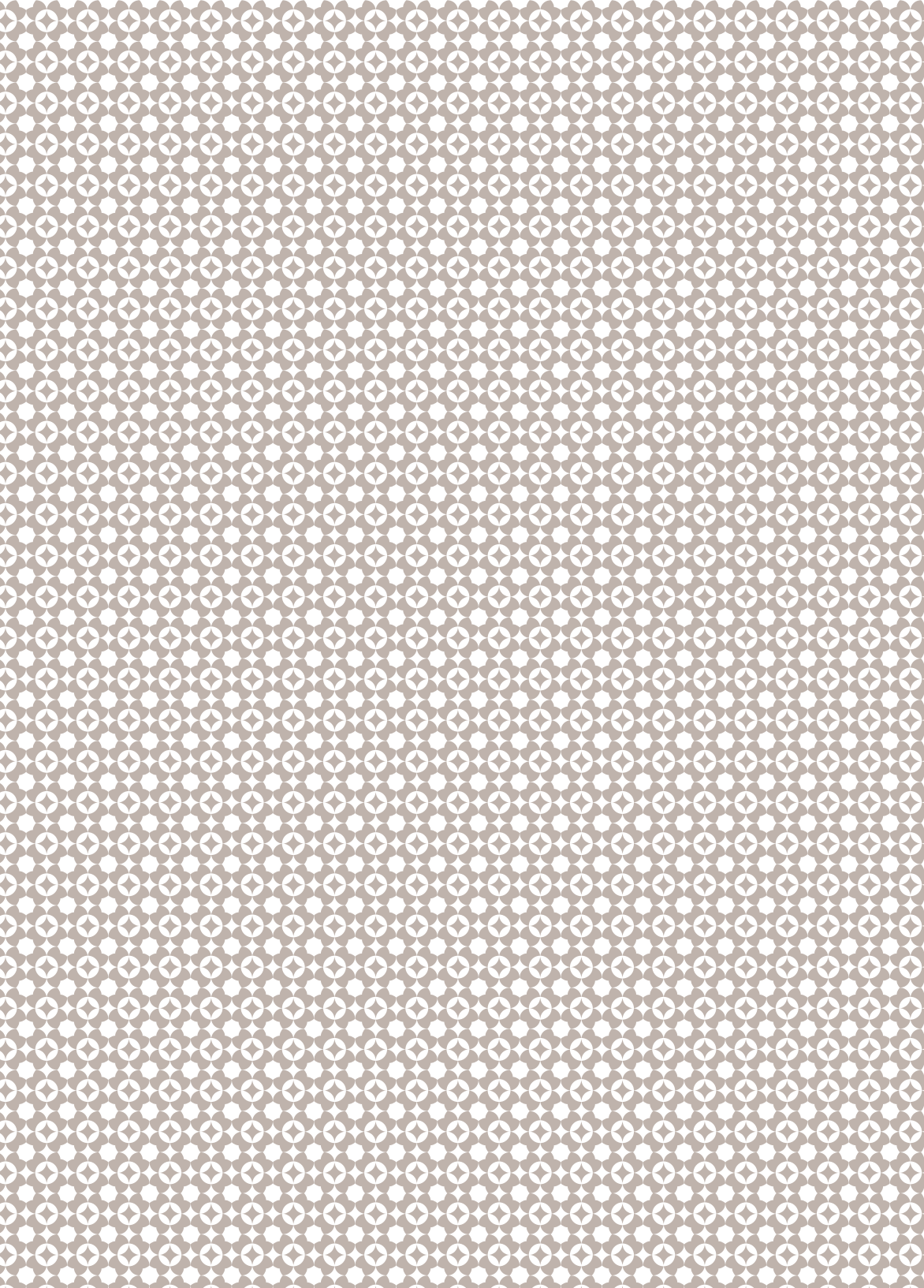




AKASHA

WELLBEING IN HARMONY

LOUNGE SPA GYM YOGA



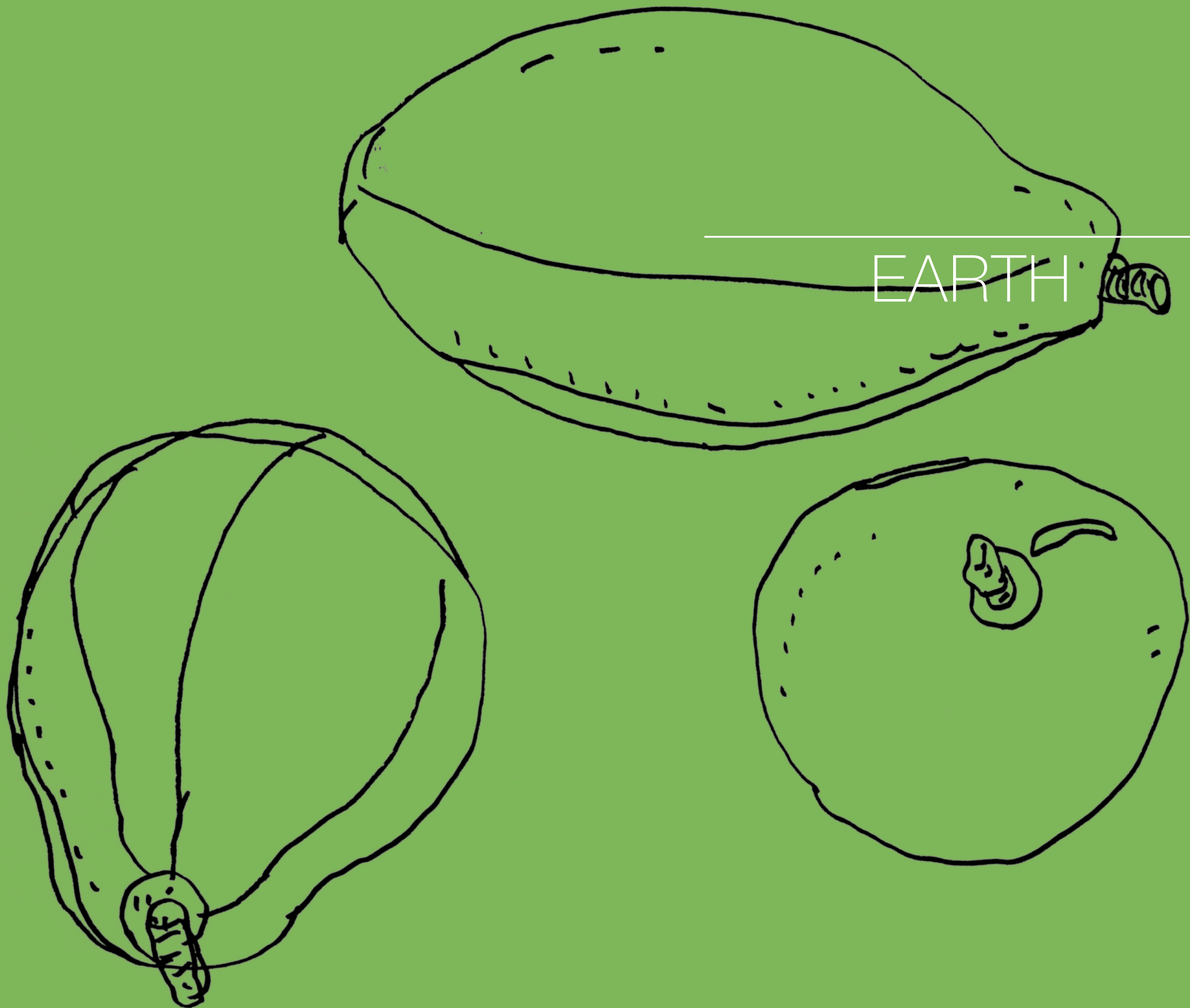
Akasha is leading a new concept and holistic approach to wellbeing. Step into our sanctuary and let your inner self shine through.

Hotel guests, visitors and members are invited on a guided journey to promote health, happiness and fulfilment while improving personal balance.

The name Akasha reflects a core vision to harmoniously unite the four basic elements of nature: earth, water, fire and air. The combination enables a transformational and balancing experience where body, mind and soul are aligned.

Earth offers nourishment in our lounge bar, water flows through our spa, fire blazes across our gym and air breezes through our studios.





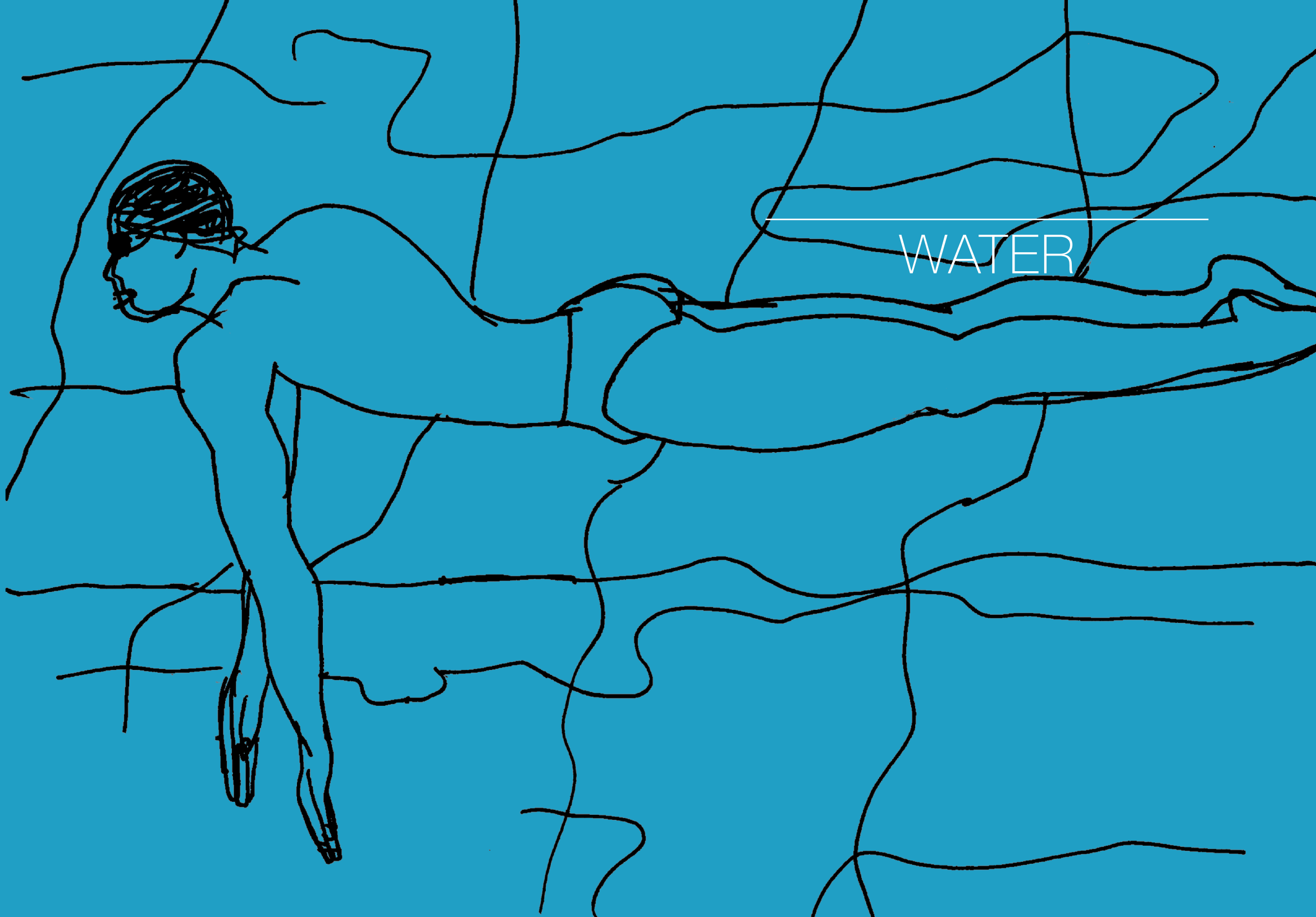
EARTH



Earth nurtures growth and strengthens the body, a grounding and stabilising force needed to establish balance.

Within the serenity of Akasha a lounge bar offers a selection of nourishing food. Designed in collaboration with a nutritionist, a healthy menu is available along with a further selection of light dishes. Herbal teas, refreshing juices and energising drinks are also served.





WATER



Water ebbs and flows, creating a sense of endlessness. Immerse your mind, cleanse your external self and renew your inner being.

An 18m/60ft long lap pool, steam room, sauna and Jacuzzi form an oasis at the centre of Akasha and in the heart of the city, enhanced further by mood lighting, restorative sounds and uplifting aromas.

Nine treatment rooms, including a double treatment Akasha Suite, offer signature treatments which marry innovative Western practices with ancient Eastern traditions. There is a private Hammam for purifying scrubs and massages and a Vichy shower for cleansing hydrotherapy rituals. Akasha also boasts London's only Watsu pool for tailored hydro-treatments and guided meditation.



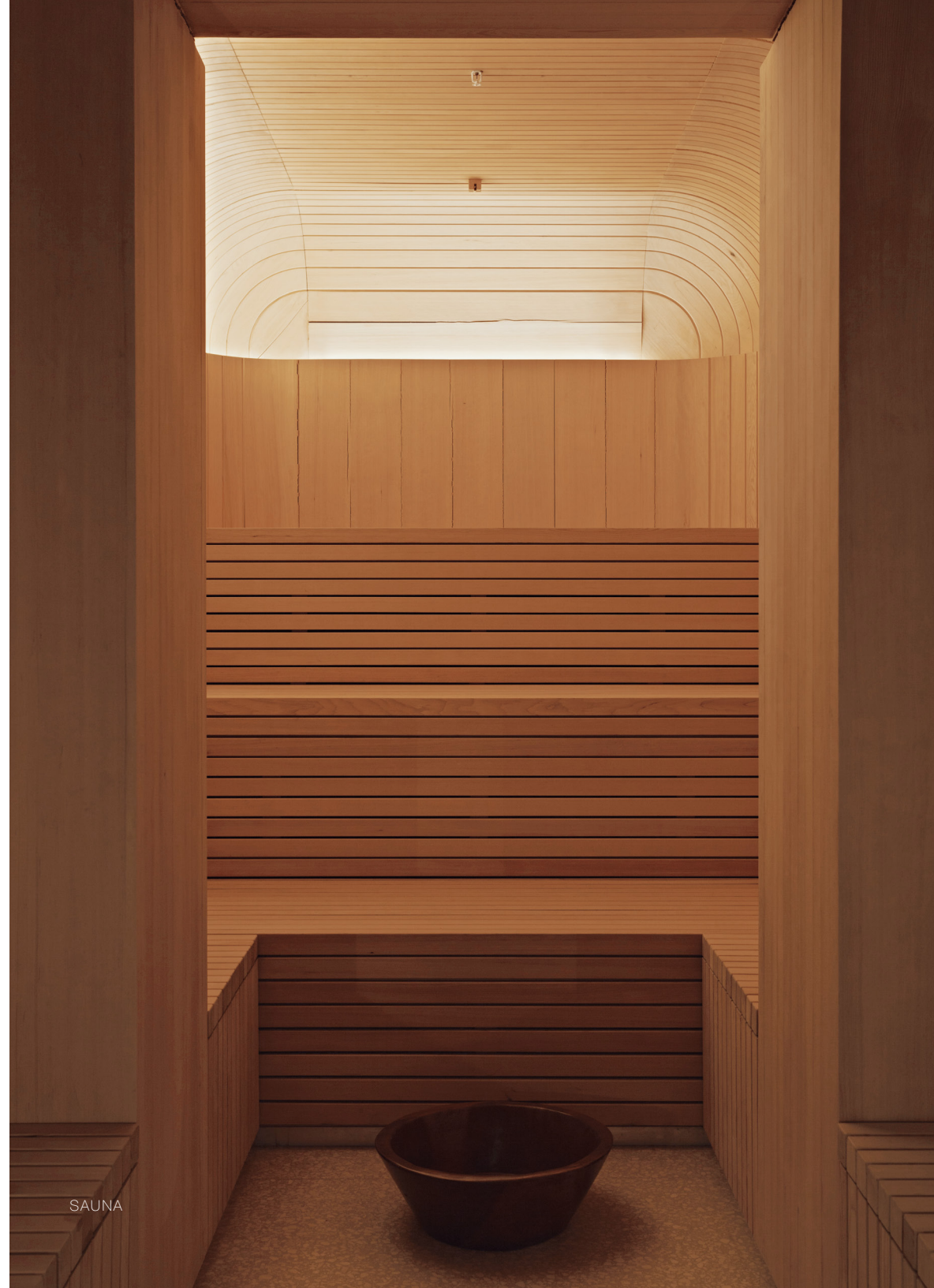
18M/60FT LAP POOL



PRIVATE HAMMAM



STEAM ROOM



SAUNA



DOUBLE TREATMENT AKASHA SUITE



FIRE



Fire crackles with energy and courage,
a unifying and kinetic force which
vitalises cells with flaming intensity;
ignite your body with movement.

Within Akasha a large and spacious gym area spans over 300sqm/3,230sqft. Cutting edge technology includes LifeFitness equipment, personal entertainment centres with 19" touch screens and iPad docks, complemented by an LED ceiling of changing lights to enhance and motivate.

These facilities are combined with the knowledge of industry professionals and fully dedicated personal trainers. Tailored fitness training programmes combine a variety of disciplines with each overseen by experienced instructors.





AIR



Connecting with your inner vision, air
breathes life into deep thought, to
awaken and purify.

Private studios are calming and relaxing spaces,
dedicated to one-on-one sessions or personalised
classes and the disciplines of yoga, Pilates, tai-chi
and meditation.

Akasha has carefully curated a team of leading global
professionals and authorities on wellbeing to install
physical and mental balance. An Akasha library aids
further education, self-growth and awareness.



AKASHA HOLISTIC WELLBEING CENTRE

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SHINING THROUGH

AKASHA HOLISTIC WELLBEING CENTRE

HOTEL CAFÉ ROYAL
REGENT STREET, LONDON

CONSERVATORIUM
MUSEUMPLEIN, AMSTERDAM

LUTETIA
RIVE GAUCHE, PARIS
(COMING SOON)



SHINING THROUGH