



ESPA *life*  
AT CORINTHIA

MEMBERSHIP



## THE NEXT GENERATION SPA

Situated in the heart of London, ESPA Life at Corinthia is the city's largest spa. Combining the latest technology in fitness, beauty and healthcare, groundbreaking science and ancient holistic therapies, ESPA Life has developed unique treatments offered by a team of the world's leading experts to provide an unrivalled choice of spa.

## WORLD CLASS FACILITIES

Spread over four floors, the spa features 17 treatment rooms, a private spa suite and 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 offering 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 (SGPT) classes led by AMP. A dedicated hair salon and award-winning beauticians are also available to add the finishing touches to your head-to-toe experience.





## AMP x CORINTHIA LONDON

Our gym features equipment from premium brands such as BLK BOX, Technogym, Peloton and Theragun. Corinthia London has partnered with AMP (Athletic Medical Performance) to provide Small Group Personal Training (SGPT), with group sessions run throughout the day by AMP's team of experts. Their training programme delivers superb results in Strength, Endurance and Body Composition.

The gym space has been intelligently designed by AMP Founder, Steve Mellor, and features PT pods with innovative technology, weight benches, racks, rigs, pull-up bars and high-performance turf to offer users extreme workout versatility.



# THE MIND, BODY AND SOUL MEMBERSHIP

A pioneering concept, ESPA Life at Corinthia London presents a fully-integrated approach to membership, bringing together an unrivalled combination of fitness, spa, wellness, beauty, lifestyle, health and wellbeing, with exclusive access to social experiences and a host of complimentary benefits right in the heart of London.

## EXCLUSIVE BENEFITS

- Access to the spa seven days a week between 7am - 9pm (last entry 30 minutes before closing time)
- Priority access to Thermal Floor relaxation facilities, including swimming pool, vitality pool, sauna and steam room
- Unlimited Small Group Personal Training Sessions (Monday to Saturday)
- 5 spa treatments \*
- 2 blow dry appointments or gentleman's hair cut at Daniel Galvin at Corinthia salon
- 15% discount on spa treatments and products
- 10 guest passes \*
- Preferential rates for personal training sessions
- Experience Corinthia - a one night stay at Corinthia London per annual membership term \*

£580 per month

To join or find out more about our membership, please get in touch:  
call +44 (0)20 7321 3050 or email [membership.london@corinthia.com](mailto:membership.london@corinthia.com)

\*Subject to availability. Requires advance commitment to annual membership term.

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