



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 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 our wet 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.

Body Detox & Sculpt

75 minutes | £280
A transformative slimming and sculpting treatment that targets areas such as the thighs, abdomen and upper arms, beginning with 30 minutes inside the UK's first MLX i3Dome, which detoxes the body with FIR-technology to activate tissue metabolism and stimulate cellular communication and repair.

Wrapped in a detoxifying fusion of cinnamon, white turmeric and ginger, an anti-ageing fire-and-ice korugi face massage revives the skin. A unique combination of sculpting and lymphatic techniques with cooling intervals using cold sake towels and ice globes firms and lifts facial contours.

The body is cooled with ice-cold towels, or an optional shower, followed by a powerful sculpting and lymphatic drainage body massage. Focusing on the thighs, abdomen and upper arms, these energising movements drain excess fluid, smoothing the skin and reducing signs of cellulite.

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.

Bespoke treatment

60/90 minutes | £195-£235

Our personalised, omakase-inspired approach means that we can craft a bespoke treatment tailored to your needs. Why not end your spa treatment with a Josh Wood blow-dry, manicure or pedicure?

LA-EVA BODY TREATMENTS

Sensory Immersion

60/90 minutes | £195/£235

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.

Deep Release

60/90 minutes | £195/£235

A holistic, invigorating treatment with rocking body movements to release tension and unlock body and mind. This deep tissue massage uses warm, organic base oils and the La-Eva Spice essential oil blend, ending with a transporting scalp massage with the luxurious Jasmīna oil.

TREATMENT ENHANCEMENT

Rose Body Scrub

45 minutes | £95

A full body exfoliation using La-Eva Rosēum 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

The Method Augustinus Bader Full Body Detox Ritual

90 minutes | £325

This unique treatment combines The Method Augustinus Bader with next-generation far infrared, plasma and light technology for synergistic skin rejuvenation and science-backed detoxification benefits. After a cleansing shower, the legs and torso are enveloped in the UK's first MLX i3Dome, an innovative three-in-one chamber developed to activate tissue metabolism and stimulate cellular communication and repair. The treatment is fully adaptable to suit personal preferences and complexion needs, and includes 15 minutes of bespoke facial therapy. Skin is left visibly smoother, firmer and revitalised in just one session.

The Method Augustinus Bader Facial

75 minutes | £225

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.

Introduction Facial

60 minutes | £200

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.





FACEGYM FACIAL TREATMENTS

Founder of FaceGym and spa designer Inge Theron, brings London's most beloved face workout to Claridge's, with longer treatment times to enhance your experience.

Cryo Contour

60 minutes | £205

This intense facial workout provides deep hydration and contouring, combining FaceGym's energetic Signature Sculpt moves with a potent shot of frozen CO₂. A deep muscle stimulation massage increases blood circulation and oxygenation, promoting lymphatic drainage and sculpting the facial muscles. Muscles are toned and elevated, while the skin is left reinvigorated and hydrated.

Radio Frequency

75 minutes | £290

Experience FaceGym's original Signature Sculpt workout with a full-face radiofrequency session. Deep dermal heating enhances blood circulation, promoting sculpted contours and a brighter complexion by stimulating new collagen and elastin formation. Skin is left visibly plump, tightened and lifted with a youthful appearance.

Clean + Lift

60 minutes | £195

The ideal workout before a special event or for those in need of a healthy boost. Combining FaceGym's energetic Signature Sculpt moves with a deep cleanse and a SKIN IV nutrient-rich infusion, skin is instantly left recharged and refreshed, with a healthy glow and defined contours.

TREATMENT ENHANCEMENT

Signature Sculpt

30 minutes | £100

FaceGym's original high-intensity workout sculpts the 40+ facial muscles and improves natural radiance. This 30-minute session combines muscle manipulation, massage and EMS technology to address the loss of muscle tone and definition, puffiness, dullness and fine lines. This treatment can only be reserved in combination with any non-FaceGym treatment of 60 minutes or more.



Vitamin Shot

2 minutes | £35

A personalised shot harnessing the power of vitamins A, C, E and B5 deeply penetrates the skin, promoting health and radiance.

Cryo Oxygen Shot

4 minutes | £95

A non-invasive and deeply hydrating booster. This treatment targets dull, dehydrated skin by delivering a potent shot of frozen CO₂ with atomised active ingredients and hyaluronic acid to plump fine lines, enhance skin texture and improve hydration.

Hyaluronic Acid Roller Application

15 minutes | £95

A booster to amplify the skin-plumping and hydrating benefits of FaceGym workouts. Microneedles filled with pro-grade hyaluronic acid, peptides and antioxidant centella asiatica work to rejuvenate the skin from within, increasing elastin and collagen production and improving skin texture. Each treatment includes a roller to take home and use again.

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	£245
Claridge's Blow Dry	£125
Gents	£135
Children	£105
Hair Up	from £180
Hair Extensions	from £250

Aura Smoothing	
Semi-permanent Blow Dry	
<i>Short Hair</i>	£330
<i>Medium Hair</i>	£405
<i>Long Hair</i>	£455

Claridge's Nail Ceremony	£160
Manicure	£45
Pedicure	£65
Gel Manicure	£60
Gel Pedicure	£75
Gel Removal	£15

Brow Wax	£45
Facial Area Wax	£65
Upper Lip Wax	£25
Make Up on request	from £150

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.

WELLNESS CONCIERGE

Our personalised approach to wellness and thoughtful curation of both holistic and high-tech experts allows us to adapt to the different moments in your life and create custom experiences. Our spa concierge can craft treatments for a special occasion or devise a longer-term health plan.

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 and acupuncture to vitamin infusions. Please enquire for which expert is in residence this month.

