

THE BERKELEY

KNIGHTSBRIDGE LONDON

HEALTH CLUB AND SPA

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EXPERIENCES

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The Berkeley Health Club and Spa

The Berkeley Health Club and Spa is unique. With its location on the 7th floor of The Berkeley in Knightsbridge it lays claim to one of the city's few rooftop swimming pools.

We place emphasis on the well being element of health and fitness and throughout the design process of the club great thought has gone into creating a relaxing, soothing, restful environment for the body and soul.

Gift Vouchers

Personalised gift vouchers are available for any treatment, combination of treatments, packages or day membership of the club and spa. They are a good idea if you are not sure what to give as a gift to someone you love or as a thank you.

Vouchers can be purchased by telephone, by visiting the spa or via email. A credit card number will be requested for immediate payment. All vouchers are valid for one year and become void after this time.

The Berkeley Health Club and Spa is commonly referred to as a boutique spa with luxury spa brands, three in total that concentrate on different areas of the body and skin for a more bespoke beauty experience. The ranges include [comfort zone], the organic label Voya and Mama Mio. ESSIE is used for all manicure and pedicure treatments.

Not sure what to choose...

Why not visit our website to view our current special offers – the-berkeley.co.uk.



[comfort zone]

[comfort zone] has been developed to combine the best of science and nature by offering the highest quality products with results orientated treatments. [comfort zone] appeals to all and delivers the ultimate spa experience. All [comfort zone] treatments begin with our signature tranquillity welcome ritual, to relax and soothe the senses.

Signature Rituals

Debutante Facial – deep hydrating facial 55mins £90

An experience created for younger women about to step out in the world. This facial will promote softer, smoother skin, enhanced with a silky holiday radiance. A wonderful introduction to skincare.

Berkeley Elegance – anti-ageing facial 55mins £100

An experience designed for women seeking the ultimate in anti-ageing skincare luxury. This is the perfect facial to lift, re-plump, and smooth out fine lines and wrinkles.

Sacred Space at Hyde Park – the ultimate massage ritual 55mins £90

A massage experience designed for both men and women in search of a more natural, sustainable and organic approach to skincare. Seek out the soul, nurture, embrace and escape in this exclusive massage ritual.

Jet Set Luxury – a tailor-made jet lag recovery
25mins £50
55mins £95
85mins £140

A ritual to restore and awaken your complete being. The traveller within you will be revitalised as we help to reconnect you with yourself and your location. If you have travelled tens of miles we recommend 25 minutes, several hundred miles 55 minutes and several thousand miles 85 minutes.



Skincare Experiences

Rebalance

Hydramemory – 24hr deep hydrating treatment 55 mins £90

A deeply hydrating treatment to improve moisture levels in the skin. Hibiscus and honey work to retain moisture, whilst the special ingredient Trehalose, taken from a desert plant, works to increase moisture and leave the skin feeling silky smooth.

Skin Resonance – rebalancing treatment for sensitive skins 55 mins £90

A treatment developed to rebalance and strengthen sensitive skins. This facial not only cools and calms but reduces any irritation within the skin.

Recover Touch – anti-oxidant vitamin treatment 55 mins £90

This anti-oxidant vitamin treatment works to neutralise free radicals which can destroy the skin's natural collagen and elastin. Nourishing cloudberry and canola oil revive a dull, tired complexion.

Purify

Active Pureness Rebalancing – deep purifying treatment 55 mins £90

A deep cleansing treatment recommended for oily or combination skins; extracts of sage, balm mint and orange fruit water leave the skin feeling fresh and fully restored.

Active Pureness Regenerating – active treatment for problem and impure skins 70 mins £110

Balances and treats problem skins using fruit acids to gently exfoliate surface cells leaving the skin fresh and clear.

Renew and nourish

Glorious Skin – extraordinary lifting treatment 25 mins £65

This treatment, using a unique setting mask and serum which have an immediate lifting and tensing effect, leaves the skin smooth and firm. Excellent for a special occasion and will give on-going lifting and firming effects when used in conjunction with a special homecare programme.

Chrono Reverser – anti-oxidant treatment 25 mins £65

This treatment offers exceptional results by delicately and effectively renewing the skin with an innovative synergy of fruit acids, vitamin C and a new generation of active ingredients. It effectively improves the appearance of fine lines, wrinkles, pigmentation and superficial acne scars, leaving your skin renewed.

Chrono Reverser Collagen – advanced exfoliation and anti-ageing treatment 70 mins £110

Using an exclusive synergy of new generation active ingredients and superior collagen, this extraordinary treatment resurfaces, revitalises and deeply hydrates the skin, plumping out fine lines and leaving your skin supple and moisturised with a radiant glow.

Eye Supreme – multi-active rejuvenating eye treatment 25 mins £45

Natural ingredients combined with peptide technology will work to reduce dark circles, puffiness and fine lines. Moisture and hydration are restored, while an innovative Hydrogel mask will bring rapid relief from stress and fatigue.

Lip Blooming – rejuvenating, replenishing and re-plumping 25 mins £35

A complete lip care system to rejuvenate, smooth, nourish, hydrate and re-plump the lip area. It can be incorporated into any facial treatment.

Man Space

Hydra Performance Facial – re-hydration treatment for men 55 mins £70

Perfectly restores moisture levels to the skin with the use of active ingredients such as Swiss glacial water. The ideal treatment for frequent flyers or for men with a skin that is exposed to extremes of temperature and environmental stress.

Pure performance facial – active purification treatment 55 mins £80

Removes any impurities and aids in the rebalance of oily areas. This deep cleansing treatment leaves the skin with a perfectly matte finish.



Body Rituals

Comfort Touch Massage	back, neck and shoulders	25 mins	£50
	full body	55 mins	£95
		85 mins	£140

Using specially selected Aromasoul oils we tailor-make the massage experience to suit your needs. A treatment designed to relax and rebalance energy levels whilst alleviating muscular tension and stress.

Tranquillity Ritual Treatment – aromatic well-being ritual for face and body 85 mins £140

The precious combination of a delicate texture, aromatic notes and the power of human touch, renders this a unique experience to relax both body and mind.

Mud and Remodelling Experiences

Monticelli Mud – conditioning mud treatment 55 mins £90

A healing and restorative treatment using Monticelli thermal mud, taken from the mineral rich river banks of Monticelli in Italy. Enriched with mineral salt thermal waters from Termi di Monticelli, the active ingredients have a detoxifying and draining action.

Body Strategist + Nutritional – anti-oxidant treatment that improves tone and elasticity 55 mins £90

Using a unique gel body mask blended for each treatment, this aromatic treatment uses the benefits of organic pumpkin cells, tomato and basil combined with vitamins B1, B2 and vitamin C to deeply nourish the tissues and re-condition the skin.

Body Strategist + Cellulite Re-modeller – double action cellulite treatment 55 mins £90

To reduce adipose deposits, assist local micro-circulation and stimulate lipolytic action. This treatment is not advised for people with fragile capillaries, thyroid concerns or during pregnancy.



The organic spa brand VOYA offers an ancient form of body treatment with all products totally organic and derived from kelp or 'Seaweed' from Northern Ireland. The VOYA Body Wraps combine active ingredients with fresh kelp leaves, which are wrapped to cocoon the body and assist in promoting skin regeneration.

Mermaid's Purse Body Wrap 55 mins £90

This is a deeply hydrating and detoxifying treatment for tired, dry and dull skin. By stimulating blood flow and manipulation of tissue, the body is restarted to encourage cell renewal. The detoxifying benefit encourages long term results. Skin condition is improved and a fresh new complexion emerges.

Organic Muslin Bag Massage 55 mins £95

A real sensory treat! Soaked warm bags of herbs and seaweed are gently massaged into the body, releasing precious seaweed oils. We use a combination of the finest organic herbs and seaweed to massage your body and gently exfoliate and nourish your skin. A truly therapeutic treatment that is completely indulgent. Choose between calming organic chamomile, detoxifying peppermint or stimulating fennel.



These treatments have been created especially for the nine months of pregnancy and beyond. This is a time of change and we have taken into account and adapted our treatments to make sure that they are all as comfortable and as beneficial as possible during pregnancy. All the Mama Mio products used are created to help with changes the skin and body go through. As all pregnancies differ, our therapists will ensure that your comfort and needs are taken care of at all times.

Yummy Tummy 70 mins £90

This is a facial for your tummy, because it's your tummy that needs the attention to maximise skin strength, health and elasticity. Combined with the luxury of an upper back, neck and head massage to ensure it is a full-on stress banishing treat.

Lighten Up 25 mins £45

A mineral-rich foot soak and massage for lower legs and feet to help with poor circulation, water retention and the tiring affects of carrying an extra load. They don't call it a maternity marathon for nothing.

Mellow Mama 70 mins £90

A completely relaxing full body massage using our safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

The Smoothie 70 mins £90

Feel great in the buff! If you are a supermama who is serious about skincare, you already know the benefits of regular exfoliation. The Smoothie's perfect when you want a really relaxing massage combined with the fresh clean feeling of a gentle exfoliation treatment. Perfect for all supermamas, during or after pregnancy, because elastic skin is fantastic skin.

4th Trimester Healing Hour 55 mins £80

Your baby is here and you are in need of a little rejuvenation? This restorative massage treatment helps your body realign as you remember how to be one person again. Sometimes new mothers need a little mothering too making this a perfect present – ideal for up to 6 months after baby arrives.

European Massage	25 mins	£45
	55 mins	£90
	85 mins	£135

Traditional European techniques are used to help relax and de-stress the body. Therapists use a variety of movements to help ease the muscles and joints.

Deep Tissue Massage	55 mins	£95
	85 mins	£140

A deeper, specialised massage technique.

La Stone Body Therapy	75 mins	£140
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Deep penetrating heated stones, alternating with cool marble, are manipulated and placed over the body to impart warmth and energy. Encompassed in this elegant application of hot and cold are unique healing and energising benefits. Mary Hannigan from Arizona has developed this concept into a wonderfully relaxing treatment. The hot stones are volcanic basalt and used specifically for their smoothness and their ability to retain heat. Marble, the medium for cold, is carved from geological rock.

You will lie on hot basalt stones placed along the spine to warm and ease the muscles of the back. Long movements are used to warm and massage the muscles and then deeper, more penetrating movements work into deeper layers of tension using different shapes and contoured stones. Frozen marble is occasionally placed to enliven and create circulation movement with reassuring comfort.

One stroke of massage with a stone is equivalent to 10 European massage strokes, so that after 75 minutes of treatment you will emerge energised and uplifted.



The Perfect Retreat	For Her	2 hrs	£200
	For Him	2 hrs	£150

Two hours of relaxing yet invigorating treatments, guaranteed to restore lost energy and de-stress the body and mind. The Perfect Retreat includes:

For Her	For Him
• Body Skin Preparation 25 mins	• Comfort Touch Massage 25 mins
• Comfort Touch Massage 25 mins	• Pure Performance Facial 55 mins
• Rebalance Facial 55 mins	• Men's Manicure 25 mins

End of the Lines	3½ hrs	£270
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The relaxing way to fight against ageing!

- Berkeley Elegance Facial 55 mins
- Eye Supreme 25 mins
- Luxury Berkeley manicure 55 mins
- Luxury Berkeley pedicure 55 mins

Blooming Beautiful	3 hrs	£200
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The best gift for any mother to be. This package includes a Mama Mio Mini Kit to take home, perfect for you to continue the relaxation at home!

- Mama Mio Maternity Massage 55 mins
- Mama Mio Free Your Mind 55 mins
- Mini-manicure 25 mins
- Mini-pedicure 25 mins

Day Spa Escape	4 hrs	£320
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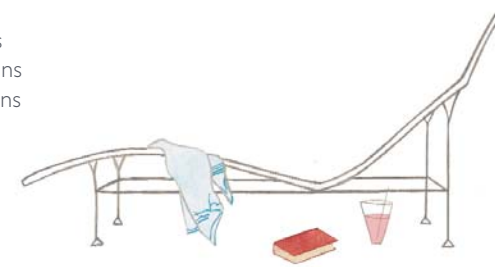
Top to toe pampering! A day of treatments for face and body, to leave you relaxed and refreshed, poised and polished and ready for anything.

- Body Skin Preparation 25 mins
- Comfort Touch Massage 25 mins
- Rebalance Facial 55 mins
- Luxury Berkeley manicure 55 mins
- Luxury Berkeley pedicure 55 mins

Day Spa Indulgence	4 hrs	£375
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The ultimate Spa experience!

- Body Skin Preparation 25 mins
- Comfort Touch Massage 85 mins
- Berkeley Elegance Facial 55 mins
- Eye Supreme 25 mins
- Mini-manicure 30 mins



Manicure and Pedicure

The Berkeley Luxury Manicure 55 mins £60

A deeply nourishing manicure which includes tidying the cuticles, shaping the nails and exfoliation. A hydrating masque is applied followed by warm paraffin wax; the hands are then placed in heated mitts to help the products penetrate into the skin. The hands and forearms are then massaged and the nails are finished with perfectly applied nail colour.

The Berkeley Manicure 45 mins £50

A maintenance manicure to restore your hands and nails back to their full glory. The nails will be shaped and the cuticles tidied. The hands are exfoliated and massaged to treat the skin. The nails are finished with perfectly applied nail colour.

The Berkeley Luxury Pedicure 55 mins £60

A deeply nourishing pedicure which includes soaking the feet, tidying the cuticles, shaping the nails and deep exfoliation. A hydrating masque is applied followed by warm paraffin wax. The feet are then placed in heated boots to help the products penetrate into the skin. The feet and lower legs are then massaged and the nails are finished with perfectly applied nail colour.

The Berkeley Pedicure 45 mins £50

A maintenance pedicure to restore your feet and nails to their full glory. The nails will be shaped and the cuticles tidied. The feet are soaked, exfoliated and massaged to treat the skin. The nails are finished with perfectly applied nail colour.

Men Hands Manicure 25 mins £35

For a groomed appearance your nails will be shaped and buffed followed by a relaxing hand massage.

Fellows' Feet Pedicure 25 mins £35

For perfectly tidy toes, your nails will be shaped and buffed, followed by a relaxing foot massage.

If you require a French Polish with any of the treatments please state at time of booking. French Polish – extra 10 mins £10



Waxing Services

We offer a superior standard hot wax and warm wax for our depilatory services. The therapist will choose accordingly to hair type and area. If you have a preference please inform your therapist.

Full Leg	55 mins	£50
Half Leg	45 mins	£35
Bikini Line	25 mins	£25
Brazilian	55 mins	£50
Hollywood	55 mins	£50
Under Arm	25 mins	£25
Full Arm	55 mins	£50
Fore Arm	45 mins	£35
Lip Wax	20 mins	£20
Chin Wax	20 mins	£20

Men's Waxing Services

Back Wax	45 mins	£35
Chest Wax	45 mins	£35

The Eyes Have It!

Eyebrow Shape	25 mins	£20
Eyelash Tint	25 mins	£20
Eyebrow Tint	25 mins	£20
Eyelash and Eyebrow Tint	45 mins	£30

Please note if you have not had any tinting before, we recommend that you have a patch test of the product 24 hrs in advance. This is to ensure that the product doesn't cause any sensitivity to the delicate eye area. Please call the Spa reception to make a 10 min appointment to have this carried out.

Opening hours

Health Club and Spa

Monday to Friday 6.00am to 10.00pm
Saturday & Sunday 8.00am to 8.00pm

Spa Treatment Hours

Monday to Friday 8.00am to 9.00pm
Saturday & Sunday 9.00am to 7.30pm

Children

Monday to Friday 12.00pm to 2.00pm & 4.00pm to 7.00pm
Saturday 11.00am to 2.00pm & 4.00pm to 7.00pm
Sunday 10.00am to 12.00pm



Terms and Conditions

Booking Appointments

All treatments may be booked in advance through the Health Club and Spa reception, direct line +44 (0)20 7201 1699, hotel dial 8007. You can also email the reception team to make an appointment

healthspa@the-berkeley.co.uk

The treatments you select are reserved for you with one of our professional therapists. We cannot reserve appointments for external guests without a credit card number at the time of booking.

Cancellations made within less than 24 hours notice or failure to take up an appointment will result in the full treatment cost being charged.

We offer our guests a reliable treatment schedule; therefore arriving late will limit your treatment time. Your treatment will need to end on time to prevent inconvenience to the next guest and the same treatment price will apply.

We request that you arrive at least 15 minutes prior to your first treatment time in order to register and change into the bathrobe provided. This will also allow you to use the sauna and steam heat experiences located in the changing rooms. Please appreciate that late arrivals will not receive an extension of scheduled treatments.

Group bookings

As the comfort and experience of our guests is paramount all group bookings (more than 4 people) are subject to availability. Terms and conditions for group bookings are available on request.

Treatment packages and vouchers are non-refundable, non-transferable and non-exchangeable.

A menu of light food and beverages is available at all times.

A chauffeur-driven car or taxi can be arranged with advance notice, subject to availability.

Consultations are carried out before all treatments. Please be aware that some treatments are not suitable for certain conditions and it is in your best interest that we would suggest an alternative treatment.

Please inform your therapist if you have any medical conditions, skin allergies or reactions, are taking any medication or are pregnant or trying to become pregnant.

It is advisable to shower before all body treatments.

Patch tests are made before the first eyelash tint.

Please allow at least 12 hours between using any heat treatment (sauna/steam) and appointments for waxing.

We advise the avoidance of facial waxing for 72 hours after collagen, botox or long haul flights over 6 hrs as the condition and sensitivity of the skin may be affected during this time.

Please avoid UV exposure for 72 hours after any of our microdermabrasion and light peel treatments. This is also advisable after waxing.

We do not advise body waxing in conjunction with any other body treatment including massage.

Age Requirements

All persons under 16 years of age are regarded as minors and need to be chaperoned in the treatment room by a parent or legal guardian.

There is no access to the Berkeley Health Club for persons under 16 years of age unless they are resident in the hotel and accompanied by a parent or legal guardian at all times.

There is strictly no access to the Gym for persons under the age of 16.



We try to provide a calm and peaceful setting for all Spa users. We ask you to turn off your cellular phone and pagers etc and to only receive and make calls around the reception area.

Mobile phones are not to be used around the pool area.

No photographs are allowed to be taken without prior authorisation to protect our members' and guests' privacy.

The Berkeley Health Club and Spa is licensed to perform all the services listed in this brochure.

All prices, treatments and information are current at the time of printing and are subject to revision without notice. All prices include VAT.

Our best reward is your personal recommendation; gratuities are therefore left to your discretion.

We advise you not to wear valuables whilst using the facilities. Lockers are provided to all guests. The Berkeley Health Club and Spa cannot take responsibility for the loss of any items.

We do not allow our therapists to carry out treatments in the hotel rooms. However we can arrange for therapists from an external company to carry out any treatment requests at a slightly higher rate.

Gentlemen are required to wear shorts, swimwear or underwear during all treatments.

If you would like the lighting, music, massage pressure or room temperature to be altered please inform your therapist at any time during your treatment.

We ask that at busy times our guests refrain from leaving their possessions on the sun loungers to allow everyone to enjoy the facilities.

All our members and guests are required to shower before entering the swimming pool.

Please be aware of the environment and use as few towels as you can.



Other Services

Yoga

We can arrange for a Yoga instructor to visit guests in their hotel room for personal yoga training sessions. This must be booked in advance and all quotations are available on request.

Hairdressing

We like to use several very reputable hair salons in the local area. We can arrange appointments for you to go to the salons or quotations can be obtained for in room hairdressing upon request.

Make-up

We can arrange for a make-up artist to visit the hotel for an appointment or alternatively we can arrange for you to have your appointment with a make-up artist at a nearby studio. All quotations are available on request of this service.

