

SPA

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*The*  
*Landmark*  
LONDON

TREATMENT MENU



### **SPA AT THE LANDMARK LONDON**

Retreat to The Spa at The Landmark London, an oasis of luxury in the heart of London. Our beautifully decorated lifestyle spa and wellness centre cares for your total renewal and well-being, bringing you only the very best to sculpt your body, centre your mind and nourish your soul.

We understand that every guest is unique and the individual needs of our guests are of utmost importance to us. We are committed to providing a high quality and personalised service.

### **GERMAINE DE CAPUCCINI**

In partnership with Germaine de Capuccini, one of Europe's leading skin care houses, we offer a range of stunning face and body treatments, including traditional and ritualistic therapies that use the best products with the finest ingredients. From pampering massages and body care therapies to exceptional facials, you will be spoilt for choice.

With one of the most advanced laboratories in the world and combining natural active ingredients with cutting edge technology, Germaine de Capuccini bring some of the most influential skin care products and professional spa therapies that the beauty industry has ever seen.



## SPA & WELLNESS FACILITIES

The Spa at The Landmark London offers an array of facilities to make your experience with us as enjoyable and relaxing as possible.

Both male and female changing rooms offer a beautiful mosaic tiled steam room. The steam will cleanse your skin, help to clear your breathing, relax your muscles, open your pores and let the toxins seep out. The Spa's Sanarium is ideal for enjoying a complete heat experience. Less intense than a sauna at 60 degree Celsius and much more pleasant, it uses aesthetic lighting and music elements, with a feeling of natural warmth, making your muscles warm and supple.

The Spa at The Landmark London boasts a chlorine-free Jacuzzi which provides a large number of benefits, including relieving fatigue, preventing stiffness, reducing stress by releasing endorphins and soothing the muscles. The Jacuzzi features a stimulating swan neck to massage your aching muscles.

Our relaxation area is an exclusive space for you to extend your tranquil experience after your spa treatment. It will stimulate your senses using aromatherapy oils and mood lighting. Escape into a deeper state of relaxation on our loungers and treat yourself to complimentary refreshments, fresh fruits and herbal teas.

## MEMBERSHIPS

### **GYMNASIUM**

Our gymnasium is fully equipped with the latest techno gym machinery, ready to meet your fitness needs. The new Kinesis Heritage and Kinesis Station machines will enable you to perform over 160 different exercises using only four pieces of equipment. We also have a free weights section that is perfect to engage in exercises that will help you sculpt your body.

### **SWIMMING POOL**

The 15-metre chlorine-free swimming pool is a rare find in the heart of the city. If you are looking for a few leisurely strokes or something a little more energetic, our swimming pool is the place for you.

### **SPA MEMBERSHIPS**

Full Memberships are available at The Spa at The Landmark London. The full Memberships include full use of the 15-metre swimming pool, steam rooms, fitness studio, jacuzzi and sanarium. We can also offer a Gym or Swim only Membership option if this is more suited to your fitness requirements. For further information regarding our Membership tariffs please contact The Spa at The Landmark London reception team who will be more than happy to advise you.



## Signature Treatment

### THE LANDMARK TEA OF DREAMS

*“Tea is a religion of the art of life.”*  
– *Kakuzō Okakura*

Keep all your worries away with an exclusive antioxidant full body massage and facial therapy.

Your experience begins with a highly relaxing full body massage using your choice of Green Tea Oil (for anti-ageing benefits) or Black Tea Oil (to improve suppleness), both rich in minerals and antioxidants.

Continue to relax with our organic White Tea Facial, to deeply nourish and re-energise the skin allowing it to regain a more radiant and fresh complexion.

*80 minutes: £200 weekdays // £220 weekends*

#### UPGRADE YOUR EXPERIENCE...

You can upgrade your Tea Dreams experience and enjoy an additional invigorating Jeju exfoliation. Our Bamboo Scrub protects the skin against the negative effects of free radicals, followed by the application of our Jeju Volcanic Water rich in minerals, nourishing salts and Hyaluronic Acid to deeply hydrate the skin.

*30 minutes add on: £235 weekdays // £255 weekends*

### FACIAL THERAPIES

#### YOUR PRESCRIPTIVE TICKET

A tailored facial treatment designed especially to suit your skin's needs, regardless of your skin type, age or concerns. It includes a highly relaxing lymphatic drainage facial massage and scalp massage. Leaving your skin feeling fresh, clear and radiant.

*50 minutes: £125 weekdays // £145 weekends*

#### THE LANDMARK LONDON ROSE GARDEN

A beautiful facial therapy, rich in natural botanical and restorative ingredients such as Gallic, Artic and Black rose creating a highly soothing anti-stress action on the skin. Steeped in beautiful massage rituals, this therapy will nourish, repair and protect the skin. Suitable for all skin types in need of a boost or suffering emotional stress, the natural scents of roses will promise an emotional sense of well-being.

*50 minutes: £125 weekdays // £145 weekends*

#### REBALANCE PLATFORM

A purifying facial to reduce oiliness and spots. Our re-balancing facial commences with an enzyme packed gel to extract impurities in the skin, followed by a red clay mask to deeply cleanse and reduce the size of pores. The treatment concludes with a Blemish Balm (BB) cream to leave the skin smooth and hydrated. After just 1 treatment, 98.6% of clients had cleaner skin with more matte appearance.\*

*50 minutes: £125 weekdays // £145 weekends*

*All of our facial therapies are also suitable for men.  
See icon for treatments suitable during pregnancy.*

#### THE HYDRATION STATION

A new dimension of hydration is delivered into the skin by exclusive ingredients, formulated to plump and add volume. Hyaluronic Acid (HA) is released to the deepest layers of the skin allowing recovery and the preserving of naturally occurring HA, whilst the slow release technology delivers and retains moisture reserves for longer lasting results.

*65 minutes: £145 weekdays // £165 weekends*

#### CITYPROOF ANTI-POLLUTION

An award-winning facial that helps protect and repair the skin from pollution damage, external stress and Blue Light. Our unique bubble mask releases pure oxygen into the dermal layers to detoxify the cells whilst a second mask activates the skin's immune system increasing its defence capability. The skin is left healthy, protected and radiant. 98% had more detoxified skin with a less stressed appearance.\*\*

*65 minutes: £145 weekdays // £165 weekends*

#### FOR MEN ENERGY FACIAL

A facial designed specifically for men, infused with a blend of plant extracts and vitamins to meet the needs of men's skin, often irritated by the daily rituals of shaving. Highly relaxing and extremely effective.

*65 minutes: £145 weekdays // £165 weekends*

\*Self-assessment test after 1 treatment \*\*Self-assessment test carried out on 200 volunteers aged 24-72



## ANTI-AGEING FACIAL THERAPIES

*All of our facial therapies are also suitable for men.  
See icon for treatments suitable during pregnancy.*

### TIMEXPERT RADIANCE C+

Illuminating facial to combat the first signs of ageing. This innovative facial increases firmness and generates new collagen whilst reducing dark spots and pigmentation. Incorporating a patented formulation that increases the benefits of Pure Vitamin C by 6 times. To complement the hands on therapy, a massage ball is utilised to lift facial muscles, release tension and increase blood flow for the increased glow.

*80 minutes: £180 weekdays // £200 weekends*

### TIMEXPERT SRNS GLOBAL ANTI-AGE ON

An anti-ageing face and eye treatment based on epigenetics. Every day, our cells are damaged by lifestyle and environmental factors. Over time, the gene structure within these cells stop producing essential proteins that naturally slow down the ageing process. Global Anti-age ON reactivates these dormant genes and boosts cellular regeneration using Epigenol and ZincGlycine Complex. A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session\*.

*80 minutes: £180 weekdays // £200 weekends*

### TIMEXPERT RIDES NEO AGE

The most advanced therapy to combat lines & wrinkles. Timexpert Neo Age is a new generation, advanced therapy for lines and wrinkles. A highly effective treatment that offers unparalleled results in reducing the length and depth of wrinkles. Combining a specific home care programme proven results show a 43% improvement\*\*. Neo Age combines its exclusive formula with an effective massage technique based on Facial Yoga and Facial Cupping that adds to the effectiveness of this treatment.

*80 minutes: £180 weekdays // £200 weekends*

### EXPERT LAB CLINICAL PEEL

A selection of clinical peels to target specific skin types - inclusive of our gentle peel for more delicate skins. An effective system of treatments utilising a professional superficial chemical peel with pharmaceutical high quality ingredients. A dynamic, safe, and effective treatment capable of improving the texture and quality of all skin types. Treating photo-ageing, acne, hyperpigmentation, wrinkles, flaccidity and scars.

*40 minutes: £105 weekdays // £115 weekends*

*Course of 6 treatments: £525 weekdays // £575 weekends*

### RADIO FREQUENCY THERAPY ULTIMATE ANTI AGEING

The advanced efficacy machine is combined with Germaine de Capuccini expert lab cosmeceutical products which contain effective and safe formulations in maximum concentrations to treat dermatological problems. This unique combination of advanced technology with powerful ingredients provides immediate and lasting results.

Choose from:

- Wrinkle and Lift - repairing damaged tissue and stimulates the production of new collagen.
- Facial Contouring - ideal for a heavy jaw and neckline, eliminates excess fluid as well as toxins, improves drainage to accentuate the facial contour

*50 minutes: £125 weekdays // £145 weekends.*

\*Self-assessment test on 173 individuals after 1 treatment  
\*\*Results supported by the University of Valencia Faculty of Medicine



## BODY THERAPIES

*All of our body therapies are also suitable for men.  
See icon for treatments suitable during pregnancy.*

### HOLISTIC HOT & COLD STONE MASSAGE

An ancient therapy based on the wisdom of the Incas that combines warm Obsidian stones with cold Onyx stones to release energy and emotions, leaving you in a deep state of relaxation, well-being and total serenity. This beautiful massage provides the most incredible sensations, delivering the perfect balance between mind, body and spirit.

*80 minutes: £180 weekdays // £200 weekends*

### DEEPLY WARMING BACK NECK & SCALP

Focusing on the back, neck and scalp this treatment begins with a deep back massage that helps ease muscle tension as well as soreness. Continue to relax whilst our highly nourishing Baobab Oil is applied and massaged into the scalp and hair. Your treatment is complete with a series of neck and shoulder stretches.

*50 minutes: £135 weekdays // weekends £155*

### MEDITERRANEAN CANDLE MASSAGE

A warm, full body massage with energising crystals. Your choice of Mediterranean inspired massage candle will be burned whilst energising crystals are applied to the body's Chakra points creating a sense of harmony. The warm oil from the candle is then poured over the body for a prolonged massage. This indulgent massage will ease tension whilst natural antioxidants hydrate and nourish the skin.

*50 minutes: £140 weekdays // weekends £160*

*80 minutes: £190 weekdays // weekends £210*

### THERMAL RELAX

A massage therapy aiming to work on deeper layers of the muscle by using slow movements and firm pressure techniques. It helps ease off tension, eliminates toxins and helps strained muscles strengthen and heal.

*50 minutes: £150 weekdays // £170 weekends*

*80 minutes: £200 weekdays // £220 weekends*

### AROMATIC MASSAGE

Indulge in a beautiful aromatherapy massage using a customised blend of aromatherapy oils to meet your needs. Choose from one of the following:

Vitality - Natural tone, vitality, energising

Relax - Peace, tranquillity, deep relaxation

Active - Total well-being

Svelte - A perfect silhouette and tone

Aqua - Natural moisturising

*50 minutes: £135 weekdays // £155 weekends*

*80 minutes: £175 weekdays // £195 weekends*

### TRAVELLER'S MASSAGE (JET LAG)

This treatment helps alleviate the symptoms of the jet lag and allows your internal body clock to adjust naturally. Using essential oils with special massage techniques your Traveller's Massage focuses on the calves, legs, back, shoulders and neck.

*50 minutes: £145 weekdays // weekends £165*

*80 minutes: £185 weekdays // weekends £205*

### RADIO FREQUENCY BODY THERAPIES

Our Efficacy machine using three different dynamic platforms radio frequency, digital transdermal induction and vacuum push-pull.

Choose from:

- Lipo Reduction - to reduce stubborn areas of fatty tissue and cellulite.
- Shape and lift - focusing on specific areas to reduce water retention.
- Body Firmer - tightening and toning
- Post Natal Recovery - known to reduce volume, improve the tone and suppleness of the skin.
- Stretch mark repair - an effective treatment for both new red and elevated stretch marks as well as older white and sunken lines.

*50 minutes: £135 weekdays // £155 weekends*

*80 minutes: £190 weekdays // £210 weekends*

### BAOBAB BODY AND SCALP RITUAL

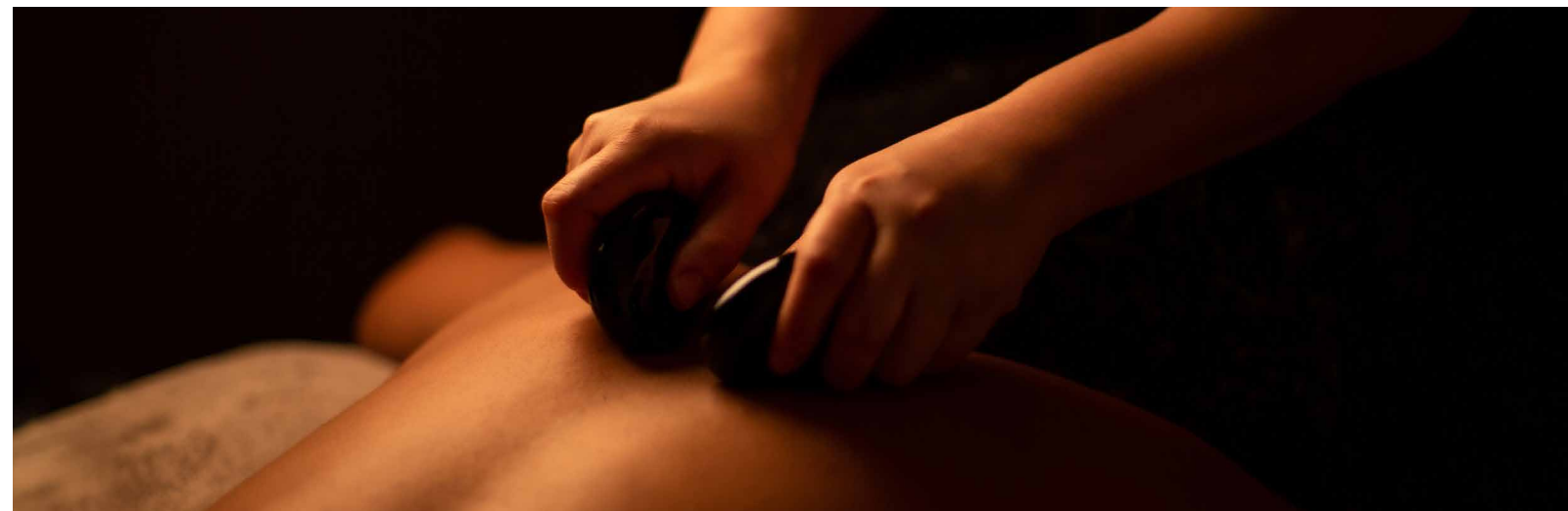
An energising full body massage & exfoliation. Using ethically sourced Baobab seed oil, this African-inspired full body massage promises an invigorating, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal pregnancy treatment.

*80 minutes: £170 weekdays // 190 weekends*

### NEXT ARRIVAL

Using ethically sourced Baobab seed oil, this African-inspired full body massage is perfect during pregnancy. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity. A luxurious and energising experience.

*50 minutes: £140 weekdays // £160 weekends*



## BODY WRAPS

*All of our body wraps are also suitable for men.  
See icon for treatments suitable during pregnancy.*

### **TIMEXPERT C+ BODY ENVELOPMENT**

This treatment provides an extraordinary regenerating effect on the body, stimulating collagen production to improve firmness and suppleness. Your treatment starts with a body polish rich in Vitamin C, lemon and papaya concentrate. This is followed by a relaxing massage with a vitamin wrap that is gently applied to the body.

*65 minutes: £145 weekdays // £165 weekends*

### **MARINE WORKS**

Combining micronised algae and seawater to achieve a significant anti-cellulite therapy, this treatment reduces the appearance of cellulite by eliminating fat and stimulates drainage. The treatment commences with our Aromatic Exfoliation followed by an algae wrap and completed with an application of moisturising sea water.

*65 minutes: £145 weekdays // £165 weekends*



## ADD-ON THERAPIES

*All of our add-on therapies are also suitable for men.  
See icon for treatments suitable during pregnancy.*

### **EXPERT LAB RENEWING PEEL**

Can be added to any facial to enhance the results, even suitable for the most sensitive of skins. Using Lactobionic acid, this powerful exfoliator reduces cohesion of dead skins cells, whilst protecting and caring for the skin. Providing powerful antioxidising activity by inhibiting free radicals.

### **LED-XPRT LIGHT THERAPY**

A non-invasive treatment that uses high purity LED light energy to trigger natural regeneration in the skin cells to accelerate rejuvenation and repair.

### **TIMEXPERT RIDES INTENSIVE EYES**

An intensive eye treatment that uses our Germanium Wand to lift and drain, followed by the application of our eye balm to reduce lines and wrinkles.

### **RELAXING BACK MASSAGE**

A relaxing add-on treatment to help release muscular tension on the back.

### **EXPRESS FACIAL**

Designed especially for you skins needs, this express treatment includes a cleanse, exfoliation and facial massage to leave the skin healthy and glowing.

### **SPA EXFOLIATING SCRUB**

An algae based exfoliation which gently removes dead skin cells and stimulates blood circulation whilst nourishing and hydrating the skin with detoxifying elements.

### **BAOBAB SCALP MASSAGE**

A nourishing and moisturising neck and scalp massage utilising the benefits of ethically sourced Baobab seed oil. A highly effective stress relieving experience ideal to add to any treatment.

*All 20 minutes: £65 weekdays // £75 weekends*



## WELLNESS THERAPIES

*All of our wellness therapies are also suitable for men.*

### **ROSE & HONEY HARMONY FACIAL**

Soothing stressed & sensitive skin...

This facial is designed to help alleviate symptoms of dry, flaky and sensitive skin. Soothing pure Rose Hip Oil, known for its healing properties, is combined with our de-stressing Royal Jelly Elixir to revitalise dull tone whilst helping the skin regain its natural immunity against daily aggression. Your facial is complete with our 5 rose petal mask which soothes skin prone to sensitivity brought on by emotional and physical stress from medication. A luxurious gentle touch and healing massage with Obsidian and Onyx stones will help to restore peace to the mind and soul.

*65 minutes: £145 weekdays // £165 weekends*

### **ALOE & MINT COOLING BODY THERAPY**

Light touch body & scalp massage...

This gentle therapy combines the power of semi-precious stones to restore harmony to the mind, with a gentle cooling massage to soothe the body. Your light touch massage uses products rich in Aloe Vera to deeply hydrate the skin, Lemon Oil to purify and Mint to refresh the body. Additional Rose Hip Oil soothes, nourishes and reduces irritation. Your therapy is completed with a de-stressing scalp pressure massage to aid relaxation. Ideal after Radiation therapy.

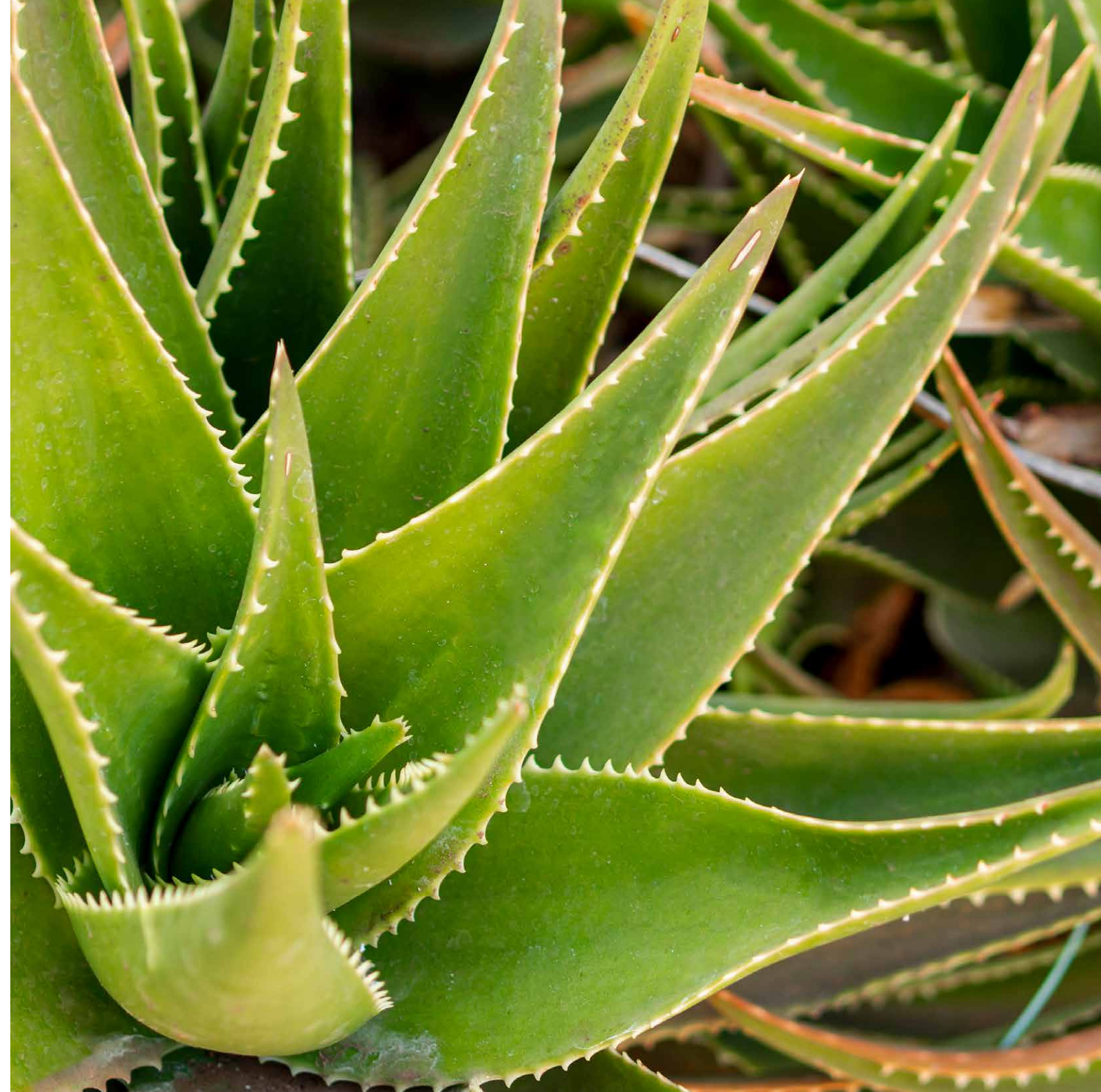
*95 minutes: £195 weekdays // £215 weekends*

### **CALMING HAND, FOOT & SCALP THERAPY**

Intense nourishment & hydration...

Chemical treatments can cause extreme dryness on hands and feet whilst causing hair thinning and hair loss. This therapy is designed to help prevent and counteract these problems. Your therapy begins with a gentle exfoliation on the hands, feet and nail beds, without the use of water baths to help maintain a healthy pH level. A deeply and hydrating mask is then applied to relieve extreme dryness and dehydration. Finally, completely relax and unwind with our revitalising scalp massage - using Baobab hair oil to revitalise the hair and soothe the scalp.

*80 minutes: £185 weekdays // £205 weekends*







## SPA PACKAGES

We welcome all of our guests on spa packages to use the spa facilities complimentary up to two hours prior or after the treatments. All packages include a personal consultation with your therapist before your treatment begins.

*Our spa packages are also suitable for men. See icon for treatments suitable during pregnancy.*

### **SOOTHE ME**

An indulgent package to soothe and balance as well as nurture the mind, body and soul... Your package begins with a refreshing foot cleanse followed by a warm pinda massage to induce relaxation. Finally, relax and enjoy a prescriptive spa facial therapy designed to meet the needs of your skin concerns.

*2 hours 20 minutes: £285 weekdays // £305 weekends*

### **DELIGHT ME**

A nourishing Choco body exfoliation and body wrap to deeply renew and hydrate the skin... Once your wrap is removed, enjoy a relaxing hot and cold Obsidian stone massage providing the most extraordinary sensation of deep relaxation. After lunch, continue to unwind with a Scalp Massage and Honey and Rose Facial rich in natural botanical ingredients to protect and restore stressed skin. Includes Lunch (Mon-Fri) or Afternoon Tea (Sat-Sun).

*3 hours 20 minutes: £400 weekdays // £420 weekends*

## TERMS & CONDITIONS

### OPENING HOURS

Monday – Sunday: 7:00am – 8:00pm

### CANCELLATION POLICY

A 100% charge will be incurred for late cancellations or no shows. Please note we require 24hrs cancellation notice for individual treatments and 48hrs for packages. A credit card number is required at the time of booking to secure your reservation.

### GIFT CARDS

Gift cards are available to purchase at The Spa at The Landmark London and on the hotel's website. Gift cards are non-transferable and non-refundable. Please be aware that there will be no extensions to the expiry date on the gift voucher purchased.

### ADVANCE BOOKINGS

We recommend booking your treatments in advance to guarantee your preferred time and service. Non-residents when booking one 50 minute treatment or longer can add on use of the facilities for an additional price. Please contact the spa reception for more details.

### ONLINE BOOKINGS

The Spa at The Landmark London offers online booking allowing our guests to see live availability and book treatments 24 hrs a day. Please visit our website for more information.

### SPA ETIQUETTE

For the comfort of all our spa guests, photography and the use of mobile phone is strictly prohibited at The Spa at The Landmark London. Please ensure you respect all spa guests' right to privacy and serenity. Please ensure that appropriate swimwear or gym attire is worn while using the various spa facilities.

### SPA ARRIVAL

We invite you to arrive 20 minutes prior to your appointment time. This will allow you plenty of time to complete the consultation card. Kindly note that additional time beyond the scheduled treatment period will not be granted in case of late arrivals. Treatment times are inclusive of consultation and home advice. Bathrobes and slippers will be provided.

### USE OF THE SPA FACILITIES

You are welcome to join us in the spa and use our facilities without a treatment booking. Please contact the spa reception for adult and child day pass prices. Please note that Spa Day Passes can not be redeemed on Bank Holiday Weekends.

### HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries when making your spa reservation as a doctor's note may be required.

### PREGNANCY

We have specially designed treatments for expectant mothers in their second and third trimesters. Please contact the Spa Reception for further information and to help you make the correct treatment choice.

### AGE REQUIREMENT

Children's hours apply for the use of the swimming pool. Children will not be allowed to use the facilities out of these hours.

### CHILDREN'S HOURS:

Monday - Sunday: 9:00am – 11:00am and 3:00pm – 5:00pm (last entry at 4:00pm)

\*Children's hours are subject to seasonal change.

Children under the age of 16 using the swimming pool must be accompanied by a responsible adult aged 16 or over. In the case of more than one child wishing to use the pool, supervision must be:

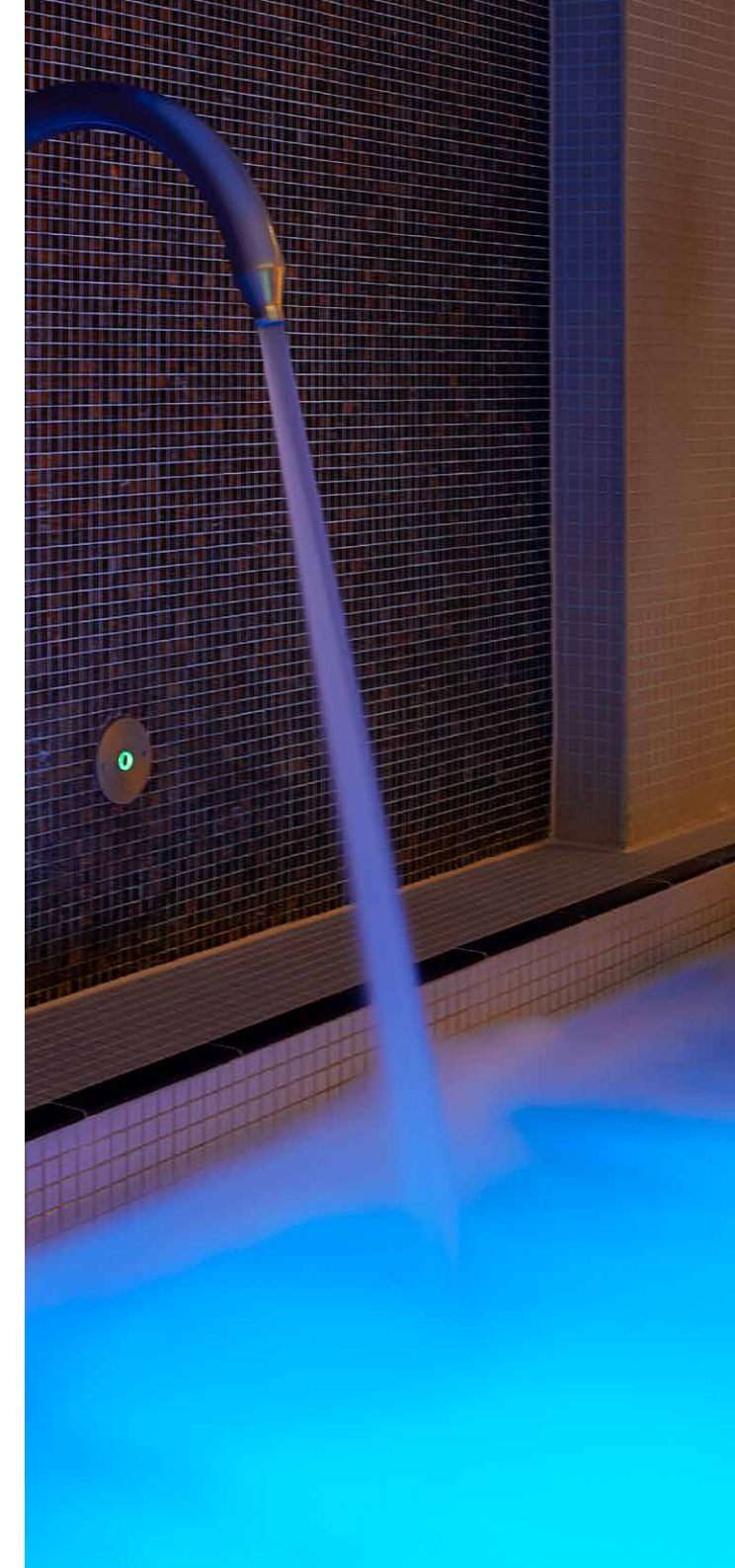
One adult to one child if the child is under three years  
One adult to two children if the children are three years+  
Persons under the age of 16 are prohibited from using the gymnasium and steam room.

### LOSS OR DAMAGE

Please keep all valuables locked in the locker provided during your visit. We regret that we cannot be held responsible for any loss or damage of personal articles.

### RETAIL PRODUCT BOUTIQUE

To continue your spa experience at home, all spa products used can be purchased from our spa boutique on departure.





THE SPA AT THE LANDMARK LONDON

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