

S P A

at The Landmark London



TREATMENT MENU

CONTENTS

PHILOSOPHY & PARTNERS	02
THE LANDMARK SIGNATURE TREATMENTS	04
FACIALS	06
MASSAGE & BODY THERAPY	10
FACE & BODY	13
JOURNEYS & RITUALS	14
JUST FOR TWO – SHARED WELLBEING	16
CHILDREN’S EXPERIENCES	17
ENHANCEMENTS	18
TERMS & CONDITIONS	20

OUR PHILOSOPHY

At the heart of our spa lies a unique wellbeing philosophy: we honour the timeless wisdom of Eastern traditions, which resonate with our hotel's Thai heritage, while embracing the precision and innovation of modern science.

Every treatment, ritual, and recommendation is thoughtfully curated to harmonise ancient healing practices with evidence-based technologies, creating experiences that are both sensorial and strategic.

Rooted in the realities of modern living, our therapies also address the pressures of today - chronic stress, hormonal imbalance, anxiety, and emotional overwhelm, to ensure that each guest receives care that is not only restorative, but deeply relevant to their current state of wellbeing.

Whether you're seeking deep relaxation, targeted recovery, or holistic transformation, our approach ensures that your journey is authentic, expertly guided, and tailored to your individual needs.

OUR PARTNERS

OSKIA
L O N D O N

OSKIA's award-winning formulations harness bio-available nutrients and clinical actives to create a radiant, revived complexion. They specialise in cellular nutrition through patented biotechnology to boost cellular activity for healthier skin. Their bespoke spa treatments blend traditional techniques, like acupressure, specialist facial massage, reflexology, lymphatic drainage, and microbiome harmonisation with advanced technology, leaving skin, body, and mind nourished, soothed, and fully restored.





Driven by science to enhance skin regeneration, QMS Medicosmetics was founded on a highly effective collagen complex, one of the beauty sector's most iconic innovations. Their treatments rebuild and strengthen the skin's framework, addressing root causes. Each approach is bespoke, combining cutting-edge products, gentle non-invasive techniques, and signature massage methods to preserve the skin's natural barrier, leaving it visibly renewed, revitalised, and truly healthier.



Ashmira Botanica combines natural, botanical skincare with the ancient wisdom of traditional Eastern medicine. Guided by the Five Elements, their holistic approach personalises treatments to balance skin, body, and mind, using tailored products, advanced touch techniques, ceremonial cacao, and sound and energy healing. Ethically sourced and sustainably crafted, their skincare nourishes, rejuvenates, and restores radiance, promoting harmony from the inside out.



THE LANDMARK SIGNATURE TREATMENTS

Each of our Signature Treatments end with a glass of Saicho Sparkling Jasmine Tea, served chilled to gently reawaken the senses.

The Eastern Alignment

🕒 90 minutes

£ Mon-Thurs: £265.00 Fri-Sun: £275.00

Created by OSKIA for relief of muscular fatigue, tension, and postural imbalances.

A results-driven treatment inspired by traditional Thai healing principles. Combining compressions, joint mobilisations, precise acupressure, and authentic Thai foot reflexology, with advanced myofascial work to release deeply held tension and restore natural alignment. You'll emerge feeling lighter, looser, aligned and completely recharged.

Sound Energy Journey

🕒 90 minutes

£ Mon-Thurs: £265.00 Fri-Sun: £275.00

Created by Ashmira Botanica for those feeling overwhelmed, or emotionally stretched.

Ideal for anyone carrying emotional fatigue, seeking a deeply immersive and meditative body experience through sound healing. The body is enveloped in pink clay blended with Yin essential oils, and soothed with Himalayan sound bowls. The Eastern massage stimulates meridians and releases stagnant energy for both physical and emotional wellbeing.

Camera Ready Facial



 90 minutes

 Mon-Thurs: £275.00 Fri-Sun: £285.00

Created by QMS for delivering glass-like skin while promoting deeper rejuvenation.

Perfect for brides and special events, this radiance-boosting facial enhances the skin's natural glow for a flawless, glass-skin finish. The treatment visibly brightens, smooths, and refines skin texture without compromising the skin barrier. A signature healthy-glow massage releases facial tension while enhancing blood flow and oxygen delivery, helping to soften fine lines and restore vitality.

FACIALS

The Timeless Facial



 90 minutes

 Mon-Thurs: £290.00 Fri-Sun: £300.00

Created by QMS for visible loss of collagen and elastin and deep dehydration.

Indulge in this opulent facial featuring an intensive collagen mask to deeply hydrate and revitalise the skin. A sculpting massage technique is used to lift, define, and enhance facial contours, revealing a visibly more youthful appearance. For further relaxation, the optional buccal/intra-oral massage provides a deeper and indulgent experience that leaves your skin radiant and your jaw relaxed enhancing the overall effect.

The Collagen Method



 60 minutes

 Mon-Thurs: £195.00 Fri-Sun: £205.00

Created by QMS to boost hydration and visible skin vitality whilst offering a moment of reset.

Tailored to your skin requirements with expertly selected exfoliation, high-performance serums, and bespoke mask therapy. This treatment uses either epigenetic peptides to support cellular detoxification and barrier repair or hyaluronic acid to plump and moisturise at a cellular level. Working in harmony with the body's natural rhythm and addressing the four pillars of skin health: oxygenation, collagen renewal, deep hydration, and optimal cell turnover.

Cryo Sculpting Facial



 90 minutes

 Mon-Thurs: £250.00 Fri-Sun: £260.00

Created by OSKIA for instant sculpting with cold therapy, ideal for hormonally changing skin, including menopausal transitions.

Described as a non-surgical facelift, this instant-results facial delivers visible benefits by lifting facial contours and enhancing elasticity. Cryotherapy globes are combined with expert sculpting massage techniques to tone, brighten, and refine. Targeting the eyes, face, and neck, this treatment promotes lifted definition, improved circulation, and a refreshed, rejuvenated complexion.

FACIALS

Radiance Renewal Facial



⌚ 60 minutes

£ Mon-Thurs: £175.00 Fri-Sun: £185.00

Created by OSKIA for a quick fix for glow enhanced skin and brightened eye area.

Ideal for those looking for radiant, healthy looking skin. This glow enhancing facial features a microderma exfoliant and passion fruit enzyme, Swiss cress liposomes and AHA mask, combined with OSKIA's signature face and brightening eye massage. During the massage, lymphatic drainage techniques are used to depuff and brighten the eye area, while relaxing with a scalp massage.

Five Elements Facial

⌚ 60 minutes

£ Mon-Thurs: £175.00 Fri-Sun: £185.00

Created by Ashmira Botanica for those drawn to Eastern philosophy and Five Elements wisdom.

Tailored to how you feel on the day, each element infuses the skin with renewed vitality and a luminous glow, while easing the body into a state of inner calm. It begins with deep cleansing and brightening exfoliation, followed by a soothing blend of lymphatic drainage and acupressure massage, followed by Five Element clay mask, Restore and Illuminate Rice Cream, and Elemental Elixir.

Gentleman's Facial

🕒 60 minutes

£ Mon-Thurs: £175.00 Fri-Sun: £185.00

Created by OSKIA for deeply cleansed, refreshed and hydrated skin, focusing on male needs.

This reviving facial is perfect for gentlemen's needs or oiler skin types. Natural, scientifically advanced products are used to enhance the deep hot muslin cleanse and stimulating facial massage. Cool gua sha stones awaken the skin, while a focused neck and shoulder massage helps to soothe and revive both mind and body, leaving you feeling relaxed and looking sharper.

MASSAGE & BODY THERAPY

The Landmark Personalised Massage

⌚ 60 / 90 minutes

£ Mon-Thurs: £180.00 / £255.00
Fri-Sun: £190.00 / £265.00

Created by The Landmark London for a truly bespoke experience that blends expert technique with intuitive care.

A fully personalised massage to how you feel on the day. Your therapist intuitively blends advanced techniques, targeted movements, and the optional warmth of hot stones to release tension and restore deep balance. Every element, pressure, pace, massage and approach is adapted in the moment, creating a uniquely restorative experience.

Therabody Post Work Out Massage

⌚ 90 minutes

£ Mon-Thurs: £255.00 Fri-Sun: £265.00

Created by OSKIA for active individuals seeking faster muscle recovery and deep relief.

This post workout full body massage ensures exercised muscles are eased for speedier recovery and renewed energy after training. Combining stretching, the science led Therabody device, hands-on therapeutic massage and mineralising hot stones, muscles will be left softened and relaxed yet energised.

Muscle Warming Back Recovery

🕒 75 minutes

£ Mon-Thurs: £210.00 Fri-Sun: £220.00

Created by OSKIA for targeted tension relief and a restorative escape from everyday stress.

This treatment begins with an attentive back scrub and a mineral rich clay to cleanse and soften the skin. The heated clay works to eliminate toxins from the back and warm stones rebalance the body and eases muscle tension. A hot compress then prepares the muscles for a relaxing back, neck, and shoulder massage using natural, lightly scented antioxidant oils, an ideal way to unwind.

Bespoke Mother-To-Be Warm Oil Massage



🕒 90 minutes

£ Mon-Thurs: £255.00 Fri-Sun: £265.00

Created by OSKIA for deep calm and gentle nurturing during this special time of change.

This Mother-to-Be treatment is designed to alleviate the physical and emotional stressors of pregnancy. Using the comfiest pillows and the purest massage oils, your therapist works around the body with nurturing massage and techniques. In addition, your feet are enveloped and exfoliated, the face is cleansed and hydrated, and tension is released around the head. This will leave you feeling utterly relaxed, nourished and at peace.

Inner Zen Eastern Massage

 60 minutes

 *Mon-Thurs: £175.00 Fri-Sun: £185.00*

Created by Ashmira Botanica to ease physical tension and restore energetic balance.

This massage experience promotes a sense of ease and deep tranquility, supporting a harmonious balance of body, mind, and spirit. Targeted acupressure points and meridian work help release areas of tension and encourage natural flow, settling the whole system into a calmer state. Choose Yin Massage Oil to soothe and soften, easing accumulated stress, or Yang Massage Oil to invigorate, restore vitality, and gently uplift.

FACE & BODY

Pure Alchemy Facial & Back Treatment

 90 minutes

 Mon-Thurs: £255.00 Fri-Sun: £265.00

Created by Ashmira Botanica for when stress is high, energy is low, and you want glowing skin.

This Pure Alchemy facial seamlessly weaves all Five Elements into a blissful experience that melts away tension and stress. A back exfoliation with ground rice powder and a meridian massage awaken and balance emotions, whilst the facial includes two massages using special oil blends infused with revitalising tourmaline crystal powder. Ending with facial cups to drain away toxins, and a personalised Elemental clay mask.

Luxury Body & Face Fusion



 90 minutes

 Mon-Thurs: £255.00 Fri-Sun: £265.00

Created by OSKIA for complete skin and body rejuvenation and deep relaxation techniques.

The Luxury Body & Face Fusion combines a radiance-boosting and anti-ageing facial techniques including facial reflexology points massage, with the very best deep pressure massage to entirely renew your complexion and your sense of well-being and ensure you leave radiating with good health. Your therapist will provide a full 45 minute body massage and a full 45 minute facial.

JOURNEYS AND RITUALS

Each treatment has a welcome and post-treatment drink of our Signature tea blend.

Sacred Flow Total Revive

🕒 90 minutes

£ Mon-Thurs: £275.00 Fri-Sun: £285.00

Created by QMS for reducing muscular tension and increasing natural detoxification.

This revitalising ritual blends advanced skincare with bodywork to boost energy flow, and support detoxification. It begins with an exfoliation to smooth and oxygenate the skin, followed by deep tissue techniques to reduce fluid retention and enhance circulation. Warming botanicals ease muscle stiffness and improve flexibility through stretches. This journey incorporates a collagen-rich hydrating facial to deeply hydrate and firm the skin.

Meridian Rebalance Journey

🕒 90 minutes

£ Mon-Thurs: £265.00 Fri-Sun: £275.00

Created by Ashmira Botanica for easing anxiety and the nervous system.

Experience a journey of renewal, balance, and serenity with this deeply restorative body treatment. Combining the healing powers of clay, lymphatic drainage, and sound therapy, this holistic ritual nurtures your body and mind. Your treatment begins with the application of non-setting clay, followed by gentle unblocking of specific acupressure points and lymphatic drainage using silicone cups.

Circadian Syncing Deep Sleep Ritual

🕒 90 minutes

£ Mon-Thurs: £265.00 Fri-Sun: £275.00

Created by OSKIA ideal for disrupted sleep, jet lag or hormonal transitions, including menopause. Recommended for 4pm onwards.

Experience ultimate serenity with this multi-phase, circadian-sync massage, designed to enhance sleep and support skin vitality, immunity, and mental well-being. Once nestled under a weighted blanket, the mind and body start to decompress. The therapist carefully works every expanse of skin and pulse point with sumptuous mists, oils and balms, which have been therapeutically laced with magnesium, melatonin and CBD.

JUST FOR TWO – SHARED WELLBEING

Enjoy a relaxing shared experience for two people in our double spa treatment room, where you can unwind side by side with tailored treatments designed for ultimate comfort and connection.

Inner Bliss Ritual

🕒 90 minutes

£ Mon-Thurs: £520.00 Fri-Sun: £540.00

Created by Ashmira Botanica for smooth skin, with a lingering feeling of inner calm.

This ritual begins with a gentle rice powder exfoliation to remove dead skin cells and reveal smooth, radiant skin. A meridian body massage follows, promoting deep relaxation while easing energetic blockages. When shared, it becomes a harmonious moment of connection, leaving both guests with a sense of inner peace. The journey ends with a sacred cacao ceremony, a heart-opening ritual that fosters grounding and meaningful connection.

Counting Sheep

🕒 45 minutes

£ Mon-Thurs: £260.00 Fri-Sun: £280.00

Created by OSKIA for parents and children seeking connection, and a good night's sleep.

Embark on a sleep-inducing spa journey designed for both parent and child, where relaxation and connection come together in harmony. Set in a tranquil double treatment room, the treatment begins with a gentle cleanse, followed by soothing face, shoulder, and a scalp massage. This calming experience restores mind and body, preparing for a restful night's sleep, concluding with a hot chocolate or sleep-inducing tea.

Available for children from 8 years old and above, the treatment is performed with a parent or guardian receiving a treatment in the same room.

CHILDREN'S EXPERIENCES

Dreamy Duo

🕒 45 minutes

💷 Mon-Thurs: £260.00 Fri-Sun: £280.00

Created by OSKIA for parents and children to unwind and enjoy a restful night's sleep.

A blissful parent and child treatment in a quiet double room, combining a relaxing facial with a gentle and calming shoulder massage, followed by a personalised mask. An experience thoughtfully designed to melt away stress, soothe the senses, and inspire restful tranquillity. This treatment concludes with a comforting hot chocolate or a calming, sleep-inducing tea.

Available for children from 8 years old and above, the treatment is performed with a parent or guardian receiving a treatment in the same room.

Teen Facial

🕒 60 minutes

💷 Mon-Thurs: £175 Fri-Sun: £185

Created by OSKIA for skin navigating life-stage changes like hormonal breakouts and redness.

This reviving facial suits younger or oilier skin, reducing inflammation and supporting a healthy microbiome. The therapist deeply cleanses and detoxes the skin, followed by a cooling gua sha massage. The application of Violet Water products leaves the skin calm and balanced, finishing with a neck and shoulder massage for a refreshed, harmonious feeling, finished with a cup of hot chocolate.

Available for children between 12 - 16 years old. The treatment is performed with a parent or guardian in the same room.

ENHANCEMENTS

Elemental Body Exfoliation

For softer, smoother, more radiant skin.

Dry skin is gently buffed away using two body brushes and a blend of rice powder, hydrating aloe, and a bespoke Ashmira Botanica Elemental Elixir of essential oils. This helps invigorate blood and lymphatic flow, leaving soft skin.

 30 minutes

 80.00

Therabody Recovery Jet Boots

Ideal for an energetic boost in circulation and lymphatic drainage.

Through a cycle of sequential compression and full release, these boots help circulation and lymphatic drainage, reduce muscle soreness and relieves muscle fatigue. A perfect add on to any treatment to enhance overall wellbeing of the body.

 20 minutes

 55.00 in spa

75.00 in room

Izone Anti-Fatigue Eye Treatment

For soothing, revitalised delicate eye area.

Soothe and hydrate the delicate eye area with nourishing Oskia serums combined with cooled eye stones and hot and cold compresses. A perfect add on to any treatment to make your eyes sparkle.

 20 minutes

 70.00

Scalp Therapy

For stimulating hair growth and strengthening the scalp's protective barrier.

A nourishing QMS serum is applied and deeply massaged into the scalp. Suitable for all scalp types, especially for irritated skin that is prone to redness, tightness and itching.

 10 minutes

 50.00

LED Light Mask

To enhance all facials and body treatments for an added glow.

LED technology includes the simultaneous application of the three most effective wavelengths of light for skin rejuvenation, wellbeing and healing. After just 10 minutes the collagen production is enhanced, inflammation and redness is reduced and circulation increased.

 10 minutes

 50.00 in spa

70.00 in room

Soothing Hand or Foot Treatment

For smooth and deeply hydrated hands or feet.

Exfoliation followed by a soothing OSKIA hand and arm or foot and leg massage using a nourishing body milk with AHA's and enzymes.

 20 minutes

 70.00

TERMS & CONDITIONS

Opening Hours

Monday – Sunday: 7:00am – 9:30pm
24-hour gym

Cancellation Policy

A 100% charge will be incurred for late cancellations or no shows. Please note we require 24hrs cancellation notice for individual treatments. 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 or on the hotel's website at: thelandmarklondon.wearegifted.co.uk

Gift cards are non-transferable and non-refundable. Please be aware that extensions are not permitted after 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 60 minute treatment or longer can add on 2 hour access 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 hours 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 phones are not allowed 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, towels and slippers will be provided.

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, which are marked with this pregnancy icon. Please contact the Spa Reception for further information.

Cancer Journey Care

A selection of treatments are available for those undergoing cancer treatments. Please contact the Spa Reception for further information.

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.

Age Requirement

Children's hours apply for the use of the vitality 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

*Children's hours are subject to seasonal change.

Children under the age of 16 using the vitality 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 is compulsory.

THE SPA
AT THE LANDMARK LONDON

222 Marylebone Road, London NW1 6JQ

T. +44 (0) 20 7631 8010 E. spa@thelandmark.co.uk

www.landmarklondon.co.uk