

ESPA *life*  
AT CORINTHIA

THE NEXT GENERATION SPA  
Spa & Wellness



# THE FUTURE OF WELLNESS

Situated in the heart of London, ESPA Life at Corinthia London offers a welcomed moment of restorative wellness and mindful wellbeing 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 stunning Thermal Floor with an indoor 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. 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 or afternoon tea with a glass of Champagne - body and bath oil collection for home care*



# 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 vitality pool and amphitheatre sauna to the black marble steam room, relaxing sleep pods and more.





# NURTURE

Calming and supportive, these deeply 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 / £265

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

Tailored to your unique needs, complexions appear transformed and mind 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 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 / £265

**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. Then, pressure is 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 shoulders 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*



**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 DETOX SWEDISH MASSAGE** ..... 1 hour 30 mins / £295

..... 1 hour / £265

**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 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 aromatherapeutic massage - scalp massage*

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

..... 1 hour / £265

**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 & arm massage - 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:**

Requesting your therapist to add Theragun Percussion Therapy to your massage

**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 ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. To maintain this, the spa is a mobile phone, electronic tablets, pager, camera and smoke free zone.

## HEALTH CONDITIONS

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

## PREGNANCY

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

## VALUABLES

ESPA Life accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. All valuables should be kept securely in the lockers provided.

## LOST PROPERTY

All lost property found on the premises should be handed in at ESPA Life reception. Items will be stored for three months, if they are not collected within this time they will be donated to local charities. Liquids, under-garments and hair brushes are kept for 24 hours only.

## HOMECARE

To continue your spa experience at home, most products used in our treatments are available at ESPA Life reception.



## SPA ACCESS

Access to ESPA Life at Corinthia is exclusively reserved for guests with a 90-minute or longer treatment, a Day Spa Experience or a Spa Experience Pass reservation.

## CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

## CHILDREN'S POLICY

The spa welcomes resident children every day during children's swimming hours, in which they are permitted to use the swimming pool only.

Access to the rest of the spa including the spa changing, heat experiences, thermal floor and gym are restricted to over 16s.

## GIFT VOUCHERS

An ideal gift for someone special. Please contact the ESPA Life reservations team for details.

# HOW TO SPA

## SPA OPENING HOURS

Monday to Sunday 07:00 - 21:00

## SPA TREATMENTS

Monday to Sunday 10:00 - 19:30

## FAMILY SWIMMING HOURS

Monday to Sunday 08:00 - 10:00  
16:00 - 17:00

For the children of hotel residents only

## DANIEL GALVIN HAIR SALON

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

## ARRIVAL TIMES

Please allow sufficient time before your treatment to complete a health questionnaire. We recommend up to 1 hour in advance so you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

The spa will provide towels, robes and slippers and any amenities required for use during your spa visit.



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