



# The Spa & Gym

WELCOME TO A SERENE URBAN RETREAT.  
PUT YOURSELF ENTIRELY IN OUR CARE AND  
LET US PUT TIME ON HOLD. LOSE YOURSELF IN  
OUR RELAXATION AREA. EMERGE INDULGED,  
ENERGISED AND ASSURED OF LASTING RESULTS.



# Welcome To The Spa & Gym

## Upon Arrival

We invite you to arrive up to 60 minutes prior to your reservation to make the most of our spa facilities and ensure your experience really is the most luxurious treat.

- Dry heat sauna
- Aromatic crystal steam room
- Jacuzzi
- Relaxation lounge\*
- Experience shower

## Just Ask

We welcome any queries you may have and are more than happy to devise tailored packages and advise on individual needs and concerns.

## Leisure Passes

Non-members are welcome to use the spa facilities. Spa passes can be purchased for £25, which will allow you access to our facilities for two hours. Non-residents of the hotel will be required to provide photo ID on arrival. Space is limited so please ensure you book in advance to avoid disappointment.

If you are a residential guest, use of the gym is complimentary throughout your stay.

## What To Bring

Fluffy towels, bathrobes and flip flops are provided on arrival.\*\* Hair dryers and toiletries are available in the changing rooms. Don't forget your swimwear and workout kit if you plan to use the gym.

Remember to bring open-toed footwear if you have booked a pedicure. Flip flops are available to purchase. Alternatively, gym members/hotel residents are advised to bring flip flops with them for use in the wet spa areas.

## Securing Your Booking

A 50% non-refundable deposit will be taken at the time of booking. We require 48 hours' notice of cancellation or rescheduling, otherwise full payment will be taken.

## Age Requirements

Persons under the age of 16 are not permitted in The Spa & Gym.

## Late Arrivals

If you arrive late for your scheduled appointment, we will endeavour to accommodate you, but cannot promise your full treatment time. You will still be charged the full price of the treatment.

\* Relaxation lounge is only available with treatment appointments.

\*\* Only included with treatment appointments.







# The Spa & Gym Membership

## Spa & Gym Membership

Set in a contemporary environment, we offer exceptional service coupled with state-of-the-art equipment and facilities. Our stunning health spa offers the ultimate in relaxation, wellbeing and vitality, and your membership will include the use of the following facilities and benefits:

- State-of-the-art gym, fully equipped with a wide range of cardio and resistance equipment
- Gym studio with active-strength equipment including free weights, medicine balls, kettlebells, gym balls, punch bag and mats
- Wet spa facility with dry heat sauna, aromatic steam room, Jacuzzi and experience shower
- Spacious changing rooms, amenities and refreshments available
- Complimentary parking (max. three hours per visit)
- Complimentary gym induction
- Extensive range of spa treatments with 15% off when booked Monday – Friday
- Save 15% in our bars and restaurants

## Membership Fees

Minimum three-month contract. Pay two months upfront, followed by a monthly direct debit.

Individual: £100 per month

## Annual Membership

Pay in advance for 12 months and receive one month complimentary. You will also receive a complimentary Leisure Pass for two guests and a treatment voucher.

Corporate membership rates are available on request.\*

Please feel free to come and visit The Spa & Gym. It would be our pleasure to show you around our facilities.

If you have any further queries, please call us on 020 8817 2606.

\* Minimum of five employees to join together. Company details will be requested.

For details on additional services, please see the back of the brochure.

# Spa Packages

Our spa packages have been designed to give you a day of unrivalled relaxation. We take great care in providing the right treatments for every individual, leaving you delighted with the results. Paying great attention to every detail and needs, we also offer full use of our spa facilities to ensure a perfect and complete spa experience.

Detox Experience	£125
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Your 2-hour experience includes: 30-minute detox scrub, 60-minute detoxifying aroma massage and a 30-minute express facial.

Inner City Escape	£95
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Select from one of the following 60-minute treatments: Facial, massage, signature manicure or pedicure. Also includes a traditional afternoon tea or lunch in the restaurant.

City Dweller (for two guests)	£136.5
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Select from one of the following 45-minute treatments: Facial, massage or natural nail treatment. Also includes a glass of prosecco per person.

Urban Retreat	£69.5
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Select from one of the following 30-minute treatments: Facial, massage, body polish or mini file and polish nail treatment. Also includes a traditional afternoon tea or lunch in the restaurant.

Perfect Peace	£120
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Your 2-hour treatment includes: 60-minute Swedish massage followed by a 60-minute ESPA facial.

The Full Works	£149
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Your 3.5-hour treatment includes: 60-minute Swedish massage, 30-minute ESPA Express facial followed by a manicure and a pedicure.

All massages included in packages are relaxing body massages. Other options are available at an additional charge on the day. Subject to availability.

All packages include a two-hour spa access prior to your treatment. You should allow four hours for the full spa experience. Cancellation policy is 48 hours prior to appointment.

All drinks are served in the restaurant. Inclusive afternoon tea can be exchanged for a set lunch. Please ask for details.

For details on additional services, please see the back of the brochure.





# Signature Spa Treatments

**The Spa & Gym Nourishing Body Cocoon    £85**

Your 75-minute treatment includes: Full body brush and exfoliation, using a deeply hydrating and skin nourishing ESPA blend whilst wrapping the body. Enjoy a relaxing facial and scalp massage whilst your skin is being treated. Leave feeling fresh with smoother and more youthful skin.

**The Spa & Gym Chocolate Orange Massage    £70**

Your 60-minute treatment includes: Full body personalised massage, using traditional Swedish techniques to relax and unwind the muscles, whilst also treating the skin to a sweet orange and chocolate blend, full of antioxidants to promote healthy, radiant skin.

**The Spa & Gym Life-Saving Back Ritual    £55**

Your 45-minute treatment includes: A personalised aromatherapy back massage, followed by a heated detoxifying mud mask and lower leg massage, finishing with a moisturiser or body oil, suited to your skin's needs. An ideal treatment for problematic skins and a treat for this much-neglected area.

All treatments are suitable for both men and women. Special treatments only available with selected therapists or on selected days.

For details on additional services, please see the back of the brochure.



# ESPA Treatments

Working with biochemists, skin experts and aromatherapists, ESPA are guided by a holistic philosophy, caring for complete wellbeing and focusing on creating natural skincare products that deliver both instant benefits and long term health and beauty of the skin.

With results-driven facial treatments and award-winning products, ESPA has developed a range combining traditional holistic therapies and the purest natural ingredients from around the world.

Our facials begin with a detailed and advanced consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye, which helps us understand the unique make-up of your skin. Your facial is specifically tailored to you using skincare products that are chosen for your individual needs to achieve the best possible results. All facial therapies over 60 minutes also include a hair scalp treatment.

Facials Unique To You	£69
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Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, triple cleanse, exfoliation, personalised facial mask, facial and scalp massage, lymphatic drainage and pressure point release, finishing with an application of a booster serum to suit your skin.

**Your 60-minute treatment includes:** Triple cleanse, skin analysis with SkinVision™ lamp, facial massage, personalised mask and scalp massage.

- **Brighten:** instantly reveal a radiant and visibly healthy complexion.
- **Hydrate:** soothe and replenish dry, dehydrated skin, leaving it soft, supple and nourished.
- **Purify:** calm and balance problematic skin with this clarifying facial treatment.
- **Age Defy:** regenerate, firm and nourish the skin, leaving supple and youthful appearance.

Facials Unique To You - Express	£39
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**Your 30-minute treatment includes:** Consultation, double cleanse and exfoliation, application of facial oils tailored to your skin, scalp massage and booster serums.

ESPA Optimal Skin Profacial	£74
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Reveal naturally beautiful and visibly healthy skin with this targeted facial. Designed to rebalance, hydrate and revitalise, Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse. Best-selling ProSerum combines the potent natural actives of a serum with the advanced nourishment of a face oil to deliver visible skin health and radiance. Finally, new ProMoisturiser with responsive hydration intuitively targets the delivery of nutrient-rich, hydrating actives to where your skin requires them most. This facial instantly revives and brightens the complexion while ultimately helping to protect against environmental damage and delay the early, invisible stages of skin ageing.

**Your 60-minute treatment includes:** Deep brush cleanse, skin analysis with SkinVision™ lamp, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand and arm exfoliation and treatment.

ESPA Iconic Back, Face And Scalp Treatment	£89
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Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp - making it the ideal treatment for anyone.

**Your 90-minute treatment includes:** Back exfoliation, aromatherapy back massage, facial and scalp massage.

ESPA Skin Consultation	£25
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**Your 25-minute consultation includes:** A look at your skin through our UV magnifying lamp and thorough consultation by one of our therapists.\*

\* £25 is redeemable against any products purchased on the day.

All treatments are suitable for both men and women. Special treatments only available with selected therapists or on selected days.

For details on additional services, please see the back of the brochure.

# Treatment Menu

Choose a massage that is unique to you. Pick your favourite elements and book an in-depth sensory consultation with one of our therapists to find the right technique to suit your needs.

Perhaps you prefer an aromatherapy massage with individually chosen oils? Alternatively, why not try the deep muscle option, with hot stones to alleviate tension and stress.

These treatments are perfect for both men and women.

## Traditional Swedish Massage

Our Swedish massage combines a universal collection of techniques, designed primarily to relax specific muscles to help ease tension. This technique is ideal for reducing both physical and emotional stress, and is suggested as a regular programme for stress management. The pressure can be varied to suit your taste.

Available for:	30 mins	£40
	60 mins	£69

## ESPA Aromatherapy Massage

We do an in-depth sensory consultation so you can choose your favourite aroma oil. Gentle and flowing movements put you into a deep relaxation.

Available for:	30 mins	£44
	60 mins	£70

## Reflexology

A holistic treatment based on the principles that each area of your body is reflected onto different zones on your feet. By manipulating these zones, your overall health can be improved by balancing 'qi' or energy. \*

Available for:	30 mins	£40
	60 mins	£70

## Deep Tissue Massage

Deep tissue focuses on realigning deeper layers of muscles and connective tissue. \*

Available for:	30 mins	£45
	60 mins	£75

## ESPA Body Polish

Reveal nourished, smooth and supple skin with this exceptionally softening full body exfoliation.

**Treatment includes:** Body brushing and body exfoliation.

Available for:	30 mins	£35
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## Hot Stones

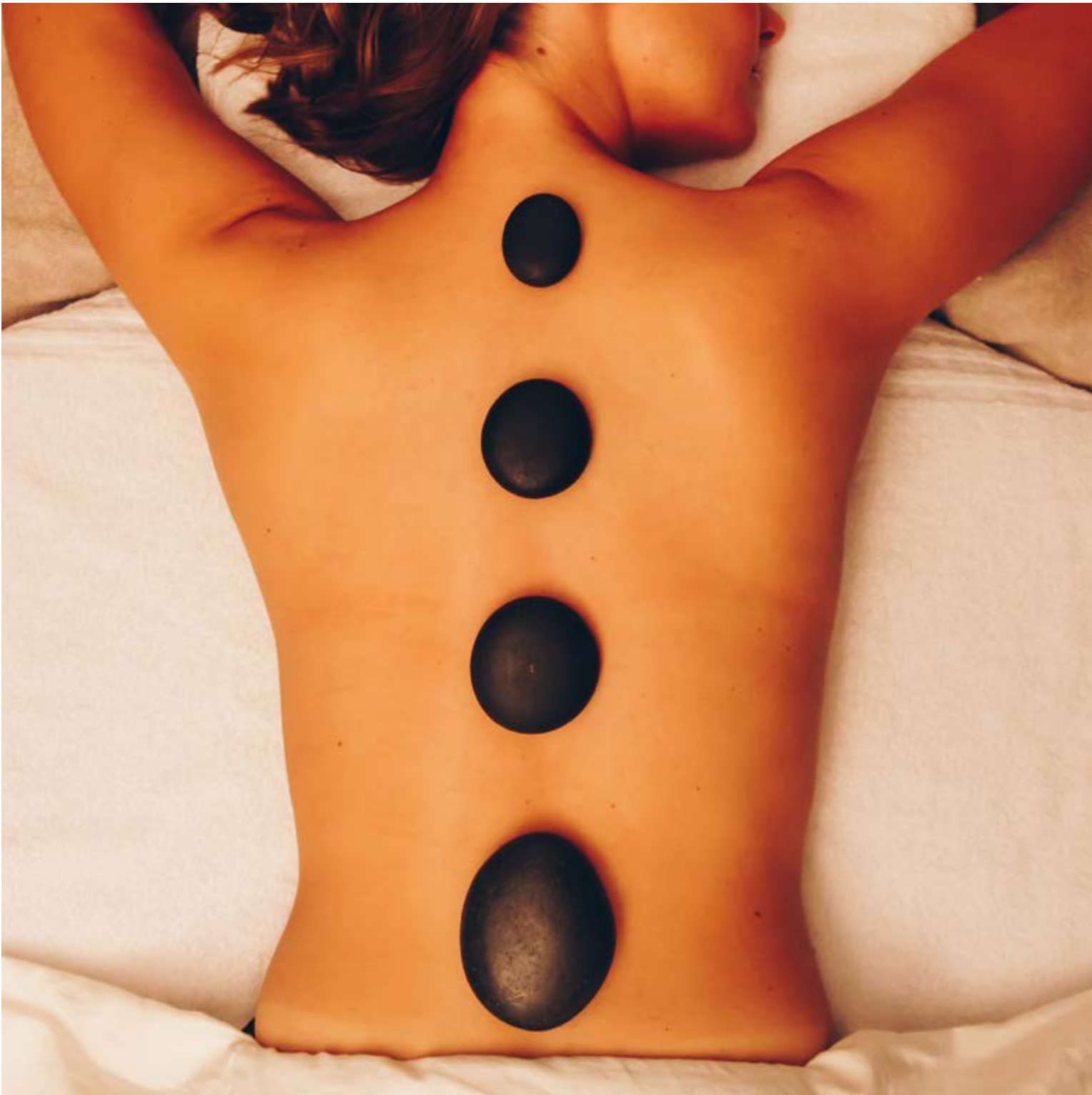
Can be added to any massage with an additional payment of £10.

\* Must be pre-booked to ensure therapist availability or specialty.

Add a full body exfoliation to any of your massages.

All treatments are suitable for both men and women. Special treatments only available with selected therapists or on selected days.

For details on additional services, please see the back of the brochure.





# Additional Services

## OPI Nail Treatments

Combining OPI systems with an authentic Spa & Gym holistic twist to create a luxury nail service, we treat each nail individually, maintaining nail health. OPI are leaders in nail technology and fashion trending colours.

All natural nail treatments will include a therapeutic hot stone massage within the time allocated and our signature natural nail treatments allow you to fully relax with a mini scalp treatment.

Manicures And Pedicures	Time	Cost
Manicure	45 mins	£35
Signature Manicure	60 mins	£45
Pedicure	45 mins	£35
Signature Pedicure	60 mins	£45
File & Polish	20 mins	£25

## Gel Nails

Gel Polish Manicure or Pedicure	55 mins	£45
Gel Soak Off & Reapply	90 mins	£65
Gel Polish Soak Off	20 mins	£20

## Waxing

	Time	Cost
Half Leg	25 mins	£23
Full Leg	40 mins	£30
Bikini	15 mins	£15
Brazilian Bikini	up to 30 mins	£30
Hollywood Bikini	up to 40 mins	£40
Underarm	15 mins	£15
Eyebrows	15 mins	£15
Lip	10 mins	£12
Chin	10 mins	£12
Arm	20 mins	£18
Back	25 mins	£25
Chest	25 mins	£25

Please note that use of our wet spa facilities and relaxation room is not included with our service treatments.

Do not use the sauna or steam room 24 hours before/after any waxing treatments.

All treatments are suitable for both men and women. Special treatments only available with selected therapists or on selected days







### **The Spa & Gym**

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