



SAVOY

BEAUTY & FITNESS



Welcome to Beauty & Fitness, the exquisite spa oasis nestled within the iconic Savoy in the heart of London.

Step into a world of tranquillity and rejuvenation, where luxury meets relaxation in perfect harmony. Dive into the lap of indulgence with our heated pool, where a gentle jet stream awaits to soothe your senses. The poolside ambiance is designed to transport you to a realm of calm, offering a respite from the vibrant energy of London. For the ultimate unwind, our sauna and steam room beckon with their enveloping warmth.

Indulge in a bespoke pampering experience in our three thoughtfully curated treatment rooms. Our skilled therapists are dedicated to tailoring each massage to your unique needs, ensuring a personalized journey to relaxation. From tension-relieving deep tissue massages to calming aromatherapy sessions, our treatments are designed to elevate your well-being and leave you with a profound sense of bliss.

At Beauty & Fitness, we believe that true beauty emanates from within. Allow our expert team to guide you on a holistic wellness journey, promoting harmony between mind, body, and spirit. Escape the urban hustle and embark on a sensory voyage at Beauty & Fitness — where the essence of The Savoy's sophistication meets the art of relaxation in the heart of London.

RITUAL TREATMENTS

The Savoy Signature Treatment

100 minutes | £250

Treat yourself to a luxurious head-to-toe experience with our indulgent treatment.

Immerse in a relaxing full-body massage that rejuvenates and soothes, and complement the experience with The Citrus Essence Radiance Facial for a complete pampering session.

The Savoy Rest & Clarify Treatment

130 minutes | £300

Experience tranquility with our signature full-body massage, utilizing the calming La-Eva Blu blend to regulate your nervous system. Ideal for jet lag recovery, long journeys, or pure relaxation, this treatment targets your entire body from head to toe. Our skilled therapists expertly apply strategic pressure points for enhanced relaxation, followed by a gentle facial cleanse. Complete your journey with a choice of soothing head or foot massage. Leave feeling refreshed, revitalized, and ready to tackle the day.

Pregnancy Nurturing

60 minutes | £160 80 minutes | £185

This nurturing body massage is ideal for mothers to be during the second or third trimester. Beginning with smooth massage techniques to alleviate any aches and pains, leaving you relaxed, de-stressed and rejuvenated.

The Savoy Couple's Massage

60 minutes | £290 75 minutes | £315 90 minutes | £345

Indulge in ultimate relaxation for two with our signature experience. Delight in a soothing massage tailored to your preference, with gentle to medium pressure to ease away tension. Our treatment doesn't incorporate essential oils, ensuring a pure sensory experience.

LA-EVA TREATMENTS

Deep Release Massage

60 minutes | £185 90 minutes | £250

Experience a holistically invigorating treatment featuring rocking, body movement, and manipulation to release tension and unlock body and mind alike. Our seasonal essential oil blend connects with the natural flow and energy of the season, enhancing your experience.

Complete with a sculpt massage for ultimate relaxation, this treatment ends with a transporting face and head massage.

Rest & Clarify Massage

60 minutes | £175 90 minutes | £235

A deeply restful targeted massage focusing on the back, head and face featuring slow, soothing bodywork and holding techniques. Designed to calm and regulate the nervous system and drawing on the anxiolytic properties of the La-Eva Blu blend including clarifying blue chamomile, lavender and vetiver essential oils. Promotes sleep and a deep state of physical and mental relaxation.

Sensory Immersion Massage

60 minutes | £175 90 minutes | £235

An evocative journey with our full body and head massage, inspired by the concept of synaesthesia. Delight in light to medium pressure as the massage begins at the roots of the body and flows upwards. Similar to aromatherapy massage, we use La-Eva Roseum oil, specifically Rose Geranium, to enhance your experience. Additionally, hot stones can be added for an extra cost. Touch, fragrance, and sound converge in this artful holistic treatment, complemented by an evolving set of aroma inhalations.



NATURA BISSE BESPOKE FACIALS

Diamond Life Infusion

90 minutes | £210

Surprise yourself with the lifting impact of a single session. This treatment features products from the diamond collection, which help relax lines and wrinkles.

Our experts apply these products with stimulating manoeuvres that activate your microcirculation to produce dramatically firmer skin.

Diamond Luminous

60 minutes | £190

Corrects the appearance of various types of dark spots, no matter the underlying cause and whatever your skin tone, while also helping to fade other signs of aging.

This luxurious anti-ageing facial will diminish the appearance of hyperpigmentation, leaving the skin with a radiant glow. Perfect for restoring brightness and balancing skin tone while fighting dark spots.

The Citrus Ultimate Essence Radiance

60 minutes | £155

This potent vitamin helps revitalise the skin and reduce the appearance of the signs of ageing. Its benefits include increasing firmness, evening out skin tone, and hydrating the skin for a brighter-looking complexion. 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.

The Cure Deep Cleanse

60 minutes | £165 80 minutes | £180

An effective facial that deep cleans and detoxifies the skin while relieving stress. Based on thermo-active enzymatic detoxification. Our most complete facial cleanse. Intensively detoxing, it eliminates impurities from the surface of your skin while purifying pores and restoring moisture levels for a genuine skin renaissance.

ADDITIONAL TREATMENTS

To enjoy our additional treatments such as Soothing Scalp/Foot Massage and Express Facial, they must be booked alongside a primary treatment. Kindly secure a reservation for one of our main treatments to avail of these supplementary services.

LED Light Therapy

20 minutes | £40

High-tech procedures to achieve outstanding rejuvenating results. Uses low level light therapy to stimulate natural cellular responses to promote skin rejuvenation and the improvement of common problematic skin conditions. Leave with naturally vibrant and clearer skin.

Soothing Scalp or Foot Massage

30 minutes | £65 45 minutes | £85

Experience the bliss of our Soothing Scalp Massage, where our skilled therapists use therapeutic touch to alleviate tension, enhance circulation, and nourish your scalp, fostering a healthier, more balanced state. Or indulge in our revitalizing Foot Massage, meticulously designed to invigorate tired feet and promote holistic well-being. This treatment targets tension relief, circulation improvement, and overall foot health.

Please note, this is not reflexology massage.

Express Facial

30 minutes | £85 45 minutes | £105

Enhance any of your treatments with this express facial. Showing off pure, glowing skin is quick and easy with this amazing express treatment that revitalises the skin.





FITNESS SUITE

***One to One Personal Training**

45/60 minutes

***One to One in Room Yoga or Pilates**

45 minutes

Body Trainer provides an exclusive holistic approach to health, fitness and wellness, underpinned by our 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.

***Fitness Memberships**

Gym only

Pool only

Full membership

Joint membership

**Our personal training services require advance booking. Please contact our Beauty & Fitness team to secure your session, and we will confirm availability and provide pricing details.*

SVY.Fitness@Fairmont.com

INFORMATION

Opening Hours

Monday to Friday: 7:00am to 9:00pm

Weekend & Bank Holiday: 8:00am to 8:00pm

Last entry 30 minutes before closure

Children Opening Hours

Monday to Friday: 9:00am to 5:30pm

Weekend & Bank Holiday: 9:30am to 4:00pm

Arrival Time

You are encouraged to arrive 15 minutes prior to your appointment in order to change and fill out your consultation form. Please be advised that late arrivals will result in a reduction of treatment time.

Scheduling an Appointment

To schedule an appointment for the perfect treatment please speak with our specialist team, who will guide you to the right choice. Hotel guests can dial 2150 from their room telephone. From outside the hotel you can email: svy.fitness@fairmont.com or call +44 (0)20 7836 4343.

Health Conditions

To ensure we deliver the most personalized service, kindly inform us of any health concerns or ongoing medical treatments you're undergoing. Please be advised that all treatments, including massages, are not permitted for women in the first three months of pregnancy.

Facilities Guidelines

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

Cancellation Policy

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.


Homecare

To continue your spa regime and experience at home, all products used in the treatments are available to purchase.

Gift Certificates

Why not buy the perfect gift. Digital gift certificates are available for purchase.





The Savoy
Strand, London, WC2R 0EZ
thesavoylondon.com