

THIS IS OUR SPA BROCHURE

K*spa*

HOUSTON SPA & FITNESS CLUB

A modern spa interior featuring a large window with a view of a sunset or ocean. The walls are perforated, creating a starry effect. The floor is covered in a blue, textured material. There are two circular vents on the wall below the window. The overall atmosphere is serene and relaxing.

Welcome to K Spa

Your journey begins

Welcome to an oasis of calm in the world's most vibrant city,
where steamy cabins and icy rooms await you.

A secret paradise, complete with Hydrotherapy pool, Aromatic Herbal Steam room,
Scandinavian style Sauna, Sanarium, London's first Snow Paradise as well as six
beautifully designed treatment rooms and unique Dry Flotation room.

The Scandinavian Sauna and Steam room will help purify the skin, while the aroma
scented Sanarium with its gentle heat and high humidity transports your body into a
state of total relaxation.

OPENING HOURS & PRICES

Monday - Friday 06.30 - 22.00 last entry 21.30

Saturday & Sunday 08.00 - 21.00 last entry 20.30

Bank Holidays 08.00 - 20.00 last entry 19.30

PEAK TIMES (FRIDAY, SATURDAY, SUNDAY & BANK HOLIDAYS)

OFF PEAK TIMES (MONDAY - THURSDAY)

K Spa is home to London's first **Snow Paradise**. Filled with the finest natural snow, made from air and water, the cabin is chilled to the icy temperature of -15°C. This entirely unique experience mimics the Finnish tradition of 'Hot-Cold Therapy', allowing guests to alternate between freezing and steamy environments.

The glass panelled **Hydrotherapy pool**, featuring stainless steel recliners, is set underneath a ceiling adorned with twinkling lights. The warm bubbling water massages you in the relaxing, calming way that only water can - giving you buoyancy and removing tension away from your body.

To complete the experience, fill your personal **foot bath** to your own temperature and soak away the stresses in your feet.

Each K Spa experience is personalised and created around your personal needs. We are offering luxury treatments using quality brands such as Germaine de Capuccini, Aromatherapy Associates and Crystal Clear.

After your treatments you will be led to our **Relax room**, where you can finish your experience in individual relaxation pods.

K Spa also boasts a unique **Sun Meadow** experience designed to offer gentle collagen forming light therapy which stimulates natural skin regeneration processes.

K Spa is adult facilities only (over 16)

We look forward to welcoming you to K Spa

The K SPA team



Treatments for the face

PRESCRIPTIVE FACIAL

50 min | £85 Off Peak | £95 Peak



Following an in-depth skin analysis, the facial is adapted to your skin type and products are selected to individual needs - leaving it decongested, nourished, hydrated and luminous.

This facial includes cleansing, exfoliation, a treatment-specific massage and mask. Your therapist will then select and apply one of the products - stimulating peppermint, hydrating honey or purifying Red Clay - according to your individual skin type, leaving it nourished, hydrated and healthy.

ROSE AND HONEY FACIAL

50 min | £90 Off Peak | £100 Peak



This luxurious facial harnesses the regenerative properties of rose and honey to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.

Using a combination of Gallic, Artic, Black, White and Nepalese rose petals, Royal Jelly honey and Poria Cocos extract, this treatment helps to boost circulation and promote cell renewal and regeneration, leaving your skin radiant.

CRYSTAL CLEAR FACIAL

50 min | £90 Off Peak | £100 Peak



Using crystals to gently exfoliate the skin's outer layer as well as encourage new collagen and elastine formation, this facial is followed by a cooling and calming Mini Lift mask, instantly lifting, firming and reducing the appearance of fine lines, leaving the skin smooth and looking its absolute best.

Enjoy a pampering arm massage whilst the mask works its magic.

Treatments for the face

INTENSIVE LIFT & WRINKLE

80 min | £130 Off Peak | £140 Peak



The ideal treatment for deep and fine lines, helps to repair damaged tissue and the production of new collagen.

Combining the advanced technology of the 'Efficacy', a machine with three dynamic platforms; Radio Frequency, Digital Transdermal Induction and Vacuum Push-Pull with hyaluronic acid, hydrolysed collagen or vitamin based products, this treatment improves firmness and suppleness, giving your skin a more youthful and uniform appearance.

CRYO-OXYGEN FACIAL

60 min | £110 Off Peak | £120 Peak



The most advanced skin rejuvenation treatment tackling lines, wrinkles and pigmentation. Whilst Cryo-Oxygen cools and oxygenates the skin, a micro-channelling roller creates microscopic channels effectively penetrating in the skin.

The topical infusion of powerful skin rejuvenation ingredients are driven into the skin alongside cold oxygen and stimulate collagen production. We finish with a Crystal Clear face mask giving you an extra hit of hydration, firming and lifting.

INTENSIVE CORRECTION ACNE / ROSACEA

50 min | £100 Off Peak | £110 Peak



The ideal treatment for clients suffering from acne or rosacea and high sensitivity. This facial eliminates imperfections, reduces oil secretions and promotes healing.

Using active ingredients of Aslavital and Ghassoul Clay with antiseptic properties, enhanced with use of the Digital Transdermal equipment, helps to detoxify, soothe and heal the skin.





Treatments for the face

AGE CONFIDENCE FACIAL

60 min | £95 Off Peak | £105 Peak



A powerful anti-ageing treatment that provides firmness, wrinkle reduction, helps to reduce pigmentation and improve hydration.

Our skin cells are damaged by lifestyle and environmental aggressions; over time the gene structure within these cells becomes unable to repair itself and stops producing essential proteins that slow down the ageing process. Timexpert SRNS reactivates these dormant genes and boosts cellular regeneration using "Epigenol" and "Zinc-Glycine Complex".

99% of clients have firmer, more supple and nourished skin after a single session.

PURE EXPERT

60 min | £90 Off Peak | £100 Peak



An excellent treatment to balance the skin's pH and reduce excess oil. Tailored to your exact needs, the PureExpert facial includes a renewing exfoliation, followed by High Frequency electrotherapy (low currents are delivered via a glass electrode, stimulating skin repair).

Perfect for oily, acne prone and blemished skin. With the PurExpert facial, the skin is deeply cleansed, purified and balanced leaving a matt appearance.

VITAMINC C+ (A.G.E)

70 min | £105 Off Peak | £115 Peak



This powerful combination of Vitamin C and active Ume is the perfect solution for tired skin. Your facial is followed by an advanced Anti – ageing massage, helping regenerate the skin, stimulate collagen, and optimise your skin's hydration.

This therapy provides immediate results, delivering a wonderful relaxing experience, leaving your skin fresh, luminous and younger looking.

Treatments for the face

O2 CITYPROOF FACIAL

70 min | £110 Off Peak | £120 Peak



Advanced facial that effectively works against pollution, environmental stress and lack of oxygen to strengthen the skin's defences and prevent premature ageing. Two revolutionary masks work to repair and defend the skin against pollution damage and external stress. The oxygenating bubble mask releases pure oxygen into the deep dermal layers of the skin.

A second innovative facial mask made up of a silver thin sheet and an internal veil of cellulose fibres soaked in active ingredients helps to activate the skin's immune system, increasing its defence capability. This therapy also includes a relaxing lymphatic facial massage to de-stress and detoxify the skin.

CLARIFYING ANTI-PIGMENTATION

50 min | £100 Off Peak | £110 Peak



This treatment provides instant radiance to the skin, reducing areas of pigmentation and dark spots while giving the skin a more even tone. The treatment begins with a Glycolic Peel to renew the skin's surface.

Using Digital Transdermal equipment helps penetration of the clarifying concentrate to the dermal layers, followed by an intensive correction mask to deeply hydrate and prevent further dark spots appearing.

MEN'S C+ ENERGY FACIAL

50 min | £90 Off Peak | £100 Peak



Based on a cocktail of plant extracts and vitamins, this therapy has been designed to specifically meet the needs of men's skin, often irritated by the daily ritual of shaving.

Targeting the appearance of wrinkles, dryness and signs of premature ageing, the Vitamin C facial therapy followed by a light shiatsu massage is the perfect way to unwind.





Treatments for the body

AROMATHERAPY MASSAGE

50 min | £90 Off Peak | £100 Peak 80 min | £120 | £130



This real aromatherapy experience starts with a consultation to discover your physical and emotional needs. With your chosen oil your therapist will use carefully applied pressures to stimulate the nervous system, relieve muscular tension, and stimulate lymphatic drainage to encourage healthy circulation. This head to your toe treatment will dissolve away all of your stress and tension.

HOT HERBAL DE-STRESS

80 min | £125 Off Peak | £135 Peak



This herbal therapy is designed to relieve pain and inflammation. A selection of therapeutic herbs, including ginger, turmeric and lemongrass, are wrapped in a muslin compress, steamed and then applied to the body in gentle pressing, circular and rolling movements.

In ancient times it was used by Thai royalty in elaborate treatments and by soldiers for aches and pains after returning from battle.

FIRM, SHAPE & LIFT

70 min | £110 Off Peak | £120 Peak



A shaping treatment using Radio Frequency and Vacuum Push-Pull to target specific problem areas aiding the elimination of retained liquids, toxins and waste products. Decreasing stubborn areas of fatty tissue and cellulite, this treatment reduces volume whilst improving blood flow and oxygenation at a cellular level.

The skin also becomes smoother and firmer by stimulating Collagen and Elastin. Ideal for targeting problem areas with lack of skin firmness such as the arms, abdomen, buttocks or thighs.

Treatments for the body

MEDITERRANEAN CANDLE MASSAGE

50 min | £100 Off Peak | £110 Peak



Choose one of our Mediterranean inspired massage candles; Lavender, Olive or Citrus which will be burned while you enjoy a relaxing pinda massage. The warm oil from the candle is then poured over the body for a prolonged body massage, using deep and soothing movements. This indulgent treatment will ease tension whilst natural antioxidants will hydrate and nourish the skin.

CRYSTAL DETOX MASSAGE

50 min | £90 Off Peak | £100 Peak



An exquisite massage medium in combination with gentle exfoliating powder enriched with Amethyst, Sapphire and Ruby to produce a luxury smoothing exfoliating mousse that renews the skin and energises the body.

Applied with a slow lymphatic movements it increases blood circulation and stimulates the lymphatic system, helping to cleanse and detoxify the body. Deeply hydrating and nourishing to the skin.

DE-STRESS DEEP TISSUE MASSAGE

50 min | £100 Off Peak £110 Peak



This deeply restorative treatment is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours at the desk, specific massage techniques are used in this deep massage that penetrates directly into the muscles, releasing pain and tension.

Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.



Treatments for the body

THERAPEUTIC HOT STONE MASSAGE

50 min | £90 Off Peak | £100 Peak



Smooth water-heated basalt stones are used to perform a soothing body massage. The stones are volcanic in origin and rich in minerals, the direct heat they emit penetrates deeply in your body, warming up tight muscles and improving circulation.

This treatment will balance and ground the body, leaving you feeling totally calm, yet energized.

PRENATAL MASSAGE WITH CUSHIONS

50 min | £100 Off Peak | £110 Peak



This nourishing body massage is carefully designed to aid relaxation for the mind, body and baby. Special pregnancy cushions are used for extra comfort allowing to lay face down giving the back an unexpected relieve. A blend of natural oils nourishes the skin promoting elasticity and preventing stretch marks.

POST NATAL RECOVERY

50 min | £100 Off Peak | £110 Peak



Designed for improving skin tone and suppleness of the skin post pregnancy. Repairing and regenerating the skin tissues, this treatment improves inflammation and facilitates the drainage of liquids using the DTI and Radio frequency programs.

INTENSIVE REPAIR

50 min | £100 Off Peak | £110 Peak



An effective treatment for both new red and elevated stretch marks, older white and sunken lines. While this treatment is designed for improvement not elimination, the results are highly visible, improving the structure of the connective tissue and increasing the suppleness and tone.

Time Essence Therapies

All treatments are 30 minutes. | £55 Off Peak | £65 Peak

GLOW & GO FACIAL

Your skin is cleansed, lightly exfoliated and gently massaged. An enriching mask is then applied, followed by a veil of light moisturiser.

Perfect for an instant boost for tired, dehydrated or stressed skin.

CRYSTAL CLEAR MICRODERMABRASION

A controlled method of skin resurfacing, by gently exfoliating the outer layer of skin whilst encouraging new collagen and elastin formation to visibly rejuvenate the skin.

Results are visible immediately.

BLACK SOAP BODY EXFOLIATION

La Sultane de Saba's Black Soap is the ultimate hydrating, natural anti-bacterial soap. Enjoy the healing properties of Moroccan crushed olives, argan oil and eucalyptus as it is applied over your body to stimulate soft and healthy skin.

Your therapist then exfoliates your body using a kessa glove, this practice creates a hyperaemia and eliminates any dead cells from the skin.

BACK REVIVE

An effective trilogy - back, neck and shoulders massage treatment using firm pressure to take you away from the stresses and strains of everyday life.

BAOBAB HAIR & SCALP

A deep hair and scalp treatment that focuses on your energy points, combined with ethically sourced Baobab seed oil to nourish your scalp and hair.



A little extra luxury

CITY REVIVAL

110 min | £170 Off Peak | £190 Peak



This invigorating treatment is specifically designed for those looking for an intensive body detox. The perfect therapy when you are dieting, feeling sluggish and lacking energy.

Experience the invigorating powers of refreshing grapefruit, stimulating rosemary and diuretic juniper making you truly revitalised and full of energy.

Starting with a reviving body scrub, your treatment is followed by a detoxifying body mask. The mask is set to work, whilst your body is cocooned in our dry floatation bed leaving you in a complete relaxed state of mind. The private sauna will be available to you (5-10min) before taking a refreshing shower to complement the detox property of the mask. The City Revival is then completed by a full body lymphatic massage.

This all-encompassing relaxing experience results in a deeply recharged mind and re-energised body.

INNER STRENGTH

80 min | £125 Off Peak | £135 Peak



Tailored to give strength, courage and a positive frame of mind when you need a bit of uplifting and pampering.

Creating a cocoon of warmth, the treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A deeply nourishing oil is then applied to the palms of the hands and soles of the feet, followed by paraffin wax, renowned for its comforting properties.

The back and legs are then treated to a deeply nurturing massage with Inner Strength Body Oil, followed by the application of paraffin wax. The treatment goes on to work on the face and scalp, including the incorporation of hot stone placement and massage techniques designed to deeply comfort, nurture and support.

A little extra luxury

FEEL GOOD BAOBAB

80 min | £125 Off Peak | £135 Peak



For centuries people of Africa have turned to the Baobab tree as a source of natural wellbeing to benefit their skin, hair and general health. Baobab extract helps to bring out natural beauty; it has one of the highest antioxidant capacities of any fruit in the world. It's an excellent source of Vitamin C, increasing energy levels, decreasing stress, and supporting the immune system – that's why we call it the Feel Good Fruit!

Using ethically sourced Baobab seed oil, this African inspired full body treatment promises an invigorating, stress reducing experience. The treatment begins with a full body exfoliation, continued with a full body massage and is completed with an energising leg massage.

We donate £2 from each Baobab treatment to the Aduna Foundation, supporting African small scale producers. Look Good, Feel Good, Do Good.

DEEP RELAX

80 min | £125 Off Peak | £135 Peak



A trilogy of relaxing and deeply effective treatments focusing on three key areas: the back, face and scalp.

Beginning with a relaxing pinda pressure points massage, warm candle wax is poured over your skin followed by a back massage to ease tension, relax the mind and deeply hydrate the skin.

The luxurious, soothing and nourishing properties of rose and Royal Jelly honey make this facial therapy ideal for skin that is in need of pampering and cleansing.

To complete the treatment, baobab oil is then applied to your scalp, followed by a relaxing scalp massage.



Massage Masterclass

120 min

£99p.p (Off Peak) £129p.p (Peak)

This workshop is designed for people who would like to learn how to perform basic massages for each other at home.

Easy

You don't need to have any specific knowledge or experience. The technique and massage strokes are easy to repeat and remember.

Professional

You and your partner will be taught the proper techniques and practices of massage by a qualified and experienced therapist. It gives you the necessary knowledge of benefits, products and contraindications.

Personal

We hope it will give great sense of satisfaction and personal achievement. We would advise you to wear a t-shirt and comfortable trousers (sportswear).

The package includes:

Massage workshop

Use of Wet Spa

Spa Lunch or Dinner in Studio Kitchen

Beau-Tea-Full-Spa Days

TWO'S COMPANY

Share your experience with someone you care
£345 Off Peak | £365 Peak



PACKAGE INCLUDES

Candlelight Massage **40min**
Dry Floatation **40 min**
Private use of sauna **20 min**
Sun Meadow **15 min**
Glam Rock Afternoon tea
Use of the Wet Spa

TIME 4 TWO

Enjoy quality time together
£195 Off Peak | £235 Peak



PACKAGE INCLUDES

Back & Shoulders Massage **25 min**
Dry Floatation **25 min**
Sun Meadow **15 min**
Spa Lunch or Dinner
Use of the Wet Spa

FEELING FABULOUS

Spoil yourself on the full day of a spa journey
£209 Off Peak | £229 Peak



PACKAGE INCLUDES

Aromatherapy Massage **50 min**
Prescriptive Facial **50 min**
VIP Works Manicure **50 min**
Sun Meadow **15 min**
Spa Lunch or Dinner with glass of wine
Use of the Wet Spa

"ME TIME"

Give your body and mind well deserved treat
£159 Off Peak | £179 Peak



PACKAGE INCLUDES

Glow and Go Facial **30 min**
Back Revive **30 min**
SOS manicure **30 min**
Sun Meadow **15 min**
Spa Lunch or Dinner
Use of the Wet Spa

A vertical strip on the left side of the page shows a microscopic view of skin cells, appearing as a grid of rounded, light-colored cells with darker nuclei, set against a blue-green background.

Waxing

Our waxing treatments use premium Lycon hot or warm wax. These naturally derived waxing products effectively tackle hair removal problems such as irritations, pimples and ingrowing hairs. Suitable for sensitive skin, it will remove even the most stubborn hairs.

Full Leg	£40
Half Leg	£30
Bikini	£25
Brazilian/Hollywood	£50
Under Arm	£20
Forearm	£25
Facial Wax	£15
Eyebrow Shape	£20

GENTLEMAN'S WAXING

Upper Back & Shoulder	£40
Chest Wax	£40
Full Back & Shoulders	£50
Full Arm	£35

Nail Bar

Our Nail Bar is the perfect destination, whether you drop by for a quick fix or you want the ultimate luxury treatment for your nails. We partner with premium foot and nail care brands such as LCN, CDN Shellac and Vinylux.

SOS MANICURE

30 min | £30

Includes nail shaping, buffing and polish

VIP WORKS MANICURE

50 min | £50

Includes hand soak, nail shaping and buffing, cuticle care, hand massage, mask and polish.

KICK BACK AND RELAX PEDICURE

50 min | £50

Includes foot soak, hard skin removal and foot exfoliation, nail shaping and buffing, cuticle care, foot massage, mask and polish.

JELLY FUN PEDICURE

50 min | £55

Includes "Jelly" soothing soak leg massage, hard skin removal, cuticle care, nail shaping, buffing and polish.

VINYLUX MANICURE / PEDICURE

40 min | £35

Includes shape, soak, cuticle care and Vinylux polish.

SHELLAC CLASSIC MANICURE

40 min | £40

Includes nail shape, cuticle care and Shellac nail polish.

SHELLAC DELUXE MANICURE

50 min | £55

Includes nail shape, cuticle care, Shellac nail polish and application of moisturising hand lotion.

SHELLAC REMOVAL

15 min | £10

This service is free for all our clients returning within two weeks





How to Spa

BOOKING

Advance booking is essential to guarantee your preferred time slot. Call our Reservations Team on +44(0)20 8008 6600 to help you make the best choice of treatment. Please inform us if you have a preference of male or female therapist. A Credit or Debit card is required to secure your treatment. Alternatively, you can book online at: www.k-west.co.uk/k-spa



CHILDREN'S POLICY

Access to the spa including the changing facilities, spa and heat experiences, and gym are restricted to over 16's.

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.



The spa will provide luxurious towels, robes, slippers and amenities required for use during your spa visit. All you need to bring is yourself, your bathing suit or your gym kit if you want to use our K Fit facilities.

CANCELLATION

We have a 24 hour cancellation policy for off peak appointments, and 48 hour for peak appointments. All appointments cancelled within this time will be charged at 100%. Late arrival will shorten your treatment time.

HOTEL GUEST FEES, ACCESS & FACILITIES

Hotel guests can enjoy the Wet Spa for just £20 per person. Book any 50 min holistic spa treatment and receive complimentary spa access. Early Risers and Night Owls (Mon – Fri) hotel guests can access the Spa for just £10 between either 7am-9am or 8pm-10pm.

Non-resident's fees:

A Spa day, including use of Wet Spa and the gym, can be booked for £50 per person. Book two 50 min Holistic treatments and get the gym and Wet Spa for free or with one 50 min holistic treatment there is charge of £25 to use the facilities.

HEALTH CONDITION

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

VALUABLES

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. Personal safes are available in the changing rooms.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion.

K FIT

Gym lovers will adore the sleek, stylish K Fit, located on the hotel's second floor. This exclusive guest and member zone is famous for its high quality different variety equipment. Our gym is complimentary to all of the hotel guests.

Spa Etiquette

Please respect all spa guests' right to privacy and serenity in the Wet Spa and Relax room. In light of this, the spa is a mobile phone, camera, alcohol and smoke-free zone.

It is essential to always shower before entering the Wet Spa. Please sit on a towel when using a sauna or steam room. To avoid dehydration, please drink plenty of water, especially if you are using the steam room and the sauna.

Please avoid alcohol prior to your appointment, and avoid shaving on the day of your treatment as it can cause irritation to your skin.



Snow Paradise

Snow Paradise' is a refreshing oasis filled with the finest natural snow, enabling guests to cool down in luxury. Set to an icy temperature of -15 °C, guests can settle into the soft snow drift, or caress the frosty flurry into the skin to cool-off and improve circulation, at the same time working natural wonders for cellulite.

A unique Finnish experience designed as a novel approach to cooling off after a sauna, offering a year-round winter experience.

To maximise the health benefits, guests are advised to alternate between steamy and icy environments, known as a hot-cold therapy. Stimulation of the body's circulation is created by the sudden and invigorating change in temperature, which provides health benefits for the immune and respiratory system.

Guests can truly relax and cool down in snow made exclusively of air and water, free of any unnatural chemical additives.

Enjoy K Spa





Book Now

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