

THE PENINSULA

SPA & WELLNESS CENTRE

THE PENINSULA LONDON

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The Peninsula Spa & Wellness interweaves ancient ritual with cutting-edge science in an array of mind-body therapies that address busy lifestyles in a luxurious and elegant environment. Our programme features results-driven face and body treatments, massages and rituals for rebalancing, while our resident practitioners zone in on specific needs and health challenges. With seven treatment rooms, four thermal suites, a 25m indoor swimming pool and a 24-hour fitness studio, this sanctuary of wellbeing exists to enhance mind, body and spirit, supporting our philosophy of a Life Lived Best.



OUR PARTNERS

The Peninsula Spa & Wellness partners with leading wellness brands to offer a holistic collection of the world's finest spa and beauty experiences. Partners include high-performance beauty brand Margy's and Ayurveda aromatherapy specialist Subtle Energies, as well as a carefully considered roster of resident practitioners and opportunities for outdoor activity in the adjacent Royal Parks.



Subtle Energies
AYURVEDA AROMATHERAPY

The Australia-based results-driven aromatherapy and natural skincare line provides wellness solutions founded on authentic Ayurveda principles. Subtle Energies treatments are created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one's physical, mental and emotional wellbeing. All products are made in Australia, following European standards of natural skincare, to create safe, ethical and effective products. The range has been certified by Cruelty-Free International and does not contain parabens, mineral oils, silicones or artificial fragrances.



Favoured by celebrities around the globe, Margy's renowned beauty treatments and formulas can be experienced exclusively at The Peninsula Spa. Margy's Monte Carlo is an instant, results-driven, anti-ageing programme featuring highly effective facial treatments that incorporate rare, active ingredients and high-quality, Swiss-made products developed specifically to target the signs of ageing. Founder Margie Lombard's vision is to provide the skin with the natural ingredients while focusing on deep, precise manual techniques combined with her product formulations, which take inspiration from nature to care for the skin.

BODY MESSAGES

PERSONALISED HOLISTIC

1 hour
1 hour 30 minutes

A treatment for effective and immediate relaxation, relieving stress-related tension. Long, firm, flowing movements are complemented by deeper therapeutic techniques found in traditional marma therapy. Marmas are vital meeting points in the body and our approach focuses on these, strengthening the surrounding muscle tissue and releasing tension. The massage also incorporates chakra balancing to align the body's energy centres, supporting physical and emotional wellbeing. Pressure is adjusted in line with the body's needs, and enriching blends of active ingredients enhance overall wellbeing.

DEEP TISSUE

1 hour
1 hour 30 minutes

Highly effective in promoting flexibility and releasing deep-seated muscular tension, this treatment supports the relief of symptoms such as migraines and headaches and helps to break long-term patterns of pain and stiffness. A feeling of deep relaxation ensues. As no two people are alike, our skilled practitioners will work with targeted techniques and variable pressure to make this a personalised treatment experience.

BODY MESSAGES

PREGNANCY

1 hour

1 hour 30 minutes

An indulgent treatment designed for mothers-to-be from their second trimester onwards. Pressure point massage is used to alleviate back tension and heaviness in the legs and ankles, and to hydrate and nourish tight, stretched skin. Treatment tables are designed to accommodate pregnancy, giving support when lying down; and all our essential oil formulations are safe to be used.

There is an option to add a further 30 minutes, to include a gentle body scrub of organic crushed rosehip, releasing essential fatty acids to nourish the skin.

MUSCLE DE-STRESS HOT POULTICE

2 hours

Based on the ayurvedic therapy of podikizhi, this indulgent full body massage is effective for sports injury, muscular and nerve pain, soft tissue inflammation, joint problems and water retention. Dried herb powders wrapped in muslin bolus bags are dipped in warm oils and applied over the body, focusing on areas of pain and inflammation. The treatment concludes with a blissful tension-relieving marma massage.

BODY MESSAGES - RECOMMENDED PAIRINGS

The beneficial effects of the above treatments can be enhanced by adding one or more of the following:

GUIDED MEDITATION

15 minutes

This simple and effective guided meditation helps to reprogramme the body at a cellular level and restore vital energy. The meditation begins with pranayama (yogic breathwork) and affirmations, followed by sound vibration and visualisation techniques.

SHIRODHARA

30 minutes

This traditional ayurvedic therapy helps to relieve stress, calm insomnia and enhance emotional balance. Warm oil is poured over the forehead and temples to soothe the nervous system.

BODY MESSAGES - RECOMMENDED PAIRINGS

BODY EXFOLIATION

30 minutes

Choose either Rasayana for harmony and balance, or Himalayan salt for boosting circulation and energy.

Rasayana Detox Body Buff

Ideal for relieving jet lag, rejuvenating tired skin and encouraging a good night's sleep, this light walnut shell exfoliation buffs away dead skin cells, reducing signs of cellulite. Hot compresses, with aromatics of tulasi, wild turmeric and limbu, aid detoxification as part of this rebalancing experience.

Himalayan Energising Body Polish

A strong exfoliating body polish, using mineral-rich Himalayan crystal salts to release toxins, stimulate circulation and leave skin visibly radiant. Stress is released through the active effects of rare ayurvedic aromatherapy oils, while hot compresses nurture throughout.

BODY MESSAGES - RECOMMENDED PAIRINGS

BODY WRAP (RASAYANA OR PEARL)

45 minutes

Rasayana Detox Body Wrap

Revitalise, tone and purify with this active body therapy, starting with a zesty exfoliation of cinnamon powder and walnut shells combined with essential oils. An exquisite mineral-rich clay, infused with powerful herbs of spiked ginger lily, spirulina and green tea, envelops the body for a deeply relaxing detox.

Pearl Infused Remineralising Body Wrap

A full body treatment to stimulate cell renewal for a softer, healthier, more radiant skin. After a skin softening exfoliation, the journey continues with a mineral-rich body mask infused with active pearl and conch shell extracts to regenerate the skin cells.

SUBTLE ENERGIES HOLISTIC FACIALS



HOLISTIC AGE-DEFYING

1 hour
1 hour 30 minutes

Combining collagen and elastin-boosting actives, this age-defying facial brings a radiant glow to the skin by oxygenating deeply on a cellular level and reducing fine lines. Potent ingredients such as mogra, queen of jasmines and 24k gold penetrate the dermal layers of the skin to give lasting renewal and regeneration.



ADVANCED ANTIOXIDANT

1 hour
1 hour 30 minutes

An intense and enriching facial therapy designed for dehydrated, mature, sensitive or damaged skin. A nutrient-rich elixir, infused with fatty acids to combat free radical damage, revitalises tired, ageing skin. An active serum increases collagen and hyaluronic acid production, while a botanical hydration mask locks precious moisture in, leaving skin deeply hydrated and restored.

SUBTLE ENERGIES HOLISTIC FACIALS



WILD KASHMIR PURIFYING

1 hour
1 hour 30 minutes

This powerfully detoxing and deep cleansing facial will purify and revitalise tired, congested and stressed skin, giving it renewed freshness. The treatment combines wild turmeric for intense purification, with exotic Kashmir lavender to soothe and restore. Toxins will be drawn out through a double cleanse, saffron and frankincense exfoliation; and a purifying mud mask completes this luxurious experience.



HYDRATING

1 hour
1 hour 30 minutes

A deeply hydrating and nourishing facial to restore natural vitality to all skin types. The treatment combines nature's best actives with gul heena, neem and carrot seed oil, known for its firming properties. Skin is left more revitalised, supple and resistant to the effects of urban living.

SUBTLE ENERGIES HOLISTIC FACIALS - RECOMMENDED PAIRINGS

The beneficial effects of the above treatments can be enhanced by adding one or more of the following:

GUIDED MEDITATION

15 minutes

This simple and effective guided meditation helps to reprogramme the body at a cellular level and restore vital energy. The meditation begins with pranayama (yogic breathwork) and affirmations, followed by sound vibration and visualisation techniques.

VEGAN COLLAGEN SERUM

15 minutes

In this instant replenishment for the skin, cutting edge biotech is used to mimic human collagen via natural

animal-free methods. Potent plant extracts, such as kakadu plum, ashwagandha and bacillus ferment, combine to smooth, plump and strengthen the skin.

MULTI-MOLECULAR HYALURONIC ACID SERUM

15 minutes

To improve tone and moisture levels in the skin, a new generation hyaluronic acid, bio fermented to allow targeted absorption, is combined with pomegranate extract and kakadu plum, known to increase elasticity.

SUBTLE ENERGIES HOLISTIC FACIALS - RECOMMENDED PAIRINGS

BODY WRAP (RASAYANA OR PEARL)

45 minutes

Rasayana Detox Body Wrap

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MARGY'S FACIALS



ANTI-POLLUTION

1 hour

A personalised skincare treatment designed to brighten and boost your complexion. Deep cleansing and highly concentrated active ingredients hydrate and restore your skin, leaving it refreshed and revitalised. Suitable for all skin types.



COLLAGEN-FIRMING

1 hour

Margy's cult-favourite collagen mask is combined with an intensively hydrating treatment to leave skin firmed, plumped and radiant. Pure active ingredients are used to transform the appearance of your skin by smoothing fine lines and the appearance of ageing.

MARGY'S FACIALS



BESPOKE SUPER LIFT

1 hour 30 minutes

A detailed facial that visibly reduces fine lines to promote a smooth and radiant appearance. Highly active personalised face masks, featuring pure collagen, botolift, Vitamin C or hyaluron collagen, help restore elasticity and leave the skin plumped and luminous.



24 KARAT GOLD MASK & E-FINGER

1 hour 30 minutes

This two-part treatment is designed to slow the loss of collagen, resulting in an anti-ageing effect. A 24K gold mask nourishes and stimulates cellular renewal, plumping fine lines through micro-current technology. Working in harmony with this, the signature Inox E-Finger provides an electrolift firming effect and is perfect for treating dark circles and puffiness around the eyes.

MARGY'S FACIALS



STEM CELL VITALITY & LED ILLUMINATING FACIAL

1 hour 30 minutes

This innovative treatment combines natural stem cell ingredients with scientific technology to optimise skin brightening and anti-ageing effects. A concentrated blend of Swiss apple stem cell extract stimulates the vitality of the skin, while the intensive high-power LED lamp adds a magical touch to repair and revitalise the skin.



ULTIMATE AGE REVERSAL

2 hours

A pioneering facial, perfect for any skin that is showing signs of ageing. Visible improvements are achieved by stimulating collagen at the deepest level to firm, plump and intensively hydrate the skin. Ultrasound is combined with radiofrequency technology to stimulate microcirculation and help to restore a healthy, youthful and glowing complexion.

MARGY'S FACIALS - RECOMMENDED PAIRINGS

The beneficial effects of the above treatments can be enhanced by adding one or more of the following:

BODY MASSAGE

1 hour

This luxurious full body massage uses Margy's signature techniques to stimulate circulation and promote drainage and detoxification. Tension is released from both body and mind, and instant firming and toning result.

BODY WRAP & MASSAGE

1 hour 30 minutes

Combine a personalised wrap and massage for the perfect 90-minute interlude. Wraps can either be stimulating, detoxifying and focused on reducing cellulite, or intensely hydrating and firming. This is followed by a Margy's signature massage to release remaining tension.

PENINSULA HANDS & FEET

HAND & ARM RITUAL

45 minutes

In this age of screen dependency, overworked hands and arms tend to hold tension. This signature Peninsula treatment is designed to revive tired and tight muscles, mobilise joints and increase range of movement. After a refreshing organic scrub, a combination of massage and stretching techniques is applied to the arms, shoulders and neck. Tension is effectively relieved, while the skin is deeply nourished and protected from premature signs of ageing.

FOOT & LEG RITUAL

45 minutes

A perfect counterbalance to the effects of long-haul flights, hours spent standing or intense workout sessions, this treatment relieves tension in the lower limbs and feet, flushing lactic acid and reducing swelling around the ankles. Hot mitts cleanse and warm the feet and legs, which are then revived with a mineral salt scrub. A targeted lower limb massage, with assisted stretches, eases tight muscles and relieves the feeling of heavy legs.

PENINSULA JOURNEYS

Subtle Energies
AYURVEDA AROMATHERAPY

DETOX ADRENAL

2 hours

Over-stimulation of the adrenal glands and over-production of cortisol can lead to a feeling of burn-out, overall sluggishness and weight gain. This treatment will address the overwhelm felt by the internal organs, using the active ingredients of tulasi, wild turmeric and Indian lime for blood purification, and to energise the cells and stimulate the lymphatic system to combat adrenal fatigue. The journey begins with a full exfoliation, followed by a toning detox wrap, and concludes with a Subtle Energies signature massage.

RENEW & REVIVE

2 hours

To energise the body and mind, drain toxins and leave skin with renewed radiance, this journey combines a full body exfoliation with a facial and full-body marma massage. Choose between the energising Himalayan salt scrub (helping to reduce the appearance of cellulite) and the Rasayana detox body scrub (for gentle detoxification). Facial and full body marma massages will enhance the skin's natural anti-ageing abilities, drain the lymphatics, release muscle tension and energise the body.

PENINSULA JOURNEYS

Subtle Energies
AYURVEDA AROMATHERAPY

SUBTLE ENERGIES SLEEP SUPPORT

With savasana 1 hour 45 minutes

With shirodhara 2 hours

A tailored holistic programme, based on both clinical research and ancient practices, to support sleep and hormonal and emotional balance. The journey begins with guided meditation and yogic pranayama to awaken the vital energy within. A full body marma massage is designed to release tension and bring the body's rhythm back into balance, together with a facial marma massage using potent active ingredients to stimulate the pineal gland. A centuries-old practice of applying nasal oil – nasya – is designed to help induce sleep and connect you to your body of bliss.

This therapy is concluded in one of two ways. Either be guided in savasana, a mindful body relaxation technique used in yoga that programmes the cells in each part of the body to switch off. Alternatively choose shirodhara, in which warm oil is slowly poured over the forehead and temples to soothe and calm the nervous system.

PENINSULA JOURNEYS



SUBTLE ENERGIES SLEEP SUPPORT SIGNATURE DAY PROGRAMME

Full day

The ultimate day of self-care, powerfully interweaving movement, nutrition and therapy to rebalance and reset your physical and emotional wellbeing. The Sleep Support therapy (described above) is combined with an hour of one-to-one yoga or personal training, a three-course healthy menu and all-day access to the spa's thermal facilities, for deep relaxation. A personal wellbeing journey that has been expertly curated to prioritise and balance the needs of your body and mind, and the goal of a life lived best.

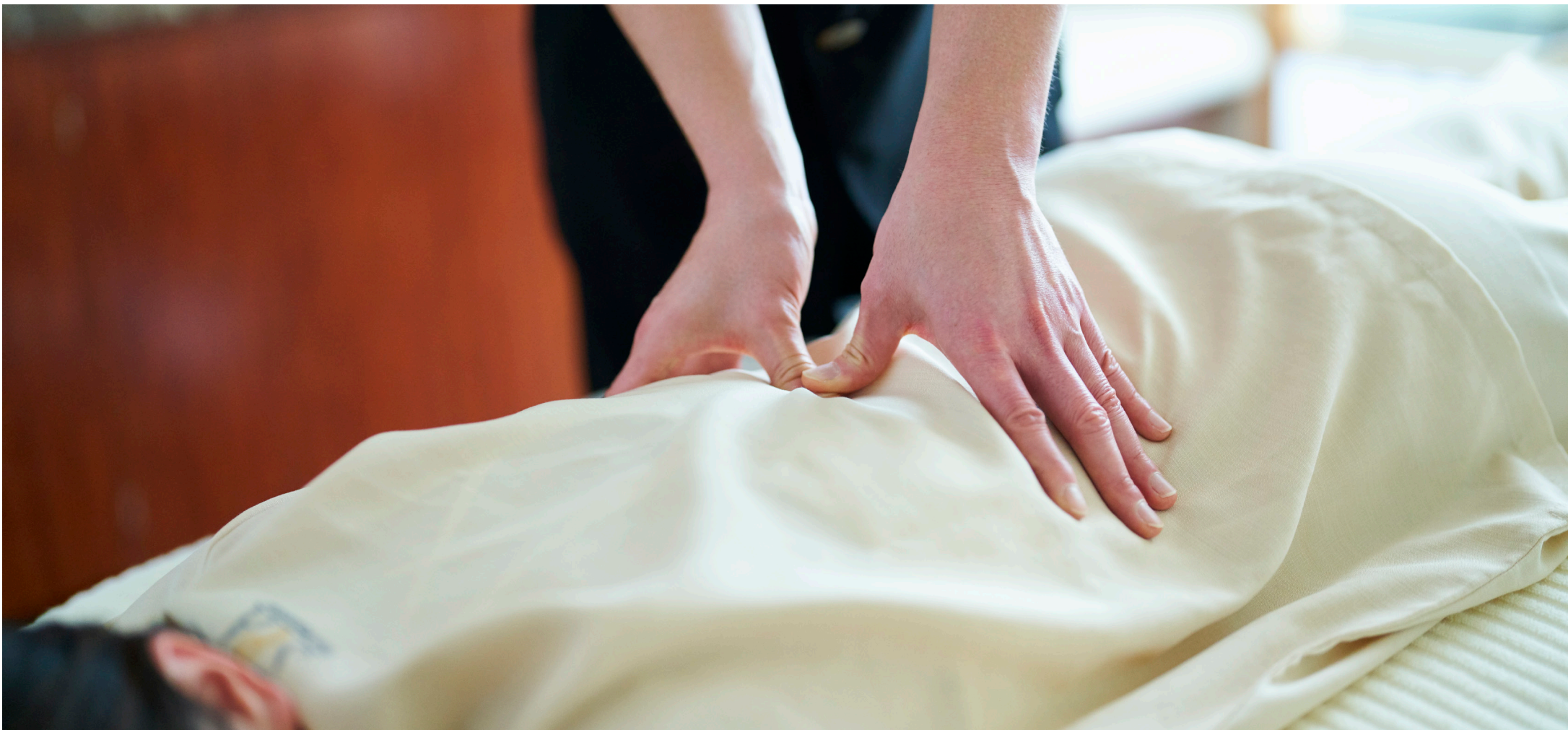


MARGY'S BEAUTY

Full day

This indulgent all-day holistic experience includes a two-hour Stem Cell & LED Illuminating Facial for powerful anti-ageing and vitality, and PlasmaGun therapy, an innovative anti-ageing technology to repair, regenerate and tighten the skin. For the body, a Personalised Age-Defying Body Wrap (1 hour 30 minutes) releases tension, relaxes and helps to firm and tone the skin.

You are invited to enjoy a three-course collagen-boosting superfood menu and relax in the thermal spa facilities during the course of your day.



PENINSULA SPA MASTERS-IN-RESIDENCE

To enrich the world of wellness at The Peninsula, we are proud to collaborate with a select group of therapists who are all leaders in their specific fields. Each therapy represents a different approach to wellness, while complementing all of the others in supporting physical, mental and emotional wellbeing and our philosophy of a life lived best. One-to-one sessions are offered, from between one and two hours, subject to availability.

PENINSULA SPA MASTERS - IN - RESIDENCE

SUSAN SIKLAWI

CRANIOSACRAL & LYMPHATIC MASSAGE SPECIALIST

1 hour

1 hour 30 minutes

2 hours

Susan is a specialist in deep lymphatic work, craniosacral, shiatsu and sports therapy . She has a background of care, having worked in the NHS for many years before setting out on her own journey in the late 1990s. Since then she has spent thousands of hours supporting clients and families, each with their own story and needs.

While each session is personalised, Susan has also developed a jetlag reviver that restores harmony to the mind and body clock, and a natural facelift through craniosacral therapy combined with lymphatic drainage.

DR (TCM) LI PING BARTLETT BSC MSC

ACUPUNCTURIST & TRADITIONAL CHINESE MEDICINE SPECIALIST

1 hour

1 hour 30 minutes

Born in Shanghai, Dr Li Ping has built up over 40,000 hours of clinical experience in Traditional Chinese Medicine. She is also a qualified dentist in Traditional Chinese Medicine (BSc Shanghai Jiaotong University) and MSc Acupuncturist (MSc Middlesex University).

Dr Li Ping is available for acupuncture that supports the common lifestyle issues of fatigue, anxiety, insomnia, indigestion and migraines. Targeted therapeutics work on detoxification, regeneration and supporting the immune system.

Traditional Chinese Medicine can be used to regulate the body's overactive immune response, relieving symptoms such as pain, fatigue and inflammation, and reducing the need for drug-based medication. It is strongly recommended for pre and post surgery to enhance cellular, tissue and nerve recovery.

PENINSULA SPA MASTERS - IN - RESIDENCE

DAVID MARSHALL
PERSONAL FITNESS TRAINER
1 hour

David is an internationally renowned fitness trainer and bestselling author. Over the past 30 years he has carried out more than 70,000 personal training sessions. He set up Body Doctor in 1994 and his pioneering approach to health and fitness is to date the only programme to be recognised and certified by one of the largest global private healthcare companies.

His highly personalised approach has found advocates and a loyal following across international athletes, mothers in post-pregnancy recovery, business executives looking to reduce stress-related weight gain and actors preparing for strenuous roles.

David's commitment to every client is to improve quality of life, whether through injury rehabilitation, weight loss, interventions for obesity and diabetes and early cardiovascular disease in children. His focus is on building strength, speed, stamina and coordination allied with outstanding levels of mobility. He uses everything at his disposal to improve physical, mental and emotional wellbeing. Not for nothing does he go by the tagline: 'Stronger, slimmer, firmer, fitter'.

PENINSULA SPA MASTERS - IN - RESIDENCE

EMANUELE CALABRESE DO, MSC PAIN

OSTEOPATH

30 minutes

45 minutes

A former professional basketball player, Emanuele discovered osteopathy as a result of numerous injuries in his sports career, which revealed the frustration of feeling pain and not being able to perform to the best of his ability. Today a passionate osteopath, he understands the importance of diagnosing and planning a bespoke treatment for each client, always considering their bio-psycho-social challenges.

Emanuele's belief that everyone deserves a pain-free life led him to deepen his studies in pain management, pursuing an MSc in Clinical Management of Pain and

musculoskeletal ultrasound with the University of Edinburgh. He helps everyone from newborns to professional athletes overcome their challenges, and has extensive experience in treating acute and complex chronic pain. He also provides international physical medicine and pain science education at undergraduate and postgraduate levels.

HOW TO SPA

OPENING HOURS

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

Fitness - 24 hours

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

ARRIVAL TIME

You are encouraged to arrive 45 minutes prior to your appointment in order to change, relax and enjoy the facilities at the spa. Please be advised that late arrivals will result in a reduction of treatment time. We would like to invite hotel guests to arrive at the spa wearing the robe and slippers provided in their hotel room and would advise that valuables are left in the safe in their room.

THERMAL SUITES

Prior to your treatment, we encourage you to enjoy the luxurious spa facilities to prepare mind and body for the treatment experience to follow. These include separate facilities for female and male guests:

- Relaxation areas
- Steam rooms
- Lifestyle experience showers
- Ice fountains
- Saunas

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our specialist Spa Executive Team, who will guide you to the right choice. Hotel guests can dial 6688/6860/6861 from their room telephone. From outside the hotel you can email spapln@peninsula.com or call The Peninsula London on 020 8138 6688. To ensure that your preferred time and service are available, we recommend booking in advance.

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.

HEALTH CONDITIONS

Kindly advise us of any health conditions, allergies or injuries, which could affect your service when making your spa reservation.

PREGNANCY

We have specially designed treatments for expectant women and nursing mothers. Please allow our spa team to guide you in selecting the treatments that are most suitable for you during this special time.

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.

GIFT CERTIFICATES

Digital gift certificates are available for purchase.

HOMECARE

To continue your spa regime and experience at home, all products used in the treatments are available from the spa boutique.

PRICES

Prices include 20% VAT & 10% service charge and are subject to change without prior notice.

THE PENINSULA

L O N D O N

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