

THE PENINSULA

SPA & WELLNESS CENTRE

SPA TREATMENT TARIFF

THE PENINSULA LONDON

P R I C E L I S T

Subtle Energies Body Massages			
 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
	Recommended Pairings		
	Guided Meditation	15 minutes	£ 40
	Shirodhara	30 minutes	£ 80
	Body Exfoliation	30 minutes	£ 80
 Subtle Energies®	Body Wrap	45 minutes	£ 120
	Subtle Energies Holistic Facials		
	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
 Subtle Energies®	Hydrating	I hour / I hour 30 minutes	£ 250 / £ 320

P R I C E L I S T

SUBTLE ENERGIES HOLISTIC FACIALS - CONTINUED

Recommended Pairings

Guided Meditation	15 minutes	£ 40
Vegan Collagen Serum	15 minutes	£ 40
Multi-Molecular Hyaluronic Acid Serum	15 minutes	£ 40
Body Wrap	45 minutes	£ 120

M A R G Y ’ S F A C I A L S

Anti-Pollution	1 hour	£ 250
Collagen-Firming	1 hour	£ 340
Bespoke Super Lift	1 hour 30 minutes	£ 380
24 Karat Gold Mask & E-Finger	1 hour 30 minutes	£ 380
Stem Cell Vitality & LED Illuminating Facial	1 hour 30 minutes	£ 475
Ultimate Age Reversal	2 hours	£ 800
Ultimate InSkin Elixir	1 hour	£340
Recommended Pairings		
Body Massage	1 hour	£ 250
Body Wrap & Massage	1 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	Friday to Sunday	£1,100
	• 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		

P R I C E L I S T

PENINSULA SPA MASTERS-IN-RESIDENCE		
Dr (TCM) Li Ping Bartlett BSc MSc	1 hour / 1 hour 30 minutes	£ 250 / £ 300
Henry Barratt, Founder One: Personal Training	1 hour	£ 400
Emanuele Calabrese DO, MSc Pain	30 minutes / 45 minutes	£ 190 / £ 250

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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LONDON ♦ PARIS ♦ ISTANBUL ♦ BANGKOK ♦ MANILA