



BEAUTY & FITNESS
AT THE
SAVOY



THE SAVOY SIGNATURE TREATMENT

1h 50min. £220

Indulge yourself with this luxurious head to toe treatment.
Releasing your tension with heated stones
placed at the chakra points on your spine.
Enjoy a relaxing full body massage with an aromatherapy oil of
your choice and complete the treatment with a tailor made facial.

MASSAGE COLLECTION BY AROMATHERAPY ASSOCIATES

THE ULTIMATE AROMATHERAPY EXPERIENCE

25min. (back, neck and shoulders) £70

50min. £120

80min. £150

Carefully applied pressure stimulates the nervous system while
Swedish and neuromuscular techniques relieve muscular tension.
Ideal for soothing and relaxing body and spirit.

COUPLES HARMONY MASSAGE

50min. £220

80min. £250

We have created a calm, scented space where you and your
loved one can relax and enjoy a feeling of tranquillity together.

DE-STRESS MUSCLE RELEASE

50min. £130

80min. £160

This intensive massage works deep into stiff, tight,
aching muscles, instantly releasing pain and tension.

INTENSELY NOURISHING HAIR AND SCALP TREATMENT

45min. £95

Relaxing yet invigorating, this treatment relieves aches
and stress, while rebalancing energy flow to provide a deep
sense of peace, calm and tranquillity.

ULTIMATE ROSE PREGNANCY MASSAGE

50min. £100

The treatment has been designed to nourish and care
for your skin. This top to toe treatment pays particular attention
to tight shoulders and tired legs, giving you the chance to relax.

FACIAL COLLECTION

BY NATURA BISSE

THE CURE – DEEP CLEANSING FACIAL

60min. £120

80min. (including extraction) £150

An effective facial that deep cleans and detoxifies the skin while relieving stress.

Based on thermo-active enzymatic detoxification.

THE CITRUS ESSENCE RADIANCE FACIAL

60min. £120

80min. (including back massage) £150

A facial focused on radiance and luminosity.

A relaxing citrus aromatherapy experience that awakens your senses,

infusing the skin with all the energy of Vitamin C.

GENTLEMAN'S FACIAL

60min. £120

80min. (including back massage) £150

Facial treatment especially created for men's skin.

Restores vitality and comfort, due to stress, lack of time and daily shaving.

THE SAVOY LUXURY COLLECTION

BY NATURA BISSE

DIAMOND LIFE INFUSION

90min. £185

An amazing "Youth Elixir" unveiling renewed skin that is soft, smooth and wonderfully rejuvenated. This sublime ritual redefines your facial contours, improves skin texture, fades wrinkles and expression lines in just one session.

DIAMOND ENERGY FACIAL

60min. £145

An effective global anti-ageing treatment with an immediate firming effect.

CARBOXI EXPRESS FACIAL

30min. £70

Showing off pure, glowing skin is quick and easy with this amazing express treatment that revitalises the skin.

DIAMOND ROSE BODY RITUAL

60min. £130

90min. £160

An ultra-nourishing treatment which includes a sublime body scrub from diamond dust, followed by a relaxing full body massage (90 minutes) and the sensory experience of a spray of roses.

SPA ESSENTIALS

HANDS & FEET

MANICURE £55

PEDICURE £60

GEL & MANICURE £70

GEL & PEDICURE £80

FILE & POLISH £30

HAND/FEET GEL COLOURING £40

GEL REMOVAL £20

MEN'S MANICURE £45

MEN'S PEDICURE £50

PERSONAL TRAINER

One to one personal training from **365** BODY TRAINER

365 BodyTrainer provides an exclusive holistic approach to health, fitness and wellness, underpinned by 365's fundamental philosophies. Our specialist practitioners cover all aspects of total health and wellbeing from fitness training, yoga, pilates and complete nutritional care – providing versatile tailor made sessions.

One to one personal training session 45min. £100 / 1h. £145

One to one yoga or pilates in room session 45min. £100

BEAUTY & FITNESS OPENING HOURS

Monday to Friday: 7.00am to 9.00pm

Saturday and Sunday: 8.00am to 8.00pm

Last entry 30 minutes before closure

FACILITIES

The swimming pool is unsupervised. An adult must accompany children under 16. Children under 18 may not use the gymnasium, exercise equipment, sauna or steam room.

AVAILABILITY, BOOKINGS AND CANCELLATION POLICY

All treatment details and prices are subject to change.

For cancellations with more than 24 hours' notice, no charge will be applied.

Cancellations with less than 24 hours' notice,

or failure to keep appointments, will be charged at 100% of the service price.

Late arrival will shorten your treatment time so please arrive 15 minutes prior to your appointment to allow time to change and relax.

TO BOOK APPOINTMENTS
PLEASE CALL 44 (0)20 7836 4343
OR FROM YOUR ROOM DIAL 2150