



S P A

at The Connaught

REIKI

Bernice Robinson

Bernice Robinson is a member of the UK Reiki Federation, trained in the traditional Usui method of Reiki: A gentle yet powerful method of healing, Reiki is a spiritual energy practice that works on a physical, mental and emotional level. Each treatment is tailored to the client's individual needs.

Reiki Master Energy Wellbeing

1 hour or 1 hour 30 minutes

Our Reiki Master, Bernice Robinson will use her natural healing ability to help awaken and release a transformational sense of wellbeing and peacefulness. Reiki is a spiritual energy practice that will transform you and your relationship with life. It is a spiritual life force energy healing technique that is focused and transferred through the palms of the hands, placed on the body or without contact. The Reiki energy is felt deeply at all levels physically, mentally, emotionally and spiritually. Reiki is a gentle and non-invasive yet powerful method of healing, often a treatment can feel like bathing in light and warmth, leaving your mind and body re-energised. At other times, the gentle currents of energy moving through your mind and body may feel like the rippling of warm waters, Reiki can also feel like a subtle deeply relaxing spiritual force that dissolves blockages in your body due to its higher vibration.

Osteopathy

John Loftus

With over 30 years of clinical experience, John specialises in correcting and stabilising musculoskeletal issues through gentle mobilisation and cranial sacral therapy. John mastered his expertise while training as a classical osteopath and naturopath, and completed post-graduate training in Cranial Osteopathy.

Osteopathy

Osteopaths use touch, massage, stretching and physical manipulation to increase joint mobility, ease muscle tension, enhance blood and nerve supply to the tissues and help the body's own healing mechanism.

Initial consultation session is 45 min with follow-up session lasting 30 min.

Craniosacral therapy

Craniosacral therapy supports your body's innate ability to balance, restore, and heal itself. This deeply profound treatment is a light-touch hands-on therapy that addresses compensation and compressions within the craniosacral system including the membranes and cerebral-spinal-fluid that protect the brain and spinal cord. This vital system extends from the bones of the skull, face and mouth, which make up the cranium, down to the sacrum area. Your practitioner senses tensions in the body and helps to release them in a supported and comfortable way. During or after a session you may feel calm and energised, with increased clarity of mind and a feeling of well-being. Because it is so gentle and non-invasive, craniosacral therapy is suitable for all ages.

Initial consultation session is 1 hour 30 min, with follow-up sessions lasting 1 hour.

Remedial & Sports Massage

Rebecca Whaley

After training and working as a professional dancer, Rebecca was drawn to the wellness world and became a therapist to support her fellow performance artists. At the Aman Spa she is proud to be leading a world-class team of therapists as Assistant Spa Director, as well as specialising in Trigger Point Therapy and Sports Massage.

Sports Massage

1 hour or 1 hour 30 minutes

Using a range of deep muscular techniques, your Sports Massage therapist will help to mobilise soft tissues, relieve muscle tension and break down fibrous adhesions. Sports Massage is highly recommended for those with active lifestyles to enhance athletic performance, prevent injury and promote recovery from intense exercise. Your initial appointment will include 15 minutes complimentary consultation, which includes postural assessment and treatment plan.

Clinical Remedial Massage

1 hour

This outcome focused treatment utilises advanced clinical and remedial techniques applied to muscles, ligaments, tendons, and fascia to manage both acute and chronic injuries. Your therapist will guide you through a thorough systematic consultation, postural assessment, and joint and muscle testing, to help identify the root cause of the problem. They will then apply direct and targeted techniques and issue you with an ongoing rehabilitation plan.



THE CONNAUGHT

CARLOS PLACE MAYFAIR LONDON W1K 2AL

TEL: +44 (0)20 3147 7305/6

EMAIL: AMANSPA@THE-CONNAUGHT.CO.UK WEBSITE: THE-CONNAUGHT.CO.UK