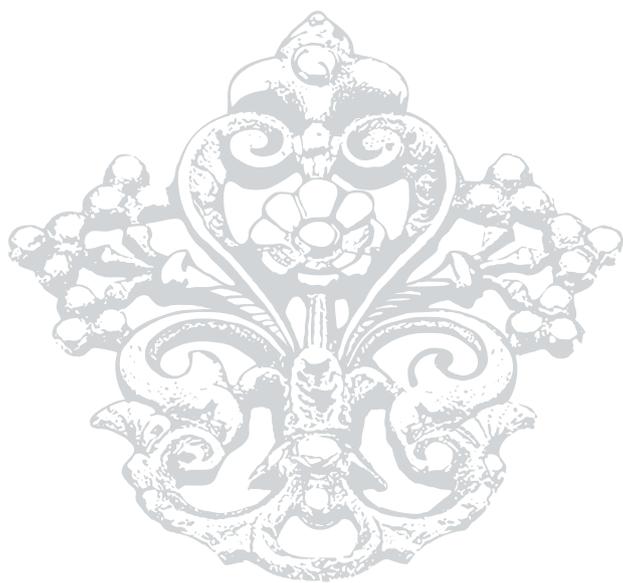


BVLGARI
HOTEL LONDON

SPA



AN EXCLUSIVE SPA JOURNEY



THE BULGARI SPA

In the heart of London's most prestigious neighbourhood of Knightsbridge is the extraordinary Bulgari Hotel. The Bulgari Spa is a perfect expression of the Bulgari aesthetic of timeless glamour. Set over two entire floors of the hotel, the spacious spa creates an atmosphere of intense wellbeing and tranquility. Precious materials such as onyx, Vicenza stone and Italian glass mosaics resonate with Bulgari's heritage and blend perfectly with the contemporary Italian design ethos of the hotel. The Bulgari Spa is exceptional; one of the largest in the capital, and one of the most exclusive.



FACILITIES

An entire spa journey awaits guests at the Bulgari Spa; every element enhances health, beauty and a sense of wellbeing. The spa comprises a 25m swimming pool; vitality pool; thermal experiences with ice fountains and cooling showers; a relaxation room; and 11 treatment rooms offering bespoke and exclusive treatments for the face and body. There is also an exclusive spa suite for two people to enjoy time together in complete privacy. A state-of-the-art gymnasium provides the latest Technogym equipment and the expertise of Workshop performance coaches. A full service hair and nail salon by Neville is also featured in the Bulgari Spa.



THE POOL

Undoubtedly the centrepiece of the Bulgari Spa. Created from sandblasted Vicenza stone (found throughout the spa and known for its use in Palladio's architecture) and surrounded by columns and relaxing cabanas, the 25m, three-lane swimming pool is lined with green and gold leaf Italian glass mosaic tiles. A sense of grandeur is perfectly combined with a natural feel, enhanced by the oak wood in warm cognac tones. The result is a refined and beautiful space, which inspires a deep sense of wellbeing and serenity.







VITALITY POOL

The exquisite vitality pool provides a contrasting experience of excitement and invigoration. Spending time in the re-mineralising water cleanses and detoxifies the skin. Massaging jets of air and water relieve tired and aching muscles and increase circulation; a spectacular waterfall stimulates the senses of sound, sight and touch; the water is the perfect soothing temperature. The vitality pool is entirely tiled in gold leaf glass mosaic, the highest and richest expression of Italian art.



THE THERMAL JOURNEY

Thermal experiences form a powerful and therapeutic element of the spa journey; stimulating circulation and cleansing the skin, calming the mind and soothing tired and aching muscles. Guests move between the sauna and steam room to cleanse the pores, alternately rubbing fresh ice from the fountain and drenching the body in cooling showers to achieve the best results. This also forms the perfect preparation for treatments. Finally, time is spent in the candlelit relaxation room where a vertical open fire induces an even deeper sense of restfulness. For privacy, there are separate male and female thermal areas.



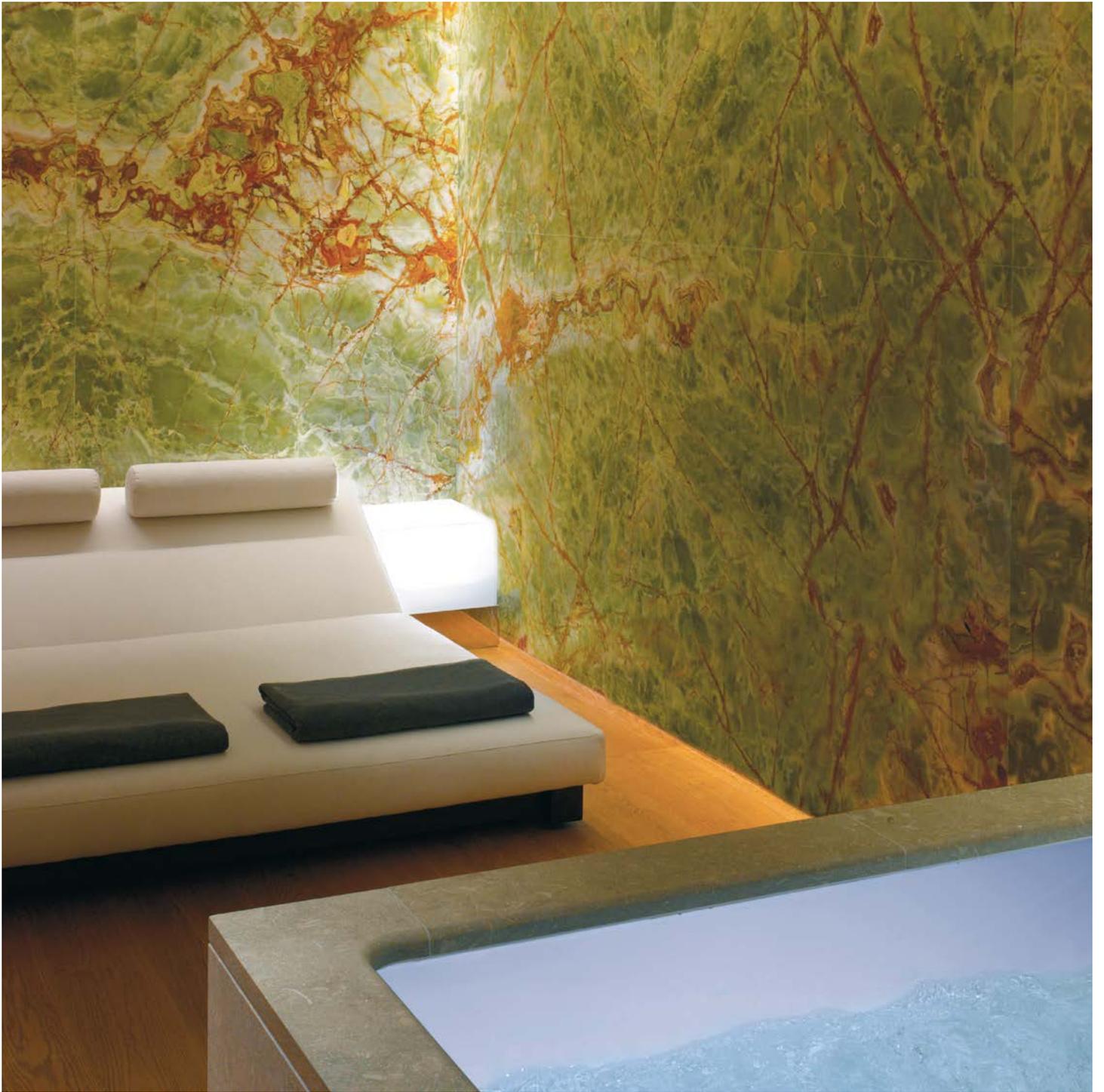


TREATMENTS

There are 11 treatment rooms at the Bulgari Spa. The focus is on overall wellness with a programme that treats the outside in order to harmonise the inside; a holistic concept inspired by Asian and European traditions. Every treatment combines sophisticated massage and skincare techniques with the use of exclusive, scientifically advanced treatments including Mesotherapy, Radio Frequency Skin Tightening, LED Light Therapy and Micro Needle Therapy. Bulgari Signature Treatments for the face and body provide radiant results. Bespoke treatments for men are also provided by our expert therapists.





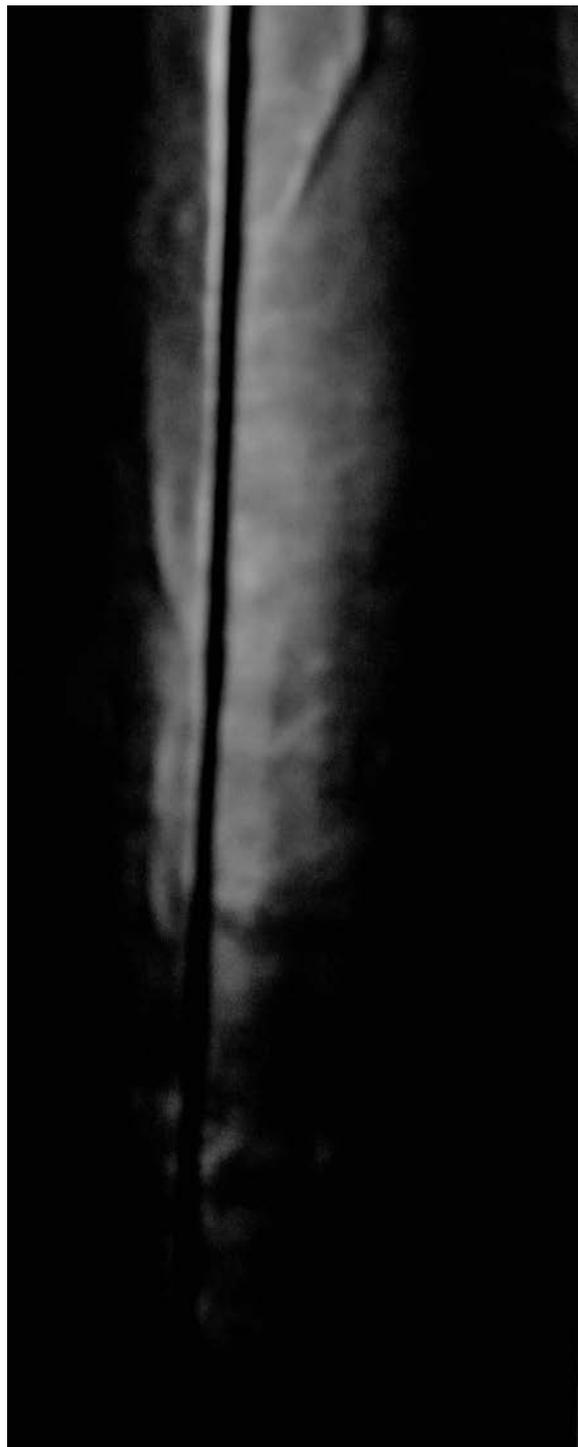


P R I V A T E S P A S U I T E

The Private Spa Suite offers an experience like no other. This exclusive suite for two people features a changing room, steam shower and private relaxation room with a double hydro-massage tub and walls adorned in green onyx. Spa experiences and treatments are enjoyed in complete privacy.

FITNESS CENTRE

To achieve ultimate vitality, performance and wellbeing, the 150m² fitness centre at the Bulgari Spa features WORKSHOP Gymnasium, the premier destination for health and fitness in London. WORKSHOP pioneers a new level of comprehensive workout based on its innovative FRAMEWORK assessment. 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. The resulting information from the FRAMEWORK assessment provides a goal-orientated, personal guidebook that will lay out specific targets to achieve optimal health and a more refined body.









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Please contact the Spa Team for further information. A limited number of private memberships are available at the Bulgari Spa.

