

BVLGARI

HOTEL & RESIDENCES

LONDON

SPA

GENTLEMEN'S GROOMING



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GENTLEMEN'S GROOMING

Gentlemen's Grooming at Bulgari Spa provides a range of treatments, products and experiences for discerning gentlemen to enjoy a grooming experience in discreet and luxurious surroundings.

A specially curated menu of treatments dedicated to the modern man has been compiled to include shaving and barbering alongside treatments for the face and body.

Our private room dedicated to Gentlemen's Grooming allows guests to feel comfortable and relaxed whilst experts are on hand to advise on your grooming routine ensuring you look and feel your best on a daily basis.



GENTLEMEN'S SIGNATURE EXPERIENCE

GENTLEMEN'S CUT, SHAVE AND SMOKE (*150 mins*) **£220**

Combining men's grooming with a bespoke cigar experience at the Edward Sahakian Cigar Shop and Sampling Lounge.

This signature experience starts with your hair being cut and styled by our Barber, finishing with a wet shave and advice on how to maintain your hair and scalp.

From the spa we will take you to our internationally renowned Edward Sahakian Cigar Shop and Sampling Lounge for a cigar recommended by our Habannosommelier along with a drink of your choice from the bespoke Gentlemen's Grooming drinks menu.



SHAVING & BARBERING

BARBER EXPERIENCE (90 mins)	£150
<i>Hair Cut / Wash / Style / Luxury Wet Shave / Mini Facial / Scalp Massage</i>	
SHAVING EXPERIENCE (60 mins)	£80
<i>Luxury Wet Shave / Mini Facial / Scalp Massage</i>	
CLASSIC WET SHAVE (40 mins)	£60
BEARD DESIGN AND WET SHAVE (40 mins)	£60
EYE BROW THREADING (10 mins)	£30
EYE BROW TRIM AND SHAPE (10 mins)	£30

HAIR & SCALP

CLASSIC HAIR CUT (50 mins)	£60
GENTLEMEN'S HAIR CUT (60 mins)	£80
<i>Wash / Scalp Massage / Style</i>	
GENTLEMEN'S HAIR AND SCALP TREATMENT (20 mins)	£55
A unique and relaxing conditioning Hair and Scalp treatment using mineral Red Clay. This treatment provides nourishment and shine to your hair and is suitable for all hair types especially dry and weak hair.	
GENTLEMEN'S EYE RELAXER (30 mins)	£55
Perfect for those who are concerned with the first signs of ageing around the eyes. This treatment also helps relieve tension from eye-strain and computer headaches, whilst being a luxurious addition to any Gentlemen's Grooming service.	

FACE

Facials begin with a detailed consultation and in-depth skin analysis using cutting edge technology to identify skin conditions not visible to the naked eye.

Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary and a treatment-specific massage and mask.

Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy skin we recommend a facial once a month.

SWISS PERFECTION MEN'S SKIN CLEANSE *(80 mins)* **£550**

This deep cleansing and purifying face 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.

SCULPTING ACU-FACIAL BY DAVID PETERS *(90 mins)* **£290**

Tailored specifically for men's skin and exclusive to The Bulgari Spa. Your treatment begins with the release of neck and shoulder tension before body acupuncture is applied to encourage the perfect relaxed state for new tissue production. Sculpting facial Acupuncture is applied, specially adapted for the increased density of male skin. This goes deeper to encourage facial collagen & elastin production plus smooths fine lines & wrinkles while a Tui Na facial massage contours and defines the face.

BRIGHTENER FOR MEN BY ESPA *(60 mins)* **£140**

This facial treatment is designed to help sweep away dull skin and to stimulate appearance of new cells. It will soothe, cool and lighten up the skin and will add a touch of brilliance.

BODY

RENEW & REVIVE (120 mins)

£260

This full body experience starts with an all over body cleansing and exfoliation to eliminate dead skin cells followed by body envelopment and finishing with a relaxing full body massage with melting scalp treatment.

DEEP PRESSURE MASSAGE (80 mins)

£190

A technique that uses deep massage movement stretches and triggers points. It will enhance the recovery and alleviate the muscular soreness resulting from extensive exercise or stress.

TIME TO RELAX (80 mins)

£180

An aromatic and deeply relaxing massage treatment using hot aromatic massage oil and long soothing massage strokes.

TCM SIGNATURE TREATMENT (90 mins)

£250

This in-depth Traditional Chinese Medicine experience involves triple techniques to bring the body completely in physical and emotional balance.

Acupuncture / Tui Na Massage / Cupping Therapy

RUNNERS LEGS (40 mins)

£90

The perfect leg treatment to prepare for intense exercise, or to reduce the soreness caused by build-up of lactic acid after exercise.

HANDS & FEET

GENTLEMEN'S MANICURE (50 mins) **£50**

Including forearm muscle release

GENTLEMEN'S PEDICURE (60 mins) **£60**

Including calf muscle release

HANDS, FEET & MORE AT LUNCH TIME

Available between 11.00am & 2.00pm

NECK AND SHOULDERS MUSCLE RELEASE (20 mins) **£60**

NAIL SHAPE AND BUFF

Hands (20 mins) **£20**

Feet (20 mins) **£20**

SOLE TREATMENT (20 mins) **£40**

Removal of dead skin using dry skin brushing technique.

MAINTENANCE

WAXING

FACE

Nostrils **£10**

Ears **£10**

TORSO

Chest **£40**

Abs **£30**

Chest & Abs **£60**

Lower back **£30**

Upper back & shoulders **£60**

Full back & shoulders **£85**

Nape of neck **£20**

ARMS

Full arms & hands **£70**

Half arms **£30**

Hands & fingers **£25**

Underarms **£25**

LEGS

Full legs & feet **£80**

Half legs **£35**

Feet & toes **£20**

HOW TO SPA

SPA TREATMENT TIMES

Monday to Friday	08.00 – 21.00
Saturday and Sunday	09.00 – 20.00
Gentlemen's Grooming Signature	14.30 – 21.00

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 to book in advance. All Gentlemen's Grooming and services 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 1 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 FACILITIES AND ACCESS

The following spa facilities are available at the Spa: sauna, steam room, ice fountain, pool, vitality pool, spa changing and relaxation areas. Due to obvious time constraints, guests who have reserved a treatment of 2 hours or less will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities.



