WELCOME

If you’re looking for pure indulgence and total relaxation… K Spa is a holistic haven where mind, body and spirit converge to create an unforgettable and deeply pleasurable moment in time.

Our team of experienced and highly qualified therapists will compose a tailored treatment package designed specifically for your needs, offering expert advice on your individual requirements.

K Spa is adult facilities only (over 18)
Welcome to an oasis of calm in the World's most vibrant City, where steamy cabins and icy rooms await. Named 'Best UK Luxury Hotel Spa' at the World Spa Awards, our highly skilled therapists will ensure a truly memorable holistic experience.

Whether you wish to alleviate stress, rebalance or re-energize, each journey at K Spa offers an escape to total well being. A complete K Spa journey incorporates our heat and ice ethos, and is made up of the following:

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

K Spa is home to London's first Snow Paradise. Chilled to -15°C, this cabin is reminiscent of a snow drift and is designed to complement the spa’s hot-cold therapy, alternating between steam and ice environments. The sudden and extreme change in temperatures will stimulate body circulation and is highly beneficial to your immune system.

To encourage resting between cabins, the exclusive Chill area features gold and white mosaic with built in wall loungers designed so guests can face each other. 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 and gives buoyancy to take the tension away from your body. The serenity is completed with elegant foot baths to cleanse and relax your feet.

Following a consultation with a therapist, a personalised journey will be created around your individual needs. After your treatments you will be led to the Relax Zone, where you can finish your experience in the calmness of this isolated area.

K Spa strives to be different, we also offer our unique Sun Meadow room, design to offer gentle light therapy to help relieve the symptoms of S.A.D. (Seasonal Affective Disorder).

We look forward to welcoming you to K Spa.
PURE EXPERT
Hormonal changes can often cause problems that reflect on the skin with blemishes, acne and excess oil. Your therapist will treat your skin according to its exact needs. The treatment includes a deeply renewing exfoliation, followed by High Frequency electrotherapy (low currents are delivered via a glass electrode, stimulating skin repair). With the PurExpert facial, the skin is deeply cleansed, purified and balanced leaving a matt appearance.

MEN’S C+ ENERGY FACIAL
Based on a cocktail of plant extracts, trace elements and vitamins, this therapy has been designed to specifically meet the needs of men’s skin, often irritated by shaving. Using specialised anti-ageing massage and neck stretches to alleviate tension to the neck and shoulders; it works against the appearance of wrinkles, dryness and signs of premature ageing. Highly relaxing, extremely effective and just for him!

VITAMIN C + (A.G.E)
Advanced Glycation End products are toxins which we naturally form, accelerating the ageing process. C+ is loaded with pure Vitamin C, offering exceptional anti-ageing care that intensely repairs and revitalises the skin. The power of Vitamin C is the perfect solution for tired skin; using highly active ingredients an advanced Anti-Ageing massage helps to regenerate the skin, stimulating collagen synthesis and optimizing hydration. This therapy provides immediate results, delivering a wonderful relaxing experience, which leaves your skin fresh, luminous and younger looking.

ULTIMATE AROMATHERAPY FACIAL
Let your face be pampered and rejuvenated with this real aromatherapy experience, using essential oils to improve your skin condition and techniques specific to your individual needs. Whether you want to clear up congested skin, condition and protect your skin, smooth the appearance of wrinkles or simply maintain an even complexion, we will tailor your treatment using Aromatherapy Associates products to suit your skin’s particular requirements.

ROSE AND HONEY FACIAL
This intensive therapy uses the essence of flowers and plants in a concentrated formula with a highly active anti-stress action. The extracts of Gallic Rose, Arctic Rose, Black Rose, White Rose and the Nepalese Rose petals will soothe, hydrate and nourish your skin, and you may breathe in the natural scents of the Roses providing an emotional sense of well-being.

Emotional stress, and a lack of ‘me’ time reflect on the skin, giving it a dull, pallid appearance, increasing the signs of ageing, redness and dryness. Using the Royal Jelly line combined with Poria Cocos Extract - a fungus with extraordinary anti-age power - helps to combat the signs of stress and fatigue.
TREATMENTS FOR THE FACE

CRYSTAL CLEAR MICRODERMABRASION 30 min
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.
For first time experience we do recommend Crystal Clear Deluxe facial.

CRYSTAL CLEAR OXYGEN 40 min
This sophisticated treatment breathes new life into tired and aged skin. A regenerating therapy that commences with a deep cleanse and exfoliation, leaving the skin smooth and rehydrated before delivering pure Oxygen pulsed into the skin - visibly improving elasticity and firmness. This is so much more than just a facial.

CRYSTAL CLEAR DELUXE 50 min
For immediately visible result have combination of a Micro Dermabrasion and Mini Lift Mask.
Micro Dermabrasion - a controlled method of skin resurfacing by gently exfoliating the outer layer of the skin will encourage new collagen and elastin formation to visibly rejuvenate the skin. Then cooling and calming Mini Lift Mask instantly lifts, firms and reduces the appearance of lines, leaving the skin feeling and looking its absolute best. Enjoy a pampering hand massage whilst the mask works its magic.
CRYSTAL DETOX MASSAGE
80 min
A truly sumptuous experience using extracts of precious stones and minerals to energise, tone and balance the skin. Working with an exquisite massage in combination with gentle exfoliating powder enriched with Amethyst, Sapphire and Ruby to produce a luxury smoothing exfoliating mousse which applied with a slow lymphatic movements to increase blood circulation and stimulate the lymphatic system helping to cleanse and detoxify the body. Deeply hydrating and nourishing to the skin with anti-cellulite effect. A must have treatment!

CANDLELIGHT MASSAGE
50 min
This luxurious body massage creates a sense of harmony and serenity. The warm wax from the Mediterranean Light candle, rich in vitamins and essential oils, is massaged into the body to ease tension and relax the mind. The candle burns throughout the experience, permeating the room with a soothing fragrance.

CHOOSE FROM:
• Sunset in Egypt - bursting with citrus
• The colour of Provence - rich in soothing Lavender
• Flavours of Andalucia - with a sensuous olive aroma

DISTRESSED MUSCLES - DEEP TISSUE MASSAGE
50 min
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 - when you push yourself to your limits, your body can easily become stiff, tight and painful. A deep massage penetrates directly into the muscles, releasing pain and tension.

TREATMENTS FOR THE BODY

BAOBAB FEEL GOOD
70 min
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, increases energy level, decreases stress, and supports the immune system - that’s why we call it the Feel Good Fruit!

This treatment is a nourishing, protective, smoothing and hydrating experience, using a scrub, essential oil and gel all made with Baobab extract to give a full body exfoliation, massage and energizing leg therapy. The ritual is completed with a fresh Baobab smoothie.

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

ULTIMATE AROMATHERAPY MASSAGE
50/80 min
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 toe treatment will dissolve away all of your stress and tension.

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CANDLES AND OILS MASSAGE
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ON THE RUN

Indulge yourself in 30min K Spa Experience in just 30min.

Choose a Massage, Facial or Exfoliation.

TREATMENTS FOR THE BODY

HOT STONE MASSAGE 50 min
Smooth water-heated basalt stones are used to perform a deep body massage, the heat warming up tight muscles and improving circulation. The stones are volcanic in origin and rich in minerals, the direct heat they emit relaxes the muscles. This treatment will balance and ground the body, leaving you feeling totally calm, yet energized.

BACK RELIEF 40 min
This experience is unique to K Spa; a total de-stress ritual for the back. The treatment starts with a deep back cleanse and exfoliation, followed by a hot stone back massage, and then a nourishing hydrating mask is applied to the back and shoulders, and finally a relaxing head massage completes the ritual. It's like a luxurious facial – but for your back!

PRENATAL MASSAGE 50 min
This nourishing body massage is carefully designed to aid relaxation for Mums to be. Using special pregnancy cushions for extra comfort, and a blend of natural oils to nourish the skin, this treatment promotes total relaxation for the mind, body and baby.

HOT HERBAL DE-STRESS MASSAGE 80 min
The Herbal Poultice treatment utilizes warmed muslin poultices of Chinese herbs that are steamed and applied directly to the body in a kneading action, followed by the hands on massage using warm aromatherapy oil, and finishing with stretches. This traditional treatment has been practiced to soothe muscle tension and stiffness on the key areas. Heat and herbs are absorbed by the body helping to reduce aches and pains, increase lymphatic drainage and rejuvenate the skin. It relaxes the muscles while stimulates blood circulation and energy flow. Great for boosting your immune system.

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.

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K spa
FACE & BODY EXPERIENCES

TIME OUT EXPERIENCE 110 min
A complete K Spa ritual personalised to your needs. Experience the intensely conditioning and deeply penetrating powers of macadamia, coconut and evening primrose and indulge your senses with the exotic scent of geranium, ylang ylang and vanilla. Your journey starts with an enriching body scrub followed by two different, specially targeted masks which are created to treat your face and body - each one designed to re-mineralize and soften the skin. You are then cocooned in a warm water blanket and gently lowered into a relaxed state of weightlessness whilst you drift away. If that wasn’t enough, your treatment is finished with a full body massage using hot stones to rejuvenate and relax the body and mind.

Feel physically and mentally refreshed after this all-encompassing top-to-toe relaxing experience.

OBSIDIAN AND ONYX STONE THERAPY 80 min
An exclusive body and face stone massage that combines Hot and Cold with Black and White ancient stones. This experience uses the contrasting stones to rebalance your emotional well-being, eliminate toxins, revitalise the body, combat stress and overcome anxiety.

The energy exchange between the body, the stones and the therapist leads to a perfect balance and serenity. A truly amazing experience leaving you feeling wonderfully calm, totally de-stressed and will promote deep sleep.
INNER STRENGTH 80 min
The Inner Strength treatment is ideal for anyone experiencing their own personal trauma, or simply those needing a nurturing treatment to help draw upon their inner strength.

The treatment begins with a frankincense inhalation, followed by a foot cleanse with heated mitts. A rich, 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 deeply comforting treatment that will help deliver a deep sense of peace when it's needed most.

DEEPLY WARMING BACK AND FACE 80 min
Our deeply-relaxing yet powerful face and body signature skin-booster is bursting with goodness for an anti-ageing and anti-stress experience.

A luxurious warming treatment begins with a relaxing warm pinda pressure massage. During this time the Mediterranean Light Candle is burned, emitting a wonderful fragrance. The warm wax from the candle is then poured over your skin with a prolonged back massage to ease tension, relax the mind and deeply hydrate the skin. And this is not all… Discover a beauty secret with a facial therapy rich in natural ingredients of rose and royal jelly with a highly soothing and renewing action on the skin. Steeped in beautiful massage rituals including our luxurious Japanese steamed towel cleanse, this therapy will nourish, repair and protect the skin. Suitable for all skin types. Ideal for skin in need of boost or suffering emotional stress.
DAY SPA JOURNEYS

TWO’S COMPANY
Share your spa experience with someone you care.

PACKAGE INCLUDES:
- Welcome Tea - Consultation with a therapist
- Candlelight Massage 40min
- Dry Floatation 40min
- Private use of sauna 20min
- Sun Meadow 15min

K SPA ESCAPE
Spoil yourself on the full day of a spa journey.

PACKAGE INCLUDES:
- Welcome Tea - Consultation with a therapist
- Baobab Feel Good 70min
- Vitamin C+ (A.G.E.) Facial 45min
- Tantrum Manicure 15min
- Sun Meadow 70min
- Baobab smoothie 40min
- Spa Lunch or Dinner 15min

“ME” TIME
Give your body and mind well deserved treat. Choose best suitable for you time from: 9am - 3pm or 2pm - 9pm.

PACKAGE INCLUDES:
- Welcome Tea - Consultation with a therapist
- Glowing Express Facial 30min
- Aromatherapy Back Massage 30min
- SOS Manicure or Pedicure 30min
- Spa Lunch or Dinner 15min

BLOKES EXCLUSIVE
It’s your time to enjoy your manly treat.

PACKAGE INCLUDES:
- Welcome Tea - consultation with a therapist
- Hot Stones Massage 50min
- Barefoot Pedicure 50min
- Spa Lunch or Dinner 50min

All day use of the Chill Area
MASSAGE MASTERCLASS

This workshop is designed for people who would like to learn how to do basic massage for each other at home. It gives you necessary knowledge of benefits, products and contraindications.

The technique and massage strokes are easily to repeat and remember. We hope it will give great sense of satisfaction and personal achievement.

We would advise you to wear t-shirt and comfortable trousers (sportswear).

THE MASTERCLASS INCLUDES:
- Massage Workshop 120min
- All day use of Chill Area
- Glam Rock Afternoon Tea or Spa Lunch in Studio Kitchen
WELCOME TO 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. K Fit also features a rocking line up of fun, feel-good classes in the private Studio.

Our gym is complimentary to all of the hotel guests.

PERSONAL TRAINING AT K FIT

Our objective at K West Hotel & Spa is to provide the most supportive and effective workout tailored to your wishes and needs. We combined Functional Movements with High Intensity and Martial Arts to create an all-round Personal Training experience.

To arrange your consultation please contact us on fitness@k-west.co.uk or call us on 020 8008 6612.

GYM OPENING HOURS

Monday - Friday  6.30am - 10.00pm
Saturday - Sunday  8.00am - 9.00pm
Bank Holidays  8.00am - 8.00pm

We would love to hear from you - if you have any questions about the gym, fitness classes or membership options, please contact us on fitness@k-west.co.uk or call us on 020 8008 6612.
SPA ETIQUETTE

Our caring therapists love your feedback: from the treatment room temperature and the music volume, to the pressure being used during your treatment. We all have different requirements, discussing yours will ensure you fully enjoy your treatment. It is particularly important to let the therapist know about any problem areas you may have, or areas you would like special attention paid to.

For the comfort of your fellow spa guests, photography and the use of mobile phones is strictly prohibited at K Spa. In the relaxation area, conversations are fine but please moderate your voice as other guests may be having a post treatment nap.

Always shower before entering the Chill Area. While using a sauna or steam room, please sit on a towel. Drink plenty of water, especially if you are using the steam room and the sauna.

Avoid alcohol prior to your appointment, and avoid shaving (that’s face or legs) on the day of your appointment as it can cause irritation to your skin.

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.

ARRIVAL
We recommend you arrive up to an hour before your appointment, to take advantage of the facilities prior to your treatment. Please be aware that late arrivals will result in a loss of Treatment time, as the appointment will end as scheduled.

CHILL AREA
Take a journey through our Chill Area, an experience for all the senses. With an Aromatherapy Herbal Steam Room, Sauna, Sanarium, Hydrotherapy Pool, Snow Paradise, Foot Baths and Experience Showers, our Chill Area is the perfect prelude or end to your treatments.

WHAT TO BRING
We have changing rooms with lockers, robes, slippers, hair dryers, straighteners and all the necessary toiletries are provided. Jewelry is not recommended to be worn in the Chill Area or whilst having treatments. All you need to bring is yourself, your bathing suit or your gym kit if you want to use our K Fit facilities.

HOTEL GUESTS FEES:
Hotel guests can enjoy the Chill Area for just £20 per person Mon - Fri or £30 per person Sat - Sun. Book any 1 hour holistic spa treatment and receive complimentary spa access.

NON RESIDENT’S FEES:
Book two hours of Holistic treatment and get the gym and chill area free or with any 1 hour holistic treatment there is charge of £25 to use the facilities.

CANCELLATION
A 100% charge will be incurred for cancellations less than 24 hours prior to the scheduled treatment time.

SPA SHOP
LOOKING FOR A PERFECT PRODUCT OR GIFT?
The spa offers a wide range of products and gift sets which you can purchase or you could choose to buy a Gift Voucher, perfect for the person who has everything! These can either be purchased in K Spa or from our website. K Spa’s adult facilities only (over 18).

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Early Risers and Night Owls - From Mon - Fri Hotel guests can access the Spa for just £10 between either 7am - 9am or 8pm - 10pm.

K Spa’s adult facilities only (over 18).

NON RESIDENT’S FEES:
Book two hours of Holistic treatment and get the gym and chill area free or with any 1 hour holistic treatment there is charge of £25 to use the facilities.

A Spa day including use of Chill Area and the gym, can be booked for £50 per person. K Spa’s adult facilities only (over 18).

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