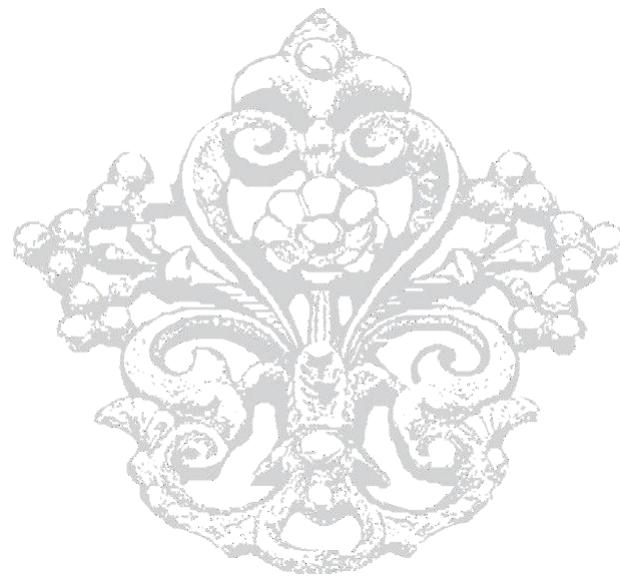


BVLGARI

HOTEL LONDON

SPA

TREATMENTS



Regarded by many as the crowning achievement of the hotel, The Bvlgari 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 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 £790**

210 mins (120 mins of treatment per person) **from £990**

Complementing the spas advanced treatment menu, The Bvlgari Spa has embraced three new wellness technologies guided by our pillars of sleep, recovery, and longevity. Choose to book a signature programme or enjoy an individual experience.

RECOVERY 120 mins £400

Recovery Suite 30 minutes led by a Workshop trainer followed by a 90-minute Infra-red deep tissue massage, fresh fruit of the day, and full use of the spa facilities on the day.

SLEEP 150 mins £460

Sleep Journey by Ground 90 minutes followed by Dry Floatation Therapy 60 minutes, fresh fruit of the day, and full use of the spa facilities on the day.

LONGEVITY 150 mins £820

Hyperbaric Oxygen Therapy 60 minutes, together with fresh fruit of the day, before a Swiss Perfection Cellular 90-minute facial. Full use of spa facilities on the day.

HYPERBARIC OXYGEN THERAPY 60 mins £150

Increase your oxygen intake to accelerate every biochemical healing process in your body and slow the effects of aging. This treatment is helpful for ageing intervention, reducing inflammation, Stem cells stimulation, cognitive improvement, skin rejuvenation, regulating the metabolism, musculoskeletal restoration, and improvement in cardiopulmonary function.

To confirm your eligibility for this treatment, a consultation form must be completed at least 48 hours prior to your scheduled appointment.

DRY FLOATATION THERAPY 60 mins £150

Experience anti-gravity. Focusing on mental health, mindfulness, rest and digest, this experience decreases anxiety and depression and improves sleep, relieves physical pain, and lowers stress. Floating on 400 litres of warm water combined with meditation, allow yourself to relax and unwind.

RECOVERY SUITE 30 mins led by a Workshop trainer £85

Combining the benefits of a sauna, an ice bath and breathing techniques, contrast therapy is an effective way to improve circulation, reduce inflammation, speed up muscle recovery and boost your mood. The contrast between the hot and cold temperatures helps to improve overall recovery and reduces the risk of injury.

INFRA-RED DEEP TISSUE MASSAGE 90 mins £300

This treatment improves circulation and helps to reduce pain and inflammation by bringing oxygen to the recovering parts of the body, also speeding up the healing process.

THE RESILIENCE RITUAL 150 mins £420

Reduce inflammation, encourage recovery, and restore balance
The experience begins with a 60-minute hyperbaric oxygen therapy, amplifying your body's ability to reduce inflammation, restore clarity, and return to its optimal state of health. The ritual continues with a 90-minute Resilience Ritual—a therapeutic blend of lymphatic massage, abdominal release, breathwork, and aromatic botanicals. Warm notes of Ginger, Helichrysum, Blackseed, Turmeric, and Frankincense infuse the air, as the Bvlgari Signature Resilience Oil works to calm inflammation and draw out toxins.

RECOVER, REST, RESET

from £995

Include an overnight stay or join us for a 2-day programme to optimise results. The programme includes:

DAY ONE

- Choice of Workshop group class in the Studio
- Recovery Suite 30 minutes led by a Workshop trainer
- Infra-red Deep Tissue Massage
- 2 course meal in The Bvlgari Lounge

DAY TWO

- Breakfast in The Bvlgari Lounge
- Choice of Workshop group class in the Studio
- Hyperbaric Oxygen Therapy 60 minutes
- Fresh fruit of the day and choice of juice
- Grounding Journey 90 minutes

To include an overnight stay, please contact us to arrange a preferred rate. Chauffeur driver is available. Please enquire with the spa team who would be happy to provide quotes.

BVLGARI SPA DAY MEMBERSHIP

£500

Choice of daily Workshop class in the Studio followed by a 2-course lunch in The Bvlgari Lounge. Continue your programme with Hyperbaric Oxygen Therapy 60 minutes and Dry Floatation Therapy 60 minutes. Complete your day with full use of the spa facilities.

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 £300

Exclusive to The Bvlgari 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.

BODY

DRAMATIC HEALING MASSAGE 60 mins £220
90 mins £280

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 £250
90 mins £320

A localised treatment for fatigue and sports injuries, combining 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 £240
90 mins £310

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.

ROSE GOLD RADIANCE BODY EXPERIENCE 120 mins £400

An indulgent full-body ritual utilising 111SKIN's Radiance Collection and soothing aromatic practices. Consisting of total body exfoliation, full body massage and radiance facial.

CELESTIAL BLACK DIAMOND FULL BODY EXPERIENCE 120 mins £580

Our most comprehensive anti-ageing, luxurious experience harnesses 111SKIN's most potent collection. Thermal Body polish gently exfoliates the whole body, and a brightening fruit peel leaves the skin on the back balanced and smooth, before the body is deeply nourished and sculpted with Black Diamond enhanced oils and cream. The face is enriched with Intensive Collection formulas combined with our smoothing wand and massage techniques, ensuring the skin is taut and deep lines are minimised.

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 Bvlgari 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 ULTIMATE AUGUSTINUS BADER FACIAL 120 mins £500

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 next-generation synergistic skin rejuvenation technical device support and science-backed benefits. After a double cleansing routine and gentle exfoliation, to activate tissue metabolism and support cellular communication and repair. This treatment is fully adaptable to suit personal preferences and complexion needs and includes 15 minutes of bespoke facial massage. The skin is optimized for maximum absorption and delivery of key actives in Augustinus Bader formulas for a visibly softer, firmer and more revitalized look and feel in just one session.

THE AUGUSTINUS BADER EXCLUSIVE BVLGARI 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 Bvlgari 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 favourite, The Body Cream, for a visibly softer, firmer, smoother and more revitalized look and feel in just one session. 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 Bamboo Glove 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 for 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.

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
Course of six treatments £1,750

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 your friends asking if you've been away on holiday.

HR3 MATRIX TREATMENT FOR HAIR 60 mins £350
Course of six treatments £1,750

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.

SAPPHIRE 3 ® IONIXLIGHT

Offering the finest method of skin refinement available, this state-of-the-art technology transforms the skin without discomfort or recovery time. Choose from one of the following boosters to enhance any of our facials.

FIRMING 30 mins £120

A combination of low level current and full spectrum LED light therapy, this treatment will stimulate facial muscles resulting in a lifted and toned appearance. Fine lines and wrinkles are reduced, and elastin and collagen production are boosted. Perfect a day before an event or special occasion or as a course of six treatments.

REGENERATING 30 mins £120

A combination of Ultrasound waves and full spectrum LED light therapy, this booster provides a deeply nourished, tighter and brighter complexion.

LYMPHATIC DRAINAGE 30 mins £120

Stimulating the lymphatic system via vacuum, toxins are eliminated, puffiness is reduced and skin is toned.

MICRODERMABRASION 30 mins £120

Crystal free microdermabrasion via a diamond-encrusted wand providing skin resurfacing with no downtime. Skin is more even, tone and texture are improved and complexion is brighter.

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 Bvlgari 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.

SLEEP Deep rest / Restorative / Jet lag

COMFORT Maternity / Pregnancy / Breast feeding

BALANCE Peri menopause / Menopause / PMS

CLEANSE Detox / Gut harmony / Energy

30 mins £110 / 60 mins £230 / 90 mins £330 / 120 mins £390

THE WANDERING JOURNEY

120 mins £400

This full body massage treatment focuses on our understanding of mood and internal energy, and how the connection between the gut and brain can be impacted by stress and leave the mind and body feeling out of balance. Designed for Bvlgari Spa London, this treatment centres on the vagus nerve, which controls the digestion, heart rate and immune system, by communicating vital messages to the brain about our emotional and physical state. Through the power of breath, touch and essentials oils, this treatment will enhance your wellbeing by supporting the body's natural stress-relief pathway.

PERSONALISED MASSAGE

60 mins £220

90 mins £280

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

Choose from: Hot stone, Swedish or Aromatherapy

DEEP TISSUE MASSAGE

60 mins £240

90 mins £310

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 £220

90 mins £280

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.

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 detoxication aid lymphatic revive skin and spirits. A ‘kansa’ marma point foot massage begins the process. This is followed by a full-body Himalayan salt scrub to further 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 is combined 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 heat chakras and intuitively releasing blocks to support a deeper connection with divine feminine energy.

‘CHAKRA’ REALIGN RITUAL 90 mins £300

Purify / Renew / Restore

Chakra: awakening to one’s 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.

MAULI TIME WITH DEBORAH ROSE

A fully bespoke and prescriptive treatment created by Deborah Rose for each individual’s unique needs using Mauli Rituals all-natural Ayurvedic beauty products. This treatment incorporates an in-depth consultation and pulse reading to assess your mental, emotional and physical state, after which a fusion of therapies will work on a more nourishing deeper and consistent level to bring your body back to its natural state of being. Expect to emerge more balanced and focused from this special treatment programme.

60 mins £300 / 90 mins £380 / 120 mins £430

WELLNESS THERAPIES

OSTEOPATHY by ENRICO DI CANDIA

Enrico, a 2005 graduate of the prestigious British School of Osteopathy in London, has since established an illustrious reputation in the field of osteopathy, earning the trust of athletes, royalty, and artists from across the globe. With over 18 years of experience, his approach to healthcare is a testament to his commitment to excellence.

OSTEOPATHY 60 mins £260
90 mins £370

A holistic and hands-on approach to healthcare that focuses on the musculoskeletal system and its impact on overall well-being. Through skilled evaluation, manual techniques, and a deep understanding of the body's interconnectedness, osteopathy aims to restore balance, relieve pain, and improve function. The benefits of osteopathy are numerous, including pain management, increased mobility, reduced stress, and enhanced overall health.

VISCERA OSTEOPATHY 60 mins £260
90 mins £370

A form of osteopathic medicine which recognises that the organs within the body are not isolated entities but are interconnected through a complex network of tissues and fascia. Gentle manual techniques are used to assess and address restrictions, adhesions, or imbalances within the visceral organs, aiming to improve their mobility and function. By promoting optimal organ health and restoring the body's natural balance, visceral osteopathy can have a positive impact on overall well-being and alleviate various chronic health issues.

CRANIAL OSTEOPATHY 60 mins £260
90 mins £370

A focus on the subtle movements of the cranial bones, the spine, and the central nervous system. Through delicate, hands-on techniques, cranial osteopathy seeks to promote relaxation and alleviate tension, allowing the body to self-regulate and heal. The benefits of cranial osteopathy often include reduced pain, improved sleep, and enhanced overall well-being. This approach can be particularly effective for addressing conditions related to stress, headaches, and promoting a deep sense of relaxation and balance in the body.

MEDICAL ACUPUNCTURE 60 mins £260
90 mins £370

Involves the strategic placement of fine needles to stimulate the body's innate healing mechanisms. As an adjunct to osteopathic care, it offers a holistic solution to address various health concerns. This gentle and effective therapy can provide relief from pain, reduce inflammation, improve circulation, and induce deep relaxation. By addressing both the physical and energetic aspects of the body, medical acupuncture and osteopathy together can offer a synergistic path towards optimal health.

DEEP TISSUE & MYOFASCIAL RELEASE by MARZENA ZAWADZKA 60 mins £260
90 mins £370

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 £260
90 mins £370

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	90 mins £350
PHYSIOTHERAPY TREATMENT FOLLOW UP	60 mins £260
PHYSIOTHERAPY TREATMENT	60 mins £240
DEEP TISSUE MASSAGE	90 mins £370

SHIATSU 60 mins £240

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.

BVLGARI GEMS

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

DIAMOND 150 mins £570

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

SAPPHIRE 150 mins £850

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

EMERALD 150 mins £600

111 SPA/CLINIC Dramatic Healing Facial (60 mins) and the Grounding Journey advanced massage (90 mins).

TOURMALINE 150 mins £590

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

RUBY 120 mins £300

Personalised massage (60 mins) followed by Dry Floatation Therapy (30 mins) and Full Access to the Spa facilities

BVLGARI BREAK 120 mins £400

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

BVLGARI ESCAPE 120 mins £450

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

CHAMPAGNE AFTERNOON TEA & SPA EXPERIENCE
Two people 120 mins £700

A special day for two combines treatments at Bvlgari Spa with the Italian Afternoon Tea. 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 Italian Afternoon Tea in The Bvlgari Lounge. Served in the relaxed refinement of The Bvlgari Lounge, Afternoon Tea blends British tradition with Italian culinary artistry and style. Salato selections by Executive Chef Adriano Cavagnini include caviar crostini, salmon millefeuille and more, while the Dolci offerings from Executive Pastry Chef Salvatore Mungiovino dazzle with combinations like tirolesi, cassata Siciliana, and Tartelletta di limoni. It's a delightful journey of flavour and charm, best enjoyed with good company.

ESSENTIAL BEAUTY

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

HOW TO SPA

SPA OPENING TIMES

Monday to Friday 7.30am to 8.30pm
Saturday and Sunday 7.30am to 8.30pm

CHILDREN'S POLICY

Access to the spa including the changing facilities, spa and heat experiences and gym is 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 8am to 10am and 4pm to 6pm, 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 book in advance. All spa treatments and programmes will need to be paid in advance.

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

Our state-of-the-art gym is 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

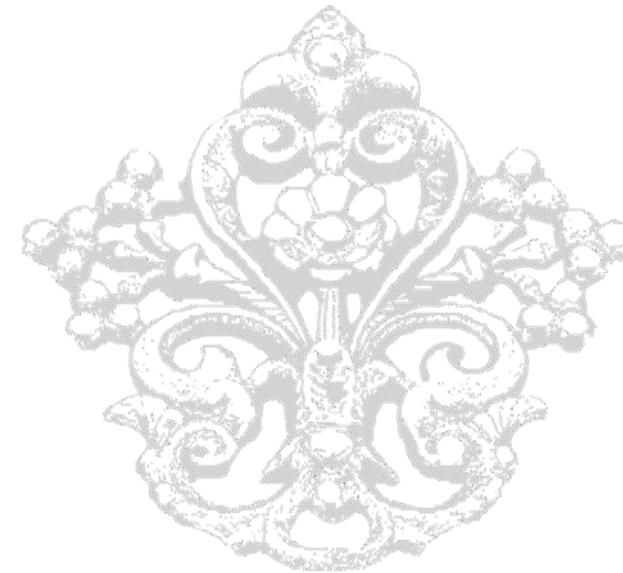
The spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

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 hairbrushes 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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