TREATMENT MENU

CLARIDGE'S SPA

Claridge's Spa is a 7,000 square foot subterranean sanctuary, where modern wellness is met with the same, exceptional artistry and innovation that has defined the hotel for centuries. A place to invest in oneself and submit to the warmth, care and hospitality for which Claridge's is renowned.

For visible change, advanced treatments and expert-care from global leaders such as Dr. Barbara Sturm; intelligent, science-backed results are delivered. For an everyday escape, calming massages and rituals offer a welcome pause from the bustle of Mayfair's streets above. And, for life's meaningful moments, the spa becomes a place to celebrate, from intimate milestones to precious time, accompanied by the timeless hotel experiences - such as Afternoon Tea - that so perfectly pair.

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.

The gym hosts state-of-the-art Technoym cardio and weight based equipment, and a personal training area.

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

MASSAGES &
SIGNATURE 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 | £250/£290
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 | £330
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.

CLARIDGE'S
SIGNATURE TREATMENTS

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

Sensory Immersion
60/90 minutes | £250/£290
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 | £250/£290
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 | £330
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.

La-Eva Body Scrub
45 minutes | £95
A full body exfoliation using La-Eva Rosēum or Jasmina 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.

FACIALS

DR. BARBARA STURM
FACIAL & BODY TREATMENTS

STURMGLOW™ Facial
60 minutes | £250
Designed to restore balance and radiance, the STURMGLOW™ Facial begins with a deep cleanse and gentle steam to prepare the skin for extraction. Advanced formulas work to strengthen the skin barrier and enhance overall resilience, leaving the complexion visibly revitalised. This facial is ideal for special occasions or as part of a monthly skin refresh.

Super Anti-Aging Facial
90 minutes | £390
Addressing visible signs of aging, the Super Anti-Aging Facial utilises microcurrent technology in synergy with reparative formulas to help smooth fine lines and wrinkles, support regeneration, and repair damaged skin. A deep cleanse followed by gentle steam and extraction prepares the skin for optimal results. The result is a visibly rejuvenated, firmer-looking complexion, making the treatment ideal for longevity-focused skin maintenance.

Bespoke Facial
90 minutes | £390
(optional Buccal)
A personalised facial tailored to your specific skincare needs, the Bespoke Facial begins with an in-depth skin analysis to determine the most effective approach. Following cleansing, gentle steam and extraction, the treatment is enhanced with advanced technology, including microneedling or microcurrent, and LED therapy, thoughtfully selected to complement the facial experience. The result is a complexion that's balanced, revitalised, and visibly renewed.

Tension Release Facial
30 minutes | £150
A soothing, restorative facial designed to ease tension and revive tired skin, the Tension Release Facial begins with a gentle cleanse and toning to prepare the complexion. A deeply relaxing massage works to release facial tension and promote circulation, while targeted serums and nourishing hydration replenish the skin. Enhanced with a gold bar to tone and sculpt, this treatment leaves the complexion refreshed, hydrated, and glowing with renewed vitality.

Lymphatic Sculpt & Tone Massage
60/90 minutes | £250/£290
A deeply restorative treatment that encourages the body's natural detoxification process, this massage stimulates the lymphatic system to promote the release of excess fluid. Targeted techniques work to reduce the appearance of cellulite, ease feelings of heaviness and bloating, and refine the body's contours. By the end of the session, the body feels lighter, more sculpted and toned, with an enhanced sense of overall wellbeing.

The Reparative Facial
60 minutes | £250
Originally developed by Dr Yannis Alexandrides to support post-procedure recovery, this facial showcases the clinically informed approach for which 111SKIN is renowned. Powered by the exclusive NAC Y²™ complex, it helps strengthen the skin barrier and soothe visible signs of inflammation, while the restorative benefits of the Reparative Collection work to leave the complexion revitalised.

The Black Diamond Non-Surgical Face Lift Facial
90 minutes | £390
Our most indulgent anti-ageing facial. Drawing on the transformative benefits of 111SKIN's Intensive Collection, this results-driven treatment is designed to promote a firmer, more sculpted-looking complexion. Gentle exfoliation reveals smoother, more even-toned skin, while advanced formulations enriched with brightening and renewing actives are delivered through Fine Diamond Particles and the patented NAC Y²™ complex. The result is a complexion that appears radiant.

The Glass Skin Facial
90 minutes | £390
A radiance-enhancing facial inspired by 111SKIN's latest advancements in skincare. Designed to promote a smooth, luminous complexion, this treatment combines gentle yet effective exfoliation with the ultrasonic infusion of brightening actives to refine and illuminate the skin.

Signature massage techniques and sculpting tools help define facial contours, while bespoke masks for the eyes, face, neck and décolletage enhance the skin's natural radiance. An illuminating ultrasonic hand treatment completes the experience, leaving hands as beautifully revitalised as the complexion.

The Exosome Regeneration Facial
90 minutes | £420
The pinnacle of 111SKIN's advanced aesthetic expertise. Combining exosome innovation with advanced micro-spicule delivery, this results-driven facial is designed to support skin renewal and reveal a visibly firmer, more refined complexion Enhanced by potent rejuvenating actives and the proprietary NAC Y²™ complex, the treatment incorporates a series of advanced technologies to optimise cleansing, product absorption and skin conditioning. Signature 111SKIN techniques, including bespoke multi-masking and expert manual massage, complete this comprehensive approach to skin rejuvenation.

FINISHING TOUCHES

JOSH WOOD
WELLNESS MASTERS

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 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	
Short Hair	£395
Medium Hair	£485
Long Hair	£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

At Claridge's Spa, we are proud to collaborate with a select group of renowned wellness practitioners, each dedicated to nurturing your mind, body, and spirit. From our skilled acupuncturist to our expert massage therapists and beauty professionals, every member of our team is committed to delivering a truly personalized and transformative wellness experience.

Ross J. Barr
60 minutes | £260
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.

Hollie Parkes
Brow Treatments | 30-90 minutes
from £110
In the world of beauty, where precision and artistry meet, few names stand out as clearly as Hollie Parkes. Widely regarded as one of the most sought-after brow artists in the luxury beauty industry, Hollie has become synonymous with perfectly sculpted brows. Known for her ability to enhance the natural shape of the brow with subtle, impactful precision, Hollie will offer two exclusive brow experiences to Claridge's, in addition to shaping, tinting, microblading and lamination.

Daisy Robinson
60/90 minutes | £250/£350
Award-winning reflexologist Daisy specializes in intuitive healing experience that focuses on applying gentle pressure to specific reflex points on the body. Daisy will bring her expertise and intuition, offering clients clarity, calm, and balance.

Teresa Tarmey
from £145
Teresa Tarmey joins Claridge's Spa, a new chapter of skincare excellence begins. With therapies that have garnered cult-like status, Teresa is a celebrated global super-facialist. Hotly anticipated and highly unique, she now brings 27 years of cutting edge expertise and 'results with love' to Claridge's. Alongside signature and targeted facials – include the Ultimate Radio Frequency Facial and Signature Microneedling Facial.

GYM & FITNESS

Our state-of-the-art fitness studio has been designed to flex with your individual needs.
The gym, featuring top-of-the-range equipment from Technogym, 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 £150