

# 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 and has an amazing view of Hyde Park and the surrounding London sky line.

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

The Berkeley Health Club and Spa is commonly referred to as a boutique spa with a luxury spa brand, [comfort zone]. Our experienced therapists concentrate on the person as a whole delivering a unique treatment experience. Along with amazing skin care results our products and treatments will help to ease away the stresses of modern living. ESSIE is used for all manicure and pedicure treatments.

## Gift Vouchers

Personalised gift vouchers are available for a selection of our Spa Days and the Sacred Space at Hyde Park treatment. They are a great idea if you are not sure what to give as a gift or as a thank you.

Vouchers can be purchased on our website, by visiting the spa or by phone. A credit card number will be requested for immediate payment along with other cardholder and shipping details.

All vouchers are valid for one year and become void after this time. There is a £6 postage and packaging charge on all vouchers.

## Not sure what to choose...

Why not call us, or visit our website to view our current special offers –  
[www.the-berkeley.co.uk](http://www.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 £95

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 £105

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 £95

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 or 85mins £145

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 55minutes and several thousand miles 85 minutes.

## Skincare Experiences

### **Rebalance**

#### **Hydrmemory** - 24hr deep hydrating treatment 55mins £95

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 55mins £95

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 55mins £95

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 55mins £95

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 70mins £115

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 25mins £70

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 25mins £70

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 70mins £115

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 25mins £50

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 25mins £40

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 55mins £75

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 55mins £85

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, 25mins £55, full body 55mins £105 or 85mins £145

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 85mins £145

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.

**Aromasoul ancient traditions** – sensorial spa ritual journeys, 55mins £105, 85mins £145, 115mins £190

Three sensorial spa ritual journeys that bring complete harmony to mind, body and soul. Each ritual is a fusion of therapeutic elements inspired by ancient traditions of the oriental, Mediterranean, Indian and Arabian cultures. Following an olfactory test to establish the needs of the guest, the journey begins with The Berkeley welcome ritual using the Aromasoul blend chosen and follows with the ancient traditions Aromasoul body massage. The 85mins experience includes the application of a self-heating mud to release tension. The 115mins ritual includes a full body scrub leaving the skin glowing.

## Mud and Remodelling Experiences

**Monticelli mud** - conditioning mud treatment 55mins £95

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 Termini di Monticelli, the active ingredients have a detoxifying and draining action.

**Body strategist + nutritional** - anti-oxidant treatment that improves tone and elasticity 55mins £95

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 55mins £95

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.

## Nurturing Touch

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. Our treatments are using products designed 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.

### **Face and scalp – 55 mins £95**

This treatment rebalances and protects the delicate facial skin and includes a nurturing massage of the face, neck, shoulders and scalp to revive the mind and soothe away any tension in the muscles.

### **New life – 55 mins £95**

A completely relaxing full body massage using safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump. This is a rebalancing and draining treatment for reactivating the circulation and lymph, and for moisturising and firming the skin.

### **New mum – 55mins £105**

This restorative massage treatment helps restore the body shape and firm the tissues affected by pregnancy. Nourished and elasticised, the skin's texture is improved, the appearance of stretchmarks is reduced and the bust tissue is toned – ideal for up to 6 months after baby arrives.

### **Foot therapy – 25 mins £50**

This treatment revitalises heavy legs and feet by reducing swelling and tension and by improving circulation. The feet are treated to a reviving soak, followed by a heavenly lower leg and foot massage easing the tired, heavy feeling and leaving legs refreshed and invigorated.

# Massages

## European Massage

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.

25mins	£50
55mins	£95
85mins	£145

## Deep Tissue Massage

A deeper, specialised massage technique.

55mins	£100
85mins	£145

## La Stone Body Therapy

75mins	£145
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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 75minutes of treatment you will emerge energised and uplifted.

# Day Spa Experiences

## **The Perfect Retreat - 2 hours**

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 - £210:
  - Body Skin Preparation 25mins
  - Comfort Touch Massage 25mins
  - Rebalance Facial 55mins
- For Him - £160:
  - Comfort Touch Massage 25mins
  - Pure Performance Facial 55mins
  - Men's Manicure 25mins

## **End of the Lines - 3 ½ hrs £280**

The relaxing way to fight against ageing!

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

## **Blooming Beautiful - 3 hrs £260**

The ultimate experience for any mother to be.

- Nurturing Touch Face & Scalp 55mins
- Nurturing Touch New Life 55mins
- Nurturing Touch Foot Therapy 25mins
- Mini-manicure 25mins

## **Day Spa Escape - 4hrs £340**

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

## **Day Spa Indulgence – 4 hrs £385**

The ultimate Spa experience!

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

# Manicure and Pedicure

## **The Berkeley Luxury Manicure - 55mins £65**

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 - 45mins £55**

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 - 55mins £65**

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 - 45mins £55**

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 - 25mins £37**

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

## **Fellows' Feet Pedicure - 25mins £37**

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 10mins £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	55mins	£55
Half Leg	45mins	£37
Bikini Line	25mins	£27
Brazilian	55mins	£55
Hollywood	55mins	£55
Under Arm	25mins	£27
Full Arm	55mins	£55
Fore Arm	45mins	£37
Lip Wax	20mins	£22
Chin Wax	20mins	£22

## Men's Waxing Services

Back Wax	45mins	£37
Chest Wax	45mins	£37

## The Eyes Have It!

Eyebrow Shape	25mins	£22
Eyelash Tint	25mins	£22
Eyebrow Tint	25mins	£22
Eyelash and Eyebrow Tint	45mins	£32

*Please note if you have not had any tinting before, we recommend that you have a patch test of the product 24hrs 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 10min 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

### Pool Access for 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 treatments**

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](mailto: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

Consultations are carried out before all treatments and are included in the appointment time. 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 waxing treatments. 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.

## Spa Etiquette

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.

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

No photographs are allowed to be taken without prior authorization 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 private personal trainers to train guests in our gym. If you would like a personal training session please ask our Spa reception team who will be able to book you a session with one of our trainers.

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

## **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.

## **Personal Training**

We can arrange a personal training session for you with our highly qualified and experienced personal trainers. Appointments will need to be made in advance and are subject to availability. Please call Spa reception to arrange an appointment.

## **In Room Treatments**

A selection of treatments are available in your hotel room and can be booked through Spa reception. The rate is dependent on the treatment and the time so please ask for more details. The therapists who perform the in room treatments are extremely professional, highly qualified and experienced.