



LONDON

**PRIVATE MEMBERS CLUB AND HOTEL**

## Spa Treatments

Treatments are available most days and should be booked in advance to avoid disappointment. A minimum of 24 hours advance notice is advisable in order to ensure that we can accommodate your request. We will, however, always do our utmost to fulfil requests for spontaneous and same-day appointments.

For bookings and prices, please contact Reception on +44 (0) 20 7730 7000 or by e-mail [reception@no11london.com](mailto:reception@no11london.com)

### **Note:**

1. A late or delay charge will apply for all appointments should the therapist is kept waiting for more than 30 minutes into the scheduled appointment time.
2. A cancellation fee of 50% will be charged if a treatment is cancelled two hours or less before the actual treatment time. 100% will be charged if a treatment is cancelled one hour or less or not cancelled at all.

Please note: therapists will arrive at least 10 minutes prior to the appointment time in order to prepare.

## Real Aromatherapy Experience

Ease away the day's stresses and strains and bring body and mind back into balance. The real traditional aromatherapy full body massage fusing the best of massage practices from East and West. Carefully applied pressures stimulate the nervous system while Swedish and neuromuscular massage techniques support a healthy circulation and soothe the body.

### **Deep Relax**

If you can't switch off or feel in a permanent spin and need comfort. Good for insomnia or an overactive mind and even shock or trauma.

### **Light Relax**

For the day to day stressful lifestyles. Good for anxiety, worry, tension, headaches and general relaxation.

### **De-Stress Mind**

For mentally overstretched minds who need to focus but have no time to stop and think. Good for stress, emotional exhaustion and overtiredness.

### **De-Stress Muscle**

To soothe aches and pains after physical activity, gym enthusiasts, computer users, drivers and those who stand on their feet all day.



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### **Revive Morning**

Ideal to combine with a detox programme and to help to keep you going if you feel sluggish in the morning, tired or even hungover. Excellent for Jetlag, fluid retention and cellulite.

### **Revive Evening**

Party goers who need a pick-me-up before going out. In general it boosts confidence and lifts tired spirits.

### **Lavender & Peppermint**

Release the effects of a heavy meal, headaches, migraine and mild sunburn.

### **Equilibrium**

This is the perfect treatment for balancing the body and mind.

### **Rose**

Try this one if you have dry, devitalized and stressed skin. Ideal if you are on a diet as it helps to prevent stretch marks. Also a pampering therapy for pregnant and breast feeding women.

## **Classic Therapies**

Our Rescue Therapies offer guests a classic range of therapies from all four corners of the world including Japan, Sweden, China, Thailand or Tibet. There is a choice of therapies which use nourishing sweet almond oil or remain clothed for therapies such as Shiatsu, Thai/Yoga or Reiki carried out on a soft futon.

### **Traditional Holistic Massage**

A relaxing and therapeutic treatment which takes the whole person into consideration and not only their aches and pains, it relaxes the muscles, calms the emotions, improves circulation, recharges the body's immune system, refreshes the spirit and balances life forces.

### **Deep Tissue Massage**

A relaxing and therapeutic treatment. The techniques used stimulate and invigorate soft tissues and muscles which are embedded deep in the body. On a physical level, it helps to release muscle tension, particularly in the back, neck and shoulder areas.

### **Sports Massage**

A sports massage is about enhancing performance, normally in a sporting or other physical activity such as dancing. The emphasis of a sports massage varies according to the needs of the client.

### **Indian Head Massage**

This massage involves manipulating soft tissue in the upper back, shoulders, arms, neck, scalp and face. The therapist uses a range of different massage pressures and rhythms to stimulate the head area in particular.



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### **Reflexology**

Promotes well-being by balancing your natural energy to aid the body's healing power. Your reflexologist applies gentle pressure to the feet and/or hands. For each client, the application and the effect of the treatment are unique.

### **Thai/Yoga**

Traditional Thai Massage is an ancient system of healing with its roots in Yoga, Ayurvedic medicine and Buddhist spiritual practice. This complete system of therapy combines gentle rhythmic massage, acupressure, gentle twisting, deep stretching and meditation. Thai massage encourages a state of enlightenment. Clients should wear loose clothing as the treatment is carried out on a futon.

### **Shiatsu**

This treatment originates from Japan. It works on the principle of enhancing the flow of vital energy – Ki – through the meridians of the body and, in doing so, re-dress the physical and/or emotional as well as spiritual discomfort.

## **Facial Treatments**

Discover the skin enhancing properties of essential oils with your very own prescribed facial unique to your skin type. A personalised prescription uses a range of therapeutic essential oil based products and facial pressure point massage to boost your complexion, revive your skin texture and add a lasting glow to your appearance.

### **Renew Rose Express Facial – 30 mins**

For dry, dehydrated, mature or delicate skin. Embrace the uniqueness of your skin and the vital, regenerative properties of Rose oil and natural plant extracts.

### **Renew Rose Radiance Facial – 60 mins**

Pure hands-on therapy at its best. Cleansing, toning, exfoliation and application of a hydrating mask are topped with a relaxing scalp, face, neck, shoulders, hand and arm massage. Our Rose facials soften, moisturize and nourish using natural Damask Rose Water leaving your skin toned, polished, delicately scented and radiant.

### **Renew Rose Anti-Age Facial – 90 mins**

This facial is specially designed for mature, dry and devitalized skins and includes a back massage. Using nourishing properties – Rose and Frankincense – to smooth and revitalize skin texture and encourage skin renewal. A hydrating and rejuvenating gel and a mud mask with a relaxing yet firming facial massage that concentrates on the areas most affected by the ageing process.

### **Balance Express Facial – 30 mins**

For normal to combination skin. Discover the skin enhancing properties and regulating effects of pure Lavender, Tea-Tree and Ylang-Ylang essential oils.

### **Balance Facial – 60 mins**

Tailored oily and combination skin. This pore refining facial uses the natural antiseptic properties of Lavender and Tea Tree to condition the skin and balance the skins natural oils, leaving your skin feeling fresh, soft and clean. The cleanse, exfoliation and mask works deeply into the pores whilst the neck, shoulders and face massage will leave you feeling pampered for the rest of the day.



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### **Balance Deep Cleansing Facial – 90 mins**

A deep cleansing, pore refining facial using the natural antiseptic properties of Lavender and Tea Tree Oil to condition the skin and balance its natural oils. The treatment begins with a relaxing back massage followed by face cleansing and exfoliation; the extraction process works to remove unwanted impurities. Next a purifying mask and facial drainage massage help to draw out oiliness and re-mineralize and revitalize your complexion.

## Hand and Foot Treatments

Keep your hands and feet looking well groomed and polished after a long, hard day with specially selected essential oils to support circulation and re-invigorate those parts of your body that work so hard for you.

You can choose different products to suit your needs: **Renew Rose** to deeply moisturize or **Balance** to condition your skin.

### **Express Manicure or Express Pedicure**

File, varnish or file, cuticle work.

### **Renew Rose Deluxe Manicure\*\***

Enjoy layers of luxury and feel the softness of fresh rose as your hands are bathed and massaged in intensely rich and moisturizing oils, gels and creams of Renew Rose.

### **Balance Deluxe Manicure\*\***

For tired and weary hands, a treatment to balance the skin and harmonize the emotions with a soothing aroma of essential oils.

### **Renew Rose Deluxe Pedicure\*\***

Let your feet rest in comfort while your skin is nurtured with the regenerative and hydrating properties of Damask Rose Water and while your mind takes pleasure in its enriching and heartening aroma.

### **Balance Deluxe Pedicure\*\***

Soften, refresh and moisturize those parts that work so hard for you while conditioning and healing properties of this special blend works for your feet.

\*\*All deluxe treatments include file, cuticle work, varnish, scrub, mask and an arm/leg massage.