

ESPA *life*  
AT CORINTHIA

THE NEXT GENERATION SPA  
Spa & Wellness



# THE FUTURE OF WELLNESS

Situated in the heart of London, ESPA Life at Corinthia offers a welcomed moment of restorative wellness and mindful well-being to create harmonious equilibrium for mind, body and soul.

Combining the latest technology in fitness, beauty and healthcare, groundbreaking science and ancient holistic therapies, ESPA Life has created unique treatments carried out by a team of the world's leading experts to provide an unrivalled choice of spa.

Spread over four floors, the spa features 17 treatment rooms, a private spa suite, a state-of-the-art Thermal Floor with a silver steel swimming pool, vitality pool, amphitheatre sauna, ice fountain, marble heated loungers and private sleep pods. The Spa Lounge complements the overall experience by serving light, nutritious refreshments.

Situated above the dramatic Thermal Floor is the AMP x Corinthia London gym, featuring leading-edge equipment and Small Group Personal Training classes lead by AMP, a team of personal trainers, for an impeccable fitness and rehabilitation offering.



# THE ESPA LIFE EXPERIENCE

ESPA LIFETIME ..... 2 hours 30 mins / £495

**Take some well-deserved time out and surrender to the ultimate wellbeing experience.**

Escape the everyday routine and discover a space where time stands still and is totally yours. ESPA LifeTime is created specifically for you. Your treatments, products and pace will be tailored to your needs and adapted expertly to ensure every detail is effortlessly perfect.

**Includes:**

*A choice of sea salt and oil scrub - Full-body massage - Facial*

# ESPA TOGETHER

PRIVATE SPA SUITE FOR TWO ..... 3 hours 30 mins / £1400

**Contemplate and unwind in the decadence of your private suite with someone special.**

Begin with a Rasul healing mud ritual and relaxation time, followed by the ESPA LifeTime experience.

**Includes:**

*ESPA LifeTime experience - Rasul healing mud ritual - One course lunch with a glass of Champagne  
- Premium products from ESPA to take home*





# DISCOVER ESPA LIFE

EXCLUSIVE SPA EXPERIENCE PASS ..... £175

Linger for longer in our breathtaking spa.

Immerse yourself in deeply revitalising thermal spa facilities, from the swimming pool and amphitheatre sauna to the black marble steam room, relaxing sleep pods and more.





# NURTURE

Calming and supportive, these nurturing treatment experiences soothe the senses while encouraging the art of compassion and self-care. Each experience begins with breathwork to unite the body and mind, welcoming a new-found sense of comfort and reassurance.

ESPA NURTURE RITUAL ..... 2 hours / £395

Cradling you physically and emotionally, this deeply soothing treatment nourishes mind and body.

Combining exfoliation, calming massage and a warm linen marine mud wrap, the treatment releases the energy flow of the heart chakra to foster greater feelings of self-love and appreciation.

Includes:

*Marine mud body envelopment - Warm oil body massage - LED light therapy to face - Scalp massage with rose quartz crystals*

ESPA BESPOKE BEAUTY FACIAL ..... 1 hour 30 mins / £295

..... 1 hour / £250

Deeply cleanse, hydrate and renew with this facial which delivers instant results.

Tailored to your unique needs, complexions appear transformed and the mind is soothed so skin looks naturally beautiful and your inner calm is blissfully restored.

Includes:

*Triple cleanse and skin analysis - Facial massage - Personalised mask - Scalp massage*

ESPA RESTFUL MASSAGE ..... 1 hour 30 mins / £295  
..... 1 hour / £250

**This portal to peace puts you on the path to a truly blissful night's sleep.**

Beginning with guided breathing and visualisation to unwind from physical and emotional stress, this quieting journey is tailored to you with a relaxing massage releasing muscular tension using hot stones and the gentle pouring of our Restful aromatherapy oil over the body. A soothing scalp massage helps clear the mind so you can switch off, ready for a restorative sleep.

**Includes:**

*Breathwork - Full-body aromatherapy massage with hot stones - Scalp massage with rose quartz crystals*

ESPA MATERNITY MASSAGE ..... 1 hour 30 mins / £295

**Cherish your changing body and calm your mind with this beautifully comforting treatment.**

Personalised to your needs and stage of pregnancy, the purest, most gentle formulas smooth and nourish skin while the expert massage soothes tight, tender muscles and invokes a state of blissful relaxation.

**Includes:**

*Back exfoliation (if required) - Focused body massage - Scalp massage*

# RESILIENCE

By building resilience in our physical body and mindful state, we pave the way for greater clarity and focus. Created to bolster our skin, muscles and mind, each fortifying treatment begins with breathwork and visualisation to empower you with an overall sense of wellbeing.

ESPA IMMUNE FORTIFYING RITUAL ..... 2 hours / £395

**Feel boosted in the face of everyday life with this treatment developed to encourage greater resilience.**

Drawing on lymphatic compression massage, thymus tapping and our Fortifying aromatherapy oil, the body is left feeling stronger and lighter and the mind brighter.

**Includes:**  
*Body Ballancer lymphatic compression massage - Fortifying body massage*

ESPA NATURAL FACE LIFT ..... 1 hour 30 mins / £295

**Reveal healthy-looking, visibly resilient, youthful skin.**

This specialised facial is the complete approach to skin health using cutting-edge pre and probiotic technology combined with the same benefits of physical exercise to detoxify, invigorate, sculpt and relax. Powerful age-defying techniques inspired by Japanese Kobido massage, along with stimulating jade rollers, give instant results to leave the skin looking firm, lifted and beautifully radiant.

**Includes:**  
*Double cleanse and skin analysis - 4-stage lifting facial massage - Lift & smooth mask*

ESPA RESILIENCE MASSAGE ..... 1 hour 30 mins / £295  
..... 1 hour / £250

**Discover lasting clarity for mind and empower the body with this aromatherapeutic treatment.**

Tailored massage with hot stones unravels nagging muscular tightness and discomfort while pure, aromatic essential oils envelop the mind to relieve stress and recharge your inner reserves for a feeling of rejuvenation.

**Includes:**

*Resilience hot stone body massage - Scalp massage*

REFLEXOLOGY TREATMENT ..... 1 hour 30 mins / £295

**An ancient art of healing practiced for over five thousand years.**

Expert hands release tension from the shoulders, neck and scalp. Pressure is then applied to reflex points on your feet, activating the nervous system to clear any blockages in corresponding areas of the body. Stress reduction with improved circulation encourages the body to return to normal functioning and promotes deep relaxation to elevate the state of consciousness.

**Includes:**

*Back, neck and shoulder massage - Scalp massage - Reflexology to the feet*



# REFLECTION

Feeling connected to ourselves is a gift. It's also a skill. Beginning by uniting mind and body in a moment of serenity that lets you tune into your thoughts and actions, these treatments focus on raising self-awareness and conscious breathing to encourage a new understanding around the power of being ever mindful and living in the present.

ESPA REFLECT & REGENERATE RITUAL ..... 2 hours / £395

Enjoy rejuvenation of the mind, body and skin with this powerful synergistic ritual.

Tailored hot stone massage unravels muscular tightness while transformational LED light therapy treatment renews and regenerates face, neck and décolleté. Pure, aromatic essential oils envelop the mind and body to relieve stress, revive the spirit and leave you feeling restored.

Includes:

*Full-body hot stone aromatherapy massage - LED light therapy bespoke intensive facial - Scalp massage*

ESPA ICONIC BACK, FACE & SCALP TREATMENT ..... 1 hour 30 mins / £295

Boosting both body and mind, our signature journey supports the skin while lifting the spirits.

Targeted massage techniques are twinned with our Positivity aromatherapy oil for a bespoke back, scalp and facial treatment that leaves your mood brighter and your complexion beautifully radiant.

Includes:

*Back exfoliation - Positivity back massage - Bespoke beauty intensive facial - Scalp massage*



**ESPA MINDFUL MASSAGE** ..... 1 hour 30 mins / £295

**Soothing stress and anchoring the body and mind in the present moment, this blissfully rebalancing experience restores a sense of positivity to the spirit.**

Calling on guided breathing, the power of visualisation and deeply therapeutic massage, this highly personalised journey supports the release of physical and emotional tensions to relax the mind and reunite you with a tranquil state of calm.

**Includes:**

*Massage to metamorphic zones of the feet - Flowing full-body massage - Scalp massage with warm rose quartz crystals*

**THAI YOGA MASSAGE** ..... 2 hours / £395

..... 1 hour 30 mins / £295

**Free the body's healing potential, restoring balance and harmony.**

Calling on this ancient healing art, pressure is applied to the energy lines of the body to release blockages in the natural life force flow. Deep and gentle stretches improve flexibility while guided meditation restores and re-energises the body and mind.

**Includes:**

*Opening meditation - Full-body Thai massage - Scalp massage - Closing meditation*

# PURIFY

Inspired by the idea of renewal and recovery, these high-intensity, stimulating treatments which begin with an exercise to free tension, help liberate our physical body and motivate our mood to embrace life with strength and confidence.

ESPA TOTAL BODY CLEANSE RITUAL .....2 hours / £395

**Awaken vitality, purify and re-energise mind and body with this powerfully effective treatment.**

An innovative combination of detoxifying actives and advanced massage naturally helps promote gut health by stimulating circulation, boosting digestion and reducing fluid retention. You will see and feel results instantly - it's the ultimate kick-start to your detox programme.

Includes:

*Body exfoliation - Algae envelopment - Herbal poultice massage - Scalp massage*

ESPA ACTIVE DETOX TREATMENT .....2 hours / £395

**A therapeutic abdominal treatment to cleanse and restore an active healthy system and contour the hip and thigh area.**

Specialised massage and potent, naturally detoxifying formulas lift your senses and stimulate a sluggish digestive system, helping to reduce bloating and enhance abdominal tone. Contouring techniques and manual lymphatic drainage massage target cellulite, smoothing skin and leaving you feeling energised and ready for a new start.

Includes:

*Exfoliation to abdomen, hip and thigh area - Detox pack with Swedish Bitters - Deep colon massage - Pressure point massage - Contouring and manual lymphatic drainage massage*



ESPA DEEP CLEANSING LIGHT THERAPY FACIAL ..... 1 hour 30 mins / £295

Reharmonise and comfort congested, sensitised complexions with this high-performance treatment which delivers instant results.

Intensely pore purifying, an advanced combination of massage, rebalancing facial formulas and LED light therapy leaves reactive skin feeling renewed and inner calm blissfully restored.

Includes:  
*Triple cleanse - Exfoliation - Steam and extraction (if required) - Balancing facial massage - LED light therapy - Mask - Scalp massage*

ESPA DEEP MUSCLE MASSAGE ..... 1 hour 30 mins / £325  
..... 1 hour / £275

Restore comfort, suppleness and movement with this intensely effective massage.  
Active stretching and specialised massage with expertly blended aromatherapy oils alleviate deep-seated tension in your neck, shoulders and back helping you to move more freely and feel reset.

Includes:  
*Full-body targeted deep muscle massage (with or without hot stones) - Scalp massage*

Enhance your experience:  
Ask your spa therapist to add Theragun Percussion Therapy to your massage

ESPA DETOX SWEDISH MASSAGE ..... 1 hour 30 mins / £295  
..... 1 hour / £250

**Revive your body and enliven your spirits with this invigorating massage.**

Working swiftly and deeply where you need it most, traditional Swedish massage with detoxifying aromatherapeutic oils boosts circulation, alleviates tight, aching muscles and awakens the body from top to toe.

**Includes:**

*Full-body Swedish style massage - Scalp massage*

# VITALITY

Boosting energy to the mind, body and spirit, these enlivening treatments, which begin by awakening our senses, help nourish and sustain a desire to approach life with renewed vigour and embrace the opportunity for new experiences.

ESPA VITAL BODY RITUAL ..... 2 hours / £395

**Awakening your vigour and leaving you feeling lighter, this treatment encourages cleansing with several different techniques to free your body of physical stagnation.**

Smooth waves pulsing from the Body Ballancer device create a relaxing lymphatic compression massage to address fluid retention and help stimulate circulation. The treatment then moves into a Swedish massage with fast invigorating movements using our Detox aromatherapy oil to renew and refresh.

**Includes:**

*Body Ballancer lymphatic compression massage - Scalp or arm massage - Detoxifying full-body massage*

ESPA TRAVEL RESTORE TREATMENT ..... 1 hour 30 mins / £295

**Energise or reinstate balance with this luxurious travellers' ritual.**

The perfect remedy to soothe or revitalise your weary body. An indulgent treatment to release tension, nourish your skin and leave you feeling restored.

**Includes:**

*Salt & oil body exfoliation - Energising or soothing aromatherapy massage - Scalp massage*

ESPA ACTIVE NUTRIENTS GLOW FROM WITHIN FACIAL .....1 hour 30 mins / £295  
..... 1 hour / £250

Restore visible radiance with this nutrient-rich treatment which feeds your skin and mood, so your face glows with vitality.

Concentrated on the scalp, face, neck and décolleté, dull, lethargic complexions appear brightened and refreshed with the power of a sweeping Gua Sha massage, steaming, exfoliation and multi-masking to maximise results for a lit-from-within luminosity.

Includes:  
*Double cleanse and skin analysis - Gua Sha facial massage - Double mask - Gua Sha hand and arm massage - Scalp massage*

ESPA VITALITY MASSAGE .....1 hour 30 mins / £295

Unwind and escape the pace of everyday life so you emerge experiencing a renewed sense of optimism and confidence.

Centring both mind and body through guided breathing and visualisation, flowing strokes move across the feet using metamorphic techniques to rebalance and ground you before moving into a revitalising full body and re-energising scalp massage using warm rose quartz crystals.

Includes:  
*Massage to metamorphic zones of the feet - Uplifting full body massage - Scalp massage with warm rose quartz crystals*



SPORTS MASSAGE ..... 1 hour 30 mins / £325  
..... 1 hour / £275

A deep muscle massage with a focus on relieving deep-seated tensions, using powerful techniques with elbows, forearms and hands to stretch and release tissue knots, promote blood flow and increase flexibility of the tendons.

A perfect treatment for those who require a powerful massage.



# TRADITIONAL CHINESE MEDICINE

BY JAMES MUTKIN

CHINESE MASSAGE FUSION ..... 1 hour 30 mins / £295

A comprehensive treatment that brings together the art and science of traditional Chinese massage, acupuncture, acupressure, cupping and mobilisation.

ACUPUNCTURE..... 1 hour 30 mins / £295

This holistic technique stems from traditional Chinese medicine. Extensively developed and highly effective Eastern theories and techniques of acupuncture provide inner and outer balance and wellbeing.

Treatments are tailored to every individual to help soothe, relax and target areas of tension in the body and guide your own healing.

HARMONISING GONG BATH ..... 1 hour 30 mins / £295

Sound therapy and acupuncture are a perfect combination to fully restore both mind and body.

Acupuncture is used to calm the body whilst meditative sounds allow you to go deeper within yourself, transporting you into a state of tranquillity and deep relaxation.

Includes:

*Breathwork - Sound meditation - Acupuncture (if required)*

# DANIEL GALVIN

Daniel Galvin OBE is the iconic name behind the eponymous hair studio on the mezzanine floor. With a highly creative cutting team, world-renowned colourists and luxurious hair care products, this is the place to look after your locks.

As stylist to Hollywood A-listers, Daniel and his team are as discreet as they are familiar with the glamour of the red carpet, making it the perfect place to prepare for special occasions and everyday hair care. The salon also hosts a Hollywood-inspired Movie Makeover Room, especially designed for those clients who desire a little more privacy and pampering.



# STYLING SERVICES

TOP STYLIST

Cut and red carpet blow dry .....	from £170
Red carpet blow dry .....	from £100
Hair up dry styling .....	from £125
Hair up including wash and dry .....	from £185
Men's cut .....	from £90

# COLOUR SERVICES

Full head of highlights .....	from £280
Half head of highlights .....	from £210
Tint .....	from £140
Male colouring services .....	on request

# BESPOKE SERVICES

Full head of hair extensions (100-125) .....	from £1500
Half head of hair extensions (60-90) .....	from £1100
Quarter head of hair extensions (20-50) .....	from £750
Hair extension removal .....	£100 per hour

# BRIDAL

Trial hair .....	from £175
Wedding day hair .....	from £275
Trial make up / wedding day make up .....	on request
Men's wet shave .....	£90

# SPA GUIDELINES & TERMS

- ❖ Spa treatments are suitable for persons of 16 years of age and above. ESPA Life at Corinthia does not provide spa services for persons under the age of 16.
- ❖ We recommend arriving up to one hour before your treatment to allow sufficient time to complete our health questionnaire and relax in the thermal spa facilities. Late arrival may result in shortened treatment time.
- ❖ Personal health conditions, injuries and allergies affecting choice of treatment must be clearly noted on the confidential health questionnaire prior to treatment commencing.
- ❖ Specialised maternity massage is suitable for expectant mothers only after the first 12 weeks of pregnancy. If in doubt, please seek advice from your medical specialist prior to booking.
- ❖ Using the heat experiences, such as the sauna and steam rooms, may present risks to individuals with health conditions. Up to 10-15 minutes is recommended at a time. If in doubt, please consult with your doctor.
- ❖ Anti-slip slippers are provided and must be worn in all wet areas of the spa, including the thermal floor, showers and changing rooms.

❖ Swimwear must be worn when in the pools, sauna, steam rooms and public areas.

❖ Cancellation policy: A 100% cancellation charge is applicable if cancellation notice is shorter than 24 hours prior to the appointment time.

❖ All prices are quoted in GBP, are subject to change at any time and inclusive of 20% VAT.

❖ Smoking of cigarettes, e-cigarettes and vapes are strictly prohibited on the spa premises.

❖ All electronic devices and mobile phones must be switched off and noise levels kept to a minimum to respect the rights to privacy and serenity of all guests.

❖ Personal belongings, valuables and jewellery placed in the lockers provided are at the owner's risk. ESPA Life at Corinthia cannot be held responsible for lost personal items.

❖ Dedicated family swimming times for hotel residents and their children are from 08:00 – 10:00 and 16:00 – 17:00 daily. Children under the age of 16 must be accompanied by an adult.

## SPA OPENING HOURS

Monday to Sunday 07:00 - 21:00

## SPA TREATMENTS

Monday to Sunday 10:00 - 19:30

## DANIEL GALVIN HAIR SALON

Tuesday to Saturday 09:00 - 18:00  
Sunday and Monday Closed



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