



THE PEAK  
FITNESS CLUB & SPA

|  
TALISE  
SPA

SPA MENU









OUR PREFERRED  
WELLNESS PARTNERS

**111SKIN**  
HARLEY ST. LONDON

Founded by cosmetic surgeon Dr. Yannis Alexandrides, the aim of the brand is to bring clinically-inspired skincare that addresses real-life concerns. In collaboration with renowned aromatherapist Michelle Roques-O'Neil, they have created Aromatics: a calming, clarifying and entirely luxurious body experience.



A proud British brand that for more than 30 years has been harnessing the healing powers of the finest natural ingredients, purest extracts and essential oils to include in the products and treatments. These beautifully aromatic skin and body treatments aim to take you on a sensorial journey, presenting you with all the solutions to your wellbeing, emotional and beauty needs.



The core element of Omorovicza skincare lies in the remarkable healing properties of thermal waters. The unique geological features of Budapest are characterised by thinner earth's crust, so waters absorb beneficial minerals more effectively as they journey to the surface. The Healing Concentrate™ is a uniquely developed and patented complex that has made it possible to deliver these therapeutic minerals from the thermal water, directly to the deepest layers of the skin.





# SIGNATURE COLLECTION

## *Jumeirah Revitalising Massage*

**60 minutes - £135 | 90 - minutes £195**

Feel your energy awaken with this full body, deep tissue massage, featuring ancient therapeutic techniques, deep flowing movements, acupuncture point stimulation and progressive stretching. An additional brightening express face treatment is included in the 90 minute massage.

## *Metropolitan Escape*

**2 hours - £260**

The perfect escape in the heart of the city. A top-to-toe treatment that includes the unique Metropolitan body massage and a facial treatment using ice-cool derma globes to instantly awaken the skin, provide a tightening effect, help boost elasticity and maintain skin firmness. The full body experience you need to combat the hectic London life.

# DOUBLE SUITE EXPERIENCE

*A luxurious way to enhance your visit when celebrating a special occasion with your loved one, or when simply wanting to enrich your quality time with another.*

## *Re-energising Time for Two*

**2 hours - £240 per person**

Starting with a full body exfoliation to prepare your skin and stimulate the lymphatic and blood circulation, the aim of this experience is to relieve tensions from the deepest layers of your muscles and help you feel re-energised. The treatment will end with a bespoke percussive massage using the Theragun system.

## *Relaxing Time for Two*

**2 hours - £240 per person**

The perfect stress relieving experience, this treatment is ideal to alleviate fatigue and allow the body to reach a tranquil, calm state. Comprising a combination of slow and relaxing massage techniques and the power of heated herbal compresses pressed over the entire body, the experience completes with careful attention paid to pressure points on the face and a warm scalp massage.

## *Celebration of Love*

**2 hours - £240 per person**

This personalised full body massage releases the tension between the shoulders and incorporates a rose quartz palm stone, the healing crystal of unconditional love. The stone is said to open the heart chakra, promoting a balanced energy flow and is also used at the end of the ritual in a harmonising rose quartz face massage.



# MASSAGE COLLECTION

## 111 SPA/CLINIC MASSAGES

With the perfect combination of holistic oils, healing scents and the brand's signature massage techniques, the mind and body will feel rested and restored, to leave you with complete wellness. 90 minute treatments include a face cleansing and application of the 111 SPA/CLINIC face mask that best meets your skin's needs.

### *Metropolitan*

**60 minutes - £145 | 90 minutes - £205**

With the powerful properties of frankincense, patchouli and rose geranium to elicit confidence and strength, this full body experience involves deep tissue techniques, stretching and spinal work to release and reset the body. Designed to combat the strains of cosmopolitan life in London, this massage is deep and powerful.

### *Performance*

**60 minutes - £140 | 90 minutes - £200**

The ideal experience for any level of athlete, this awakening massage combines cryotherapy-inspired aromatic oils such as tangerine, eucalyptus and may chang, with their stimulating and tension-relieving properties. This treatment will leave you feeling rested, restored and in complete control of your body.

### *Vitality*

**60 minutes - £135 | 90 minutes - £195**

With a sophisticated blend of bergamot, clementine and juniper berry oils in combination with warm stones and invigorating massage techniques, this is the perfect treatment to purify and re-energise the entire body.

### *Serenity*

**60 minutes - £135 | 90 minutes - £195**

With the healing properties of jasmine, tuberose and ylang ylang, this treatment is designed to alleviate emotional stress and create a tranquil energy in both body and mind. The massage combines soothing and calming techniques, with the powerful benefits of rose quartz in addition.

## AROMATHERAPY ASSOCIATES

### *Ultimate Bespoke Aromatherapy*

**60 minutes - £135 | 90 minutes - £195**

This massage begins with a consultation to establish the ideal oil for you, based on your emotional and physical needs.

Your therapist will use a combination of massage techniques to relieve muscular tension and encourage healthy circulation and combined with the use of aromatherapy essential oils, this treatment will treat you on physical, mental and emotional levels.

### *Ultimate Pregnancy Massage*

**60 minutes - £140 | 90 minutes - £200**

Give yourself a moment to appreciate the joy of pregnancy and leave the stress of life behind you. Using traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve the stress and tensions accumulated during this special time. Legs are also massaged and throughout a selection of three oils is offered, each safely formulated to be used during pregnancy to nourish and care for your skin.



# FACIAL COLLECTION

## OMOROVICZA

### *Gold Hydralifting Facial with Rose Quartz*

**90 minutes - £205**

This repairing and hydrating treatment starts with a double application of Hungarian Moor Mud, to cleanse, exfoliate and peel. A rose scented gold mask then deploys hyaluronic acid in three different forms to plump and nourish the skin while bio-available gold repairs micro-damage to strengthen the skin.

A sparkling of gold shimmer oil adds a subtle sparkle to arms and décolleté.

### *Blue Diamond Facial with Cooling Derma Globe Eye Treatment*

**75 minutes - £185**

This firming and brightening treatment helps revitalise dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness essential to the youthful behaviour of skin cells and help repair for a stronger, healthier and more vibrant complexion. This traditional Hungarian facial massage will accelerate the oxygenation of the skin to re-energise and lift.

### *Deep Cleansing Facial*

**75 minutes - £185**

The application of a fragrant Moor Mud mask follows a thorough cleansing and exfoliation using the iconic Moor Mud Cleansing Balm, as well as tropical fruit extracts, which treat sensitive skin and reduce pore size. A classic Hungarian facial massage that instantly lifts and firms the skin.



# WELLBEING JOURNEYS

## *Gift of Time*

**2 hours - £280 | 3 hours - £390**

Give yourself the gift of time. This journey will allow your therapist to create a totally personalised experience for you. Together you will select the ideal combination of treatments to address your individual needs.

## *Herbal Warmer*

**2 hours - £260**

This treatment will transport you to a state of deep relaxation and consists of a combination of massage techniques and the power of heated herbal compresses pressed over the entire body to alleviate and soothe muscle tension. The experience ends with a delicate facial pressure point and warm scalp massage.

## *Relax & Sleep Ritual*

**2 hours - £250**

The ultimate massage for your best night's sleep. This Aromatherapy Associates signature treatment utilises the careful application of pressure on points throughout the body that relieve tension, whilst the award-winning essential oil blend calms and grounds you to induce a serene state of relaxation.

## *Forest Therapy Ritual*

**2 hours - £260**

An Aromatherapy Associates signature, this treatment brings elements of nature to your mind, body and skin. Combatting the stresses of modern-day living, this ritual will leave you feeling cleansed of pollution and relieved of restlessness and agitation. The Forest Therapy essential oil blend and specialised massage techniques will reinforce your intention to feel refreshed, tranquil and grounded.

# ENHANCEMENT COLLECTION

*Upgrade your experience by adding the following options to your treatment.*

## ***Himalayan Salt Scrub***

**30 minutes - £65**

This full body exfoliation is the perfect preparation to any massage. The Himalayan salt will help to remove dead skin cells, leaving your skin refreshed, brightened and soft.

## ***Back Massage***

**30 minutes - £65**

The perfect addition to any facial treatment. A massage designed to release tensions and to help relax the muscles of your back, neck and shoulders.

## ***Facial Reviver***

**30 minutes - £70**

The ideal way to extend your massage experience. A short but effective mini facial treatment that includes cleansing, exfoliation and massage, complete with the application of the moisturiser most suitable for your skin.

## ***Foot Reviver***

**30 minutes - £60**

Starting with a re-energising exfoliation, your feet and lower legs are then massaged using techniques that help release tension in the muscle and stimulate the lymphatic system. This treatment will leave your feet feeling light and reinvigorated.

## ***Theragun Percussive Therapy***

**15 minutes - £35**

An efficient and scientifically beneficial addition to your massage. The Theragun utilises percussive therapy to increase blood flow and decrease tension deeply within the muscle.

## ***Cooling Derma Globe Eye Massage***

**15 minutes - £45**

The ice-cool globes are rolled around the eye area to instantly awaken the skin, reducing puffiness and inflammation. Providing a tightening effect, the globes also help to boost elasticity and maintain skin firmness.





## WELLNESS THERAPIES

### *Osteopathy*

**45 minutes - £110 | 60 minutes - £150 | 90 minutes - £210**

This treatment emphasises physical manipulation of the body's muscle tissue, joints and bones, using techniques called palpation; the gentle massaging and movement of muscles.

### *Acupuncture*

**45 minutes - £110 | 60 minutes - £150 | 90 minutes - £210**

A form of alternative medicine and a key component of traditional Chinese medicine in which thin needles are inserted into the body to stimulate the central nervous system. This, in turn, stimulates the body's natural healing abilities and promotes physical and emotional well-being.

### *Craniosacral Therapy*

**45 minutes - £110 | 60 minutes - £150 | 90 minutes - £210**

A bodywork therapy that relieves compression in the bones of the head, sacrum and spine using a gentle touch on the membranes and movement of fluids in and around the central nervous system. It is the perfect therapy to treat and sooth a variety of health conditions.

# MANICURE AND PEDICURE

These services are provided for Hotel Guests  
and are performed in guest rooms only.  
Please contact the Spa directly to arrange your booking.

## ***Manicure 60 minutes - £65***

A luxurious manicure, including soaking, cuticle work, shaping of your nails and hand massage as well as the application of nail polish or buffing.

## ***Men's Manicure 45 minutes - £55***

## ***Pedicure 60 minutes - £75***

A thorough and indulgent pedicure beginning with an oil and water footbath followed by shaping of the nails, foot scrub to rejuvenate the skin and ending with a foot massage and nail polish.

## ***Men's Pedicure 45 minutes - £65***

## ***Shellac Nail Polish***

This vitamin-infused gel process offers full protection and incredible shine. The nail polish dries in 30 seconds, leaving you with beautiful, high-shine nails with colour that lasts last up to three weeks.

## ***Manicure 60 minutes - £75***

## ***Pedicure 60 minutes - £85***



# SPA ETIQUETTE

## SPA OPENING HOURS

### SPA FACILITIES

Monday - Friday: 6am to 10pm

Saturday - Sunday: 7am to 9pm

### SPA TREATMENTS

Monday - Friday: 9am to 9pm

Saturday - Sunday: 9am to 8pm

## YOUR ARRIVAL

For the perfect Spa experience we recommend that you arrive at least 30 minutes prior to your scheduled appointment. You will be asked to complete a health questionnaire and will then be able to enjoy the facilities and prepare body and mind for what is to follow.

You will be provided with a bathrobe and slippers for your use whilst inside the Spa.

## SPA ENVIRONMENT

Our Spa environment is one of tranquillity and relaxation. We kindly ask you to keep your voice lowered, keep mobile phones on silent mode and avoid making calls in order to respect your fellow guests' enjoyment for the facilities.

## FULL FACILITY ACCESS

Please note that access to the full Spa facilities including swimming pool and thermal areas is limited to hotel guests, Club members and external guests who have booked a Spa treatment on the following basis: Mondays to Thursdays access is granted on bookings of 90 minutes or more, and Friday to Sunday of two hours or more. The minimum booking time does not apply to members and hotel guests as well as Wellness Therapies.

## IN-ROOM TREATMENTS

Please note that hotel guests are invited to enjoy a selection of treatments from our massage collection in the privacy and comfort of their own guest room. A surcharge will apply, please enquire at the Spa reception for more information

## HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries that could affect your treatments or use of the Spa facilities.

## PREGNANCY

We have specially-designed treatments for expectant women or nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable during this special time. Massages and body treatments are highly discouraged during the first trimester.

## RESERVATION AND CANCELLATION POLICY

Making an advance appointment is highly recommended and credit card details or pre-payment are required unless you are staying in the hotel.

Should you need to cancel or rebook your Spa treatment, we request a minimum of 24 hours' notice to avoid a full charge.

Please note that unfortunately a late arrival will not guarantee the extension of the treatment time and the appointment will be charged at full value.

## VALUABLES AND PERSONAL BELONGINGS

Whilst the Spa provides lockers, it is recommended that you leave valuables in your guest room or at home. A jewellery tray for safekeeping of valuables is provided in the treatment room but we recommend that no jewellery be worn at the Spa.

The Spa does not assume liability for any valuables.

## CHILD POLICY

General access to the Spa is restricted for guests under the age of 18 years. We are delighted to welcome children of hotel guests and members if accompanied by an adult, between the hours of 2.30pm to 5pm, Monday to Sunday.

Treatments can be scheduled and Spa access available for guests from 16 years of age, providing a waiver form is signed by an adult.

## GIFT CERTIFICATES

We offer gift certificates which can be purchased at Spa reception or on our website for either a specific treatment,



