




TREATMENT MENU



PHILOSOPHY

Claridge's Spa draws together ancient Japanese healing rituals, restorative bodywork and the latest bio-innovation to amplify your emotional, physical and spiritual wellbeing.

With personalised treatments designed around high-performance lifestyles, our holistic approach restores energy and harmony, leading to a sense of inner calm and a radiant outer glow.



THE SPACE

Claridge's Spa brings a soothing sense of calm and tranquillity to the heart of the hotel. Feel your soul lighten as you step inside, your senses heighten at the sound of flowing water and energy-cleansing music, designed to raise your vibration. Breathe in the heady aromas from our incense, hand-crafted herbal poultices and custom fragrance, with grounding notes of cinnamon, cedarwood and clary sage. Intricate ikebana floral arrangements, inspired by the rhythm of the seasons, provide a backdrop to this otherworldly space. Sip our seasonal tea blend or crystal-infused water and let your journey begin.

The spa features an intimate, electrolyte-rich relaxation pool, male and female steam rooms and saunas and six luxurious treatment rooms with private bathrooms. A heavenly, hand-carved pink-onyx stone bed features in our wet room, ready to melt your physical and emotional stress away.

A connected-fitness gym hosts state-of-the-art cardio and weight based equipment, a boxing bag and a personal training area.

Josh Wood's appointment-only hair salon brings the team's creativity to Claridge's.

ART OF RITUALS



Inspired by the art of ceremony in Japanese culture, we have thoughtfully created opening and closing rituals, inspired by temple Koh-do, to accompany and elevate our unique treatments. Our omakase approach to your experience means we are happy to design a perfectly tailored experience for you, or simply lie back and have our discerning team of healers gently move you to a new state of being.

TREATMENTS



CLARIDGE'S
SIGNATURE TREATMENTS

Welcoming Foot Ceremony

10 minutes | Included with our Bamboo & Silk Ritual and Bespoke 90-minute treatment
Temple incense, seasonally blended tea and healing bells made by Japanese artisans are used to cleanse the mind and aid relaxation.

Wash away the outside world with our welcoming foot ceremony. Seasonal, scented water with freshly fermented enzyme-rich koji softens and smooths the skin, while shiatsu pressure points are applied to unlock tension and encourage circulation.

Bespoke massage

60/90 minutes | £195/£260
Our personalised, omakase-inspired approach means that we can craft a bespoke massage tailored to your needs. Why not end your spa treatment with a Josh Wood blow-dry, manicure or pedicure?

Bamboo & Silk Ritual

90 minutes | £295
A total mind and body immersion comprising of our welcoming foot ceremony with enzyme-rich koji to smooth and soften skin, a trilogy of body and hand massage techniques and a nurturing silk facial.

An invigorating body massage with warmed bamboo sticks works deep into the muscles, stretching and releasing tension while harnessing the powerful healing benefits of heat combined with seasonal herbs within hot oil-infused poultices. A deep hand massage soothes stress held throughout the body.

The treatment ends with a nurturing facial. Silk cocoons hydrate and replenish the skin's barrier, while mini-poultices are used on pressure points on the face and décolletage to calm the mind and leave you feeling restored and rested.

LA-EVA
BODY TREATMENTS

Sensory Immersion

60/90 minutes | £195/£260

A sensory aromatherapy massage that grounds, uplifts and transports within an evolving scentscape of Blū, Rosēum and Jasmīna fragrances. Warm, organic base oils and lotions are used during this unique body massage.

Deep Release

60/90 minutes | £195/£260

A holistic, invigorating treatment with rocking body movements to release tension and unlock body and mind. This deep tissue massage uses warm, organic base oils and the La-Eva Spice essential oil blend, ending with a transporting scalp massage with the luxurious Jasmīna oil.

TREATMENT ENHANCEMENT

Rose Body Scrub

45 minutes | £95

A full body exfoliation using La-Eva Rosēum exfoliant and bath salts, which draw on the therapeutic properties of organic essential oils, Himalayan salt and mineral-rich fleur de sel sourced from the Algarve. This treatment can only be reserved in combination with treatments of 60 minutes or more.

AUGUSTINUS BADER
BODY & FACIAL TREATMENTS

**The Method Augustinus
Bader Facial**

75 minutes | £300

The Method Augustinus Bader is a bespoke, science-backed treatment that combines award-winning skincare technology with customised fascia massage to stimulate cell rejuvenation. This highly sensorial, hands-on facial leverages the Augustinus Bader hero formulas to help boost cellular communication, promote circulation and refresh the skin. The treatment concludes with a detoxifying and moisturising mask ritual for an immediate glow.

Introduction Facial

60 minutes | £250

A streamlined version of The Method Augustinus Bader Facial. Skin is thoroughly cleansed in preparation for skincare developed to activate skin stem cells and boost natural repair cycles. Signature massage techniques enhance circulation and hydration, ensuring optimal product absorption and delivery of key actives.



FACEGYM FACIAL WORKOUTS

Inge Theron, founder of FACEGYM and spa designer, brings her unique facial workouts to Claridge's. Powered by results-driven, award-winning skincare, advanced-technology tools and muscle manipulation techniques, get ready to lift, sculpt, tighten and brighten like never before.

Cryo Contour

60 minutes | £215

An intensely hydrating session combining FACEGYM'S signature muscle manipulation techniques with EMS technology and a high pressure shot of CO2 and hyaluronic acid, one treatment hydrates, plumps and locks in moisture for deep skin rejuvenation. As an exclusive Claridge's benefit, this workout also includes the Neck + Shoulder booster, a relaxing deep tissue massage to relieve stress and tension and help you unwind.

Radio Frequency

80 minutes | £330

An advanced workout combining FACEGYM'S signature muscle manipulation techniques with EMS technology and full-face Radio Frequency (heat energy) to immediately plump, tighten and lift. Collagen and elastin production is stimulated, helping to restore elasticity, firmness and radiance which keeps improving over time.

Clean + Lift

60 minutes | £200

A workout to deeply cleanse and unblock pores includes FACEGYM's signature muscle manipulation techniques, results-driven skincare and our exclusive Skin IV™ technology to reveal ultra clean, clear and brighter-looking skin. As an exclusive Claridge's benefit, this workout includes a double sculpt massage for the ultimate lift and depuffing experience.

TREATMENT ENHANCEMENT

Signature Sculpt

35 minutes | £110

The original high-intensity workout to get you face fit. Combines FACEGYM'S signature muscle manipulation techniques with EMS technology for powerful face sculpting. This treatment can only be reserved in combination with any non-FACEGYM treatment of 60 minutes or more.

Cryo Oxygen Shot

5 minutes | £120

A high-pressure shot of CO2 and hyaluronic acid to hydrate, plump and lock in moisture. Delivers an immediate cooling effect on the skin to help stimulate collagen production and reduce the appearance of wrinkles and fine lines.

Hydrating Active Roller

10 minutes | £110

The 2-in-1 skincare and microneedling tool combines crystallised active ingredients (hyaluronic acid, tri-active peptides + centella asiatica) with manual rolling techniques for a targeted treatment. Helps to improve the appearance of dehydration. As an exclusive Claridge's benefit, this treatment includes a roller to take home, helping you maintain those visible results.

Skin IV™ Vitamin Shot

5 minutes | £42

A potent vitamin and cold pressurised oxygen blend delivered by Skin IV™ technology at super-speed for the ultimate health infusion. Expect instant results of cleansed, nourished skin.

FacePhysio™

10 minutes | £55

A potent vitamin and cold pressurised oxygen blend delivered by Skin IV™ technology at super-speed for the ultimate health infusion. Expect instant results of cleansed, nourished skin.



JOSH WOOD

Celebrated British hair colour expert Josh Wood, brings his hand-picked dream team of A-list stylists to Claridge's.

You will have access to their industry leading creative talent and expertise, honed while working on fashion shows and editorial shoots alongside working in Josh's world renowned London Atelier. From fashion weeks to the red carpet, if you've spotted a shade or style you love, it's likely Josh and his team were behind it.

Think of the Josh Wood at Claridge's by-appointment-only residency as your own private space where all your hair needs are catered for. The collaboration offers a tailored menu of best-in-class hairstyling and beauty services located within the Claridge's Spa.

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| Claridge's Cut & Blow Dry | £350 |
| Claridge's Blow Dry | £195 |
| Gents | £220 |
| Children | £180 |
| Hair Up | from £200 |
| Hair Extensions | from £350 |

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| Aura Smoothing | |
| Semi-permanent Blow Dry | |
| <i>Short Hair</i> | £395 |
| <i>Medium Hair</i> | £485 |
| <i>Long Hair</i> | £545 |

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| Claridge's Nail Ceremony | £170 |
| Manicure | £65 |
| Pedicure | £85 |
| Gel Manicure | £90 |
| Gel Pedicure | £110 |
| Gel Removal | £25 |

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| Brow Wax | £55 |
| Facial Area Wax | £75 |
| Upper Lip Wax | £35 |
| Make Up on request | from £200 |

GYM & FITNESS

Our state-of-the-art fitness studio has been designed to flex with your individual needs. The connected-fitness gym, featuring top-of-the-range equipment from brands such as NOHrD, PENT and Peloton, allows you to personalise your workout, while our personal trainers are available on demand to train you at the gym or in-room. Whether you're looking to re-energise for the day ahead or stretch and unwind after a long flight, we can tailor your fitness programme to you.

Personal Training Session £140

WELLNESS CONCIERGE

Our personalised approach to wellness and thoughtful curation of both holistic and high-tech experts allows us to adapt to the different moments in your life and create custom experiences. Our spa concierge can craft treatments for a special occasion or devise a longer-term health plan.

EXPERT RESIDENCIES

As part of our commitment to your longevity and restoring your energy, we have collaborated with some of the most celebrated names in wellness to offer a range of services from manicures and acupuncture to vitamin infusions. Please enquire for which expert is in residence this month.

