




TREATMENT MENU



## PHILOSOPHY

Claridge's Spa draws together ancient Japanese healing rituals, restorative bodywork and the latest bio-innovation to amplify your emotional, physical and spiritual wellbeing.

With personalised treatments designed around high-performance lifestyles, our holistic approach restores energy and harmony, leading to a sense of inner calm and a radiant outer glow.



## THE SPACE

Claridge's Spa brings a soothing sense of calm and tranquillity to the heart of the hotel. Feel your soul lighten as you step inside, your senses heighten at the sound of flowing water and energy-cleansing music, designed to raise your vibration. Breathe in the heady aromas from our incense, hand-crafted herbal poultices and custom fragrance, with grounding notes of cinnamon, cedarwood and clary sage. Intricate ikebana floral arrangements, inspired by the rhythm of the seasons, provide a backdrop to this otherworldly space. Sip our seasonal tea blend or crystal-infused water and let your journey begin.

The spa features an intimate, electrolyte-rich relaxation pool, male and female steam rooms and saunas and six luxurious treatment rooms with private bathrooms. A heavenly, hand-carved pink-onyx stone bed features in The Pink Room, ready to melt your physical and emotional stress away.

A connected-fitness gym hosts state-of-the-art cardio and weight based equipment, a boxing bag and a personal training area.

Josh Wood's appointment-only hair salon brings the team's creativity to Claridge's.



## ART OF RITUALS

Inspired by the art of ceremony in Japanese culture, we have thoughtfully created opening and closing rituals, inspired by temple Koh-do, to accompany and elevate our unique treatments. Our omakase approach to your experience means we are happy to design a perfectly tailored experience for you, or simply lie back and have our discerning team of healers gently move you to a new state of being.

TREATMENTS



CLARIDGE'S  
SIGNATURE TREATMENTS

**Welcoming Foot Ceremony**

10 minutes | Included with our Bamboo & Silk Ritual and Bespoke 90-minute treatment  
Temple incense, seasonally blended tea and healing bells made by Japanese artisans are used to cleanse the mind and aid relaxation.

Wash away the outside world with our welcoming foot ceremony. Seasonal, scented water with freshly fermented enzyme-rich koji softens and smooths the skin, while shiatsu pressure points are applied to unlock tension and encourage circulation.

**Bespoke massage**

60/90 minutes | £195/£260  
Our personalised, omakase-inspired approach means that we can craft a bespoke massage tailored to your needs. Why not end your spa treatment with a Josh Wood blow-dry, manicure or pedicure?

**Bamboo & Silk Ritual**

90 minutes | £295  
A total mind and body immersion comprising of our welcoming foot ceremony with enzyme-rich koji to smooth and soften skin, a trilogy of body and hand massage techniques and a nurturing silk facial.

An invigorating body massage with warmed bamboo sticks works deep into the muscles, stretching and releasing tension while harnessing the powerful healing benefits of heat combined with seasonal herbs within hot oil-infused poultices. A deep hand massage soothes stress held throughout the body.

The treatment ends with a nurturing facial. Silk cocoons hydrate and replenish the skin's barrier, while mini-poultices are used on pressure points on the face and décolletage to calm the mind and leave you feeling restored and rested.

## THE PINK ROOM

A haven of wellbeing, inspired by The Painter's Room bar, this serene retreat nods to restoration and deep nourishment within a powerful pink aesthetic. At its heart is the gently heated pink onyx bed – where a modern, sense-awakening take on the classic hammam unfolds.

### **Claridge's Signature Hammam**

90 minutes | £350

A modern twist on the classic hammam, your treatment begins with an aromatic steam to open the pores and reawaken the senses. A charcoal soap, infused with English mint and sugar kelp, detoxifies and cleanses skin, before exfoliation using a traditional, fine textured kese mitt – yours to take away.

After ladling aromatic rose water over your body, your therapist applies a pink clay mask. While the mask works its wonders, enjoy a cleansing face ritual, hair oiling and scalp massage. To finish, immerse in a blend of buttermilk and rose petals, before the final soothing application of rose body oil and shea butter.

### **The Omorovicza Signature Treatment**

120 minutes | £390

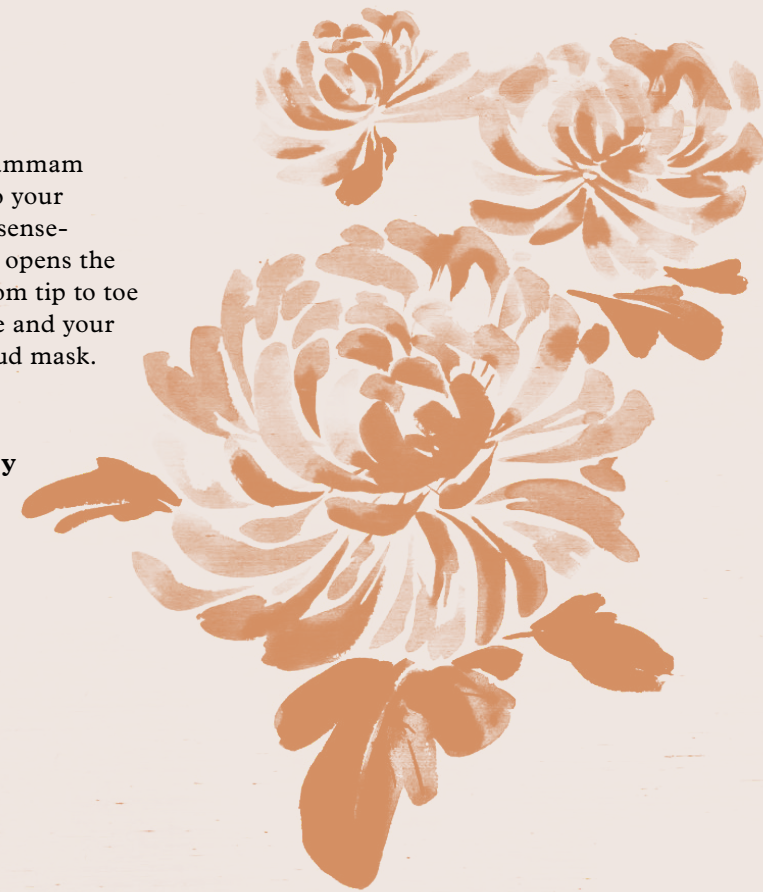
This two-hour ritual begins with a steam, followed by an exfoliating scrub and a traditional Hungarian body massage, inspired by the graceful movements of the ballet. These unique techniques energise muscles, stimulate microcirculation, and promote lymphatic drainage, invigorating the body from top-to-toe. The transformative experience concludes with a rejuvenating mud facial, incorporating Omorovicza's iconic Hungarian facial massage to deeply cleanse, revitalise, sculpt and nourish the complexion.

### **Bespoke Hammam**

60 minutes | £300

Our classic full body hammam experience is tailored to your bespoke needs. After a sense-stirring aromatic steam opens the pores, you're treated from tip to toe with a deep hair cleanse and your choice of nourishing mud mask.

### **FINISHING TOUCH Claridge's Blow Dry** £195



LA-EVA  
BODY TREATMENTS

**Sensory Immersion**

60/90 minutes | £195/£260

A sensory aromatherapy massage that grounds, uplifts and transports within an evolving scentscape of Blū, Rosēum and Jasmīna fragrances. Warm, organic base oils and lotions are used during this unique body massage.

**Seasonal Deep Release**

60/90 minutes | £195/£260

A holistically invigorating treatment with rocking, body movement and manipulation throughout to release tension and unlock body and mind. This deep tissue massage features our seasonal essential oil blend to connect with the natural flow and energy of the season. Ends with a transporting face and head massage.

**Jasmīna Luminance Treatment**

90 minutes | £295

A luxurious, hydrating three-stage treatment, beginning with a fragrant full body exfoliation using fine sel-de-Guérande enriched salt to stimulate the circulatory system, followed by a flowing massage and full body Jasmīna oil-serum application. The body is then wrapped in a soft bamboo sheet to lock in the deeply nourishing properties of the organic oils used, before finishing with a transporting neck, face and head massage.

**TREATMENT ENHANCEMENT**

**La-Eva Body Scrub**

45 minutes | £95

A full body exfoliation using La-Eva Rosēum or Jasmīna exfoliant and bath salts, which draw on the therapeutic properties of organic essential oils, Himalayan salt and mineral-rich fleur de sel sourced from the Algarve. This treatment can only be reserved in combination with treatments of 60 minutes or more.

AUGUSTINUS BADER  
BODY & FACIAL TREATMENTS

**Introduction Facial**

60 minutes | £250

A streamlined version of The Method Augustinus Bader Facial. Skin is thoroughly cleansed in preparation for skincare developed to activate skin stem cells and boost natural repair cycles. Signature massage techniques enhance circulation and hydration, ensuring optimal product absorption and delivery of key actives.

**The Method Augustinus Bader Facial**

75 minutes | £300

The Method Augustinus Bader is a bespoke, science-backed treatment that combines award-winning skincare technology with customised fascia massage to stimulate cell rejuvenation. This highly sensorial, hands-on facial leverages the Augustinus Bader hero formulas to help boost cellular communication, promote circulation and refresh the skin. The treatment concludes with a detoxifying and moisturising mask ritual for an immediate glow.

**Augustinus Bader Radio Frequency Facial**

90 minutes | £390

This science-backed personalised treatment ritual of hero formulas is used to boost hydration cellular communication and promote circulation. A stimulating microtrauma is initiated by a precise radio frequency spectrum, sending a signal to the dermal layer of the skin to activate cells and support the body's natural regenerative processes. For enhanced effectiveness, this treatment includes the application of Augustinus Bader's clean, efficient formulas powered by TFC8.





## FACEGYM FACIAL WORKOUTS

Inge Theron, founder of FACEGYM and spa designer, brings her unique facial workouts to Claridge's. Powered by results-driven, award-winning skincare, advanced-technology tools and muscle manipulation techniques, get ready to lift, sculpt, tighten and brighten like never before.

### **Cryo Contour**

60 minutes | £215

An intensely hydrating session combining FACEGYM'S signature muscle manipulation techniques with EMS technology and a high pressure shot of CO2 and hyaluronic acid, one treatment hydrates, plumps and locks in moisture for deep skin rejuvenation. As an exclusive Claridge's benefit, this workout also includes the Neck + Shoulder booster, a relaxing deep tissue massage to relieve stress and tension and help you unwind.

### **Radio Frequency**

90 minutes | £330

An advanced workout combining FACEGYM'S signature muscle manipulation techniques with EMS technology and full-face Radio Frequency (heat energy) to immediately plump, tighten and lift. Collagen and elastin production is stimulated, helping to restore elasticity, firmness and radiance which keeps improving over time.

### **Clean + Lift**

60 minutes | £200

A workout to deeply cleanse and unblock pores includes FACEGYM's signature muscle manipulation techniques, results-driven skincare and our exclusive Skin IV™ technology to reveal ultra clean, clear and brighter-looking skin. As an exclusive Claridge's benefit, this workout includes a double sculpt massage for the ultimate lift and depuffing experience.

### **TREATMENT ENHANCEMENT**

#### **Signature Sculpt**

35 minutes | £110

The original high-intensity workout to get you face fit. Combines FACEGYM'S signature muscle manipulation techniques with EMS technology for powerful face sculpting. This treatment can only be reserved in combination with any non-FACEGYM treatment of 60 minutes or more.

### **Cryo Oxygen Shot**

5 minutes | £95

A high-pressure shot of CO2 and hyaluronic acid to hydrate, plump and lock in moisture. Delivers an immediate cooling effect on the skin to help stimulate collagen production and reduce the appearance of wrinkles and fine lines.

### **Hydrating Active Roller**

10 minutes | £110

The 2-in-1 skincare and microneedling tool combines crystallised active ingredients (hyaluronic acid, tri-active peptides + centella asiatica) with manual rolling techniques for a targeted treatment. Helps to improve the appearance of dehydration. As an exclusive Claridge's benefit, this treatment includes a roller to take home, helping you maintain those visible results.

### **Skin IV™ Vitamin Shot**

5 minutes | £42

A potent vitamin and cold pressurised oxygen blend delivered by Skin IV™ technology at super-speed for the ultimate health infusion. Expect instant results of cleansed, nourished skin.

### **FacePhysio™**

10 minutes | £55

A potent vitamin and cold pressurised oxygen blend delivered by Skin IV™ technology at super-speed for the ultimate health infusion. Expect instant results of cleansed, nourished skin.



## JOSH WOOD

Celebrated British hair colour expert Josh Wood, brings his hand-picked dream team of A-list stylists to Claridge's.

You will have access to their industry leading creative talent and expertise, honed while working on fashion shows and editorial shoots alongside working in Josh's world renowned London Atelier. From fashion weeks to the red carpet, if you've spotted a shade or style you love, it's likely Josh and his team were behind it.

Think of the Josh Wood at Claridge's by-appointment-only residency as your own private space where all your hair needs are catered for. The collaboration offers a tailored menu of best-in-class hairstyling and beauty services located within the Claridge's Spa.

Claridge's Cut & Blow Dry	£350
Claridge's Blow Dry	£195
Gents	£220
Children	£180
Hair Up	from £200
Hair Extensions	from £350

Aura Smoothing	
Semi-permanent Blow Dry	
<i>Short Hair</i>	£395
<i>Medium Hair</i>	£485
<i>Long Hair</i>	£545

Manicure	£65
Pedicure	£85
Gel Manicure	£90
Gel Pedicure	£110
Gel Removal	£25

Brow Wax	£55
Facial Area Wax	£75
Upper Lip Wax	£35
Make Up on request	from £150

## WELLNESS MASTERS

Claridge's Spa sees a continual rotating programme of visiting wellness masters, currently featuring acupuncturist Ross J. Barr, celebrated massage therapist Luca Bagnara and osteopath, Ciaran Keen. This ever-evolving roster will ensure guests are expertly treated, from head to toe.

### **Ross J. Barr**

60 minutes | £250

Specialising in fertility and women's health, acupuncturist Ross J. Barr is widely recognised as one of the leading health and wellness experts. With specialities ranging from women's health and fertility to stress management and grief support, Ross has over the past fifteen years become known as one of the foremost practitioners in his field.

### **Luca Bagnara**

90 minutes | £350

Celebrated massage therapist, Luca Bagnara, brings his signature method to Claridge's Spa on Wednesdays. An expert in the field of remodelling aesthetic massages, including lymphatic drainage, Luca's tailor-made experiences work to improve the appearance of cellulite and reduce water retention.

### **Ciaran Keen**

60 minutes | £250

One of London's most sought-after osteopaths, Ciaran is known for creating bespoke exercise management and therapeutic plans to help support clients, including both professional and recreational athletes, with rehabilitation and performance.

### **Minimal by Hadda**

45 minutes |

Prices from £255

Hadda, also known as 'Minimal by Hadda' is a facialist and skin expert. Hadda educates her clients on her curated approach to skincare and strongly advocates a good skin from within philosophy. With a bespoke approach to her treatments, Hadda specialises in combining holistic techniques with the efficacy of advanced technologies such as lasers, peels and microneedling to create bespoke treatments for each client.

## GYM & FITNESS

Our state-of-the-art fitness studio has been designed to flex with your individual needs. The connected-fitness gym, featuring top-of-the-range equipment from brands such as NOHRD, PENT and Peloton, allows you to personalise your workout, while our personal trainers are available on demand to train you at the gym or in-room. Whether you're looking to re-energise for the day ahead or stretch and unwind after a long flight, we can tailor your fitness programme to you.

Personal Training Session      £140

## EXPERT RESIDENCIES

As part of our commitment to your longevity and restoring your energy, we have collaborated with some of the most celebrated names in wellness to offer a range of services from manicures to acupuncture. Please enquire for which expert is in residence this month.

