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
	SUBTLE EN	NERGIES 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
Subtic Life gles	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	15 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	1 hour	£ 250
	Collagen-Firming	l hour	£ 340
	Bespoke Super Lift	I hour 30 minutes	£ 380
	24 Karat Gold Mask & E-Finger	I hour 30 minutes	£ 380
MONTECARLO	Stem Cell Vitality & LED Illuminating Facial	I hour 30 minutes	£ 475
	Ultimate Age Reversal	2 hours	£ 800
	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	I hour 45 minutes	£ 350
	With Shirodhara	2 hours	£ 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:	Monday to Thursday Friday to Sunday	£900 £1,100
	• 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		

PENINSULA SPA MASTERS-IN-RESIDENCE

	Dr (TCM) Li Ping Bartlett BSc MSc	I hour / I hour 30 minutes	£ 250 / £ 300	
	David Marshall	l hour	£ 375	
	Emanuele Calabrese DO, MSc Pain	30 minutes / 45 minutes	£ 190 / £ 250	
PENINSULA 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 HALF DAY PASS				
Includes access to Wellness facilities, Swimming Pool, Steam Room and 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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