

# THIS IS OUR SPA BROCHURE



HOLISTIC SPA & FITNESS CLUB



*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.

We are committed to provide our guests with the highest levels of cleanliness, personalised  
service and attention to detail. We can ensure you that these remain our top priority and is in  
accordance with Government guidelines.  
Please read of Covid-19 Spa Statement [here](#).

## OPENING HOURS & PRICES

Monday - Sunday 8.30 - 21.30

PEAK TIMES (SATURDAY, SUNDAY & BANK HOLIDAYS)  
OFF PEAK TIMES (MONDAY - FRIDAY)

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**

50 min | £90 Off Peak | £100 Peak



Following a 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.

## **VITAMINC C+ (A.G.E)**

70 min | £110 Off Peak | £120 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.

## **MEN'S C+ ENERGY FACIAL**

50 min | £95 Off Peak | £105 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.



# Advanced facials

## CRYSTAL CLEAR

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.

## CRYO-OXYGEN

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.

## EFFICY ADVANCED ANTI-AGEING

80 min | £130 Off Peak | £140 Peak



A multi-functional Modular platform EFFICY has been created by combining three of the most advanced aesthetic treatments and technologies on the market: Radio Frequency, Vacuum Push-Pull and Digital Transdermal Induction, which work synergistically with the highly concentrated ingredients of Germaine de Capuccini's Synergyage range.

This facial is a great solution for dermatological problems such as acne, dark spots, sensitivity and signs of aging. Your therapist will help you to choose the ideal program to target your skin's concerns to deeply improve the appearance of the skin.



# Treatments for the body

## AROMATHERAPY MASSAGE

50 min | £95 Off Peak | £105 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 MASSAGE

80 min | £125 Off Peak | £135 Peak



This herbal massage 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 alternating with hands-on oil massage.

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

## MEDITERRANEAN CANDLE MASSAGE

50 min | £105 Off Peak | £115 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.





# *Treatments for the body*

## **DE-STRESS DEEP TISSUE MASSAGE**

50 min | £105 Off Peak £115 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.

## **FIRM, SHAPE & LIFT**

70 min | £110 Off Peak | £120 Peak



A shaping treatment using advanced technology of the EFFICY machine with 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

## HOT STONE MASSAGE

50 min | £95 Off Peak | £105 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.

## DE-STRESS & BALANCE

70 min | £120 Off Peak | £130 Peak



This treatment is a magical stress buster. Relax your mind from life's daily stresses with a soothing full body massage focusing on hands, feet and scalp. This luxurious treatment rejuvenates your body and rebalances your mind; reducing feelings of stress and anxiety, improving sleep and mood and helping fight depression. The strengthening powers of our mood-boosting essential oils and chakra stones help to balance scattered emotions and restore positivity.



# *Time Essence Therapies*

*All treatments are 25 minutes. £55 Off Peak | £65 Peak*

## **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.

## **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.

## **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.

## **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*

## 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.

## 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.



# Spa Day Packages

## TIME 4 TWO

Enjoy quality time together  
**£220 Off Peak | £250 Peak**



### PACKAGE INCLUDES

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

## FEEL GOOD AT K SPA

Monday - Friday only

Give yourself a treat  
Only **£80**



### PACKAGE INCLUDES

Back Revive **25 min**  
Spa lunch  
Use of the Wet Spa

## FEELING FABULOUS

Spoil yourself on the full day of a spa journey  
**£239 Off Peak | £269 Peak**



### PACKAGE INCLUDES

Black Soap Body Exfoliation **25 min**  
Aromatherapy Massage **50 min**  
Prescriptive Facial **50 min**  
Sun Meadow **15 min**  
Spa Lunch or Dinner  
Use of the Wet Spa

## WIND DOWN

Relax  
**£110 Off Peak | £135 Peak**



### PACKAGE INCLUDES

Back Revive **25 min**  
Black Soap Body Exfoliation **25 min**  
Spa Lunch or Dinner  
Use of the Wet Spa



# How to Spa

## BOOKING

Advance booking is essential to guarantee your preferred time slot (for the use of the Spa, treatment or both). 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. An advanced payment is required to secure your treatment. Alternatively, you can book online at: [www.k-west.co.uk/k-spa](http://www.k-west.co.uk/k-spa)



## 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.

## 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 30 minutes in advance of your appointment so that you can change and relax. 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.

## GUEST FEES, ACCESS & FACILITIES

Hotel guests can enjoy the Wet Spa for :  
£15 per person with booked treatment  
£25 per person with no treatment booking

### Non-resident's fees:

£15 per person with booked treatment  
£30 per person with no treatment booking  
\*Gym access included

A 30 minutes cleaning will take place after each slot (wet spa and changing rooms).

## 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 any of the cabins or seating areas. 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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