





## *Spa* TREATMENTS

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An elegant space of cool effortless charm to muse, collect and refine yourself. The Lanesborough has taken great care to choose innovators & inspirational spa partners that reflect their values for warmth, excellence and personal expression in an unparalleled location of resounding beauty.

# Ila

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## LIFE THERAPIES

ila offers unique and made to order contemporary organic products with layers of traditional apothecary, blending expertise and a fresh take on the power of natural healing therapies. ila formulas & treatments are crafted in the English Cotswolds and resonate with insightful and impactful essences for life enhancing and therapeutic benefits.



## KUNDALINI *Stillness*

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60 or 75 MINUTES

Ideal for emotionally exhausted souls, this gentle and nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems. Mesmeric massage, ancient marma therapy and warm herbal poultices are used on the back of the body, whilst sound healing and chakra balancing lift away tension. *75 minute treatment includes a 15 minute Rose Facial massage.*

## *Energy* CENTERED

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90 MINUTES

This Tibetan body treatment balances the five elements to restore a harmonious flow of energy and vitality. Five expertly blended essential oils work together to stabilise the five sensory organs. Tibetan cupping, kneading and acupressure techniques help release physical and mental tension. Warm crystals and poultices bring harmony from the tips of the toes to the crown of the head.

## *Deep Tissue* POTALI

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60 or 90 MINUTES

Inspired by Ayurvedic healing traditions, ila's unique earth and fire essential oil blend is applied with rhythmic, fluid massage over the whole body. Heated volcanic stones soothe the muscles while herbal potali bags are saturated in warmed pine, amber and frankincense and worked with rapid movements following the pathways of ida & pingala (feminine

& masculine energy). This treatment soothes pain, muscle cramps, stress and old injuries while balancing polarity within the body. *90 minute treatment includes a mini body scrub.*

## GOLDSILK *Face Therapy*

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60 or 120 MINUTES

This powerful treatment encompasses a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of frankincense from the gardens of Ethiopia are delivered into the skin with healing massage and sonic wave therapy, instantly increasing collagen levels and reducing cell inflammation. Skin is reprogrammed and relit from within. *120 minute treatment includes 60 minute facial and 60 minute Inner Peace massage.*

## ROSY

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60 or 90 MINUTES

*For expectant and new mothers.*

A cocooning and soothing treatment to ease tiredness, tension and anxiety. Himalayan herbal poultices are heated and used in rhythmical flow over the sacred marma points to create a peaceful and harmonious massage. Specific techniques, designed to remove excess fluid and tension from the body are used to treat the areas most affected by pregnancy. The soul is nurtured, while dry skin is replenished and supported to fight against, and repair, stretch marks. *90 minute treatment includes a blackcurrant and Himalayan salt body scrub.*

## DEEPER *Connections*

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In our quest to take guests on a journey with uplifting and grounding results, we have created a selection of exquisite and effective treatments that can be taken alone, or in combination with another treatment, to enhance and restore clarity, wellbeing and equilibrium.

### *Salt* CRYSTALS

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30 or 60 MINUTES

The ionising and healing properties of Himalayan salt crystals are harnessed and gently massaged into the skin resulting in rapid exfoliation and the elimination of toxins and tension. A choice of bliss inducing essential oils or energising and detoxifying essential oils are added to the salty mix to restore equilibrium to body and mind. Glowing skin and a sense of joy is restored. *60 minute treatment includes back massage sequences to increase the connection.*

### PEARLS

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60 MINUTES

Fatigue and energy depletion is one of the biggest afflictions plaguing today's 24/7 societies. This precious pearl and jasmine salt crystal scrub treatment has the immediate effect of restoring vitality and energy levels, mental clarity, wellbeing and strength.

### *Bio-Energy* MUD WRAP

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60 MINUTES

Revitalising the skin and lymphatic system, this warm oil painting ritual followed by a full body mud wrap and face and head massage physically detoxifies and cleanses the body - removing waste products and conditioning the skin. Subliminally it can also promote a profound healing in the energetic body.

### AMETHYST *Wrap*

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60 MINUTES

A warm oil painting ritual, an amethyst gel body wrap, plus a face and head massage to relax and balance the nervous system, stimulate circulation, and regenerate skin cells and boost cell growth.

### *Crystal* SOUND HEALING

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30 MINUTES

Working with the natural rhythms of your body, your dedicated therapist will help you reconnect with yourself using therapeutic oils and hands on healing techniques. Once relaxed and receptive, our crystal singing bowls will then work their magic, vibrating at a level that is proven to have very positive effects on the mind. Accompanied by beautiful music and mesmerising chanting, this is a healing session you don't want to miss.



## *La* PRAIRIE

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La Prairie has a unique gift for providing premium results and has always looked to innovation wrapped in luxurious continuity, offering the most advanced precision Swiss skin care to prolong the cellular health & vitality of the skin.

La Prairie formulas have become the most coveted on earth, using rare and beneficial ingredients, including ones that capture the essence of caviar from the sea to enhance natural skin contours, gold to reignite luminosity, platinum for ultimate skin rejuvenation and Swiss ice crystals to support and protect the skin.





*Ultimate Rejuvenating*  
**PLATINUM Facial**

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90 MINUTES

This ultimate rejuvenating facial transforms all signs of ageing and reduces wrinkles with infusions of pure platinum. It will give your skin an immediate tightening look and feel with renewed hydration and luminosity.

*White Caviar Brightening*  
**and FIRMING Facial**

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90 MINUTES

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. With the added benefit of the golden caviar extracts the skin is firmer and more hydrated, providing a more illuminated, smoother skin that enhances the complexion.

*Caviar Lifting and*  
**FIRMING Facial**

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60 MINUTES

Pure luxury that instantly lifts and firms skin. Caviar pearls and a caviar infused face and eye massage transform even the duller complexions into radiant, luminous skin. A results driven treatment for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin firmed, toned and silky soft.

*Cellular Swiss Ice Crystal*  
**AGE-DEFYING Facial**

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60 MINUTES

Taking into account the needs of our skin, this facial combats the first signs of ageing, encouraging younger looking skin, bursting with moisture and vital energy. By incorporating an exquisite massage using clear and rose quartz crystals, you will leave feeling completely relaxed.

*Caviar Body TREATMENT*

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90 MINUTES

Luxurious caviar – nature’s most exquisite bounty – is the source of this exclusive nourishing and energising total body massage. This ultimate lifting and firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of well-being.

## ANASTASIA *Achilleos*

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### THE METHOD OF EXCELLENCE AT THE LANESBOROUGH

One of the world's most impressive facial innovators, Anastasia Achilleos brings her internationally acclaimed techniques to The Lanesborough Club & Spa. Anastasia is globally renowned for her cranial sacral therapy expertise and transformational facial massage that discerning clients and fiercely loyal A-list followers fly thousands of miles to benefit from. All of our Lanesborough therapists have been rigorously trained by Anastasia in her 'method of excellence', allowing our guests to experience this world-class facial therapy, which is less about pampering and more about transforming the way people look and feel.



ANASTASIA *Achilleos*  
METHOD *of* EXCELLENCE

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90 MINUTES

The Anastasia Achilleos Method delivers on two fronts: holistic emotional experiences and supercharged transformational skin massage methodology. By cleverly tapping into the cranio sacral rhythms of the body this innovative approach aligns the central nervous system releasing hardened connective tissues to reveal a younger looking appearance. Performed on a warm water filled matt and using multi-functional technology this is an incredibly tailored experience, with truly remarkable results both physically and emotionally.

‘The Method’ is much more than a facial. An immersive experience that steams, massages, rejuvenates and relaxes. All treatments are performed on an incredible warm water matt allowing therapists to navigate beneath your back, shoulders, neck and stomach whilst treating the face. Anastasia’s “The Method” uses a range of skin serums and balms that have been devotedly created by ila and is infused into the skin using LED 7 sonic technologies for maximum therapeutic value and instantaneous results.

*The* METHOD *of* EXCELLENCE  
*at The LANESBOROUGH Club & Spa*

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90 MINUTES

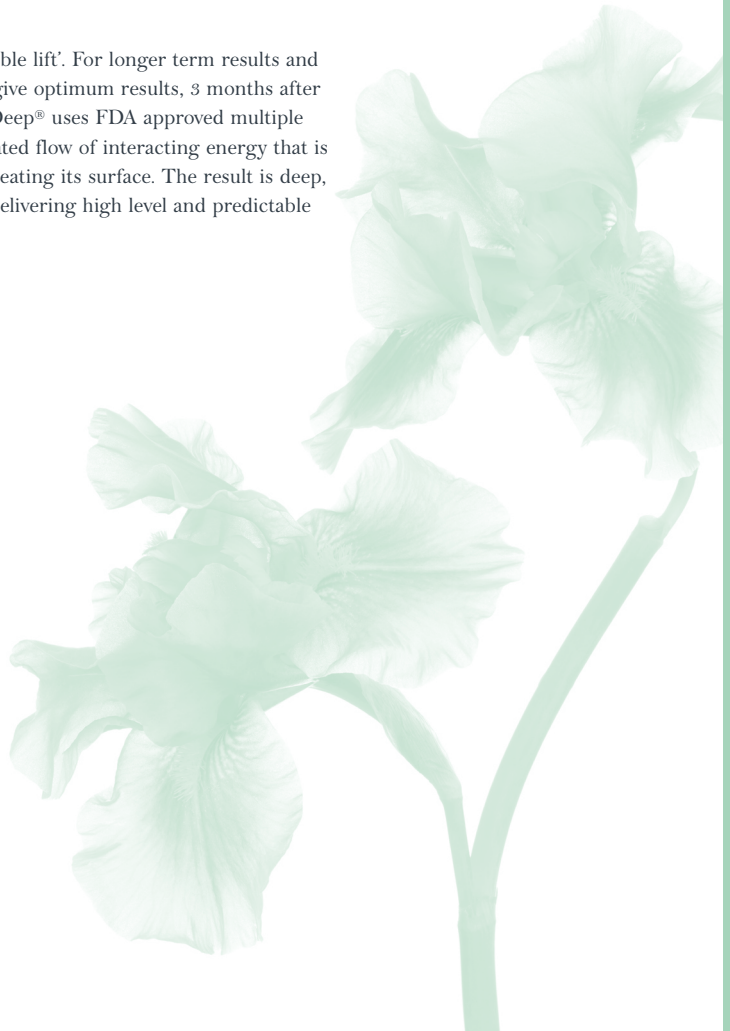
All of our expert therapists have been thoroughly trained by Anastasia in her method to offer this transformational experience to our guests seven days a week.

## *The LANESBOROUGH Club & Spa*

### *3 Deep Absolute*

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One treatment will impart an immediate 'visible lift'. For longer term results and new collagen synthesis up to six treatments give optimum results, 3 months after the final treatment. Unique and patented, 3Deep® uses FDA approved multiple source radiofrequency, providing a sophisticated flow of interacting energy that is transported deep into the skin without overheating its surface. The result is deep, dimensional, volumetric heating (3Deep®); delivering high level and predictable results with great comfort.



## *The LANESBOROUGH Club & Spa Serum*

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The Lanesborough Club & Spa Iris & Blue Face Serum has been lovingly made by using the finest innovative organic ingredients. Sweet Iris stem cells regenerate the dermis and stimulate the synthesis of collagen. Blue chamomile has extraordinary anti-inflammatory and skin healing properties. This soulful serum is a rich apothecary of English medicinal herbs and plants for soothing skin nourishment.

## ABSOLUTE

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90 MINUTES

An uplifting facial: with time to focus on the face, neck and eyes. Using a patented FDA approved technology, 3Deep® radiotherapy induces an instantaneous tightening effect as well as the production of new skin cells and collagen over time - providing a much deeper solution to skin ageing. Packed with vitamins and sweet iris stem cells, our The Lanesborough Club & Spa Iris & Blue Face Serum completes this facial, reducing the destruction of collagen and making this the most absolute of treatments.

*With The Lanesborough Club & Spa Iris & Blue Face Serum and 3Deep® FDA approved radiofrequency.*

## ILLUMINATA

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60 or 90 MINUTES

A profound facial for targeted lifting, skin rejuvenation, plumping and smoothing, this treatment illuminates, nourishes and enhances natural facial contours. 90 minutes includes targeted muscle release massage to lift and sculpt the face.

*With The Lanesborough Club & Spa Iris & Blue Face Serum and 3Deep® FDA approved radiofrequency.*

# MASSAGE

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## DEEPER CONNECTIONS

Therapists at The Lanesborough Club & Spa have been trained extensively to ensure all our treatments offer the most potent and enduring results for glowing health, deep muscle recovery, improved movement and the relaxation of each system of the body.



## MASSAGE

### *Deeper connection full body massage*

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60 or 90 MINUTES

The magical hands of our therapists can relax body, mind and spirit in a luxurious and nourishing way or be more dynamic to encourage circulation, tone muscles and stimulate the whole body, restoring energy. These signature massages use warm oils and targeted deep tissue massages to untie knots, release tension and instill calm to troubled physiques.

## *Pure* MOVEMENT

### *Body Movement Pure Massage*

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60 or 90 MINUTES

Fusing eastern and western concepts & traditions, this effective treatment uses no oils and is offered with clothes on. The focus of the treatment is a series of intensive stretches: ensuring they are effective and safe by commencing with thorough and gentle rocking, allowing all joints and ligaments to restore alignment and balance. Energetic muscle work delivers a complete body experience of being stretched, relaxed, refreshed and full of naturally released energy.

## CLASSICAL *Back*

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45 or 60 MINUTES

Concentrated, targeted and designed to relieve blocked spinal and shoulder muscles and energy flow.

*The Lanesborough Club & Spa Balm* contains a silk cocoon obtained by unique extraction, newly developed and licensed to ila by Oxford University research. The silk is highly anti-inflammatory and regenerative, blended expertly with English herbs of Melissa, borage 'flower of courage', and St John's Wort for a mood enhancing, nerve-relaxing deeply-hydrating treatment experience.

Oil of organic Argan is fragrance free and is chosen to deeply enrich and smooth the skin. With high levels of vitamin E, omegas and anti-oxidants, this oil is anti-ageing, anti-inflammatory and deeply moisturising.

*We offer a choice of 100% organic Argan oil or a bespoke The Lanesborough Club & Spa body balm.*

## *Hot MINERAL Mud Bathing*

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### PRIVATE SPA

Our very private rasul connects into a wonderfully imagined treatment suite for two. A whole collection of mineral cleansing and warm bio energetic muds can be used and infused within the inner sanctum of the spa and given in ones and twos.

### PRIVATE HIRE

If you would like to take time out alone, or with a friend or loved one, our treatment suite is available for private hire. We appreciate that your time in the suite should be as unique as you are, so please speak to our team to discuss your requirements.





## *Bio-Energy* MUD BATHING

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45 MINUTES

*For one person or two people*

A private steam rasul and warm soothing bio-energy mud experience for one or two people. Warm, healing mud combinations are self-painted on the body for skin nourishment and mineralising in the deep heat. This is a deeply cleansing experience that will relax and restore the muscles. The treatment stands entirely on its own merits or can be interwoven with almost all of our other spa treatments.

## *The LANESBOROUGH Club & Spa* LATHER

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90 MINUTES

*For one person or two people*

*Body Buffing, Hot Mineral Mud and Silk Balm Massage*

Using black soap, organic linen exfoliating cloths and natural brushes, your body will be lathered, buffed and then smoothed in warm mud. Following your hot steam rasul and balmy, warm silk massage you will feel rubbed, scrubbed, and feel polished, cleansed and renewed.

## *Happy* HAIR

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30 MINUTES

*Head massage and hair treatment*

This relaxing and vitalising acupressure head massage releases fatigue and tension. You will experience an invigorating scalp scrub and vitamin rich hair mask to feed, strengthen and thicken the hair. To be taken prior to Bio-energy mud bathing.

*Addition with mud bathing only.*

## DEEPER *Connections*

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15 or 30 MINUTES

Whether it's face, neck, back and shoulder, or scalp to toe, this is a massage with emphasis, using your preferred essential oils. *Designed to be included with any of our other spa treatments when you just want to take a little more time.*

## *Happy* FEET

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45 MINUTES

A calming and utterly enjoyable foot massage that harnesses the reflex points of the feet to stimulate the natural healing ability of the body and restore some balance.

## *The PAINTING Room*

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NAILS, HANDS, FEET

We don't think spa should be all zen and no gloss. The Lanesborough Club & Spa's dedicated painting room offers luxe, therapeutic and effective hand & foot treatments that include cuticle grooming, filing, clipping and buffing along with deeply delightful restorative massages.



### *London Dry* MANICURE

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30 MINUTES

A simple classy manicure using innovative products that requires no soaking.

### *Balmy Silk* MANICURE

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45 MINUTES

An alchemist's meadow of a treatment. This is a traditional, yet beautiful manicure, attending to the needs of the nails whilst the exquisite ingredients of our Lanesborough bespoke products soften and condition. Includes polish.

### *White Caviar* ILLUMINATION *La PRAIRIE For Hands*

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60 MINUTES

Think of this as the ultimate facial...for the hands! Brighten and firm your hands, nourish your cuticles and relax with our illuminating manicure that includes a soothing hot stone massage. Excludes polish.

### *White Caviar* ILLUMINATION *La PRAIRIE For Feet*

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60 MINUTES

Featuring Skin Caviar Luxe Soufflé Body Cream and hot stone massage you are on your way to an indulgent treat sure to leave feet and legs looking flawless. A full La Prairie pedicure including polish.

### *Silk & Salt* PEDICURE

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60 MINUTES

A pedicure to refine dry, cracked skin. Himalayan Salts, Lanesborough Club & Spa balms, Silk DNA Body Cream and the technical genius of our therapists will leave you with very happy feet.

### *GLOSSY Nail Strength*

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60 MINUTES

Sometimes you need a little extra help to improve your nails. Strong looking glossy nails in one go, that won't chip or fade away. Manicure or pedicure.

### *Nail NURTURE Gel Removal*

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30 MINUTES

A nurturing polish removal for gel nails. A treatment that aims to improve nail moisture and smoothness ensuring tip top conditioning after gel removal.

### *POLISH Up*

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15 MINUTES

The quickest of fixes to perfectly paint pre-prepared nails or chipped polish. No gels.

### *Finishing* TOUCHES

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Our team can also assist with any grooming or waxing appointments - please contact the Spa Reception for further details.

## *Spa* COLLECTIONS

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We have curated a collection of treatments that, combined, offer real benefits and an interlude that really asks you to leave your daily life for a moment. Complimentary use of our thermal and hydro-pool areas are included with our packages.



## No 1 HYDE PARK

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ALLOW ALL DAY

A complete and indulgent collection that includes a Deeper Connection salt crystal scrub intertwined with a Happy Feet foot massage. 120 minutes of our Goldsilk Face Therapy beautifully blended with sound healing and an Inner Peace massage topped up with a Balmy Silk Manicure proposes a day of delightful respite. *Approximately four hours of treatments, light lunch & thermal facilities*

## No 2 HYDE PARK

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*Private spa for two people*

ALLOW THREE HOURS

A lighter version of our full spa day for when you would like to relax in company. The private use of our beautiful treatment suite and connecting mud rasul make this a privately social occasion whilst taking a powerful combination of facial & Deeper Connection body massage. Embellished with the flourish of silky organic balms & blue chamomile serum along with light mood improving seasonal fruits & tisanes. *Approximately two hours of treatments*

## Swiss Bliss DREAM

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ALLOW THREE HOURS

A three-hour La Prairie “dream” experience that suspends time! Using techniques based on a true synergy between face and body and drawing on principles of the iconic Skin Caviar which lifts and firms, this special programme simultaneously “works” the entire body – from scalp to toes – producing a sensation of total relaxation and well-being.

## The TRAVELLERS Tale

*Sleep enhancer treatment*

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ALLOW THREE HOURS

Travelling and daily stress interfere with our sleep patterns. The aim of this treatment is to restore the body’s natural bio-rhythm and deeply relax the nervous system. The energy scrub and wrap contain high levels of minerals which, as they become warm, coax the body into rebooting depleted energy. A facial pressure-point massage while wrapped in warm blankets, and an hour-long back massage, means you will feel delightfully re-calibrated: a perfect recipe for good sleep. We do not recommend heavy use of the thermal cabins with this treatment.

THE ABOVE COLLECTIONS ARE DESIGNED TO OFFER OUR MOST FREQUENTLY REQUESTED TREATMENT COMBINATIONS. OUR SPA TEAM WOULD BE HAPPY TO TAILOR A COLLECTION TO SUIT YOUR TASTES.

## *Daniel GALVIN Jr Hair*

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Celebrity colourist and organic pioneer Daniel Galvin Jr is delighted to partner with The Lanesborough on his second salon. In a location that mirrors the Regency splendour of his original Belgravia salon, this is a serene and relaxing space in which Daniel's team can weave their magic.

Here both residents and non-residents alike can enjoy a comprehensive range of colour, cut and hair care services or a totally bespoke package.

Daniel is available by private appointment and he has personally chosen and trained each member of his team, thereby ensuring that the same high standards of creativity and skill are offered across the board.

Daniel believes that the hair is a reflection of the personality and should be treated with the greatest respect. Accordingly, he and his team will take into account skin tone, eye colour, hair texture and personal preferences before commencing any treatment.

From the moment he was personally asked by HRH The Prince of Wales to launch his Duchy Originals hair-care collection in 2002, Daniel has been at the forefront of the organic beauty movement in the UK. Thus every product used in Daniel Galvin Jr's Lanesborough salon is organic.

## COLOURING

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Daniel's colouring skills have seen him become a favourite of everyone from movie stars and musicians to royalty. The Lanesborough salon specialises in natural looking hair colour for both men and women and offers a selection of treatments all designed to enhance a client's natural beauty, colour and skin tone. Signature treatments for men include the Silver Fox, whereby a client's natural colour is weaved back into the hair, reducing the grey by up to 50%.

## *Hair MASQUE*

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A true miracle worker, this intensive detox head masque combines coconut oil with Vitamins A and C and other wonderful antioxidants. This re-hydrates the hair making it shine like glass, at the same time enhancing the colour.

## BRIDAL *Hair*

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The salon's specialist bridal team can create everything from a natural look to a classic chignon. Consultations can be made at any point leading up to the big day.



## BODY Practitioners

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### CHIROPRACTIC

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#### TREATMENT OUTLINE

Chiropractors are trained to diagnose, treat, manage and prevent disorders of the musculoskeletal system (bones, joints, and muscles), as well as the effects these disorders can have on the nervous system and general health.

They have a specialist interest in neck and back pain, but when they assess patients, they take their entire physical, emotional and social wellbeing into account.

Our extremely experienced Chiropractors use a range of techniques to reduce pain, improve function and increase mobility, including hands-on manipulation of the spine.

### PHYSIOTHERAPY

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#### TREATMENT OUTLINE

Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future.

Some problems will be related to long working hours and/or poor posture, while others can be due to sporting injuries. Our experienced Physiotherapy team have treated a full complement of sports injuries for both amateur and professional athletes, as well as work-related conditions, for all age groups.

Physiotherapy is multi-dimensional and can treat a vast variety of conditions. Primarily it focuses on the restoration and rehabilitation of the circulatory and musculoskeletal systems; it can, however be used to treat conditions as diverse as sports injuries, arthritis and breathing problems.

*Muscular aches:* the most common muscular pain is back ache, which affects a high percentage of people. Physiotherapy can ease stiffness, reduce pain and encourage blood flow to the muscles. Massage therapy is also used to reduce tension around aching muscles.

*Sports injuries:* aches and pains are common following a frantic and physically demanding period of exertion. Often sports players have physiotherapy to ease aches as well as increase flexibility and ease stiffness. If an injury has occurred physiotherapy can facilitate the healing and rehabilitation process.



*Arthritis:* as people get older they are more likely to develop arthritis which affects the joints and can reduce mobility. Physiotherapy helps to ease stiffness in the joints and to increase blood flow to the muscles and enhance the range of physical movement. Physiotherapy can also help to build strength. The exercises are often gentler for older people who are usually more fragile.

*Rehabilitation:* recovery and rehabilitation processes are instrumental to the well-being of a patient, especially in the case of a serious accident or a complex medical problem. Cardiac and pulmonary rehabilitation programmes are carried out by physiotherapists to improve circulation, build muscle strength and restore normal bodily functions.

## OSTEOPATHY

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### TREATMENT OUTLINE

Osteopathy is a system of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body, and is based on the principle that the well-being of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together.

To an osteopath, for your body to work well, its structure must also work well. So osteopaths work to restore your body to a state of balance, where possible without the use of drugs or surgery. Osteopaths use touch, physical manipulation, stretching and massage

to increase the mobility of joints, to relieve muscle tension, to enhance the blood and nerve supply to tissues, and to help your body's own healing mechanisms. They may also provide advice on posture and exercise to aid recovery, promote health and prevent symptoms recurring.

### CONDITIONS TREATED

- Lower back pain
- Neck pain and whiplash
- Sciatica
- Shoulder pain
- Slipped disc
- Headaches
- Knee and foot injuries
- Arthritis and tendonitis
- Sports injuries
- Tennis Elbow
- Pregnancy conditions

## DIETITIAN

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Applying the art and science of human nutrition to help people understand the relationship between food and health and make dietary choices to attain great results.

# Spa ETIQUETTE

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## RESERVATIONS

We are delighted to accept your reservation by telephone, e-mail, in person or you may book securely on our website. For non-members, credit card details are taken at the time of booking to secure your appointment. For all day spa packages and treatments over £400 full payment will be taken at the time of booking.

## ARRIVAL

All guests visiting the spa for the first time are kindly asked to arrive at least 30 minutes prior to their appointment. This will allow time to familiarise yourself with the facilities, complete your consultation and relax in our spa lounge prior to your appointment.

## PREGNANCY

Please let us know if you are a pregnant or expectant mother at the time of booking so we may advise you on our unique treatments for mothers-to-be. We are happy to offer a full range of adapted treatments after the first trimester.

## NUTS & ALLERGIES

We must advise that from time to time we serve nuts within our spa. Please let us know of any allergies you have when you make an appointment.

## MINIMUM AGE

The Lanesborough Club & Spa welcomes all guests of 18 years and over. Certain treatments can be organised for guests 16 years and over, providing a waiver form is signed.

## CANCELLATIONS

Cancellations or the rescheduling of appointments made with less than 24 hours notice will result in the full treatment being charged.

## GIFT VOUCHERS

Our team will be pleased to advise you on the perfect gift voucher combination for Spa Days, individual treatments or a monetary value. Gift vouchers are valid for one year from the date of purchase unless otherwise stated. Gift vouchers are non-transferable, non-refundable and cannot be exchanged for cash monies.

## HYDRO-POOL & THERMAL

Our Thermal and Hydro pool areas are held for private use by our members and hotel guests. The Hydro pool is a mixed area and we request appropriate bathing attire at all times. Day memberships are available for non-members to enjoy the facilities. If booked with a 60 minute treatment, the cost is reduced. All spa packages include complimentary use of these facilities.

## OPENING TIMES

Opening times for the club and spa are:

weekdays 6am – 10pm

weekends 7am – 9pm.

Treatments are available from:

weekdays 9am – 9pm

weekends 9am – 8pm

## DANIEL GALVIN JR HAIR

Hours of operation will be 6 days per week, Monday to Saturday (excluding Bank holidays), between the hours of 7am and 8pm.



## *Anastasia* ACHILLEOS

Anastasia Achilleos Method of Excellence	90 MINUTES	£475
The Method of Excellence at The Lanesborough Club & Spa	90 MINUTES	£250

## *La* PRAIRIE

Ultimate Rejuvenating Platinum Facial	90 MINUTES	£240
White Caviar Brightening and Firming Facial	90 MINUTES	£180
Caviar Lifting and Firming Facial	60 MINUTES	£160
Cellular Swiss Ice Crystal Age-Defying Facial	60 MINUTES	£150
Caviar Body Treatment	90 MINUTES	£220

## *The* LANESBOROUGH 3 *Deep Absolute Facial*

Absolute Facial	90 MINUTES	£250
Illuminata Facial	60 or 90 MINUTES	£180 or £230

## *Deeper* CONNECTIONS *Massage*

Deeper Connection Full Body Massage	60 or 90 MINUTES	£140 or £175
Pure Movement	60 or 90 MINUTES	£140 or £175
Classical Back	45 or 60 MINUTES	£110 or £140

## *Ila* LIFE *Therapies*

Kundalini Stillness	60 or 75 MINUTES	£140 or £170
Energy Centered	90 MINUTES	£165
Deep Tissue Potali	60 or 90 MINUTES	£140 or £175
Goldsilks Face Therapy	60 or 120 MINUTES	£120 or £200
Rosy Pregnancy Massage	60 or 90 MINUTES	£140 or £175

## *Deeper* CONNECTIONS

Salt Crystals	30 or 60 MINUTES	£70 or £120
Pearls	60 MINUTES	£120
Bio-Energy Mud Wrap	60 MINUTES	£120
Amethyst Wrap	60 MINUTES	£120
Crystal Sound Healing	30 MINUTES	£70

## *Hot* MINERAL Mud Bathing

### PRIVATE SPA

Bio-Energy Mud Bathing	45 MINUTES	1 person £70
		2 people £120
Lanesborough Lather	90 MINUTES	1 person £230
		2 people £440
Happy Hair	30 MINUTES	£50
Deeper Connections	15 or 30 MINUTES	£30 or £50
Happy Feet	45 MINUTES	£100

## *The* PAINTING Room

### NAILS, HANDS & FEET

London Dry Manicure	30 MINUTES	£40
Balmy Silk Manicure	45 MINUTES	£50
White Caviar Illumination La Prairie For Hands	60 MINUTES	£90
White Caviar Illumination La Prairie For Feet	60 MINUTES	£100
Silk & Salt Pedicure	60 MINUTES	£70
Glossy Nail Strength	60 MINUTES	£60
Nail Nurture Gel Removal	30 MINUTES	£40
Polish Up	15 MINUTES	£30

## FINISHING TOUCHES – GROOMING

Full Leg	£65
Half Leg	£35
Bikini Line	£30
Bikini Line Brazilian style	£50
Under Arms	£25
Face Wax	£50
Back Wax	£50
Eyebrow Wax	£25
Eyelash & Brow Colouring	Individually £25 or together £40

## Spa COLLECTIONS

No 1 Hyde Park	ALLOW ALL DAY	£500
No 2 Hyde Park – Private Spa For Two People	ALLOW 3 HOURS	£600
Swiss Bliss Dream	ALLOW 3 HOURS	£400
The Travellers Tale	ALLOW 3 HOURS	£350

## Body PRACTITIONERS

		GUEST	MEMBERS
Physiotherapist	60 MINUTES	£150	£120
	45 MINUTES	£130	£104
	30 MINUTES	£100	£80
Osteopath	60 MINUTES	£150	£120
	45 MINUTES	£130	£104
	30 MINUTES	£100	£80
Chiropractor	60 MINUTES	£150	£120
	45 MINUTES	£130	£104
	30 MINUTES	£100	£80
	15 MINUTES	£55	£44
Dietitian		£150	£120

IN ROOM MESSAGE TREATMENTS CAN BE ARRANGED WITH ADVANCE NOTICE  
PLEASE CONTACT OUR SPA RECEPTION TEAM WHO WILL BE DELIGHTED TO DISCUSS THE DETAILS WITH YOU  
ALL PRICES AND INFORMATION IS SUBJECT TO CHANGE

## *Daniel GALVIN Jr Hair*

### ARTISTIC DIRECTOR

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Cut & Blow Dry	from £165
Blow Dry	from £70
Men's Cut & Finish	from £80
Children 1-7 years	£30 – 35
Children 8-13 years	£45 – 50
Wedding Styling	P.O.A

### BLOW DRY

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Above Shoulders	from £40
Below Shoulders	from £70
Blow Dry with Extensions (1 hour +)	from £90
Blow Dry with Extensions (with Stylist)	from £60
Tongs Required an Additional	£15 – 20
Hair Up	P.O.A
Hair Spa Treatment	from £80

### CUSTOM TAKEAWAY

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Hair Masque	£40
Vegetable Hair Dye	£40

### SPECIAL SERVICES

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Mirror Highlights/Lowlights - Half the time of a normal application as Daniel Galvin Jr and a Senior Colourist work side by side	from £1,250
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### DANIEL GALVIN JR – ARTISTIC COLOUR DIRECTOR

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Full Head of Highlights	from £495
Half Head of Highlights	from £385
Tint	from £175
Vegetable Dye (full prices given on consultation)	from £160
Men's Silver Fox	from £250
Tips/Taliage	from £275
Colour Correction	P.O.A

### COLOUR DIRECTOR

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Full Head of Highlights	from £275
Half Head of Highlights	from £230
Tint	from £130
Vegetable Dye	from £100
Colour Correction	P.O.A

### SENIOR COLOURIST

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Full Head of Highlights	from £250
Half Head of Highlights	from £198
Tint	from £120
Vegetable Dye	from £100
Colour Correction	P.O.A

