**Spa TREATMENTS**

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 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

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

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

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.

GOLDSILK Face & Body Therapy

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. Includes a 60 minute facial and 60 minute Inner Peace massage.

ROSY

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**

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**

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.*

**Bio-Energy MUD WRAP**

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**

60 OR 90 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.

**PEARLS**

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.

**Crystal SOUND HEALING**

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

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 and platinum for ultimate skin rejuvenation.
Ultimate Rejuvenating PLATINUM Facial

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

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

60 OR 90 MINUTES

Pure luxury that instantly lifts and firms skin. Caviar pearls and a caviar infused face and eye massage transform even the dullest 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.

Caviar VOLUMISING Facial

60 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.

Night ELIXIR PLATINUM Facial

60 OR 90 MINUTES

A treatment that transcends everything you thought you knew about youthful skin. This haute rejuvenation night elixir facial uses the rarest ingredients of platinum to work overnight in an anti-ageing treatment designed to support nutrition respiration, detoxification and immunity of the skin. Immerse yourself in this Platinum Rare evening ritual to awaken and transform the skin.
ANASTASIA Achilleos

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

90 MINUTES

The Anastasia Achilleos Method delivers on two fronts: holistic emotional experiences and supercharged transformational skin massage methodology. By cleverly tapping into the craniosacral 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

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 facial collection

At the heart of The Lanesborough Club & Spa facial collection is our Iris & Blue Face Serum, which has been lovingly made by ila 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.
**GOLDSILK face therapy**

60 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.

**MALE facial therapy**

60 OR 90 MINUTES

A traditional barber-style facial encompassing a combination of carefully selected products to deeply cleanse and nourish the skin. This facial treatment encompasses steam, extraction, hot towels, massage and masks.

**ABSOLUTE facial**

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, 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 facial**

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

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. Our therapists use a unique Lanesborough Balm which contains a silk cocoon obtained by unique extraction, developed and licensed to ila by Oxford research. The silk is highly anti-inflammatory and is regenerative blended expertly with English herbs of Melissa, Borage ‘flower of courage, St John’s Wort for a mood enhancing, nerve relaxing deeply hydrating treatment experience.

Should you prefer, we also offer you the option to use 100% organic Argan oil.
MASSAGE

*Deeper connection full body massage*

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*

60 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*

45 or 60 MINUTES

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

*COUPLES Massage*

60 or 90 MINUTES

A private steam for two in our Rasul chamber, followed by side by side massages within the privacy of a VIP treatment suite. Your dedicated therapists will create a bespoke massage experience. Your journey will be completed with time to relax in the suite afterwards as you enjoy a selection of Lanesborough signature teas.

*HAPPY Feet*

60 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.
Hot MINERAL Mud Bathing, private treatment suite

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**

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**

120 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.

**Two FOR COMPANY**

180 MINUTES

Enjoy the VIP treatment of our private suite. A beautifully crafted selection of treatments that will leave you feeling rejuvenated. Enjoy a side by side Himalayan full body salt scrub followed by a hot steam and mineral muds in our private rasul, infused with stunning oils that will allow you to completely relax and detox. Refreshing juices will be served before returning to your treatment beds to enjoy a tension relieving back massage, a stunning iris & blue face, neck and décolleté massage intertwined with warming facial masks and a happy foot massage.

**Private suite FOR TWO**

150 MINUTES

Enjoy your own private spa, with access to our VIP treatment suite. Unwind in the tranquility of your our Rasul chamber with aromatic infused warming muds followed by a one-hour massage of your choice. Your journey will be completed with time to relax in the VIP suite with a selection of Lanesborough teas.
The PAINTING Room

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**

30 MINUTES

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

**Balmy Silk MANICURE**

55 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*

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*

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**

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**

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**

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**

15 MINUTES

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

**Manicure for MEN**

40 MINUTES

A bespoke manicure that treats and tidies the nails and cuticles, includes a conditioning hand massage.
Spa COLLECTIONS

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 and a light lunch are included with our packages.
No 1 HYDE PARK

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

No 2 HYDE PARK

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

The TRAVELLERS Tale

Sleep enhancer treatment

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.

TIME for TWO

ALLOW ALL DAY

Designed with couples, mothers and daughters and pairs of friends in mind, this one-day package combines the best of the Club & Spa’s expertly-delivered treatments, as you first enter the Mud Chamber for a Rasul Mud Bathing. After the body is sufficiently relaxed, our skilled therapists will knead out any knots in a side-by-side Back Massage, using our spoiling body balm. To conclude the experience, you will depart with a signature manicure or pedicure.
BODHIMAYA

*Experts in Mind & Body Rejuvenation*

Bodhimaya is a pioneer in personalised wellness, with science-backed programmes renowned for their ability to support and rejuvenate both mind and body.

Bodhimaya’s nutrition and mind consultations, classes, events, programmes and retreats are available to both members and non-members at The Lanesborough Club and Spa. Fused with The Lanesborough’s award winning approach to fitness, deeply relaxing spa treatments and the Club & Spa’s beautifully relaxing environment, Bodhimaya offers its unique nutrition and biomarker analysis, as well as unique and effective mind, meditation and stress management protocols.
BODY Practitioners

CHIROPRACTIC

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

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

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 injures
- Arthritis and tendonitis
- Sports injures
- Tennis Elbow
- Pregnancy conditions

DIETITIAN & NUTRITIONAL CONSULTANT

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

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 & Spa are:
weekdays 6am – 10pm
weekends and public holidays 7am – 9pm.
Treatments are available from:
weekdays 9am – 9pm
weekends and public holidays 9am – 8pm

All prices, treatments and information in this menu are current at the time of distribution and are subject to revision without notice by The Lanesborough Club & Spa.