THE PENINSULA SPA & WELLNESS CENTRE

SPA TREATMENT TARIFF

THE PENINSULA LONDON

SUBTLE ENERGIES BODY MASSAGES

	Personalised Holistic	I hour / I hour 30 minutes	£ 250 / £ 320
	Deep Tissue	I hour / I hour 30 minutes	£ 275 / £ 325
	Pregnancy	I hour / I hour 30 minutes	£ 250 / £ 320
	Muscle De-Stress Hot Poultice	2 hours	£ 380
Subtle Energies®	Recommended Pairings		
	Guided Meditation	15 minutes	£40
	Shirodhara	30 minutes	£80
	Body Exfoliation	30 minutes	£80
	Body Wrap	45 minutes	£ 120
	SUBTL	E ENERGIES HOLISTIC FACIALS	
	Holistic Age-Defying	I hour / I hour 30 minutes	£ 250 / £ 320
Subtle Energies®	Advanced Antioxidant	I hour / I hour 30 minutes	£ 250 / £ 320
	Wild Kashmir Purifying	I hour / I hour 30 minutes	£ 250 / £ 320
	Hydrating	I hour / I hour 30 minutes	£ 250 / £ 320

SUBTLE ENERGIES HOLISTIC FACIALS - CONTINUED

	Recommended Pairings		
	Guided Meditation	I5 minutes	£40
	Vegan Collagen Serum	15 minutes	£40
	Multi-Molecular Hyaluronic Acid Serum	15 minutes	£ 40
	Body Wrap	45 minutes	£ 120
	MARGY'S FAC	IALS	
	Anti-Pollution	l hour	£ 250
	Collagen-Firming	l hour	£ 340
	Bespoke Super Lift	I hour 30 minutes	£ 380
MARCY'S MONTECARLO	24 Karat Gold Mask & E-Finger	I hour 30 minutes	£ 380
	Stem Cell Vitality & LED Illuminating Facial	I hour 30 minutes	£ 475
	Ultimate Age Reversal	2 hours	£ 800
	Ultimate InSkin Elixir	I hour	£340
	Recommended Pairings		
	Body Massage	I hour	£ 250
	Body Wrap & Massage	I hour 30 minutes	£ 320

PENINSULA HANDS & FEET

	Hand & Arm Ritual	45 minutes	£ 160
	Foot & Leg Ritual	45 minutes	£ 160
	PENINSULA JOURNEYS		
Subtle Energies®	Detox Adrenal	2 hours	£ 380
	Renew & Revive	2 hours	£ 380
Subtle Energies®	Subtle Energies Sleep Support With Savasana With Shirodhara	I hour 45 minutes 2 hours	£ 350 £ 380
Subtle Energies®	Subtle Energies Sleep Support Signature Day Programme	Full day	£ 750
MONTE CARLO	Margy's Beauty	Full day	£ 900
	PRIVATE COUPLES SUITE		
	 Spend quality time together in the comfort of a private treatment suite. Your Private Couples Suite experience includes: Choice of any 90-minute massage for two One-hour private use of the Private Couples Suite, featuring a Jacuzzi and steam room Seasonal fruit platter, accompanied by your choice of two glasses of Deutz Brut Peninsula Champagne or Sparkling Tea Two hours of spa facility access, including our indoor 25m swimming pool, vitality pool and sauna 	Monday to Thursday Friday to Sunday	£900 £1,100

PENINSULA SPA MASTERS-IN-RESIDENCE

Dr (TCM) Li Ping Bartlett BSc MSc	I hour / I hour 30 minutes	£ 250 / £ 300		
David Marshall	I hour	£ 375		
Emanuele Calabrese DO, MSc Pain	30 minutes / 45 minutes	£ 190 / £ 250		
PENINSUI	LA FITNESS			
Personal Training Session	60 minutes	£ 150		
WELLNESS	WEDNESDAY			
In-house guests are invited to join a complimentary 20 minute stretching or guided meditation class every Wednesday at 10:30am				
External guests can enjoy complimentary access to the Pool when booking a 90 minute (minimum) Spa treatment				
WELLNESS H	ALF DAY PASS			
Includes access to Wellness facilities, Swimming Pool, Steam Room ar	nd Sauna for a maximum of 3 hours	£250		

RESERVATIONS & INFORMATION

THE PENINSULA SPA & WELLNESS CENTRE

I Grosvenor Place, London, SWIX 7HJ, UK +44 20 8138 6688 spapln@peninsula.com peninsula.com/london/wellness

OPENING HOURS

Spa - Daily from 9:00 am to 9:00 pm Pool - Daily from 7:00 am to 9:00 pm Fitness - 24 hours

PRICES

Prices are inclusive of 20% VAT and exclude a 10% service charge. Please note that prices are subject to change without prior notice.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect the right of all spa guests to privacy and serenity. In light of this, the spa is a mobile phone and smoke-free zone. The spa will provide towels, slippers, shower caps and all amenities required for use during your visit. A minimum age of 18 is required for access to treatments at The Peninsula Spa & Wellness Centre.

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