





THE PEAK OF LUXURY

The Peak should be seen as a home away from home, and one that creates a world-class wellbeing experience in a five-star setting at the heart of the transformed Carlton Tower Jumeirah Hotel. Boasting sublime skyline views and timeless, refined design imbued with a sense of grandeur, The Peak Fitness Club & Spa offers unparalleled service that takes members on an exquisite journey towards fitness, wellness and rejuvenation.

Above all else, The Peak fills a void in London's most prestigious postcode, offering members the opportunity to not only elevate their health and wellbeing, but also journey towards their wellness goals in the company of likeminded individuals in a refined setting, embracing Knightsbridge's heritage and contemporary society.

With a strictly limited membership, The Peak offers a haven of restful elegance, ideal whether the intention is to work out, rejuvenate body and mind or simply relax and take advantage of the cutting-edge facilities. Our comprehensive approach to health and fitness sees us at the forefront of London's luxury lifestyle clubs.

***Make yourself at home.***



The Spa



Member's Club Lounge

## MEMBERSHIP

Respecting tradition, The Peak invites prospective members to submit a detailed written application to be considered for acceptance into the Club.

Upon acceptance, your exclusive membership will provide access to our state-of-the-art fitness and spa facilities, as well as our stately Member's Club Lounge overlooking Cadogan Gardens and the skyline beyond.

Successful applicants are welcomed with a number of valuable privileges, including a £250 treatment or training credit, our best-in-class induction and assessment process and follow up personal training session, as well as guest passes for friends or family.

Prospective members are able to choose from Single, Joint or Overseas Memberships. For those wishing to take advantage of the ultimate in world-class service, an extremely limited Platinum Membership is also available.

***Please see our separate Membership Brochure for full details.***

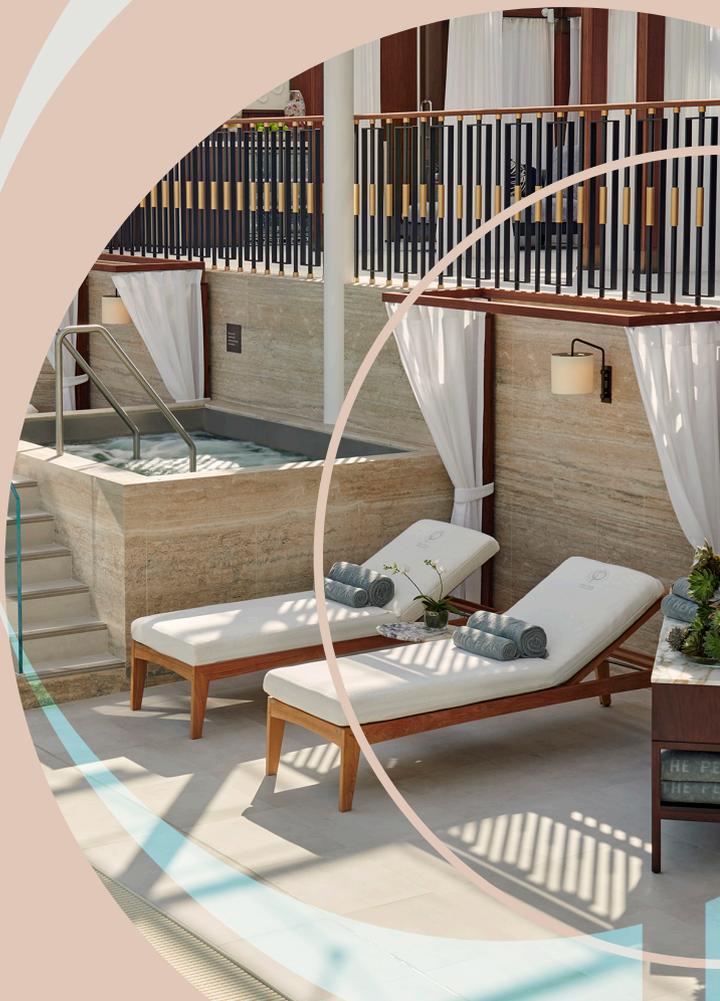
## FACILITIES

Set across three floors and offering 360-degree views of London's iconic skyline, The Peak Fitness Club & Spa has been completely reimagined as part of The Carlton Tower Jumeirah's historic transformation. London's most exclusive private health and wellness club now offers a selection of amenities and equipment drawn from the world's leading companies in the wellness space.

The second-floor spa area is dominated by a naturally lit 20 metre pool that utilises the innovative 'PoolSan' technology vastly improving the quality of bathing water while eliminating the need for harmful chemicals. Plentiful poolside cabanas featuring Minotti furnishings for relaxation as well as an oversized jacuzzi surround the pool and a thermal suite including two steam rooms and saunas completes this area.

Finally, a series of beautifully designed treatment rooms are cocooned to create the perfect haven for the extensive treatment menu designed to improve body and mind.

On the ninth floor, one of London's largest fitness spaces can be discovered complete with bespoke Technogym equipment, multiple exercise class spaces and the Member's Club Lounge, all benefitting from breathtaking city views.



## MEMBER'S CLUB LOUNGE

The Peak Fitness Club & Spa members are invited to visit the Club Lounge on the ninth floor on an unlimited basis. The Members Club Lounge offers an informal atmosphere that belies its stunning architecture and design as well as the superlative views across the city. A space to relax, network or simply feel at home, the Club Lounge serves drinks and dishes all day that are synergistic with The Peak's overarching wellness philosophy.

The breakfast menu offers both high energy and low calorie alternatives while the all-day dining menu is designed for individuals who want to supplement their workouts with food that is not only good for the body but also the soul.



## FITNESS

Upon joining, members are immediately immersed in our industry-leading induction and assessment process. Imperative in allowing our hand picked personal trainers to prescribe a results-driven programme and specifically tailored to individual needs, this induction has been created by our dedicated fitness experts. This assessment incorporates innovative technology that allows for the fullest understanding of a member's fitness needs. As part of this process, percussive therapy is utilised - proven to aid performance and recovery and The Peak has partnered exclusively with Therabody®, the leaders in this field.

Our state-of-the-art fitness club not only boasts bespoke Technogym equipment but also two studio spaces with panoramic city views. Whether for sunrise yoga in our wellness studio, an intense workout in our functional space or simply somewhere to wind down, stretch and enjoy percussive therapy, we have a space catered to your every need.

With a complement of top-tier professionals available to expedite and encourage your wellness goals we have created a gymnasium designed without concession and equipped without compromise. From barbells to ballet barres, kettlebells to functional rigging and Skillmills to yoga, our facilities truly are second to none.

## FLOW-X FITNESS CLASSES

Our extensive group exercise timetable allows individuals to enjoy their preferred method of training. From dancing to a new choreographed routine to kettlebell swinging your way to a toned physique, barre, yoga or pilates - we have a class concept for everyone.

Our distinguished and experienced team are here to help you reach your wellbeing goals. Our aim is to get members moving more, moving better and ultimately investing in their movement longevity. We want you to step away from the idea of “if it hurts, it works”, and come to the realisation that we can help you achieve outstanding results by training in a smart and efficient manner.

Complementing every aspect of your wellness journey, our “FLOW-X” concept prioritises members’ movement longevity. This structured and educational approach ensures members can challenge their body in a controlled environment. The classes simultaneously promote adaptation while allowing for effective recovery time and ultimately ensuring consistently intensive training with a reduced risk of injury.

# TALISE

SPA

## SPA

The Talise Spa at The Peak offers a luxurious homage to health and wellbeing where first-class facilities are complemented by exquisite design, holistic treatments and unique expertise.

Members benefit from access to our resident skincare brands. Signature treatments come courtesy of Omorovicza, the Hungarian-born luxury skincare experts while clinically-inspired skincare company 111SKIN has developed a range of products exclusively for our members. Aromatherapy Associates, world-renowned for their expertise in essential oils will enable a sensorial journey during treatments.

Preferred partners' products and treatments are underpinned by a philosophy that wellness is considered holistically.

Our extensive face and body treatment menu can be experienced in the four individual or one oversized double treatment room, all resplendent in elegant marble and soothing dark woods. Gender specific thermal suites provide further opportunities for relaxation and rejuvenation with Himalayan pink salt saunas providing the ultimate in halotherapy.

## SKIN AND BODY CARE PARTNERS

The Talise Spa's range of treatments is aimed at tackling a variety of concerns, focusing on delivering genuine results by partnering with leading specialist brands known for their innovative and effective formulas.

**111SKIN**  
HARLEY ST. LONDON

The 111SPA/CLINIC range was founded by cosmetic surgeon Dr. Yannis Alexandrides as part of his 111SKIN company with the aim of creating clinically-inspired skincare that addresses real-life concerns. The offering at The Talise Spa combines holistic oils, healing scents and the brand's signature massage techniques. Every treatment includes a face cleansing and application of the most suitable 111SKIN face mask.



Aromatherapy Associates is 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.

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.

Having combined 2000 years of Hungarian skin care wisdom with the power of their high-tech and Nobel Prize-winning laboratory, Omorovicza has become one of the world's most sought after luxury skincare brands. With a focus on using natural ingredients, founders Stephen and Magaret de Heinrich de Omorovicza believe that the future of beauty does not include harmful, unnecessary synthetic ingredients, which are occlusive and prevent the skin from breathing. Instead, all Omorovicza products use natural

ingredients, harnessing the mineral-rich waters of Hungary with potent antioxidants and anti-inflammatories to deliver both quick and cumulative age-defying benefits. The Talise Spa is the only London spa to partner with Omorovicza and offers a range of treatments that includes the Gold Hydralifting Facial with Rose Quartz and the Blue Diamond Facial with Cooling Derma Globe Eye Treatment.



**Omorovicza.**  
BUDAPEST

# SPA ETIQUETTE

## YOUR ARRIVAL

For the perfect Spa experience we recommend that you arrive at least 30 minutes prior to your scheduled appointment. Upon placing your booking you will be sent an email asking you to complete a health questionnaire. This will ensure that upon arrival you are ready to enjoy the facilities and prepare your mind and body 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 of 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 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 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 reschedule your 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 safe-keeping 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. There will be a surcharge when children accompany members in the swimming pool. Treatments can be scheduled for guests from 16 years of age, providing a waiver form is signed.

## GIFT CERTIFICATES

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

## OPENING HOURS

Spa Facilities:

Monday - Friday: 6am to 10pm

Saturday - Sunday: 7am to 9pm

Spa Treatments:

Monday - Friday: 9am to 9pm

Saturday - Sunday: 10am to 8pm

There is no finer feeling than that of achieving your wellbeing goals, and no finer wellbeing location than The Peak Fitness Club & Spa to help you on that journey.

*Join us to experience 'The Peak of Luxury'*

For those interested in membership, please apply directly using the contact details below.

Telephone: +44 (0)20 7858 7302

Email: [membership@peakfitnessclubandspa.com](mailto:membership@peakfitnessclubandspa.com)

