



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 personalised 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.

*Take a look inside Beauty & Fitness*



## 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.

### 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.





# POPPY DELBRIDGE

PERSONAL TRANSFORMATION SESSIONS

## **The Signature Reset: High Frequency Alignment**

50 minutes | £275

Try this deeply restorative and fast-acting session combining Poppy's unique, fast-acting Energy Tapping techniques to release stress and tension, align energy, and restore clarity. Ideal for a swift and impactful reset for both mind and body, exclusively at The Savoy.

Includes use of pool, sauna and steam following the session with Poppy.

## **Transformative Tapping: Clear & Create**

60 minutes | £275

90 minutes (best for deep energy clearing) | £350

A focused session of Energy Tapping to release emotional blockages to help clarify and manifest a dream or goal. Designed to deliver a tangible, rapid breakthrough achieving specific results—whether personal or professional. Clear limiting beliefs and advance with clarity and confidence.

Includes use of pool, sauna and steam following the session with Poppy.

## **Creative Strategy & Life Manifestation Planning**

80 minutes | £450

A creative session discovering the Pivot Into Power manifestation method to design your ideal life blueprint and tap out of restrictions. This uplifting session integrates Energy Tapping with life planning, helping you articulate aspirations and devise actionable steps to achieve them. Through personalised coaching and strategic guided steps, you'll depart with a comprehensive plan to manifest your personal and professional goals for 2025 and beyond.

# PRIVATE DAY OR WEEKEND WITH POPPY

## POA

Indulge in a two-day luxury personal development retreat to clear blocks and create your goals in a beautiful small group setting, combined with an overnight stay at The Savoy. Includes uplifting sessions, a VIP dinner, an overnight stay with breakfast, and Poppy's full digital Pivot Into Power Programme to take away.

For the next available retreat or to book your own private retreat, please email us.

### Key Benefits Include:

- A one-night stay in a deluxe double room
- Breakfast on Sunday morning (room service or Gallery)
- Workshop space on Saturday with lunch and beverages
- Set dinner in Gallery for the group on Saturday evening

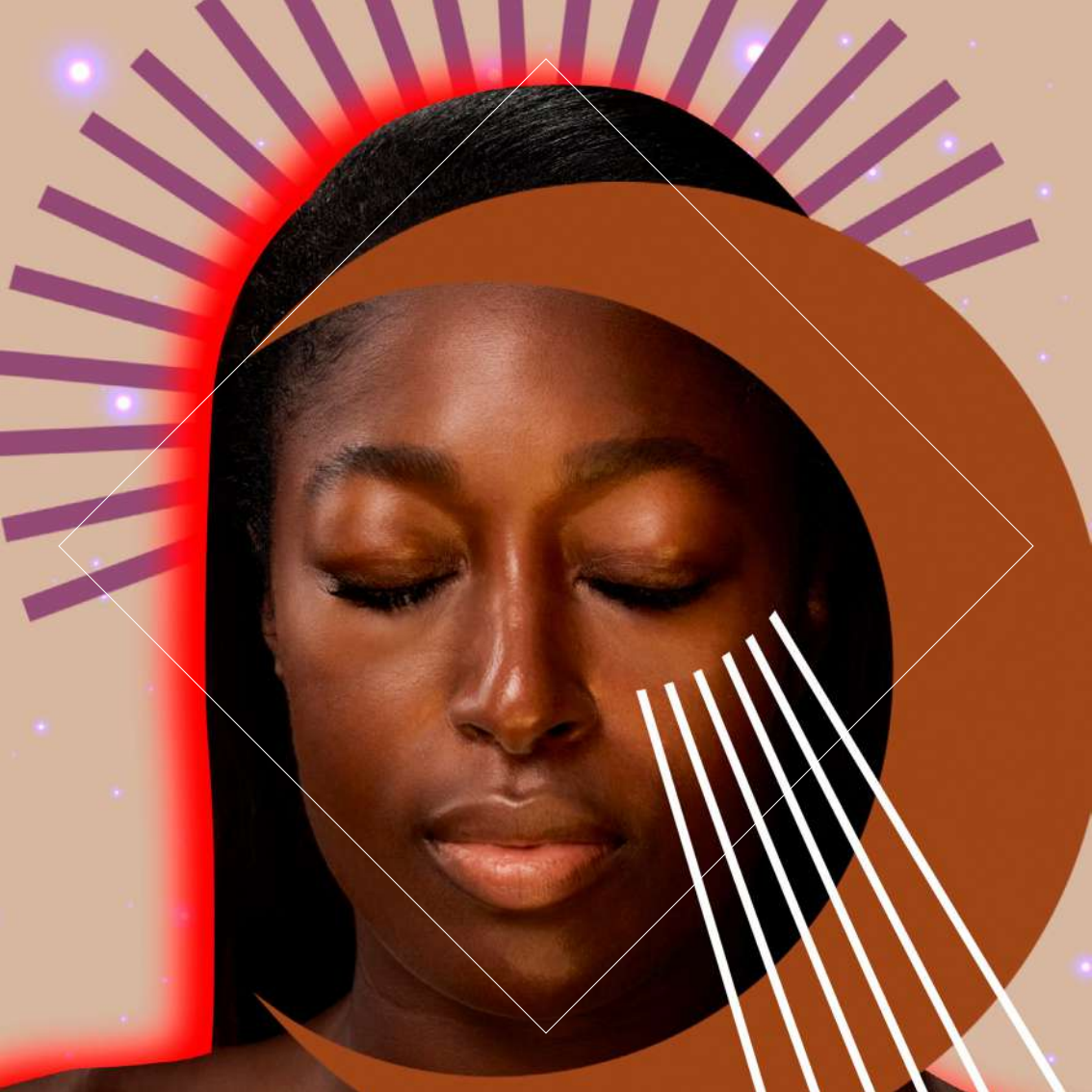
## Group Energy Tapping Workshop with Poppy Delbridge

60 minutes | £120 per person

Designed for teams, families, or groups, this interactive and uplifting workshop introduces simple but effective daily Tapping techniques to reduce stress and enhance well-being. Participants will experience and learn practical methods to incorporate Tapping into daily routines, bringing rapid inner peace and personal growth.

*Please note: Group sessions require a minimum number of participants. Please contact our Beauty & Fitness team for booking details and availability. To book your appointment or inquire about private days or bespoke retreats, please visit [www.thesavoylondon.com](http://www.thesavoylondon.com) or contact our Beauty & Fitness team.*





# SALON C. STELLAR

Salon C. Stellar is a sensorial, experience-centric skin and well-being clinic based in London. Founded by Andrea Pfeffer, the clinic creates a space where ancient wisdom meets modern science, treating self-care as both a personal and collective practice. Known for treatments like “The Best Facial,” Salon C. Stellar offers bespoke services tailored to individual skin needs.

## Dermalux LED Light Trip

30 minutes | £50

Experience the transformative power of our medically certified Dermalux Tri-Wave MD LED therapy. This session utilises three wavelengths simultaneously to address various skin concerns, including acne, pigmentation, and redness. Enhance your relaxation with an optional guided meditation during the light therapy.

## The Best Facial

45 minutes | £145   75 minutes | £195   90 minutes | £235

It's a bold claim to call this the best facial, but it truly lives up to its name. Our signature treatment is meticulously tailored to your skin's unique needs, seamlessly blending ancient wisdom with cutting-edge science. Each session begins with a deep cleanse, followed by gentle exfoliation and precise extraction, ensuring a flawless canvas. We then infuse your skin with a bespoke blend of pharmaceutical-grade vitamins and amino acids, nourishing it at the cellular level. To elevate the experience, we incorporate advanced modalities such as radio frequency, renowned for its skin-tightening benefits, and the Dermalux Tri-Wave MD LED system, which enhances cellular renewal. The result is a revitalised, radiant, glowing complexion that exudes health and vitality.

### Correct & Perfect Acne Peel

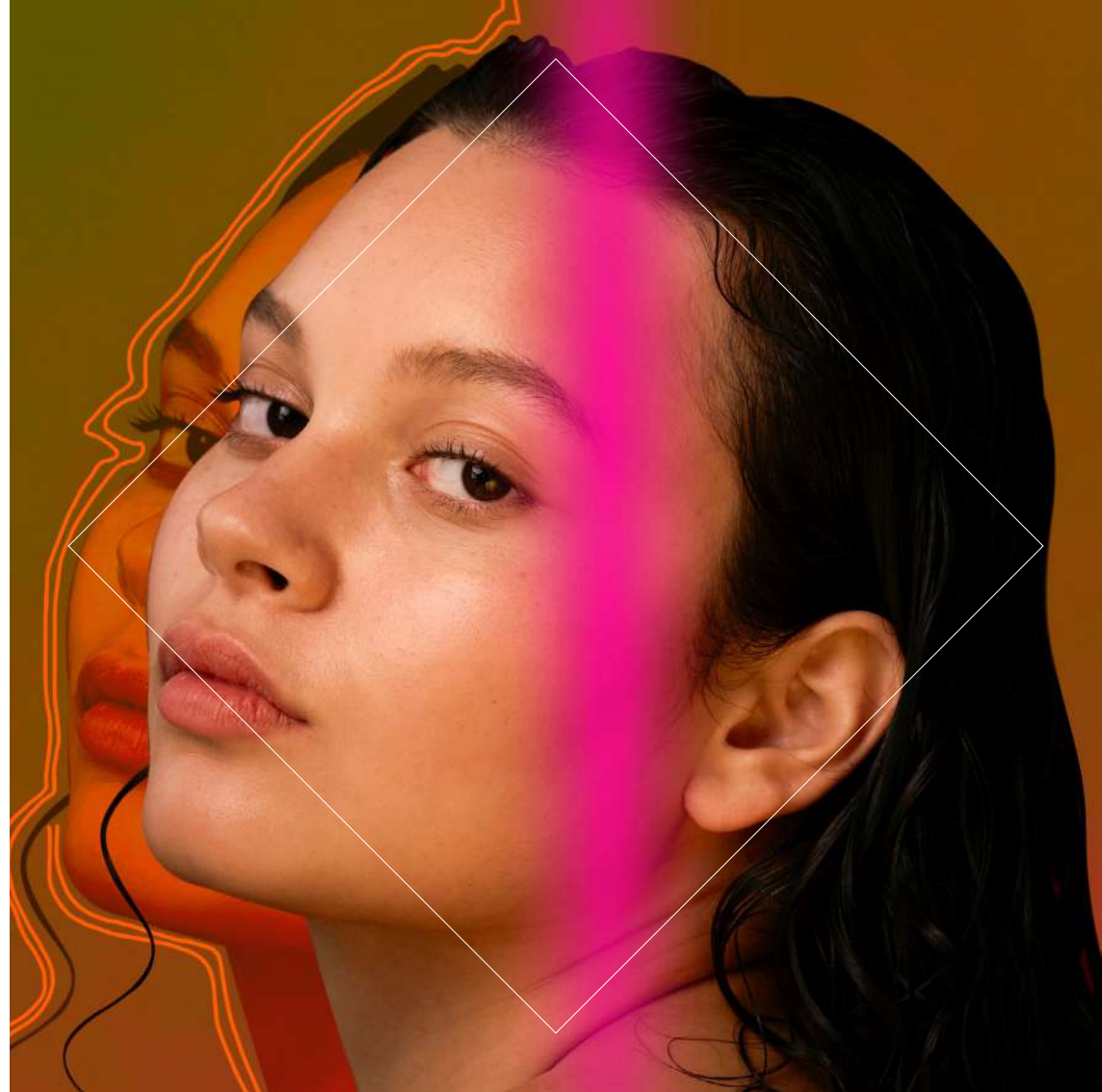
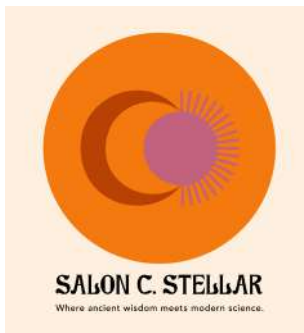
60 minutes | £175

Target acne and blemishes with our specialised peel designed to exfoliate and purify the skin. Utilizing a potent blend of azelaic acid and salicylic acid, this treatment offers antifungal and comedolytic properties, effectively treating various stages of acne. The peel reduces inflammation, unclogs pores, and promotes a clearer complexion, restoring your skin's natural balance. Of course this treatment concludes with Dermalux Tri-Wave MD LED therapy.

### Stellar Face Microneedling

90 minutes | £350

An advanced, non-invasive microneedling treatment aimed at regenerating skin texture, minimizing fine lines, correcting tone, and boosting collagen production. The session includes exfoliation or microdermabrasion, a shoulder massage, microneedling, pharmaceutical retinol, vitamin and/or amino infusion, and concludes with Dermalux Tri-Wave MD LED therapy.





## 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 synesthesia. 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 ageing. 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 deeply cleanses 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.

# HYDRAFACIAL

## Hydrafacial Signature

30 minutes | £150

This treatment deeply cleanses, peels, extracts, and hydrates the skin utilising super serums filled with antioxidants and hyaluronic acid and will give an instant glow to your skin.

## Hydrafacial Deluxe

45 minutes | £210

This treatment beginning with deeply cleanses, peels, extracts, and hydrates the skin utilising super serums filled with antioxidants and hyaluronic acid and will give an instant glow to your skin. To complete with the personalised booster of your choice. Finishing with LED Light Therapy.

## Hydrafacial Platinum

60 minutes | from £245

Starting with a detoxification process through Lymphatic Therapy. Deeply cleanses, extracts and hydrates the skin while addressing specific skin concerns with the personalised booster of your choice. Finishing with LED Light Therapy.

## The Deluxe Sensitive

45 minutes £215.00

This treatment deep cleanses, peels, extracts, and hydrates the skin utilising super serums filled with antioxidants and hyaluronic acid and will give an instant glow to your skin. To complete with the personalised booster of your choice. Finishing with LED Light Therapy.

## The Platinum Sensitive

60 minutes £250.00

Starting with a detoxification process through Lymphatic Therapy. Deeply cleanses, extracts and hydrates the skin while addressing specific skin concerns with the personalised booster of your choice. Finishing with LED Light Therapy.

## PERSONALISE YOUR HYDRAFACIAL WITH AN ADD ON BOOSTER ENHANCEMENT

### JLo Booster

£15

This nutrient-rich booster combines eastern and western ingredients to help tighten, brighten, and hydrate skin. Niacinamide: Smooths, moisturises, and delivers protective properties Olive Leaf Extract: Helps slow the appearance of ageing, Proprietary Hydracomplex: Nourishing acids and extracts work together to improve hydration, suppleness, and plumpness Fermented Adaptogen Blend: Supports and restores skin for a dewy-fresh glow.

### Lymphathic Therapy

£40 | 15 minutes

Lifts and contours for an instantly sculpted look. This add-on is incredible at reducing puffiness and temporary/occasional redness, and works to promote healthy looking skin.


### LED Light Therapy

15 minutes | £55

LED Light Therapy deeply enhances your treatment. Our FDA-cleared device helps improve the appearance of wrinkles and mild to moderate acne, while calming temporary/occasional redness and targeting oily skin/congestions and blemishes. Ask your Hydrafacialist about this amazing add-on!


### Neck & Décolleté

15 minutes | £40

Choose from a curated selection of boosters to rejuvenate your neck and décolleté to experience results such as youthful, plump, hydrated skin. Sculpted features and enhanced volume. Visibly softened fine lines and wrinkles. [Click here for more information](#) 


### Lips Perk

15 minutes | £40

Infused with powerful ingredients and blends to exfoliate and smooth your lips to experience results including lightly plumped, hydrated visibly smoother lips. [Click here for more information](#) 

### Eye Perk

15 minutes | £40

Infused with powerful ingredients and blends to rejuvenate your eyes to experience results including visibly brightened, toned and firmer outer eye, rejuvenated, hydrated radiant skin, acceleration of skin surface renewal and plump skin. [Click here for more information](#) 

## 30 MINUTE BESPOKE TREATMENTS

Guests can enjoy a bespoke 30-minute treatment designed to target areas of concern, providing relaxation and easing discomfort and tension. Choose from:

**Back, Neck, and Shoulders Massage**  
**Head and Face Massage**  
**Foot Massage**

30 minutes | £95

**Soothing Scalp or Foot Massage**

30 minutes | £95

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 revitalising 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 a reflexology massage.

**Express Facial**

30 minutes | £95

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 minutes | £135    60 minutes | £165

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

45 minutes | £145

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](mailto: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](mailto:svy.fitness@fairmont.com)

or call +44 (0)20 7836 4343.

## Health Conditions

To ensure we deliver the most personalised 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

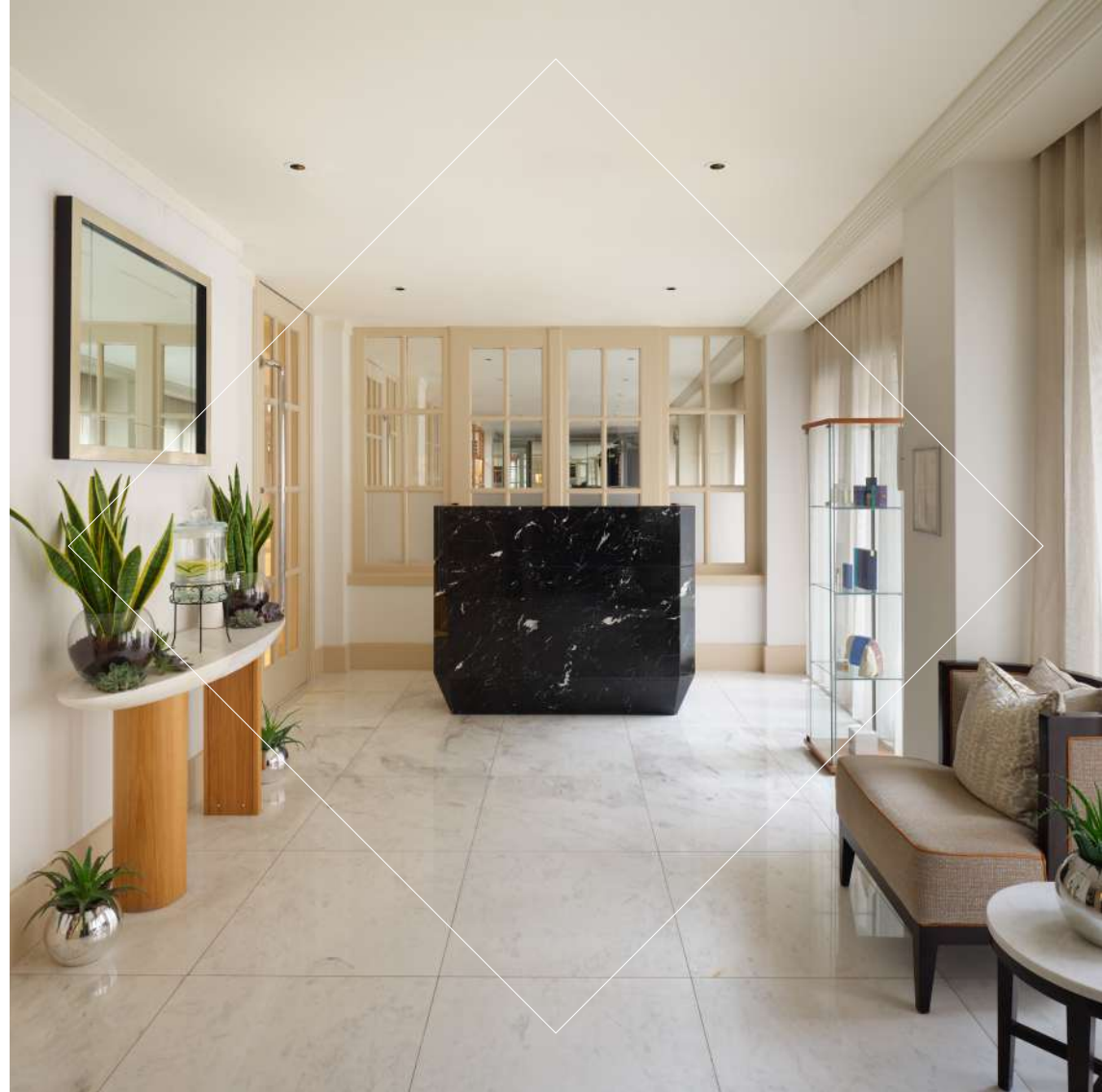
For cancellations with more than 24 hours' notice, no charge will be applied. Cancellations with less than 24 hours' notice, or failure to keep appointments, will be charged at 100% of the service price.


## 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](http://thesavoylondon.com)