

THE LANDMARK LONDON SPA & HEALTH CLUB LAUNCHES NEW AYURVEDIC TREATMENTS

New for this year, The Landmark Spa are introducing a range of Ayurvedic treatments to their luxury offering. Based on traditional Indian medicinal therapies, Ayurvedic treatments are simultaneously relaxing and revitalizing. The Landmark Spa therapists have undertaken specialist training to perform these treatments which have a holistic approach, begin with a personal consultation, and tailor each therapy to the needs of the individual, accounting for factors such as lifestyle and diet.

The Landmark Spa have added six Ayurvedic therapies to their comprehensive treatment menu:

- **ESPA Purva Karma Four-Hand Massage:** a welcoming foot ritual followed by body exfoliation and facial cleanse. Two therapists then work in synchrony for the ultimate tension-releasing and rebalancing massage. This treatment combines the use of hot stones with fragrant oils and finishes with an Indian head massage. £260
- **ESPA Ama Releasing Abyanga:** Beginning with a welcoming foot ritual, the body is then exfoliated with a salt and oil scrub followed by a gentle facial cleanse. After a warm shower, relax with a Marma point massage concentrating on vital energy centres of the face and body. The ritual concludes with a deeply relaxing head massage. £170
- **ESPA Balinese Massage:** A soothing and indulgent massage, warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching, sweeping movements for deep relaxation. £130
- **ESPA Shirobyhanga:** A compact treatment, this calming yet energizing scalp-massage will increase circulation and an improved feeling of wellbeing. £62
- **ESPA Padabyanga:** A deeply relaxing foot and lower leg treatment to revitalize tired muscles, it uses a specific blend of warm oils, this treatment begins with a foot bathing and exfoliation, followed by a deeply therapeutic Marma point massage to the feet. £75
- **ESPA Shirodara:** Traditionally the process of running a fine stream of warm oils on to the forehead and through the scalp, this treatment helps ease stress. A wonderfully relaxing therapy to be used in conjunction with other Ayurvedic treatments. £30

The Landmark London's luxury lifestyle Spa and Health Club offers a tranquil urban escape with a full range of exceptional massage and body care therapies. As well as the new Ayurvedic treatments, the Spa offers full-body, neck and shoulder relief, hot stone, deep tissue and reflexology.

Incorporating The Landmark Health Club, the Spa is complete with state-of-the-art fitness facilities, sanarium, steam rooms and new chlorine-free 15-metre pool.

The elegant five-star Landmark London is a luxurious home away from home. A Grande Dame hotel in central London it was built as the last of the great railway hotels and is a favourite with A-list celebrities.

THE LANDMARK LONDON'S LUXURY SPA INTRODUCES WOOD'S LAMP SKIN ANALYSIS

The luxurious Spa at The Landmark London hotel is taking skincare to a new level with the introduction of Wood's Lamp Skin Analysis.

The Wood's Lamp is a diagnostic tool originally used by dermatologists to detect skin imbalances. The ultra-violet lamp is shone onto the patient's face, highlighting problem areas which are not visible to the naked eye. The therapist can then tailor the subsequent facial to best suit the client's needs. This highly effective facial diagnostic is complimentary to all guests booking an ESPA facial at the Spa.

The Wood's Lamp fluorescent colours highlight the following imbalances:

Purple – de-hydration; dry skin
White – old and dead skin cells
Brown – pigmentation; sun damage
Orange – oily skin
Yellow – acne

The Spa also offers ESPA's Advanced Super Active Facials, which are tailor-made treatments designed to combat specific skin conditions caused by the effects of environmental and lifestyle issues. The combination of the Wood's Lamp Skin Analysis and these advanced facials ensure that clients receive a highly personalised treatment which will leave them with glowing, healthy skin.

The exclusive Spa & Health Club at the five-star deluxe Landmark London is one of the leading destination spas in the Capital. Situated in fashionable Marylebone, the Spa is a favourite with A-list celebrities and offers a contemporary and luxurious environment in which to relax and be pampered. The Spa is complete with a 15-metre semi-ozone swimming pool, a glass-walled poolside Klafs sanarium, menthol and sandalwood showers, steam rooms, a whirlpool, plus lavish treatment rooms and a state-of-the-art gymnasium. Following their treatments, guests can indulge in the relaxation area, complete with iPods, magazines, seasonal fruits and complimentary drinks.

To create an exclusive environment, the Club is for members only. Day membership includes full use of the swimming pool, steam rooms, fitness studio and sanarium and is priced at £30 per adult, £20 for those enjoying treatments, £10 for guests staying at The Landmark London, and free of charge for hotel guests booking treatments. As in all areas of The Landmark, the Spa & Health Club provides friendly, efficient and approachable service from its highly qualified staff.

July 2009

THE LANDMARK LONDON'S SPA LAUNCHES ESPA ADVANCED SUPER ACTIVE FACIALS

The five-star deluxe Landmark London's Spa has introduced ESPA's new Advanced Super Active Facials. These facials are tailor-made treatments designed to combat specific skin conditions caused by the effects of environmental and lifestyle issues.

All the Super Active Facials use highly effective ESPA Concentrates, Complexes and Masks, which can be purchased at the Spa for continued use at home. The treatments start with a "Clearing Procedure" to get rid of toxins from the neck and chest area. This is followed by a light-pressure lymphatic drainage massage to drain toxins, excess water and debris from the skin and to aid the flow of fresh blood and oxygen to the skin cells. Chilled Rose Quartz Crystals are swept across the face during the facials, which aim to strengthen the skin cell's circulation. After a mask has been applied, guests will receive a full scalp massage. Cold muslin cloths are used to remove excess products and to calm the skin.

Three types of Super Active Facials are available, priced at £110.00 each for 1 hour 30 minutes. These include:

Super Active Calming & Soothing

This facial calms and hydrates sensitive skin prone to redness and flushing.

Super Active Toning, Lifting & Firming

A great anti-ageing facial that is perfect for mature skin but which can also be used as a preventive measure. It helps to firm, tone and lift maturing skin.

Super Active Repairing & Restoring

This rebalancing facial addresses damaged, overworked and weather beaten skin in need of help. It also counterbalances the overuse of harsh treatments such as Micro Dermabrasion.

Additionally, the Spa also recommends ESPA's **Skin Brightening Facial**. This facial is perfect for dull, sallow, pigmented or slightly oily skin in need of a boost. It leaves skin with a dewy glow and is a great pre-party treat or winter pick-me-up.

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October 2008