



heavenly  
BY WESTIN spa

# Awaken Your Senses

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# Heavenly Signature Rituals

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## **HEAVENLY SPA THREE STONES MASSAGE RITUAL**

*A treatment using Westin White Tea products.*

Meditate on positive thoughts during your Heavenly Spa Signature Massage treatment. Choose a stone based on what you would like to think about during your treatment:

- Something you are hoping for;
- Something you are grateful for;
- Someone you love.

A heated compress then invites back muscles to relax and ease before a Swedish massage leaves you feeling physically rested and mentally uplifted.

90 MINUTES

MON-THU £165 / FRI-SUN £175

## **BAOBAB PREGNANCY RITUAL**

*A treatment using Germaine de Capuccini products.*

A sublimely relaxing ritual combining soothing massage movements with prodigious products produced from the oil of the organic African Baobab tree, also known as the Tree Of Life. The beautifully fragrant oils create a smoothing and hydrating experience, ideal for helping prevent and treat stretch marks and increasing skin elasticity. This treatment combines full body exfoliation, pregnancy massage, scalp therapy and concludes with a cooling and anti-inflammatory energising leg therapy.

75 MINUTES

MON-THU £140 / FRI-SUN £150

## **EASTERN FACELIFT RITUAL**

*A treatment using Philosophia Botanica products.*

Our Eastern facelift treatment with Philosophia Botanica is a new approach to an age-old tradition. It incorporates elements of traditional Chinese medicine, face mapping, acupressure points and meridians, lymphatic drainage, lifting and sculpting techniques with bespoke Gua Sha stones along with all-natural luxurious skincare oils.

90 MINUTES

MON-THU £165 / FRI-SUN £175

## **MERIDIAN FLOW GOLDEN RITUAL**

*A treatment using Philosophia Botanica products.*

This luxurious face treatment plumps the skin, promotes skin vitality, defines, sculpts and lifts the skin. Gold coated micro-magnets are carefully applied to the acupressure points and meridians of the face to stimulate tissue activity, increase micro-circulation and oxygenation, reduce the depth of wrinkles, plump the skin and encourage the flow of Qi.

90 MINUTES

MON-THU £170 / FRI-SUN £180

# Total Wellbeing

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## **RELAX & SLEEP**

*A treatment using Aromatherapy Associates products.*

The ultimate massage for your best night's sleep. Carefully applied pressures relieve key areas of tension, whilst Aromatherapy Associates' award-winning essential oil blend sedates, calms and grounds you to induce a serious state of relaxation.

90 MINUTES

MON-THU £165 / FRI-SUN £175

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **INNER STRENGTH & RESILIENCE**

*A treatment using Aromatherapy Associates products.*

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment.

90/60 MINUTES

MON-THU £165 / FRI-SUN £175

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **FOREST THERAPY**

*A treatment using Aromatherapy Associates products.*

Feel restored from the stresses of modern day living, cleansed of pollution and relieved from restlessness agitation. Starting with a cleansing, guided inhalation and tension releasing long, deep massage, followed with a warm grounding mud mask to recharge through hands and feet. Finally, our expert scalp massage restor tranquillity to the mind with our expert scalp massage.

90 MINUTES

MON-THU £165 / FRI-SUN £175

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **IMMUNE SUPPORT**

*A treatment using Aromatherapy Associates products.*

Cleansing, clearing and decongesting, this body treatment helps clear a congested body and mind and support the immune system. Guided breathing to clear congestion followed by massage techniques to soothe a heavy head, unblocking sinuses, easing headaches and promoting gut health.

90 MINUTES

MON-THU £165 / FRI-SUN £175

60 MINUTES

MON-THU £125 / FRI-SUN £135

# Massages

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## **THE ULTIMATE AROMATHERAPY EXPERIENCE**

*A treatment using Aromatherapy Associates products.*

With your chosen Aromatherapy Associates oil, your therapist will use carefully applied pressures to stimulate the nervous system and lymphatic drainage to encourage healthy circulation. A relaxing massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind and spirit.

90 MINUTES

MON-THU £165 / FRI-SUN £175

## **MEDITERRANEAN CANDLE MASSAGE**

*A treatment using Germaine de Capuccini products.*

Choose one of Germaine de Capuccini Mediterranean inspired massage candles which will be burned while you enjoy a relaxing pinda massage. Enjoy a full body massage enhanced by the warm oil from the candle. This massage will ease tension whilst natural antioxidants will hydrate and nourish the skin.

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **HOT STONE MASSAGE**

A therapeutic full body massage using aromatherapy oils and heated stones to relieve deep muscle tension. The warm of the stones penetrates your muscle to soothe aches and pains leaving you to feel relaxed and destressed.

60 MINUTES

MON-THU £130 / FRI-SUN £140

## **THE ULTIMATE PREGNANCY MASSAGE**

*A treatment using Aromatherapy Associates products.*

Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, completes this top to toe treatment.

60 MINUTES

MON-THU £120 / FRI-SUN £130

## **HEAVENLY MASSAGE**

*A treatment using Aromatherapy Associates products.*

Choose from a muscle release massage that works deep into tight aching muscles to instantly release pain and tension, or a relaxing Aromatherapy Associates full body massage to relieve stress and tension leaving you feeling relaxed and recharged.

60 MINUTES

MON-THU £120 / FRI-SUN £130

# Facials

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## **TIME EXPERT COLLAGEN VITAMIN C FACIAL**

*A treatment using Germaine de Capuccini products.*

An innovative facial to increase firmness and generate new collagen whilst reducing dark spots and even pigmentation.

Incorporating a patented formulation that increases the benefits of Pure Vitamin C by 6 times. A massage ball is also utilised to lift facial muscles, release tension and increase blood flow for an increased glow.

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **LED RADIANCE FACIAL**

*A treatment using Germaine de Capuccini products.*

Timexpert Neo Age, a new generation, advanced therapy for lines and wrinkles. A highly effective treatment incorporating LED-XPRT Skin Light Therapy, this facial offers unparalleled results in reducing the length and depth of wrinkles.

90 MINUTES

MON-THU £170 / FRI-SUN £180

## **TIME EXPERT ANTI-AGEING FACIAL**

*A treatment using Germaine de Capuccini products.*

A powerful all-round anti-ageing treatment that provides firming, wrinkle reduction, revitalisation, improved pigmentation and hydration. 99% of clients have firmer, more supple and nourished skin after a single session.

75 MINUTES

MON-THU £155 / FRI-SUN £165

## **TIME EXPERT CITY PROOF FACIAL**

*A treatment using Germaine de Capuccini products.*

This award-winning facial protects and repairs the skin from pollution damage and external stress. A unique bubble mask releases pure oxygen into the dermal layers to detoxify the cells whilst a second mask activates the skin's immune system increasing its defence capability. The skin is left healthy, protected and radiant.

60 MINUTES

MON-THU £125 / FRI-SUN £135

## **TIME EXPERT MENS ENERGY FACIAL**

*A treatment using Germaine de Capuccini products.*

This energising treatment is designed specifically to meet the needs of men's skin. Infused with a blend of plant extracts and vitamins, this facial therapy is not only relaxing, but also rejuvenates the skin, often irritated by the daily ritual of shaving.

60 MINUTES

MON-THU £125 / FRI-SUN £135

# Hands + Feet

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## HEAVENLY MANICURE

Bring back beauty and vitality to your hands and fingernails. Shaping and tidying of the nails and cuticles is followed by a relaxing massage of the hands and forearms before the nails are finished with perfectly applied colour.

60 MINUTES

MON-THU £75 / FRI-SUN £85

## HEAVENLY PEDICURE

A luxurious pedicure in which the feet are gently softened and exfoliated, before a calming massage hydrates and releases tension in the legs and feet. The feet are then immaculately finished with a nail colour of your choice.

60 MINUTES

MON-THU £80 / FRI-SUN £90

# Express Treatments

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## BAOBAB SCALP MASSAGE

A nourishing and moisturising neck and scalp massage utilising the benefits of Baobab seed oil. A highly effective stress relieving experience.

30 MINUTES

MON-THU £65 / FRI-SUN £75

## BACK, NECK & SHOULDER MASSAGE

A medium pressure massage working on the back, neck and shoulders, prompting circulation and muscle relaxation.

30 MINUTES

MON-THU £65 / FRI-SUN £75

## ESSENTIAL FACIAL

A bespoke facial for people short of time to suit any skin type. This treatment will leave your skin feeling bright and hydrated. Skin is cleansed and exfoliated followed by a hydrating mask to beautify the skin.

30 MINUTES

MON-THU £65 / FRI-SUN £75

## ROSE QUARTZ EYE & LIP THERAPY

This revolutionary experience provides substantial results in smoothing lines and wrinkles and reducing dark circles whilst providing immediate luminosity to the eye contour and softening and plumping the lip contour.

45 MINUTES

MON-THU £70 / FRI-SUN £80

## FULL BODY EXFOLIATION

A salt scrub to smooth and soften the skin increasing the circulation and brightening the body.

30 MINUTES

MON-THU £65 / FRI-SUN £75

# Spa Packages

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## **HEAVENLY CITY ESCAPE**

*Including foot ritual, immune support massage and city proof facial.*

Escape the city life by clearing your congested body and mind and supporting the immune system. Start your escape with a relaxing foot ritual, followed by an award-winning facial which protects and repairs the skin from pollution damage and external stress with a unique bubble mask. Finishing with your total wellbeing massage.

135 MINUTES TREATMENTS TIME

MON-THU £245 / FRI-SUN £255

## **HEAVENLY EMPRESS ESCAPE**

*Including foot ritual, royal jelly face & back ritual and silk wrap experience.*

Feel truly spoilt and indulge in some Royal self-care. Start your escape with a relaxing foot ritual followed by a luxurious, smoothing full body exfoliation and silk wrap. Finishing with the Royal jelly face and back ritual which includes a soothing back massage with semi-precious stones of Obsidian and Onyx to harness wellbeing and allow the body to unwind, and strengthening Royal Jelly Facial.

165 MINUTES TREATMENTS TIME

MON-THU £285 / FRI-SUN £295

## **HEAVENLY ESSENTIAL ESCAPE**

*Including essential facial, BNS massage or full body exfoliation.*

Escape and focus on your wellbeing with our Heavenly Essential escape. Enjoy our essential facial and either a BNS massage or full body exfoliation. This package includes a two-course lunch from our Eat Well menu and one smoothie from Westin Fresh by The Juicery.

60 MINUTES TREATMENTS TIME

MON-THU £140 / FRI-SUN £150

## **HEAVENLY MUMMIES ESCAPE**

*Including rose express facial and ultimate pregnancy experience.*

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you. Enjoy a top to toe body treatment focused on the upper back, tight shoulders, legs and scalp, with treatment oil chosen specifically for your skin type. This treatment finishes with a Rose Essential Facial.

90 MINUTES TREATMENTS TIME

MON-THU £180 / FRI-SUN £190

# Wellness Facilities

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## **TREATMENT RESERVATIONS**

For spa reservations please call directly from your room or visit the spa reception. For external spa reservations please email [heavenlyspa@westinlondon.com](mailto:heavenlyspa@westinlondon.com) or telephone +44 (0)20 3146 2691. We highly recommend you book in advance to secure preferred treatments and appointment times. A credit or debit card will be required to hold your reservation.

## **ARRIVAL**

We ask that you arrive 15 minutes before your appointment time to enable you to prepare and fill in a consultation form if required. If you wish to use the spa facilities before your treatment we recommend you arrive at least 60 minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before beginning your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience.

## **LATE ARRIVAL**

We offer our guests a reliable treatment schedule, so please appreciate that late arrivals will not receive an extension of scheduled treatment time to avoid inconvenience to other guests and the same treatment price will apply.

## **BOOKING ADVICE**

A consultation is required prior to many of our treatments to ensure that the most effective treatment can be given on the day. Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant.

Allow 12 hours after any heat treatment before taking a waxing appointment. Avoid facial and heat treatments 72 hours after any cosmetic procedures including Botox or as advised by your medical practitioner.

## **CANCELLATION POLICY**

A 100% charge will be incurred for any treatment not cancelled or rescheduled at least 24 hours prior to your scheduled time. For group bookings of four people or more, cancellation is three days prior to the treatment booking.

## **SPA ETIQUETTE**

We aim to provide a peaceful setting for all spa guests, and so we ask you to please keep your mobile devices on silent and photography is strictly prohibited. The spa team reserves the right to refuse access to anyone whose behaviour may disturb or endanger other guests.

### **WHAT TO WEAR**

Robes and slippers are provided to our day spa guests. For treatments, we provide disposable underwear to suit women and men; alternatively you may wear your own underwear or swimwear, as you wish. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort at all times. T-shirts with comfortable trousers or shorts are ideal fitness attire. Trainers must always be worn in the WestinWORKOUT™ Fitness Studio.

### **AGE REQUIREMENTS**

No person/s under the age of 16 years is permitted to use the spa and fitness facilities without supervision.

### **VALUABLES**

Lockers are provided in the changing rooms, but we advise you not to bring

or wear any valuables whilst using our facilities. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

### **GIFT VOUCHERS**

Offer the ultimate Heavenly Spa by Westin experience. Gift vouchers are available to purchase at [thewestinlondoncity.skchase.com](http://thewestinlondoncity.skchase.com).

# Membership

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Discover a city-centre sanctuary at Heavenly Spa by Westin.

Life can sometimes get in the way of living, and a spa membership can give you back your time: time to relax, to think and to be yourself.

With our spa membership you will enjoy our WestinWORKOUT™ Fitness Studio, 12-metre indoor pool and vitality pool, sauna, steam rooms, experience shower and ice fountain facilities.

We believe that much of the value of our membership experience comes not only from the facilities, treatments, and products, but from having the time and space for silence, separation from technology and personal reflection and contemplation. For more details please contact the spa reception at [heavenlyspa@westinlondon.com](mailto:heavenlyspa@westinlondon.com).

**WESTINWORKOUT™ FITNESS STUDIO**

Accessible 24/7 for guests of The Westin London City

**SPA FACILITIES INCLUDING POOL**

7AM - 10PM

**CHILDREN'S SWIMMING TIME**

8AM - 10AM & 2PM - 4PM

**SPA TREATMENTS**

9AM - 9PM

**THE WESTIN LONDON CITY**

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