THE PENINSULA

SPA & WELLNESS CENTRE

SPA TREATMENT TARIFF

THE PENINSULA LONDON

PRICE LIST

SUBTLE ENERGIES BODY MASSAGES

Personalised Holistic	1 hour / 1 hour 30 minutes	£ 250 / £ 320
Deep Tissue	1 hour / 1 hour 30 minutes	£ 250 / £ 320
Pregnancy	1 hour / 1 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
Body Wrap	45 minutes	£ 120

SUBTLE ENERGIES HOLISTIC FACIALS

Holistic Age-Defying	1 hour / 1 hour 30 minutes	£ 250 / £ 320
Advanced Antioxidant	1 hour / 1 hour 30 minutes	£ 250 / £ 320
Wild Kashmir Purifying	1 hour / 1 hour 30 minutes	£ 250 / £ 320
Hydrating	1 hour / 1 hour 30 minutes	£ 250 / £ 320

PRICE LIST

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

MARGY'S FACIALS

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
Recommended Pairings		
Body Massage	1 hour	£ 250
Body Wrap & Massage	1 hour 30 minutes	£ 320

PRICE LIST

PENINSULA HANDS & FEET

Hand & Arm Ritual	45 minutes	£ 160
Foot & Leg Ritual	45 minutes	£ 160

PENINSULA JOURNEYS

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

PRIVATE SPA COUPLE'S SUITE ACCESS

Includes access to Couple's facilities prior to Spa treatments (with a minimum booking of 60 minutes required for two people)	£250 per hour

PRICE LIST

PENINSULA SPA MASTERS-IN-RESIDENCE

Dr (TCM) Li Ping Bartlett BSc MSc	1 hour / 1 hour 30 minutes	£ 250 / £ 300
David Marshall	1 hour	£ 375
Emanuele Calabrese DO, MSc Pain	30 minutes / 45 minutes	£ 190 / £ 250

PENINSULA FITNESS

Personal Training Session	60 minutes	£ 175

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 and Fitness Centre 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

RESERVATIONS & INFORMATION

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.

Guests booking any 120-minute Spa treatment will enjoy complimentary access to the Pool, Steam Room, and Sauna facilities on the day of their treatment.

THE PENINSULA

SPA & WELLNESS CENTRE

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

HONG KONG ◆ SHANGHAI ◆ BEIJING ◆ TOKYO ◆ NEW YORK ◆ CHICAGO ◆ BEVERLY HILLS
LONDON ◆ PARIS ◆ ISTANBUL ◆ BANGKOK ◆ MANILA