



A beautifully tranquil environment hidden in the heart of the city, The Lanesborough Spa Studio offers an intimate sanctuary where you will be graciously received and cared for in our tradition of excellence.

For the ultimate privacy the Spa Studio has the option to share the feeling of pure relaxation, experiencing treatments together in your own room. Whether you decide to chat or simply drift away, it is a treat for both to share. This is popular to enjoy with partners, friends and family members.

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Opening Times

Monday to Friday	8am to 10pm
Saturday and Sunday	9am to 9pm

Treatment Reservations

For spa reservations please telephone extension 5605 or visit the Spa Studio reception in person.

For external spa reservations please telephone 020 7333 7700.

Our treatment menu represents our suggestions. We will be happy to make adjustments to suit your specific requirements and time availability.

We cannot reserve appointments for non-residents without the confirmation of a credit card number at the time of booking. We highly recommend you to book in advance to secure preferred appointment times and treatments.

In Room Treatments

A selection of treatments are available in your room upon request. There will be an additional charge for this service, which will be confirmed at the time of booking.

Arrival

We ask that you arrive at the spa reception 15 minutes before your appointment time to enable you to prepare and fill in a consultation form if required. We offer our guests a reliable treatment schedule, please appreciate that late arrivals will not receive an extension of scheduled treatment time to avoid inconvenience to other guests and the same treatment price will apply.

Personal Training

The Fitness Studio is reserved for the use of hotel guests. Personal training can be arranged in advance at the Spa Studio reception for guests who require detailed instruction and motivation.

Gift Vouchers

Personalised gift vouchers are available to purchase for any treatment or package. Vouchers may be sent directly on your behalf, collected in person, delivered to your room or purchased online on our website at www.lanesborough.com. Fine selections of luxurious skincare are also available from the Spa Studio reception.

Lanesborough Spa Collections

La Prairie Caviar Body Treatment

Luxurious Caviar – nature's most exquisite bounty is the source of this exclusive nourishing and energising total body massage. This ultimate firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of well being.

90 Minutes £145

La Prairie Swiss Bliss

A dream treatment where time stands still. The body and face are treated in complete synergy using the luxury of Caviar, offering real therapy for the skin whilst promoting relaxation. Feel fabulous with a full body exfoliation, a full body massage and facial skin toning using exclusive drainage techniques from La Prairie Switzerland.

180 Minutes £285

Sabai – Thai Herbal neck, shoulder and scalp massage

This outstanding treatment releases tensions and naturally firms and lifts stressed skin. This treatment experience involves application of the traditional Thai hot herbal poultice over the neck and head to relieve stress, soothes tensions and re-energize. Stimulating facial oil using a rejuvenating blend of Rosewood and Lavender complements the treatment to revitalize the skin and promote total recovery.

45 Minutes £70

Khun Sway

Exclusively at The Lanesborough

Indulge in an Ancient Royal Treatment. An exhilarating selection of sacred ingredients known for their healing powers, is gently rubbed into your skin to refine, purify and exfoliate. Allow these amazing ingredients to penetrate into the skin whilst you relax in the Serail. And then enjoy the delicate touch of a regenerative massage to nurture your body. Warm herbal cushions filled with therapeutic botanical ingredients are placed onto your back while their healing powers infuses into your system, which leaves you with beautiful skin and a revitalised mind. Perfect as a couples treatment or to enjoy on your own. Includes the Serail.

For One or Two Persons *90 Minutes £125 or £200*

For One or Two Persons *120 Minutes £160 or £280*

The Lanesborough Gentleman

The ultimate for men. You will be relaxed with a half an hour hot stone back massage and be groomed with either an executive manicure or pedicure.

75 Minutes £95

Time for Two

A relieving foot ritual with a bespoke full body massage and comforting herbal infusion tea selected by our tea sommelier, create a thoroughly relaxing experience to be taken in the company of a friend, family or that someone special in one of our beautifully appointed treatment rooms.

90 Minutes £265

Signature Facial Therapies by La Prairie

Platinum Rare Facial

Experience the luxurious power of pure platinum

From the anti-aging experts at La Prairie comes a new facial, complemented with a head-to-toe treatment with infusions of pure Platinum to restore balance and a sense of well being. Two therapists are present to pamper the skin using the high performance Platinum Collection, including Cellular Cream Platinum Rare and Cellular Serum Platinum Rare. The skin is left hydrated and glowing, and any tension in the body melted away.

90 Minutes £250

Pure Gold Radiance Facial

La Prairie's newest gold standard for anti-aging

The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lifts, firms, brightens and energizes. Gentle heat and selected masks enhance the penetration of Pure Gold making the skin look smoother, radiant and vibrantly alive.

90 Minutes £150

Caviar Firming Facial

Collagen firming treatment

This treatment facial gives immediate and longer term firming effects. It reduces puffiness and tones the complexion, giving instant firming and skin resonance.

90 Minutes £130



Facial Therapies by La Prairie

Cellular Hydrating Facial

Regulating facial for dehydrated and normal to dry skin

The most dramatic results for stressed and fatigued skin. This intensive treatment combines energising masks and massages with the revitalizing benefits of Cellular Cycle Ampoules for the face.

90 Minutes £125

Swiss Cellular Anti-Aging Facial

Intensive treatment to prevent skin aging

Actively delays the effects of premature aging, retexturises and helps to renew surface skin. It smoothes the appearance of fine dry lines and wrinkles with La Prairie's breakthrough Anti-Aging Intervention technology, while pores seem to be reduced. Your face will glow brighter, younger, and healthier.

90 Minutes £125

Cellular Resurfacing Treatment

Polishing and hydrating treatment

Effective exfoliation to physically renew skin, diminish the appearance of fine lines, wrinkles and impurities. This polishing and hydrating treatment offers a smoother healthier glow.

90 Minutes £125

Marine Youth Protection Facial

Super-hydrating, restorative and age-defending

This ultra-pampering holistic facial treatment is revitalising as the sea itself. Focusing on Advanced Marine Biology Cream with a wide range of La Prairie's marine-enriched and youth-maintaining products, it hydrates, firms and soothes the skin. A unique experience of ocean bliss.

60 Minutes £95

Swiss Cellular Facial for Men

Instantly cleanses, energises and conditions the skin

The balance of the skin seems to be renewed and restored, helping to return the skin back to normal. La Prairie's exclusive Cellular Complex and Cellular 3-Minute Peel combine to bio-energise the skin and eliminate congestion and skin impurities to reveal younger, fresher looking skin.

60 Minutes £95

Spa Massages

Hot Stone Treatment

A unique treatment that relieves muscle strain with intense massage through smooth basalt heated stones. The enhanced relaxation effect of heat in combination with massage promotes detoxification and leaves the body serene and uplifted.

75 Minutes £120

90 Minutes £145

Reflexology

Traditional techniques to stimulate the natural healing ability of the body using the reflex points of the feet. A calming treatment that balances and restores whilst being utterly enjoyable.

50 Minutes £75

Serial Steam Treatment

Our Serail is the perfect accompaniment to all of our massage treatments

The therapeutic mud and steam infused with essences releases the respiratory system and purifies the skin. The warming and cleansing of the body increases circulation and lymph aiding in detoxifying the body. Tension is eased away and muscles are relaxed. A gentle warm rinse washes away the mud leaving the body deep cleansed and regenerated.

For One person *45 Minutes £50*

For Two persons *45 Minutes £75*

The Lanesborough Massage

Experience the healing effects of Asian aromatherapy in a relaxing and restorative massage that combines the sense of tropical smells with the soothing value of acupressure massage. Individually chosen to suit your personal requirements, the essential oils will rebalance your vital energies restoring harmony and calm to your body and mind.

Relaxing

Body oil massage with a synergy of lemongrass and orange essential oils.

Contouring

Body oil massage with a synergy of Black pepper and Kaffir Lime essential oils.

Detoxifying

Body oil massage with a synergy of Chinese Mandarin and Rosemary essential oils

Energizing

Body oil massage with a synergy of Blue Ginger and Sweet Orange essential oil

60 Minutes £95

90 Minutes £130

Hot Herbal Massage

90 Minutes £155

Experience the healing effects of a Herbal Poultice treatment. Warmed muslin poultices and cushions of Thai herbs are steamed and applied directly to the body in a kneading action. Heat and herbs are absorbed by the body to help reduce muscle aches and pains, increase lymphatic drainage and condition the skin. Ginger, lemongrass, camphor and other indigenous organic Thai herbs are infused within the poultices, they also contain antioxidants such as turmeric and tamarind which hydrate and regenerate skin cells.

Kamatan

Path to Tranquility

Pacify the mind and touch serenity with a complete de-stressing treatment. Calm your senses and ease tension while your body is soothed by a hot herbal poultice of sweet basil and kaffir lime and a warm oil massage, for total peace of mind and wholesome well-being.

Anamai

Body Reviver

Strengthen your body and feel empowered with this unique healing massage, a combination of acupressure, gentle stretching, warm herbal cushions and oil massage is applied to your body to release blockages and tune your energy flow. This treatment helps to reinforce your immune system, reduce stress, improve posture and enhance your vitality.

Mohom

Indigo Art of Healing

Experience the ancient healing art of Hmong Shamans, used to treat muscular aches and pains. A steamed indigo herbal poultice is kneaded over your body, followed by a deep tissue massage with China Mandarin essential oil using palms, thumbs and elbows to loosen muscles and stimulate blood circulation. Indigo is said to improve muscle tone and detoxify the body.

Maphrao

Warm Coconut Skin Soother

Amazing tropical wonders infuse this treatment with life, energy and beauty. A rich red jasmine rice scrub softens and invigorates your skin, then drift into southern Thailand delights when sesame and warm coconut are gently glided and massaged onto your body to nourish, soothe and condition the skin and relieve stress and tension.

Qi

Absolute Recovery

Experience an exquisite body massage that relieves the stress and pressure from the upper body. Relax on warm herbal cushions to comfort your spine, unleash tension with reflexology to the hands and feet and a massage to recondition your back, shoulders and neck whilst your vital energy awakens your body, ready for whatever the day throws at you.

60 Minutes £100

Body Rituals

Whether you want to slim down while you relax or let your senses experience a wonderful tropical treat these body rituals will leave you feeling completely pampered. Your whole body will be exfoliated and then enveloped in natural extracts; a full body massage finishes the ritual perfectly.

Saat

Complete Detox

This treatment is ideally suited to refine your skin and boost your metabolism. A rich red jasmine rice scrub removes impurities and dead cells to prepare your skin for a body wrap containing 100% natural Turmeric and Green Tea extracts. These active fresh ingredients will eliminate toxic wastes and decongest your body by activating perspiration. Then, let your mind destress with a purifying aromatherapy massage.

150 Minutes £200

Krachap

Slimming Body Ritual

This treatment is ideal to re-contour your silhouette by improving skin tone and lumpy appearance of cellulite. A gentle body scrub is applied to eliminate impurities and prepare your skin for a slimming wrap containing 100% natural Clove Bud extract that will improve blood circulation and help eliminate toxic wastes. The treatment is then followed by a deep tissue aromatherapy massage.

150 Minutes £200

Thai Clay Body Masks

Thai White Clay (Dinsowpong) and Green Tea are amongst the luxurious and effective ingredients used within Ytsara's body masks. These treatments are designed for ultimate relaxation to the mind and rejuvenation, hydration, firming and anti aging effects to the skin.

Akhāssa

Anti-aging Body Mask

Get ready to receive this amazing anti-aging body mask, enriched with regenerating essential oils, natural spring water and the traditional Thai white clay (dinsowpong). Relax in the steam while a rich replenishing body oil penetrates the skin to leave it rejuvenated and nurtured.

60 Minutes £100

Rasayana

Eternity Body Booster

Forget all your worries and savour the moment as a warm, silky fusion of green tea, white clay and aromatic oils are massaged into your body. The wrap gently bathes your skin in active ingredients of China Mandarin and Sweet Orange whilst you enjoy a soothing head massage, rekindling your inner youth and fighting the build up of free radicals.

90 Minutes £140

Skin Enhancers

60 Minutes £70

Ytsara's Skin Enhancing Scrubs are combined to create an effective and unforgettable spa experience based on the healing traditions and benefits of South East Asia's mega bio-diversity of plants and healing herbs. These natural exfoliating treatments are the beauty secret of Asian women's soft skin and are used to cleanse, soften and protect the skin from premature aging.

Tanaka

Golden Triangle Body Cleansing

Tanaka golden powder is used in Northern Thailand by women to heal and beautify their skin complexion. This traditional recipe is made out of Tanaka tree powder to smooth the skin. Indulge yourself with this ultimate exfoliation ritual, followed by a luxurious quenching Aloe Vera, Sacred Lotus and Spearmint body gel. Ending your experience with an exclusive Oriental massage that will boost your metabolism and rejuvenate your spirit.

Samsara

Purifying Scrub

This exceptional skin softening body exfoliation combines salts from the Himalayas and a detoxifying body massage with oil of China Mandarin and Rosemary to leave the skin feeling fresh, smooth and revitalized.



Hands and Feet Treatments by La Prairie

La Prairie Cellular Hydration Manicure

An intensive nourishing and hydrating manicure treatment for the delicate skin on your hands and arms. Finished with your choice of polish.

45 minutes £55

La Prairie Cellular Hydration Pedicure

An intensive nourishing and hydrating pedicure treatment for the feet and lower legs. Finished with your choice of polish.

60 minutes £70

La Prairie Caviar Hydralift Manicure

Firming hydrating facial for the hands

Your hands will be drenched in caviar enriched products to firm, tighten and renew the delicate skin of your hands. Finished with your choice of polish.

60 Minutes £75

La Prairie Caviar Hydralift Pedicure

Renewing, firming and hydrating

Your thirsty feet will be left hydrated after intensive softening masks and caviar products recondition your skin. Finished with your choice of polish.

75 Minutes £85

Manicure for Men

For a groomed appearance, this manicure includes nail and cuticle work, hand massage and buffing.

30 Minutes £40

Pedicure for Men

This pedicure addresses hard skin, includes a footbath, foot and leg massage, nail and cuticle work with buffing.

45 Minutes £55

Re-polish

A replacement polish for prepared fingers or toes.

15 Minutes £25

Finishing Touches

Depilatory Waxing

Half leg	allow 25 Minutes	£32
Full leg	allow 35 Minutes	£55
Bikini	allow 10 Minutes	£20
Brazilian	allow 30 Minutes	£40
Hollywood	allow 30 Minutes	£40
Underarm	allow 10 Minutes	£22
Face	allow 10 Minutes	£15
Brow	allow 15 Minutes	£25
Back	allow 30 Minutes	£45

Eyes

Lash tint	25 Minutes	£25
Brow tint	10 Minutes	£15
Eyelash & eyebrow tint	25 Minutes	£30

Please note: a skin test is necessary 24 hours prior to an eyelash / brow tint.



Terms and Conditions

Booking Advice

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day.

Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant.

Allow 12 hours after any heat treatment before taking a waxing appointment. We advise taking waxing appointments on separate days to other treatments including massage.

Avoid facial and heat treatments 72 hours after any cosmetic procedures including botox or as advised by your medical practitioner.

Cancellation Policy

Cancellations or rescheduling of appointments made with less than 24 hours notice or failure to take up an appointment will result in the full treatment cost being charged to your room or credit card.

Mobile Phones

For the comfort and peace of all our guests we request that mobile phones are switched to silent at all times.

What to wear

Robes and slippers are provided in our guest rooms and may be worn on your journey to the Spa Studio. We provide disposable underwear to be worn in our spa body treatments to suit women and men. Alternatively you may wear your own underwear or not as you wish. Our Spa therapists are professionally trained in draping techniques to ensure your privacy and comfort.

Valuables

We advise you not to bring valuables with you to the Spa Studio. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

Age Requirements and Entitlement

No person/s under the age of 16 years are permitted to use the spa facilities or Fitness Studio.

The Fitness Studio is restricted to hotel guests only.

The Lanesborough Spa Studio is licensed to perform all the services listed within this menu.

All prices, treatments and information are current at the time of distribution and are subject to revision without notice.