

A stack of four smooth, light-colored stones is the central focus of the image. The stones are stacked from smallest to largest, with the largest stone at the bottom. The background is a soft, out-of-focus light color.

LIFTING YOUR SPIRITS



Working in Partnership



spa LONDON provides the perfect escape.

Combining the best of traditional, thermal therapies honed over centuries, with leading contemporary treatments, there is nowhere better to indulge yourself and restore harmony to your life.

An oasis of calm, where you can leave the stresses and strains of modern life behind you.

spa LONDON offers the perfect environment in which to restore both mind and body, lifting your spirits through each experience.

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Kick start your day...

stimulate and refresh

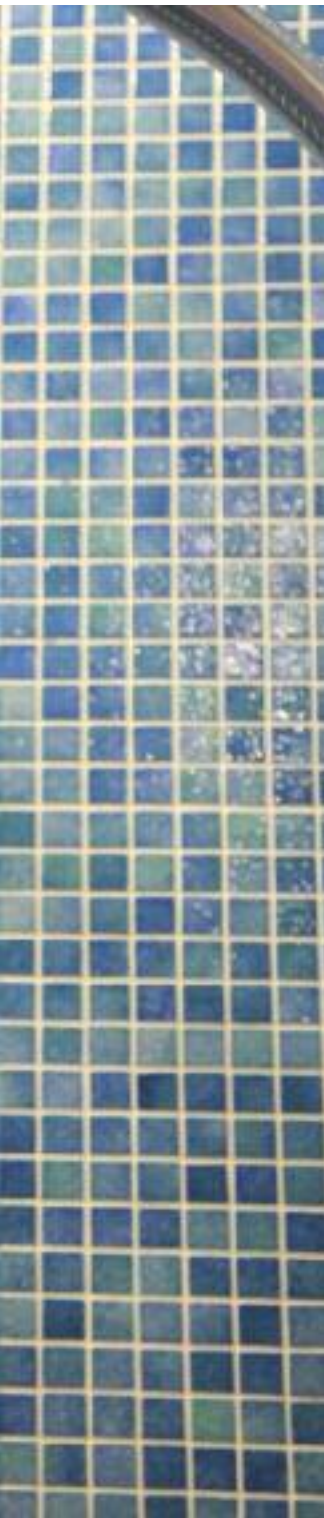
The centrepiece of spa LONDON is the Thermal Spa Experience. The Thermal Spa Experience offers you the chance to indulge in therapies that date back hundreds of years.

We recommend that you start your experience with the Hammam, before moving onto the thermal rooms, enabling you to acclimatise gradually to the heat.

We advise that you drink plenty of water and complete your experience by using the Feature Showers.

Refreshments such as fresh fruit, infused water and herbal infusion teas are complimentary during your visit.





Hamam with Foot Baths

A heated seating area, the Hamam is the perfect introduction to the heat sequence and can be used to relax between experiences.

Aroma Steam Room

A 'wet' heat, generating temperatures of 65-70 C, the climate has a very high humidity and the steam is enriched with essence. Designed to soften the skin, cleanse the pores, calm the nervous system and relieve tension.

Sauna

A 'dry' heat treatment in a wood-lined room with a temperature reaching 90 C to 100 C, designed to bring about perspiration to cleanse the body of impurities.

Feature Showers

Immerse yourself in a tropical downpour or a cool intense drench these two water experiences will stimulate senses and circulation.

Hydrotherapy Pool

Multiple jets working on different muscle groups to pummel away any stress and fatigue from the body.

Relaxation Room

An oasis of calm. This quiet sanctuary is a designated area for pure relaxation while taking delight in complimentary infused water and fresh fruit.

3 Hour Session

Premier Member	Inclusive (not inc. relaxation room)
Member	£12.50
Non-Member	£15.00

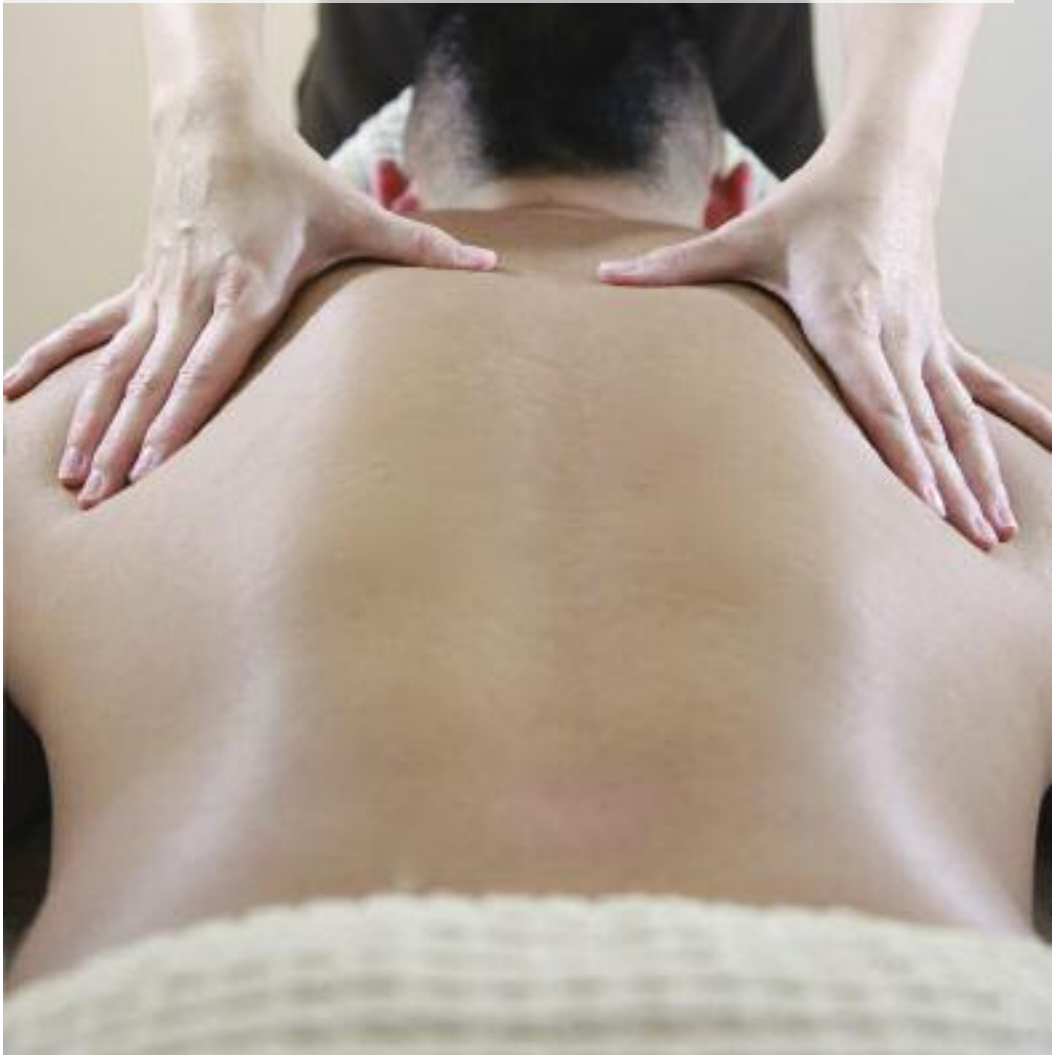
Escape from the daily grind...

relax
and
unwind

All treatment journeys include:

- A welcome tour of the spa
- A personal consultation
- Use of robes, towels and footwear

The option of a light lunch is also available at an additional cost.



**spa LONDON Escape in the City Salt Scrub**

25mins

£35

The exceptional skin softening body exfoliation combines sea salts, nourishing coconut oil blended with our signature essential oil to leave your skin moisturised, smooth and soft.

spa LONDON Body Massage

50mins

£59

Using a combination of massage techniques this massage destresses the mind and the body leaving you relaxed and at peace. Designed to ease muscle tension and to alleviate aches and pains.

spa LONDON Back, Face and Scalp

50mins

£59

Allow your mind to drift into a dream, while your back is exfoliated then massaged using our signature oil blend, the treatment is completed by turning you over and using a series of pressure points and massage movements over the face finishing upon the scalp to leave you in a complete tranquil state.

spa LONDON Gym and Tonic

50mins

£59

Designed for the post workout body, the back is lightly brushed, cleansed and exfoliated, then calmed with a deep tension-releasing, aromatherapy massage. A warm mineral mud soothes aches & pains, while the legs and feet are treated to a relaxing massage. This exceptional treatment leaves the mind clear, body relaxed and skin soft, smooth and revitalised.

**spa LONDON Back Massage**

25mins

£35

Localised on the back area a combination of massage techniques are used to ease muscle tension and to alleviate aches and pains. Leaving your back unclenched and free.

Elemis Deep Tissue Muscle Massage

50mins

£65

A deep rhythmic pressure massage that eases stress and aching muscles. This powerful customised massage revives the senses using a dynamic blend of essential oils that are prescribed to your individual needs.

Choose from;

- stress-a-way: wind down and release the tension of the day.
- spirit reviver: a powerful serge to invigorate and recharge.
- muscle melt: relax and re-energise a tired aching body.
- chakra balancing: reconnect your mind, body and soul.

Elemis Aroma Stone Therapy

75mins

£75

Thermodynamic balsalt stones are massaged over the body as the theraputic heat releases slowly into the belly of the muscle for a complete new body experience and maximum relaxation. Small stones are placed on key energy points, whilst a luxurious warmed oil is smoothed into the skin to enhance wellbeing. Designed to melt away all body tension.

Indian Head

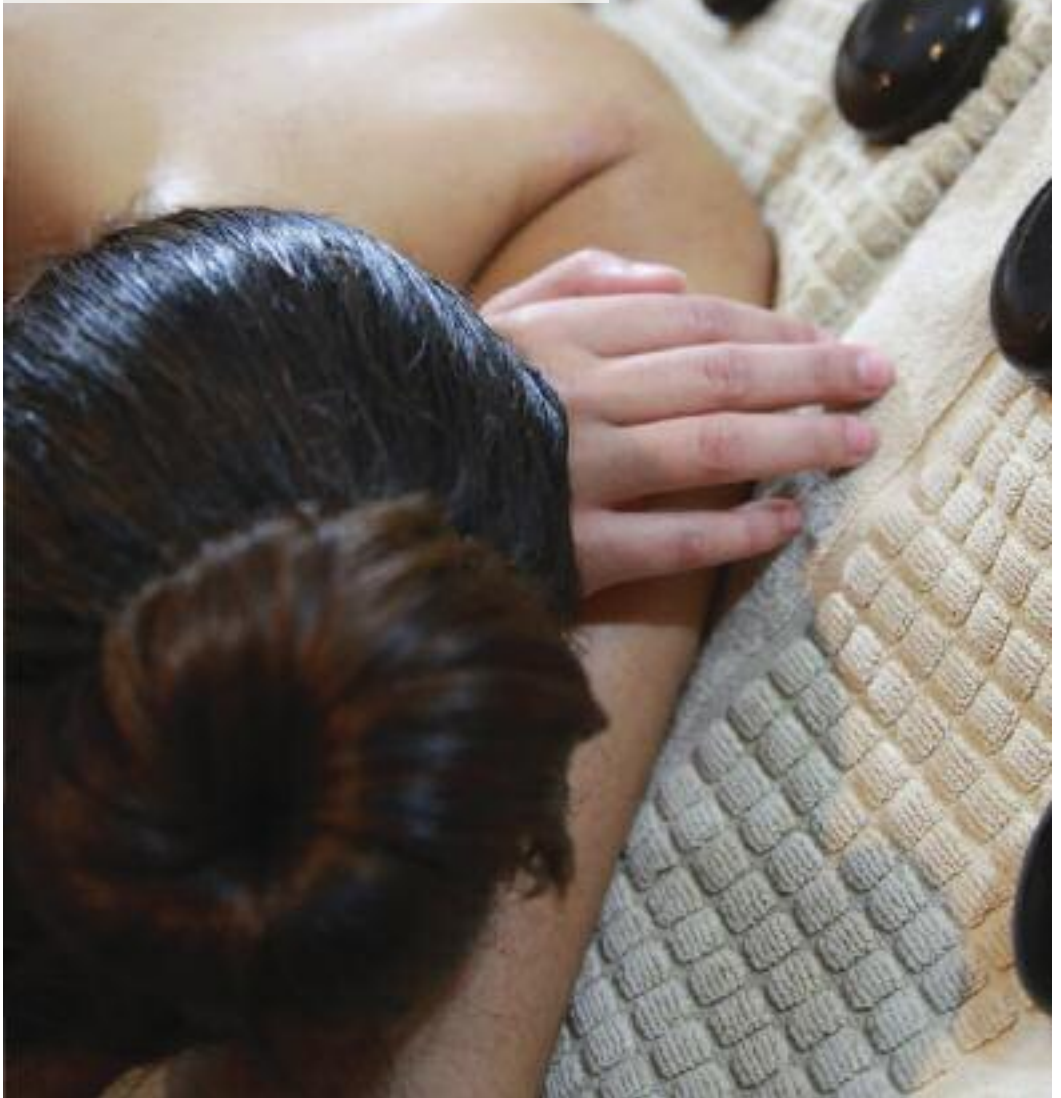
30mins

£38

Based on old Ayurvedic techniques involving work on the shoulders, neck, scalp and face. A variety of massage movements are used to relieve tension, stimulate circulation and retore joint movement.

Me time...

rebalance
and
regenerate



Flat battery...

rehydrate
and
invigorate



**Elemis Exotic Lime and Ginger Salt Glow**

25mins

£40

This exceptional skin softening body exfoliation combines light body brushing followed by warm essential oils being dripped luxuriously over the body before the exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing.

Elemis Exotic Coconut Rub and Milk Ritual

50mins

£57

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before a comforting foil wrap cocoons the body. Combined with a pressure point facial massage and scalp treatment this opulent exotic therapy is excellent for skin smoothing and softening.

Elemis Exotic Frangipani Body Nourish Wrap

50mins

£57

Aromatic Tahitian Coconut and Frangipani Flowers are soaked together to produce the Monoi which is poured all over the body and then cocooned in a nourishing foil wrap. Drenching the skin in moisture, this therapy provides ultimate radiance.

Elemis Body Sculpting Cellulite and Colon Therapy

50mins

£74

New and Clinically proven the Elemis Body Sculpting System will redefine your silhouette using a combination of our body sculpting range to target stubborn cellulite and sagging skin, with an application of Fennel and Birch Body Mask in association with specialist massage techniques to deeply cleanse the body's systems.

Elemis Musclease Aromaspa Ocean Wrap

75mins

£75

Using a warm blend of essential oils, this aquatic and sensorial journey will allow you to rediscover the wonders of the oceans. As you are cocooned in a comforting foil wrap and treated to a pressure point facial massage and de-stress scalp treatment. This specialised journey eases aching muscles and you emerge with a burst of vitality.

Elemis Cellutox Aromaspa Ocean Wrap

75mins

£75

Harnessing the relaxing and serenity of the ocean let your thoughts drift away whilst you are enveloped in a comforting foil wrap and treated to a pressure point massage and scalp treatment. Combining rich sea plants and algae, this therapy reduces the appearance of cellulite and the discomfort of water retention where you are left feeling re-energised and renewed.

**Elemis Clarity Facial**

25mins

£37

This introductory facial provides a quick and instant pick-me-up for any occasion.

Elemis Skin Specific Prescription Facial

50mins

£45

Let your therapist prescribe what you need. In this constant changing world our skin changes along with it. Whether its to bring back the glow to a lifeless complexion or to treat your skin to a moisture boost or even to simply restore balance to your skin your treatment will be tailor made for you in mind.

Elemis Skin Solutions Modern Skin Facial

50mins

£57

Designed for skin challenged by modern living. Bursting with anti-oxidant rich minerals and vitamins, this purifying treatment helps remove damaging toxins, regenerate skin cells and rebalance sebum. The results: remineralised and renewed skin.

Elemis Skin Solutions Oxygen Calm Facial

70mins

£65

Pure soothing heaven for sensitive skin. Gentle massage techniques are combined with calming actives and a restructuring Japanese Silk Mask, infused with Absolute SkinCalm Booster Serum, to help rebalance delicate, fragile and sensitive complexions. Helping to relieve redness, this superior face and eye treatment offers immediate comfort to stressed and irritated skin.

Elemis Skin Solutions SOS Purifying Facial

70mins

£65

A purifying treatment for congested skin. A powerful face and eye treatment that helps regulate and balance the function of the skin. Purifying massage techniques combined with unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, help absorb sebum, calm irritation and rebalance oil-rich pores, leaving beautiful matt complexion.

Too many late nights...

rejuvenate
and
nourish



Calling for SOS...

renew
and
restore



**Elemis Tri Enzyme Resurfacing Facial**

70mins

£70

Peel away the years for a smoother, more radiant skin.

This ground-breaking anti-aging facial instantly resurfaces and smoothes the skin.

Clinically proven to visibly resurface by up to 75% and increases skin smoothness by up to 32% from just one treatment. This unique treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing a younger looking skin.

Elemis Visible Brilliance Facial

70mins

£70

To combat ageing, stressed and slackened skin.

Independently tested with revolutionary results this anti-aging face and eye treatment firms, rejuvenates and plumps skin whilst helping reduce dark circles. Moisturisation levels of the skin are proven to increase by 61% and elasticity by 40% from just one treatment.

Specialised microcirculatory massage techniques are combined with powerful formulations and two-phase Amino-Active Mask to help smooth, sculpt and restore skin radiance.

Elemis Pro Collagen Quartz Lift Facial

80mins

£75

Anti-wrinkle facial with proven results.

This exceptional anti-wrinkle facial has been independently tested with phenomenal results.

Clinically proven, just after one treatment this facial reduces the number of wrinkles by up to 94% and improves skin firmness by up to 57%. Specialised lifting massage techniques are combined with professional strength anti-aging formulations for maximum treatment efficiency, leaving firmer, uplifted more youthful looking appearance.

spa LONDON Express Manicure

25mins

£28

Perfect for well-maintained nails, includes cuticle work, nail shaping and polish application.

spa LONDON Restorative Manicure

55mins

£40

A full restorative programme designed to transform your hands. Full cuticle work, nail shaping, massage, nourishing mask and polish application.

spa LONDON Express Pedicure

25mins

£28

Sit back and relax while your nails are filed, tidied and polished to perfection.

spa LONDON Restorative Pedicure

75mins

£45

An indulgent foot treat that will relieve the most tired of feet. Your feet will be soaked and exfoliated, then your nails are shaped, followed by an indulgent massage and mask application. Finished with a polish. Perfect!

Geleration Nails*

30mins *Can only be purchased in addition with any hand or foot treatment.

£10

Discover a world of everlasting colour, add this to your Express or Restorative hand or foot treatment and have a polish that will last over 2 weeks without chipping or peeling and with no drying time. A truly indestructible nail colour.

Geleration Nails Removal

30mins

£10

spa LONDON Waxing

Full Leg	40mins	£33
1/2 Leg	20mins	£20
Bikini	20mins	£18
Brazilian	30mins	£25
Hollywood	45mins	£35
Arms	20mins	£20
Underarm	10mins	£14
Eyebrows	10mins	£14
Lip/Chin	10mins	£14

spa LONDON Eye Zone*

Eyelash Tint	20mins	£18
Eyebrow Tint	10mins	£12
Eyelash & Brow Tint	20mins	£23
Eyelash & Brow Tint Inc. Shape	30mins	£28

*Patch test required 24hrs prior to treatment.

spa LONDON Spray Tanning

Spray Tan	30mins	£35
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**Elemis Deep Tissue Muscle Massage**

£65

Elemis Aromastone Therapy

£75

See page 7

Elemis Musclease Aromaspa Ocean Wrap

See page 9

£75

Elemis Skin IQ Facial

70mins

£65

Charged with the clinically proven, anti ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

Elemis Urban Cleanse Facial

70mins

£65

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging affects of daily pollutants, leaving the skin visibly clear and squeaky clean.

spa LONDON MOT For Him

90mins

£95

This half day package includes full use of our facilities, and begins with a Elemis Deep Tissue Muscle Massage rolling straight into a Elemis Clarity Facial leaving you and your muscles deeply relaxed.

spa LONDON Express Manicure

25mins

£28

Have your nails, trimmed, tidied and buffed to perfection.

spa LONDON Express Pedicure

25mins

£28

Sit back and relax while your nails are filed, tidied and buffed to perfection.

spa LONDON Waxing

Back	20mins	£20
Chest	20mins	£20
1/2 Leg	20mins	£20
Shoulders	10mins	£14
Eyebrows	10mins	£14

**Elemis Nurturing Massage**

70mins

£70

Massage adapted to each stage of pregnancy.

This inspiring therapy connects mother and baby through the power of touch, working with two heartbeats as one. Specialised positioning on the unique Elemis beanbag is used to ensure the ultimate in safety, comfort and relaxation. Helping to relieve tension in the back alleviating swelling in the hands and feet, while easing the mind and uplifting the spirit.

Elemis Mum-to-be Prescription Facial

50mins

£45

Let your therapist prescribe what you need. In this constant changing world our skin changes along with it, your treatment will be tailor-made for you in mind.

spa LONDON Prenatal Pamper Treatment

70mins

£70

Relax and unwind while your therapist looks after you and your baby. Your precious skin will be gently brushed and exfoliated, followed by a luxurious application of nourish milk bath to banish any dry, itchy skin, followed by a mask application to your bump to aid the prevention of stretch marks finishing with a soothing leg, arm and scalp massage leaving you feeling comforted and relaxed.

spa LONDON New Beginnings Ritual

180mins

£135

This full day package will leave any mum-to-be peaceful and nurtured, with full use of our relaxation room, thermal showers, hammam and foot pools. Her day will begin with a Elemis nurturing massage and Elemis mum-to-be facial allowing her to relax and unwind, she can then enjoy a light lunch or afternoon tea. Finishing her day with a spa LONDON restorative pedicure.

Need some rest...

nurture
and
comfort



Spoil yourself...

revive
and
enjoy



All packages include full use of Thermal Spa where you will be provided with a personal locker with bath robe, slippers and towel.

spa LONDON Ladies Who Leisure

50mins

£85

Every lovely lady can ensure that you are feeling relaxed and pampered with a spa LONDON back massage followed by an Elemis Taster Facial you will be left glowing and tension free. A complimentary glass of champagne with a light lunch is also included.

spa LONDON Discovery

90mins

£105

Begin your journey with a spa LONDON Escape In The City Salt Scrub, followed by a spa LONDON back massage concluding with a Elemis Taster Facial. This perfectly formed package is perfect for anyone looking for a bit of ME-TIME.

spa LONDON Elemis Escape

150mins

£160

Savour your indulgently smooth and nourished skin with the Elemis Exotic Lime & Ginger Salt Scrub followed by a Elemis Deep Tissue Muscle Massage concluding with a Elemis Skin Specific Prescription Facial. You will feel every bit revived, rebalanced and restored. Conclude your journey with a delightful light lunch.

spa LONDON Day Detox

150mins

£160

This full day package will detox and de-stress every muscle within your body. Beginning with spa LONDON Escape In the City Salt Scrub followed by Elemis Body Sculpting Cellulite & Colon Therapy this treatment detoxifies by working from inside out. An Elemis Skin Specific Prescription Facial completes your journey leaving you feeling invigorated and lightened. Includes a healthy light lunch.

spa LONDON Bride-to-be

180mins

£180

This lustrous full day package designed to ensure any bride leaves feeling refined and polished. The bride-to-be's journey will begin with Elemis Exotic Frangipani Body Nourish Wrap followed by an Elemis Clarity Facial. Then gloss to perfection as we conclude with a 45min spa LONDON Manicure & Pedicure. The bride-to-be will definitely leave us relaxed and ready for her forthcoming nuptials. A complimentary glass of champagne with a light lunch is also included.

If you require assistance, our staff will co-ordinate a Spa Experience specifically designed for your needs. We can also discuss any special requirements you may have, and advise on which treatments are most suitable.

When you arrive at the spa you will be allocated a locker. A robe, towel and spa footwear are provided for your comfort during your visit.

To ensure optimum relaxation and enhance your spa journey, we encourage you to arrive at least 10 minutes prior to your treatment appointments. This will give you time to register and prepare.

As a common courtesy to all our guests, we operate a prompt appointment schedule. A late arrival will reduce the treatment time and will be deducted from the length of the scheduled treatment.

Please note that the times stated are for actual treatment, so please allow a further 10-15 minutes for treatment consultation and aftercare advice. We feel it is important to offer our guests a reliable schedule; therefore your treatment will always end at the designated time to avoid unnecessary delays.

Please give the therapist feedback as to your comfort levels or particular problem areas.

Please note that treatments over 30 minutes include a consultation.

Undergarments should be worn during treatments. It is recommended that guests shower prior to all body treatments. Changing areas, showers and lockers are provided for your convenience.

After bronzing and waxing treatments we recommend no swimming, showering, Thermal Spa Experience or exercise for 12 hours.

Treatment Availability

Monday to Friday	12.30am-9.00pm
Saturday and Sunday	10.00am-6.30pm

Earlier treatment times can be arranged Monday to Friday, please speak with spa reception for more information

Alcohol consumption prior to treatments is not recommended.

Please leave your valuables in a secure place, as most items are removed during treatments. We regret we can not accept responsibility for any lost or damaged items.

We advise not to wax up to 24 hours before or after spa treatments and use of the Thermal Spa Experience.

Opening Hours

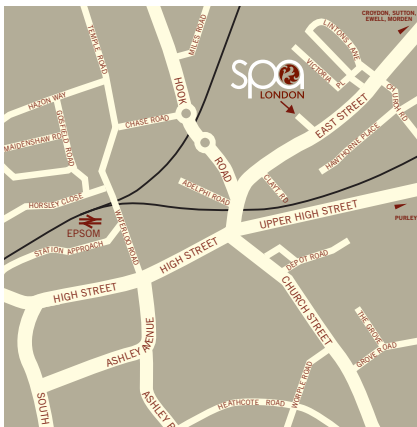
spa LONDON is open every day except Annual Company Training Day, Christmas Day, Boxing Day and New Years Day. We are open:

Monday to Friday	Mixed	10.00am-9.00pm
Saturday to Sunday	Mixed	10.00am-6.30pm
Bank holidays	Mixed	10.00am-6.30pm

Treatments

Available for men and women 7 days a week.

Booking in advance is essential for Thermal Spa and treatments.



spa LONDON
Rainbow Leisure Centre
East Street
Epsom
Surrey KT17 1BN

Tel: 01372 749826
Email: spalondon-rainbow@gll.org
Web: www.spa-london.org

Please contact reception for information in large print,
Braille or audio tape versions.

Typetalk welcome: Textphone users dial 18001 followed by
Rainbow Leisure Centre telephone number (01372 749826)
to access this service.