




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.



MASSAGES &  
SIGNATURE TREATMENTS

CLARIDGE'S SIGNATURE TREATMENTS  
THE PINK ROOM  
LA-EVA



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.

## 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



### **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

### AUGUSTINUS BADER MZ SKIN



## 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 Full Body Ritual**

90 minutes | £330

This unique professional treatment utilizes Augustinus Bader's TFC8® renewal complex to firm, soothe, and rejuvenate the full body. The experience begins with a gentle exfoliation using bamboo gloves, enhancing product absorption and stimulating circulation. Next, a superficial fascia massage activates tissue metabolism, promoting cellular communication and repair. Finally, the entire body is enveloped in a luxurious layer of The Body Cream, clinically proven to reduce the appearance of cellulite and achieve visibly softer, smoother, and firmer skin in just one session.

## MZ SKIN FACIALS

Dr. Maryam Zamani, founder of MZ SKIN, brings her three-step philosophy of Reveal, Enhance & Protect to Claridge's through a selection of facials. The award-winning and results-driven collection maximises visible results, with each product expertly formulated with pioneering ingredients and clinically trialled for beautiful skin.

### **Reveal & Glow**

60 minutes | £250

LED light therapy is combined with a signature detoxifying massage, a gentle resurfacing peel, and potent hydrating and brightening products to reveal an instantly glowing, plump and hydrated appearance. The treatment includes a hand, foot, arm and shoulder massage for top to toe relaxation.

### **Express Glow**

30 minutes | £150

An express version of our signature Reveal & Glow facial rejuvenates the skin with a detoxifying massage to the face, shoulders, arms and hands. Through combining gentle exfoliation, multi-masking, and hydrating and brightening products, the result is a glowing complexion.

### **Renew & Revive**

60 minutes | £250

A reviving treatment for sensitive and aggravated skin, designed to soothe and strengthen more reactive complexions. A very gentle exfoliation is followed with anti-inflammatory LED, calming actives and barrier protective products to calm skin and reduce redness.

### **Ultimate Lift**

90 minutes | £300

An intensive treatment that utilises specialised massage techniques to stimulate, firm and sculpt facial contours. Combining light exfoliation, LED light therapy, multi-masking, and curated actives to target complexions in need of hydration and a revitalised lift. The treatment includes a face, scalp, shoulder, arm, hand and foot massage.



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 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

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 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      £150

