the largest and 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. 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 25-metre swimming pool, vitality pool, fitness room, heat experience areas (separate for female and male guests, including steam rooms, saunas, ice fountains), 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.

All spa day programmes include full use of the spa facilities. Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. A changing room locker will be provided to you on arrival, with a dressing gown, slippers and towels throughout your day.



## BULGARI GEMS

Bulgari Spa introduces our hero treatment combinations inspired by BULGARI's most evocative gemstones.

**THE TURQUOISE EXPERIENCE** *(160 mins)* **£625**

Swiss Perfection Cellular Facial with a Luxury Manicure

**THE MOONSTONE EXPERIENCE** *(180 mins)* **£640**

Hot stone body massage, Cryo Rejuvenation & LED

**THE AMETHYST EXPERIENCE** *(150 mins)* **£430**

Mauli Sleep Well, Express Facial & LED

**THE PERIDOT EXPERIENCE** *(180 mins)* **£430**

Contour & Firm, Express Facial & LED

**THE PINK TOURMALINE EXPERIENCE** *(150 mins)* **£430**

Coconut Compress Massage, Express Facial & LED

**THE CITRINE EXPERIENCE** *(90 mins)* **£410**

Invigorating Salt & Oil Scrub, Fire & Ice, LED

## 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**

### **LA DOLCE VITA** (270 mins)

**£450**

Personalised Facial

Eye Revive Treatment Massage

Personalised Massage

Luxury Manicure & Luxury Pedicure

### **JAX COCO PREGNANCY** (160 mins)

**£320**

Enriching and hydrating Coconut body experience using the finest organic coconut oil Jax coco enjoy warm coconut oil pouring and bespoke massage. This experience leaves you feeling completely soothed, nourished and renewed.

JAX pregnancy treatment

Manicure and pedicure

### **BULGARI BREAK** (120 mins)

**£270**

ESPA Personalised Facial

ESPA Personalised Massage

### **WORKSHOP** (120 mins)

**£300**

A complete departure from its rivals and the recent glut of more trend-led workouts, WORKSHOP marks a return to a gym's core values and at heart is an invigorating workout that creates visible results.

Personal training session

Body contouring or Sports Massage

*All spa programmes include the use of the spa facilities.*

### **CABANA LUNCH** *(150 mins)*

**£250**

Bulgari Personalised Facial or Massage and hair wash and finish

Express manicure

Starter and main or main and dessert with healthy juice or glass of wine

*Available Monday till Thursday only*

### **RIVEA LUNCH AND SPA** *(60 mins)*

**£220**

Lunch in Rivea followed or preceded by a rejuvenating experience at Bulgari Spa. Protégé of Alain Ducasse and Executive Chef Alexandre Nicolas' has created a menu of small plates that incorporate the classic flavours and vivid colours of the Riviera, with a focus on simple creations using the very best ingredients. The set lunch includes 4 small plates from the À la carte menu, half a bottle of water and tea or coffee plus a glass of wine or soft drink per person. Then make your way down to Bulgari Spa for a 60 min personalised massage where our therapist will combine different massage techniques to leave you fully relaxed and rejuvenated.

### **GENTLEMEN'S CUT, SHAVE AND SMOKE** *(150 mins)*

**£220**

Combining men's grooming with a bespoke cigar experience at the Edward Sahakian Cigar Shop and Sampling Lounge. This signature experience starts with your hair being cut and styled by our Barber, finishing with a wet shave and advice on how to maintain your hair and scalp. From the spa we will take you to our internationally renowned Edward Sahakian Cigar Shop and Sampling Lounge for a cigar recommended by our Habano Sommelier along with a drink of your choice from the bespoke Gentlemen's Grooming drinks menu.

