

THE PENINSULA

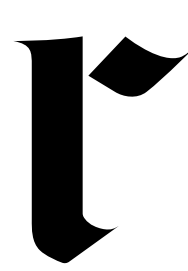
SPA & WELLNESS CENTRE

SPA TREATMENT TARIFF

THE PENINSULA LONDON

P R I C E L I S T

RICARI STUDIOS

	Signature - Face & Body	I hour / I hour 30 minutes / 2 hours	£ 320 / £ 370 / £ 420
	Focus - Body	I hour / I hour 30 minutes	£ 260 / £ 320
	Rejuvenate - Face & Body Pressotherapy	30 minutes / I hour	£ 165 / £ 270

SUBTLE ENERGIES BODY MESSAGES

 Subtle Energies®	Personalised Holistic	I hour / I hour 30 minutes	£ 250 / £ 320
	Deep Tissue	I hour / I hour 30 minutes	£ 275 / £ 325
	Pregnancy	I hour / I hour 30 minutes	£ 250 / £ 320
	Muscle De-Stress Hot Poultice	2 hours	£ 380
	<i>Recommended Pairings</i>		
	Guided Meditation	15 minutes	£ 40
	Shirodhara	30 minutes	£ 80
Body Exfoliation		30 minutes	£ 80
Body Wrap		45 minutes	£ 120

P R I C E L I S T

SUBTLE ENERGIES HOLISTIC FACIALS

 SubtleEnergies®	Holistic Age-Defying	I hour / I hour 30 minutes	£ 250 / £ 320
	Advanced Antioxidant	I hour / I hour 30 minutes	£ 250 / £ 320
	Wild Kashmir Purifying	I hour / I hour 30 minutes	£ 250 / £ 320
	Hydrating	I hour / I hour 30 minutes	£ 250 / £ 320
	<i>Recommended Pairings</i>		
	Guided Meditation	15 minutes	£ 40
	Vegan Collagen Serum	15 minutes	£ 40
	Multi-Molecular Hyaluronic Acid Serum	15 minutes	£ 40
	Body Wrap	45 minutes	£ 120

P R I C E L I S T

M A R G Y ’ S F A C I A L S

	Anti-Pollution	I hour	£ 250
	Collagen-Firming	I hour	£ 340
	Bespoke Super Lift	I hour 30 minutes	£ 380
	24 Karat Gold Mask & E-Finger	I hour 30 minutes	£ 380
	Stem Cell Vitality & LED Illuminating Facial	I hour 30 minutes	£ 475
	Ultimate Age Reversal	2 hours	£ 800
	Ultimate InSkin Elixir	I hour	£ 340
	<i>Recommended Pairings</i>		
	Body Massage	I hour	£ 250
	Body Wrap & Massage	I hour 30 minutes	£ 320

P R I C E L I S T

PENINSULA HANDS & FEET			
	Hand & Arm Ritual	45 minutes	£ 160
	Foot & Leg Ritual	45 minutes	£ 160

PENINSULA JOURNEYS			
 SubtleEnergies®	Detox Adrenal	2 hours	£ 380
	Renew & Revive	2 hours	£ 380
 SubtleEnergies®	Subtle Energies Sleep Support		
	With Savasana	1 hour 45 minutes	£ 350
	With Shirodhara	2 hours	£ 380
 SubtleEnergies®	Subtle Energies Sleep Support Signature Day Programme	Full day	£ 750
	Margy's Beauty	Full day	£ 900

PRIVATE COUPLES SUITE			
	Spend quality time together in the comfort of a private treatment suite. Your Private Couples Suite experience includes:	Monday to Thursday	£ 900
	• Choice of any 90-minute massage for two • One-hour private use of the Private Couples Suite, featuring a Jacuzzi and steam room • Seasonal fruit platter, accompanied by your choice of two glasses of Deutz Brut Peninsula Champagne or Sparkling Tea • Two hours of spa facility access, including our indoor 25m swimming pool, vitality pool and sauna	Friday to Sunday	£ 1,100

P R I C E L I S T

PENINSULA SPA MASTERS-IN-RESIDENCE

Dr (TCM) Li Ping Bartlett BSc MSc	I hour / I hour 30 minutes	£ 250 / £ 300
Henry Barratt, Founder One: Personal Training	I hour	£ 400
Emanuele Calabrese DO, MSc Pain <i>*Bookings outside standard hours (9:00am - 6:00pm, Monday - Friday) or with less than 24 hours' notice incur additional charges</i>	45 minutes / 90 minutes	£ 450 / £ 620

FITNESS

Peninsula Personal Training Session	60 minutes	£ 150
One: Personal Training Team Member	60 minutes	£ 250

WELLNESS WEDNESDAY

In-house guests are invited to join a complimentary 20 minute stretching or guided meditation class every Wednesday at 10:30am

External guests can enjoy complimentary access to the Pool when booking a 90 minute (minimum) Spa treatment

WELLNESS HALF DAY PASS

Includes access to Wellness facilities, Swimming Pool, Steam Room and Sauna for a maximum of 3 hours

£ 250

R E S E R V A T I O N S & I N F O R M A T I O N

THE PENINSULA SPA & WELLNESS CENTRE

1 Grosvenor Place, London, SW1X 7HJ, UK

+44 20 8138 6688

spapln@peninsula.com

peninsula.com/london/wellness

OPENING HOURS

Spa - Daily from 9:00 am to 9:00 pm

Pool - Daily from 7:00 am to 9:00 pm

Fitness - 24 hours

PRICES

Prices are inclusive of 20% VAT and exclude a 10% service charge. Please note that prices are subject to change without prior notice.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or spa programme not cancelled at least 24 hours prior to appointment.

Cancellation within 12 hours will incur a 100% charge.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect the right of all spa guests to privacy and serenity. In light of this, the spa is a mobile phone and smoke-free zone. The spa will provide towels, slippers, shower caps and all amenities required for use during your visit. A minimum age of 18 is required for access to treatments at The Peninsula Spa & Wellness Centre.

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SPA & WELLNESS CENTRE

The Peninsula London, 1 Grosvenor Place, London, SW1X 7HJ, UK
+44 20 8138 6688 spapln@peninsula.com peninsula.com/london/wellness

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LONDON ♦ PARIS ♦ ISTANBUL ♦ BANGKOK ♦ MANILA