

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.

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## 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.

<b>TWO PEOPLE</b>	<b>150 mins</b> (60 mins of treatments per person) <b>from £770</b>
	<b>210 mins</b> (120 mins of treatments per person) <b>from £970</b>

## III SPA/CLINIC

III SPA/CLINIC 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 £190  
90 mins £260

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 £280

A targeted, science-led treatment for problematic and acne prone skin, it features a highlytargeted, intelligent mask system which utilises the exclusive IIISKIN 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 £370

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.

## GENTLEMEN

REPARATIVE FACIAL 60 mins £190  
90 mins £260

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.

CRYOTHERAPY ENERGY FACIAL 90 mins £370

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 IIISKIN 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.

SIGNATURE ENERGY FACIAL 90 mins £370

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.

## LED LIGHT THERAPY

30 mins single treatment £120  
Course of six treatments £520

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, microneedling, injectables and laser.

## MICRONEEDLING

LUXURY DERMAFIX MICRONEEDLING TREATMENT 60 mins £350

A customised rejuvenating cocktail is delivered via micro derma-pen 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 will have all of your friends asking if you've been away on holiday.

*Course of six Luxury Dermalux Microneedling Treatments £1,750*

HR3 MATRIX TREATMENT FOR HAIR 60 mins £350

New and revolutionary hair loss reversal procedure utilises micro derma-pen injections 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 results are improved quality, thickness, strength and volume.

*Course of six HR3 MATRIX Treatments for Hair £1,750*

## BODY

DRAMATIC HEALING MASSAGE 60 mins £190  
90 mins £250

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 £220  
90 mins £290

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 £220  
90 mins £290

*Course of six 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.

## AUGUSTINUS BADER

Inspired by over three decades of science and innovation, Augustinus Bader's award-winning approach to professional skincare is rooted in groundbreaking stem cell research and trusted by the world's most discerning experts. Professor Bader's clean, efficient formulas are powered by TFC8®, a proprietary cellular renewing technology clinically proven to help support the body's natural regenerative processes, for healthy glow from the inside out.

The Augustinus Bader exclusive Bulgari facial has been designed to support skin's innate wisdom at the highest level, to address individual needs and reveal the best version of yourself.

### THE METHOD AUGUSTINUS BADER

The Method Augustinus Bader is a bespoke, science-backed treatment that combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation. This highly sensorial, hands-on facial leverages Augustinus Bader's hero formulas to help boost cellular communication, promote circulation, address skin's unique needs at a deep level, and visibly firm, tone and refresh – resulting in an immediate glow with lasting benefits.

### THE AUGUSTINUS BADER INTRODUCTORY FACIAL 60 mins £250

A science-backed treatment to introduce skin to Professor Bader's award-winning cellular renewing technology, TFC8®, and achieve an instant glow. This customized facial leverages Augustinus Bader's hero formulas to help boost hydration and cellular communication, promote circulation, and firm, tone and refresh, zeroing in on the skin's unique needs for immediate, visible results.

### THE AUGUSTINUS BADER EXCLUSIVE BULGARI FACIAL 90 mins £410

A streamlined, highly effective version of The method Augustinus Bader, a bespoke, science-backed treatment that combines Professor Bader's award-winning skincare technology, TFC8®, with customized fascia massage to stimulate cell rejuvenation and ancient Gua Sha tool massage to reshape and lift up the contour of the face. Skin is thoroughly double cleansed in preparation for application of formulas developed to activate skin stem cells and boost the skin's natural repair cycles. Signature manual and tool massage techniques enhance circulation and hydration, for optimal product absorption and delivery of key actives, followed by the exclusive detoxifying and ultra-smoothing mask ritual for immediate calming and glowing effects, whilst also enjoying an activating scalp massage using the famed Augustinus Bader hair oil. Available only within the luxurious environment of The Bulgari Spa.

### THE AUGUSTINUS BADER TARGETED BODY TREATMENT 60 mins £260

This unique professional treatment combines The Method Augustinus Bader – a sophisticated, customized skincare experience leveraging the award-winning brand's proprietary TFC8® renewal complex – with targeted massage of the tummy, hips, bottom and legs, to activate tissue metabolism and stimulate cellular communication and repair. The science-backed process optimizes skin for maximum absorption and delivery of key actives in Augustinus Bader's cult favorite, The Body Cream, for a visibly softer, firmer, smoother and more revitalized look and feel in just one session. Fully adaptable to suit personal references and the body's unique needs.

### THE AUGUSTINUS BADER FULL BODY RITUAL 90 mins £370

This unique professional treatment leverages The Method Augustinus Bader – a sophisticated, customized skincare experience leveraging the award-winning brand's proprietary TFC8® renewal complex – to firm, soothe and rejuvenate from head to toe. The experience begins with a gently exfoliating Augustinus Bader Oil and Sea Salt Scrub, then continues with a superficial fascia massage to activate tissue metabolism and stimulate cellular communication and repair. Finally, the entire body is enveloped in a luxurious layer of Augustinus Bader's cult hero, The Body Cream, clinically proven to reduce the appearance of cellulite and achieve a visibly softer, smoother and firmer look and feel in just one session.

## SWISS PERFECTION CELLULAR FACIALS

Swiss Perfection Luxury Anti-Ageing Facials are truly personalised and unique experiences. Guests' 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 HIGH-TECH EXCLUSIVE LIFTING 120 mins £970

Inspired from anti-aging medical techniques, this five-step lifting treatment offers spectacular immediate effects. Specific and highly concentrated formulas working in symbiosis target loss of firmness, sagging and wrinkles. It acts as a natural lifting with long-term benefits.

### CELLULAR HIGH-TECH INTENSE HYDRATION 90 mins £670

This unique rejuvenating treatment targets dehydration and irregular skin texture. It leaves the skin smooth and rejuvenated. The wrinkles are visibly diminished, and the optimal skin hydration level is preserved.

### CELLULAR HIGH-TECH PIGMENT LIGHTENING 90 mins £570

This specific treatment works deeply into the skin directly on the cells responsible of hyperpigmentation. This revolutionary facial is specifically designed to rapidly lighten dark spots, leaving you with an even and bright complexion.

### CELLULAR PERFECT RECOVERY 60 mins £570

Through the combination of highly calming and soothing ingredients with specific technics, this targeted treatment will support the natural healing process of the skin. It immediately calms the irritation and inflammation sensation while deeply repairing the damages induced by internal imbalances and external aggressions.

### CELLULAR HIGH-TECH MEN'S TOTAL REPAIR 90 mins £570

This deep cleansing and rejuvenating face treatment is designed for the specifics of men's skin. It ensures an optimal skin protection from external aggressions. All signs of fatigue are eliminated, the skin is soothed, offering a fresh and youthful appearance.

The treatments below can be taken as add-ons to all facials or as individual treatments.

### CELLULAR HIGH-TECH EYE CONTOUR 30 mins £320

Focusing on the most delicate area of the face, this amazing treatment offers a rejuvenated and uplifted eye contour. Fine lines and wrinkles are smoothed, and all signs of fatigue are erased. The skin is luminous and firmed.

### CELLULAR HIGH-TECH NECK AND DÉCOLLETÉ 30 mins £320

This specific care rejuvenates and reshapes the neck and décolleté area. It targets wrinkles, skin sagging as well as loss of firmness. The skin of the décolleté is visibly rejuvenated and firmed.

## GROUND

Wellness curator Peigin Crowley created Ground in 2020, when she embarked on a mission to develop intuitive massaging rituals and sustainable aromatherapy products that honour true self care. Acknowledging that each body is different and caring for the individual in their quest for balance and renewal.

Ground crafts 100% natural plant-based ingredients to create its products, which are handmade in small batches, using vegan ingredients; organic where possible, and blended with sincere intention to soothe the soul.

### THE GROUNDING JOURNEY

Advanced massage encouraging sincere Wellbeing.

Deeply committed to the power of touch, GROUND has developed purposeful spa rituals that promote healing, relaxation and encourage balance in the body.

Crafted exclusively for The Bulgari Spa, in collaboration with our experienced team of Massage Therapists, our offering allows us to curate a GROUND experience dedicated to your wellbeing needs and concerns. Together with your Therapist, a tailored massage journey will be created, which can be further enhanced by holistic body wraps and exfoliation to support skin wellness, for the absolute restoration of self.

<b>SLEEP</b>	Deep Rest   Restorative   Jet Lag
<b>COMFORT</b>	Maternity   Pregnancy   Breast Feeding
<b>BALANCE</b>	Peri Menopause   Menopause   PMS
<b>CLEANSE</b>	Detox   Gut Harmony   Energy

30 mins £110 / 60 mins £210 / 90 mins £310 / 120 mins £370

## PERSONALISED MASSAGE

60 mins £190  
90 mins £250

This treatment allows the Therapist to combine different massage techniques drawing from their own therapeutic skills.

Choose from: Hot stone - Swedish - Aromatherapy

## DEEP TISSUE MASSAGE

60 mins £210  
90 mins £280

The use of firm pressure to manipulate the deeper tissues in the body, including the muscles. This treatment focuses on reducing tension and can concentrate on particular areas of concern or encompass the whole body.

## MATERNITY MASSAGE

60 mins £190  
90 mins £250

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.

## KLORIS

CBD is used for various health reasons - tackling challenges from anxiety and insomnia through to menstrual cramps and back ache. With this in mind and the ethos of health and wellness as vital components to a happy and fulfilling life, British CBD brand KLORIS have created ethical, reliable and science-backed products, which are results driven and natural, harnessing the healing power of nature whilst respecting the environment.

## KLORIS STRESS MELTING RITUAL

90 mins £270

Exclusive to The Bulgari Spa, this treatment uses 100% organic CBD balm, complemented with aromatherapy and hot stone massage. The ritual begins with the application of CBD balm, followed by warm aromatherapy oil and a deeply-relaxing hot stone massage, tailored to specific areas of need. Expect to be left feeling soothed and well-rested with a sense of fulfilment from a uniquely nurturing experience.

## AYURVEDIC - INSPIRED MAULI RITUALS

Mauli is a celebration of love, nature, tradition, and all that makes life meaningful and worth honouring. In a world of increasing uncertainty, constant stimuli, and daily demands, Mauli is committed to offering Ayurveda redefined to support individuals to live their highest potential. The eco-luxe products and rituals are crafted in consultation with Ayurvedic practitioners and Aromatherapists, to rejuvenate the physical, soothe the emotional and nourish within. Mauli is for those who respect the power of nature, appreciate authentic luxury, and a proactive approach to living beautifully – inside and out. Each time you experience Mauli let it remind you nurture yourself and just be.

### ‘OJAS’ SURRENDER & REVIVE RITUAL

120 mins £370

Release | Strengthen | Glow

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

This signature full body experience supports mind and body to decompress, release burden and revive skin and spirits. A ‘kansa’ marma point foot massage begins the detoxification process. This is followed by a full-body Himalayan salt scrub to further aid lymphatic drainage, buff away dead skin cells and impart a visible glow. You are then surrendered to complete relaxation with a soothing Indian head, face and body marma point massage with personalised ‘dosha’ balancing oils. Guided breathwork, yogic twists and mindfulness meditations combine in this transformative ritual to leave body feeling lighter and brighter.

### SHAKTI’ DIVINE FEMININE NURTURING RITUAL

120 mins £370

Nourish | Heal | Harmonise

*Shakti: divine feminine creative energy.*

Mauli’s fully bespoke nurturing womb therapy is designed to gracefully balance through all ages and stages of the female hormonal cycle. Incorporating an in-depth consultation, after which a fusion of therapies combine to nourish the body back to its natural, abundant state.

Personalised oils, organic Shatavari herb (Ayurvedic reproductive tonic), with marma point body, face, and scalp massage are layered with singing bowls and mind therapy meditation to resonate on the subtle energies.

For those looking to treat other womb related conditions such as menopause, recovering from loss, ovarian cysts or endometriosis, the focus will be on nourishing the abdominal area, rebalancing the sacral and heart chakras and intuitively releasing blocks to support a deeper connection with divine feminine energy.

### ‘CHAKRA’ REALIGN RITUAL

90 mins £310

Purify | Renew | Restore

*‘Chakra’: awakening to ones truth and authentic self.*

Reintegrating into society, post-pandemic has intensified a feeling of overwhelm and equally a desire for authenticity, connection and meaning. This multi-layered full body massage using personalised dosha balancing oils, detoxifying herbal poultices, breathwork, sound therapy and chakra healing combines to activate powerful Kundalini channels. Prepare to release negative impressions of anger, fear and grief, making way for greater optimism, love and awareness, leading to making the right choices ahead.

### ‘PRANA’ CRYSTAL THERAPY & MARMA MASSAGE

120 mins £370

Detox | Strengthen | Balance

*‘Prana’ a light filled body that glows with vitality.*

Seasonal, hormonal and lifestyle changes can leave a feeling of physical and emotional disease, making it challenging to find joy in the people and things that matter most. Beyond a full-body marma point and chakra balancing massage, particular attention is paid to strengthening the digestive tract to support the release of stress and anxiety. Layered with yogic stretches, meditative breathwork, and sound bowls, the treatment brings prana to the deepest layers so energy can flow through cells, muscles, ligaments, and organs to release, strengthen and balance.



## WELLNESS THERAPIES

OSTEOPATHIC HEALTH JOURNEY 60 mins £240  
by SUSANNAH MAKRAM 90 mins £350

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 60 mins £240  
RELEASE by MARZENA ZAWADZKA 90 mins £350

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

MARZENA'S PERSONALISED RELAXING MASSAGE 60 mins £240  
90 mins £350

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.

PHYSIOTHERAPY by HESHMAT NASIRI

A registered physiotherapist with over 20 years of experience, Heshmat uses a selection of physiotherapy interventions to relieve pain, improve range of movement, strengthen muscles and improve functionality. With specialisations in musculoskeletal and neurological physiotherapy, Heshmat's treatments help those affected by injury, illness or disability, through movement exercise, manual therapy, medicinal massage, education and advice.

## INITIAL APPOINTMENT

PHYSIOTHERAPY TREATMENT FOLLOW UP 90 mins £350  
PHYSIOTHERAPY TREATMENT 60 mins £240  
DEEP TISSUE MASSAGE 60 mins £220  
90 mins £350

SHIATSU 60 mins £220

Shiatsu is Japanese for finger pressure. The treatment involves applying pressure on the meridians (which are energetic channels that run through the body) 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 work 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.

CRANIO-MASSAGE THERAPY 90 mins £350

A holistic healing practice that uses a very light touch, usually from the head or base of the spine. In response to physical and emotional stresses, the tissues of the body contract, causing restriction of the body's general functioning. This may lead to problems over the years such as back pain, migraine, anxiety, and depression. Combined with Massage, this treatment allows the body to release its restrictive patterns and produces a deep sense of relaxation and wellbeing.

REFLEXOLOGY 60 mins £220

An ancient art of healing which has been practiced for over five thousand years. By applying pressure to reflex points which are mapped out on the feet or hands, reflexology activates the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation.

## BULGARI GEMS

The Bulgari Spa introduces our hero treatment combinations inspired by Bulgari's most evocative gemstones. All of our Gem programmes include a fresh fruit platter and a glass of Champagne or a non-alcoholic beverage, served in our relaxation area.

### DIAMOND 150 mins £540

III SPA/CLINIC Dramatic Healing Massage (60 mins) followed by the Celestial Black Diamond Non- Surgical Lift Facial (90 mins).

### SAPPHIRE 150 mins £820

Cellular High-Tech Intense Hydration Facial (90 mins) and Grounding Journey (60 mins).

### EMERALD 150 mins £560

III SPA/CLINIC Dramatic Healing Facial (60 mins) and Grounding Journey (90 mins).

### TOURMALINE 150 mins £570

III SPA/CLINIC Signature Cryotherapy Sports Massage (60 mins) followed by Cryotherapy Energy Facial (90 mins).

### RUBY 120 mins £430

Mauli RITUAL (120 mins) followed by weekend brunch at Sette restaurant

### BULGARI BREAK 120 mins £380

III SPA/CLINIC Dramatic Healing Massage (60 mins) followed by The Original Dramatic Healing Facial (60 mins).

### BULGARI ESCAPE 120 mins £440

The Augustinus Bader Introductory Facial (60 mins) followed by Personalised Massage (60 mins).

### CHAMPAGNE ITALIAN AFTERNOON TEA & SPA EXPERIENCE

Two people 120 mins £670

A special day for two combines treatments at Bulgari Spa with Italian Afternoon Tea in The Bulgari Lounge. Begin your day relaxing in the spa's expansive facilities before choosing between a Dramatic Healing Facial (90 mins) to repair and re-strengthen the skin or a Personalised Massage (90 mins) to relax and rejuvenate. After your Spa experience, indulge in our signature Afternoon Tea marrying savoury delicacies with Italian pastries and a crisp glass of Ruinart.

## ESSENTIAL BEAUTY

Essential beauty make-up, lash and nail services available on request.

## HOW TO SPA

### SPA OPENING TIMES

Monday to Friday 07.30 – 20.30

Saturday and Sunday 07.30 – 20.30

### 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 over the value of £300: sauna, steam room, ice fountain, pool, vitality pool, spa changing and relaxation areas. Guests who have reserved a treatment of less than £300 (excluding beauty appointments 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 CARDS

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 three 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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