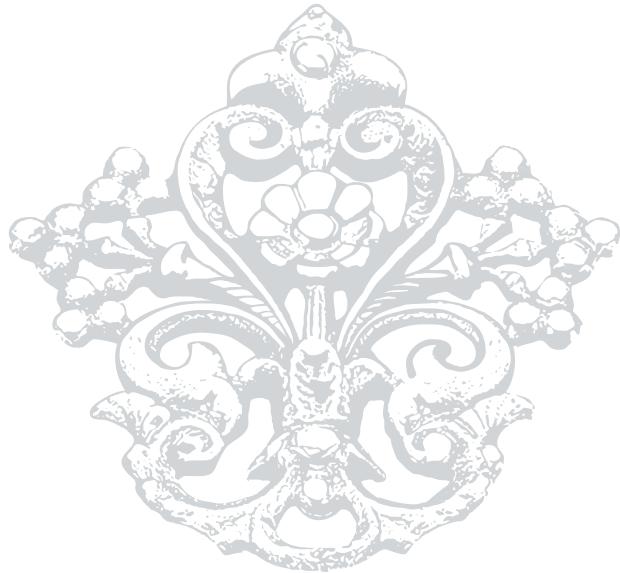


BVLGARI
HOTEL LONDON

SPA

TREATMENTS



Regarded by many as the crowning achievement of the hotel, the Bulgari Spa offers the most advanced beauty, grooming and health-enhancing treatments available today. Select from individual specialist treatments to long-term life improvement programmes uniquely tailored to your needs.

THE PRIVATE ONYX SPA SUITE

The Onyx Spa Suite offers a tranquil and blissfully private treatment experience for two. A perfect haven for indulgent relaxation with a friend, loved one or simply by yourself. The spacious suite is self-contained and features a private changing area, side-by-side treatment beds, a twin steam shower, relaxation space and an oversized hydro massage tub with a spectacular green onyx backdrop.

Upon arrival we will greet you in the hotel's main lobby and accompany you to the Onyx Spa Suite via a private lift. A consultation with your therapist will guide you through your treatment and allow us to create a personalised experience that is perfect for you on the day. You will have time to relax and enjoy the suite's facilities for a full hour before your treatment commences and for 30 minutes afterwards.

It would be our pleasure to organise a bespoke suite experience with your selected treatments from our extensive spa menu. Please contact our spa experts to discuss a bespoke private spa experience.

TWO PEOPLE

150 mins (60 mins of treatments per person) from **£750**

210 mins (120 mins of treatments per person) from **£950**

SPA/CLINIC BY 111SKIN

SPA/CLINIC by 111SKIN is a revolutionary spa concept offering aesthetic performance face and body treatments for the first time in a multi-sensory, opulent spa environment. Founded and curated by renowned cosmetic surgeon Dr. Yannis Alexandrides, the treatments are inspired by his surgical expertise and multi-disciplinary approach to skin health, utilising and combining clean and aesthetic-grade skincare, in-clinic technology and advanced medspa regimes.

SPA/CLINIC is a true fusion of all the best that Harley Street has to offer: cutting-edge medical innovation, high-tech formulas, clinical results and a high-luxury experience.

FACIALS

THE ORIGINAL DRAMATIC HEALING FACIAL **60 mins £160**
90 mins £230

A high-performance facial that enhances the skin's ability to repair and re-strengthen itself using the iconic Y Theorem Repair Serum – a clinically-proven product which utilises the unique NAC Y2 formula. Combined with clinically developed protocols, including the Deep Muscle Facial Massage, skin health is completely restored.

CLARITY ANTI-BLEMISH FACIAL **90 mins £260**

A targeted, science-led treatment for problematic and acne prone skin, it features a highly-targeted, intelligent mask system which utilises the exclusive 111SKIN Facial Architecture method to neutralise skin eruptions and relieve redness and irritation. The complexion is left refined and purified.

CELESTIAL BLACK DIAMOND NON-SURGICAL LIFT FACIAL **90 mins £350**

The most intensive facial, using science-led formulas with diamond powder to increase the absorption of active ingredients to ease fine lines and wrinkles. Involving 10 steps of treatment using surgically-inspired masks and aesthetician-grade exfoliating acids, skin is left smoother, lifted and contoured.

CRYOTHERAPY ENERGY FACIAL **90 mins £350**

A fusion of science and holistic therapy using cooled air, purified with a cryotherapy machine, which has outstanding revitalising effects on the skin. This treatment is specifically blended with powerful 111SKIN regenerative formulas to revitalise and recharge. Easing puffiness and energising the complexion, this facial is perfect for frequent flyers, city dwellers and those with hectic lifestyles.

LUNAR 28 FACIAL **90 mins £1,300**
(includes 28-day homecare system)

A revolutionary treatment that encapsulates both clinical and holistic properties to completely resurface the skin, this treatment is engineered to reflect the results of in-clinic laser treatment, with no down time. A 28-day post-treatment set is included to truly bring the clinic to your home. Results are instant with skin immediately resurfaced and refined.

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, with any redness or irritation 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.

EXCLUSIVE TO BULGARI SPA LONDON

DERMA-PEN MESO INFUSION HYDRATION FACIAL **90 mins £550**

Using a blend of cosmeceutical technology and clinically-led 111SKIN formulas, this high-tech facial targets skin that requires deep hydration, volumisation and brightening, with its effects enhanced by use of a Derma Pen which gently creates micro channels on the skin. These channels promote collagen production, improving skin's elasticity, pore size and volume, whilst also allowing the advanced formulas to absorb significantly deeper into the skin. The treatment also restores the skin's natural luminosity by reducing signs of sun damage and scarring, achieving all-round rejuvenating results.

CELESTIAL BLACK DIAMOND FACIAL *with Radio Frequency* **120 mins £550**

This pioneering treatment combines the most powerful ingredients with medical-grade radiofrequency to deliver instantly visible tightening and firming. High energy waves penetrate the skin and help to stimulate long-term collagen production, minimising fine lines and wrinkles, whilst also reducing pore size. The device also stimulates microcirculation and drains the skin of toxins, meaning the combination of 111SKIN formulas are absorbed with maximum effect, enhancing their overall results. Recommended for those looking for surgical results without the recovery time, this exclusive regime targets signs of ageing, loss of volume, elasticity, all while achieving much-needed complexion transformation.

GENTLEMEN

REPARATIVE FACIAL **60 mins £160** **90 mins £230**

Designed especially for sensitive male skin that requires hydration and repair, this treatment soothes and comforts irritated skin, and is particularly for those affected by regular shaving. It restores, strengthens and calms the complexion for supreme revitalisation.

SIGNATURE ENERGY FACIAL **90 mins £350**

Addressing specific male skin concerns, this treatment focuses on reducing puffiness, controlling oil production, and refining texture through the use of purified, chilled air from a cryotherapy machine. Suitable for men of all ages and skin types, it will result in a softer, brighter and polished complexion.

BODY

DRAMATIC HEALING MASSAGE **60 mins £160** **90 mins £220**

A calming SOS treatment for sunburnt or irritated skin, this treatment starts with the application of intense Y Theorem Repair Serum to areas susceptible to rough skin such as elbows, knees, feet, and hands. Wellbeing is restored with a soothing holistic massage using a choice of Healing Body Oils for ultimate rejuvenation.

SIGNATURE CRYOTHERAPY SPORTS MASSAGE **60 mins £200** **90 mins £270**

A localised treatment for fatigue and sports injuries, it combines deep tissue massage, sports massage and cutting-edge cryotherapy to relieve tension and revive the body. It can be used on specific areas of concern, or as a whole body therapy.

CRYO ENERGY CELLULITE TREATMENT **60 mins £200** **90 mins £270**

Course of 6 treatments price on request

Stimulating micro circulation and the lymphatic system to improve the appearance of cellulite, this treatment helps to ease and soothe tired legs and achy muscles while contouring the silhouette. A quick fix treatment, it can be incorporated into any other therapy.

MESO-INFUSION BODY HYDRATION **60 mins £200** **90 mins £270**

Thirst quenching body treatment to give deep hydration. Intensive massage movements help to relieve tension and encourage lymphatic drainage. Using the professional-strength Meso Infusion Pro Mask, this therapy restores and moisturises for smoothness and suppleness.

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

Individual Radio Frequency treatment requires an in-depth consultation with the skin specialist. Radio frequency 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.

SWISS PERFECTION CELLULAR FACIALS

Swiss Perfection Luxury Anti-Ageing Facials are truly personalised and unique experiences. Client's 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's 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. This facial will calm irritated 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 imperfections, an even complexion and softer skin.

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

This deep cleansing and purifying facial 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 can be taken as add-ons to all 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; becoming firm, smooth and toned.

iS CLINICAL

Pioneered in Beverley Hills, this famous cosmeceutical skincare brand utilizes the most advanced technology and pharmaceutical grade botanical ingredients. Coveted by A-listers globally, the Fire and Ice Facial is their signature treatment.

IS CLINICAL 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.

ESPA

ESPA treatments are guided by a holistic philosophy, caring for your entire wellbeing using natural skincare products that deliver both instant benefits and also work beneath the skin's surface to protect long term health and beauty. ESPA body treatments include a bespoke selection of products, aromatherapy oils and techniques to ensure you experience optimal physical and emotional therapeutic benefits.

PERSONALISED MASSAGE **60 mins £140** **90 mins £200**

This Personalised Massage treatment will allow the therapist to use their own therapeutic skills to combine different massage techniques.

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 a stiff neck, painful lower back pain and sore, tight shoulders.

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.

BODY RITUALS **120 mins £280**

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

JAX COCO

JAX Coco's Extra Virgin Organic Coconut Oil uses the freshest, young coconuts and delivers intensely nourishing and hydrating results for thirst quenched skin. Each treatment concludes with a refreshing bottle of JAX Coco's celebrated coconut water often described as 'the chickest coconut water on the market'.

COCONUT BODY EXPERIENCE **60 mins £200** **90 mins £270**

Enriching and hydrating, the 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 **90 mins £270**

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

AYURVEDIC-INSPIRED MAULI RITUALS

Mauli is a celebration of love, nature, tradition and all that makes life meaningful and worth honouring. Harnessing India's most rare and refined botanicals and formulated in England for individuals who respect the power of nature and appreciate genuine quality. Mauli's results-driven treatments infuse hair, skin and body with an abundance of vitamins, minerals and amino acids. As you envelop yourself in exquisite blends and experience superior rejuvenating rituals, we encourage individuals to practice the Mauli art of self-nurturing, stillness and letting go, so their true light has a chance to shine.

'PRANA' MINERAL RICH MARMA THERAPY **120 mins £330**

Prana: Releasing stagnant energy to rejuvenate skin and senses

Few things are as ageing as facial tension, which creeps up at the very times we want to look and feel our best. Mauli's signature facial with scalp, back and foot massage offers a wonderfully detoxing treatment that delivers profound results. The unique synergy of tri-mineral face-lift therapy, marma point massage and nourishing botanicals taps into your immense reservoir of energy to bring incredibly fast results.

'OJA' SIGNATURE SURRENDER RITUAL **120 mins £330**

Ojas: a strengthened body, filled with light that glows with vitality.

A ritual body experience to decompress, release burden and revive the spirit. Mauli blends India's most rare and opulent Ayurvedic oils to suit your 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. You 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.

'SAVASANA' SLEEP WELL POLTI MASSAGE / CALMING **90 mins £250**

Savasana: leaving behind all that went before to start afresh from a place of stillness and bliss.

Lack of sleep by night inhibits how we function by day. This warming full-body massage unknots sore ligaments and soothes tired muscles while calming the central nervous system, so concerns drift away. Mauli's gentle, yet deeply healing herbal poultices of mineral-rich salts and active botanicals are rhythmically massaged all over the body for a treatment that brings comfort, calm and a deep night's sleep.

'SHAKTI' DECOMPRESS DEEP MUSCLE MASSAGE / RELEASING **90 mins £250**

Shakti: a state of being mentally, spiritually and physically strong

Physical or mental stress and ever-increasing time spent at our desks are major causes of misalignment in the body and this can then lead to further injuries. Pressing, tapping and enfolding techniques, coupled with assisted breath work are performed harnessing the therapeutic benefits of your personalised 'dosha' oil, with extra attention given to areas of tension in the back, neck and shoulders.

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 £200**

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 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 treats the body as a whole, working with osteopathy and naturopathy techniques. Osteopathy will carefully realign your posture 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 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.

DEEP TISSUE & MYOFASCIAL RELEASE **60 mins £200** *by* MARZENA KAWADZKA **90 mins £300**

Marzena's personal approach combines deep tissue massage with pressure point and Myofascial release techniques targeted to the individual's needs.

BULGARI GEMS

Bulgari Spa introduces our hero treatment combinations inspired by Bulgari's most evocative gemstones. All of our GEM programmes include a healthy one-course lunch and juice of your choice, served in our private poolside cabanas.

DIAMOND **120 mins £510**

SPA/CLINIC Dramatic Healing Massage followed by the Celestial Black Diamond Non-Surgical Lift Facial.

SAPHIRE **150 mins £800**

Swiss Perfection Cellular Hydrating Rejuvenation Facial and ESPA Hydrating Body Wrap.

EMERALD **150 mins £750**

Derma-Pen Meso Infusion Hydration Facial followed by Meso-Infusion Body Hydration.

TOURMALINE **150 mins £550**

SPA/CLINIC Signature Cryotherapy Sports Massage followed by Cryotherapy Energy Facial.

RUBY **120 mins £310**

Mauli Rituals 'SAVASANA' Sleep Well Poulti Massage followed by Neville's signature blow-dry.

BULGARI BREAK **120 mins £320**

SPA/CLINIC Dramatic Healing Massage followed by The Original Dramatic Healing Facial.

ESSENTIAL BEAUTY

WAXING (*Price on request*)

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, they will remove even the most stubborn hairs.

Basic and specialist waxing available.

LASHES & BROWS

EYEBROW SHAPE/TINT **£25/£20**

EYELASH TINT **£30**

EYEBROW & EYELASH TINT **£45**

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

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 formula and exciting seasonal twists on timeless classics.

DAY MAKEUP **60 mins £250**

MAKEUP LESSON **90 mins £350**

NAIL STUDIO

Our Manicure and Pedicure treatments are carried out with concentrated ingredients and expert techniques that are 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 and cuticle care, followed by a nourishing hand massage and 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 and 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 includes a softening exfoliation, warm paraffin gloves to seal in moisture and 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, a warm paraffin wax and 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 of gel polish £20**

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 of 'hotel guests' over the age of eight 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 one 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 two hours: sauna, steam room, ice fountain, pool, vitality pool, spa changing and relaxation areas. Guests who have reserved a treatment of less than two hours will be accompanied to the spa changing areas and will have access to the relaxation area before and after their treatment.

GYM

A state-of-the-art gym equipped with a variety of cardiovascular and strength machines and free weights area. Personal trainers are on hand to help members and hotel guests prepare for sporting events, specific goals or assist 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 CERTIFICATES

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 four 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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