

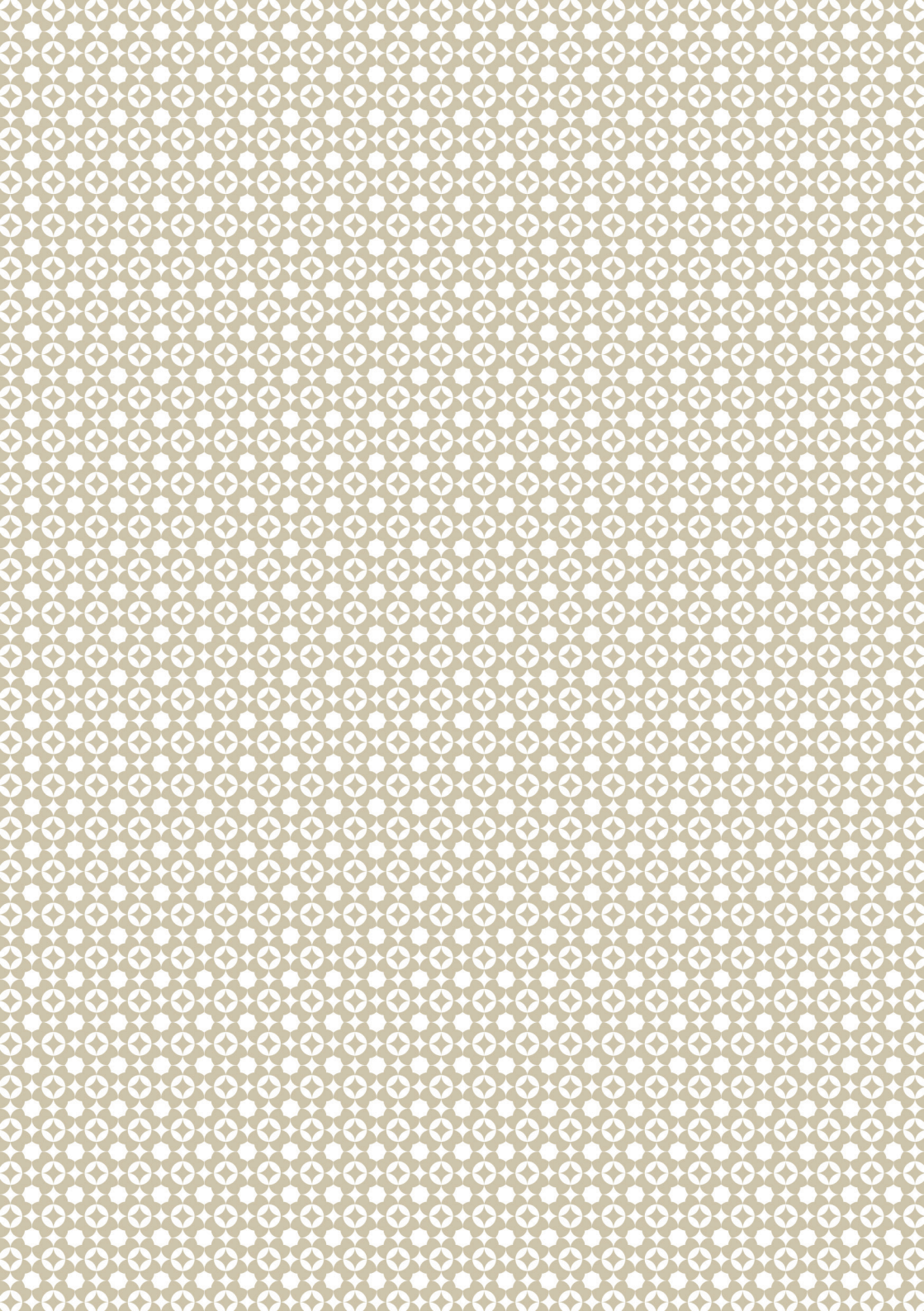


AKASHA

WELLBEING IN HARMONY

LOUNGE SPA GYM YOGA

SPA TREATMENT MENU



The moment you relax, you are in the present. Relaxation is going beyond time — no past, no future.

AKASHA SIGNATURE TREATMENTS

The Four Elements

90 minutes £210

An immersing full body journey designed according to the four elements of nature:

Water – a therapeutic treatment performed in warm water, while you are supported by your therapist

Earth – soothing foot massage with warm towels

Fire – a restorative hot oil massage combined with hot stones

Air – a tension relieving scalp massage

Detoxifying Vichy Shower Ritual, 75 minutes £140

The Vichy shower room is an exclusive treatment space dedicated to water. Combining high technology with six powerful water jets the pressure and temperature of the water is then adjusted, while the therapist massages the skin aiming to achieve a full body massage treatment.

For optimal results, the Detoxifying Vichy Ritual begins in the warmth of the hammam, releasing tension and preparing the skin for the benefits of the products used throughout the treatment. The body is then massaged with the Vichy Shower's warm jets that focus on loosening tightness in the muscles. This is followed by a skin exfoliation from the specialist with a Sultan du Saba green tea, ginger and salt scrub that stimulates circulation while purifying the skin to leave a silky soft finish. The body is then wrapped in a combination of shea butter and tea powder to draw out the toxins while providing skin nourishment. Finally, the products are washed across the body by the Vichy Shower jets, combined with a specific lymphatic draining massage to lighten heavy legs, and the skin is sprayed with a moisturizing mist to give the mind and body a fresh sensation.

Relax and Balance Ayurveda

80 minutes

Two hands or four hands £170 / £260

'The Science of Life' – a traditional Indian treatment featuring hot sesame oil and long, gentle movements. Oil is poured onto the 'third eye' (your intuition) before the treatment is concluded with a soothing massage of the scalp. An indulgent treatment leaving you feeling peaceful.

Nadi-Nidra

80 minutes £180

An Indian treatment to rebalance the spirit. Sesame oil and hot lava shells are used to massage your body to stimulate blood flow and relax, followed by a calming head massage and the pouring of oil onto the 'third eye' (your intuition). You will be left feeling relaxed and serene.

A Celebration for Two

90 minutes £440

Make time together with a luxurious spa experience for two in our double treatment Akasha Suite. Your retreat starts with soothing foot rituals followed by a 60 minute Personalised Massage or Pure Radiance Facial. Relaxation is enhanced by a double aromatherapy Jacuzzi bath, Champagne and the finest seasonal fruits.

MASSAGE EXPERIENCES

Personalised Massage

50 or 80 minutes £110 / £170

A bespoke treatment using various techniques from East to West tailored for you by our massage therapist.

Deep Tissue Massage

50 or 80 minutes £120 / £185

Deep pressure and joint manipulation combine during this Swedish style massage. This intensive massage can help to unravel tension, in sore, tight muscles.

Pre or Post Natal

50 or 80 minutes £110 / £170

This treatment promotes optimum wellbeing for expectant (from the twelfth week) or new mothers. A gentle and soothing experience uses restorative aromatic infusions and compresses to reduce the feeling of heaviness, stabilise posture and loosen up your lower back and hips. This treatment will allow you to recuperate and relax, promoting a state of calm as you begin your journey into motherhood.

Hot Stones

80 minutes £175

A balancing treatment that cleanses and purifies to free you of daily tension. A reviving massage to relax is coupled with the placement of hot basalt stones on the body's energy paths to stimulate blood flow. You will be left with a long-lasting sensation of warmth and inner calm.

Thai Qi Fusion

80 minutes £175

This therapeutic massage warms and invigorates with Thai herbal compresses, stretching, acupressure and vigorous massage. Your body's Qi will flow and tight muscles will unwind.

SPECIALISED HOLISTIC EXPERIENCES

Sodashi Chakra Balancing Treatment 90 minutes £190

Deeply meditative, this treatment brings the body's seven main Chakras into alignment through a fluid combination of massage, specific essential oil blends and healing crystals. This truly unique experience leaves you feeling calm and in a state of harmony, with an increased sense of overall wellbeing.

Sodashi Crystalus Body Massage 90 minutes £190

A sensory experience designed to influence the mind, body and spirit using ancient Australian healing stones and crystals. A therapy to bring you total harmony, leaving you feeling relaxed, balanced and rejuvenated.

Reflexology 50 minutes £120

Pressure is applied to key reflex points of your palms and soles, followed by a relaxing massage to stimulate energy flow and restore balance to encourage the process of self-healing.

Shirodhara 30 minutes £70

A treatment with focus on the shiro, meaning head, and dhara, meaning flow. A stream of warm aromatic oils are poured over the forehead, scalp and particularly on the "third eye", the Chakra point said to be the seat of human consciousness. You'll be left with an instant sense of calm.

BODY NURTURING EXPERIENCES

Sodashi Refining Body Toner 60 minutes £130

This treatment begins with a body polish to exfoliate and cleanse the whole body. A nurturing full body mask is then applied to extract, firm, tone and condition the skin while you are cocooned in a comforting wrap. This treatment is especially beneficial during (after the twelfth week) and after pregnancy.

Sodashi Purifying Body Boost (with Dry Body Brushing) 60 minutes £140

Boost your energy levels and re-energise your whole system with a complete body cleanse. Circulation is stimulated with body brushing before a purifying and detoxifying mask is applied to the whole body to draw out toxins, relieving the body of any sluggishness and congestion. A final application of enlivening body moisturiser leaves you feeling invigorated and revived.

Sodashi Vanilla Body Bliss 60 minutes £130

An all over body exfoliation to soothe and calm the mind and body while revitalising and hydrating the skin and relieve tired aching muscles. Beautifully fragranced and gentle, this treatment is the perfect tonic to counteract the effects of a stressful life. This treatment is especially beneficial during (after the twelfth week) and after pregnancy.

Valmont Peaks of Slimness 60 minutes £170

A complete remodel of your silhouette using Valmont's signature butterfly movement. This original technique, which works muscular fibers to tone and slim, is enhanced by further kneading, friction and smoothing massage techniques. Peaks of Slimness is both a relaxing and effective experience with immediate results.

FACIAL EXPERIENCES

Sodashi Pure Radiance Facial 60 minutes £130

A journey of total renewal for your skin. Warm aromatic compresses soften and exfoliate before a nurture face mask, rich in herbal extracts, is used to purify and hydrate. Tailored to your specific needs your skin will feel revitalised and fresh, your body and mind relaxed.

Sodashi Crystal Opalescence Facial 90 minutes £200

Beginning with warm aromatic facial compresses to soften and exfoliate you are taken on a deeply relaxing journey before healing crystals and nutrient rich plant essence are used to bring new life and radiance to the complexion. You'll feel balanced and revived.

Valmont Hydration Facial – Source Des Bisses 60 or 90 minutes £170 / £245

A refreshing facial treatment targeting fine lines and dehydration. After a gentle exfoliation, this deeply moisturising facial helps to quench the skin's thirst, replenishing what is lost on a daily basis. A rehydrating algae mask re-plumps, energises and smooths the skin whilst the hyaluronic acid helps the skin cells retain water leaving the skin nourished and hydrated.

Valmont Energy Facial – Vitality of the Glaciers 60 or 90 minutes £170 / £245

A specialised treatment that focuses on combating the impact of stress, pollution and the high demands of modern life. Dull, lacklustre and congested complexions will benefit from this cellular renewal facial treatment. Delivering essential nutrients to the deeper layers of the skin, this oxygenation and detoxifying treatment helps improve circulation through Valmont's signature massage. The result driven regenerating collagen mask helps smooth, plump and reduce wrinkles and fine lines leaving the skin looking fresh with a youthful glow.

Valmont Anti-Wrinkle and Firmness Facial – Peaks of Firmness

Delay or prevent the most visible signs of aging with a treatment specially designed to firm and re-plump the skin. This facial specifically targets the deeper wrinkles and the loss of firmness of the skin. Using a combination of light pressure movements, Valmont's Peaks of Firmness treatment makes skin firmer and smoother, whilst the renowned Valmont collagen mask delivers deep nourishment. Using an incredible lifting and firming massage, the skin is stimulated, lifted and contoured.

HAMMAM EXPERIENCES

A Hammam treatment is an experience which includes scrubbing and massaging to purify the body. Within the private Hammam, created entirely in heated marble, your body will be cleansed and blood circulation improved.

23 Carat Gold Signature Hammam 75 or 90 £140 / £180

Step one – Luxury Hammam

This ritual begins with a full body cleanse using rhassoul clay and black olive soap blended with 23 carat gold minerals. A traditional technique using a kessa glove massages the body whilst providing the most invigorating exfoliation, with immediate and visible results. The face and hair is included if desired.

Step two – Guests are given the choice of an indulgent massage or indulgent facial in one of Akasha's luxurious treatment rooms to complete this ritual.

23 Carat Gold

The Gold Back Massage is carried out with 100% pure Shea butter. This is melted and combined with an oil of the guests' choice which is steeped with gold minerals. The massage is an exceptional anti-ageing and nourishing skin treat, whilst deeply relaxing and muscle melting techniques, provide the ultimate back massage.

Or

The Gold facial includes an anti-fatigue, anti-ageing Gold Elixir Serum that nourishes all skin types. The remarkable anti-aging Gold Facial Masque adds an additional sense of luxury leaving the skin rejuvenated and hydrated.

WATSU EXPERIENCES

The Watsu pool is an exclusive treatment space dedicated to water therapy, a signature of Akasha. The pool is heated to an optimum temperature to enable deep relaxation and a journey through movement, freeing your body in ways impossible on land.

Water Treatment 25 minutes £60

A meditative and therapeutic water experience encompassing soft movement and light massage while you drift in the Watsu pool supported by floats.

Poetry in Water® 50 or 90 minutes £150 / £210

Eyes closed, ears immersed, body-neutral water will melt your perception of shape and space as you experience a lack of gravity. A series of gentle twists, organic movement patterns and yoga like stretching is performed in the water, these are tailored to fall in sync with your inner rhythms to elongate your spine and unwind your body. As your heart rate drops and your thoughts slow down your will experience deep relaxation.

Aquatic Therapy by Steve Karle 50 minutes £150

A highly innovative bespoke approach to movement that allows your body to naturally unwind and re-align. As you float, free of gravity, your body will be guided into continuous motions using bodywork techniques according to your natural movement patterns to encourage the release of muscular and joint restrictions. Moving from repetitive into spontaneous movement will improve posture and release stress and trauma in the body.

VICHY EXPERIENCES

Vichy Shower Hydro Massage, 60 or 90 minutes £130 / £190

An exclusive treatment, the Vichy Shower Hydro Massage combines the detoxifying power of the water jets with the hydrotherapist's skilled and personalised touch to create a bespoke massage to suit each guest's needs. Starting with a focused consultation, the hydrotherapist will design a massage journey that uses different advanced massage styles depending on the needs and desires of the guest. This will be accompanied by breathing and mindfulness exercises to allow the healing power of water to balance, sooth or revitalize. This particular treatment is beneficial for those recovering from exercise or rebalance and reset a distressed nervous system.

Rainstorm Scrub, 30 minutes £60

Using the finest natural ingredients teamed with the purifying effect of the water, the Rainstorm Scrub cleanses and invigorates the skin while maintaining a highly relaxing effect. The heat of the water opens and cleanses the pores while the Vichy Shower jets help to eliminate toxins, ease tired muscles and stimulate the nervous system. The Rainstorm Scrub is the perfect way to start a Vichy Shower hydrotherapy journey.

BEAUTY EXPERIENCES

Luxury Manicure

50 minutes £50

Hands are soaked in a mineral-rich bath before nails are shaped, buffed, exfoliated and nourished. Essential oils and hydrating botanicals are massaged into your arms and hands before nails are given a final polish.

Luxury Pedicure

70 minutes £70

Indulge your feet in a warm soak of purifying salts before we shape, buff, exfoliate and nourish your nails. A luxurious acupressure massage of the foot and lower leg will leave your feet revived and softened before toe nails are perfectly polished.

File and Polish hands or feet

25 minutes £30

Your nails will be shaped before being given a final polish.

French Manicure/Pedicure

15 further minutes £15

Available as an add on with luxury manicure or pedicure.

Brow Colouring and Shaping

25 minutes £45

To give you a clean, well-shaped appearance.

Hair Removal

Prices available upon request

Hot wax is used for hair in smaller areas that may be short or stubborn to remove. Warm wax is used with removal strips to address larger areas of hair removal such as legs, arms or back.

ESSENTIAL TREATMENTS

The perfect treatments for those short on time or as an add on to any experience over 50 minutes.

Skin Nurturing Facial

25 minutes £70

For all skin types. To restore hydration and balance, with reparative botanicals, essential oils, tonics, and cell-plumping actives. An acupressure massage relaxes and leaves skin refreshed, dewy and radiant.

Focus Massage

25 minutes £60

Choose from a back, neck and shoulder massage or leg massage.

Scalp Massage

25 minutes £60

A restoring massage to the scalp.

Foot Massage

25 minutes £60

A reviving massage to leave you grounded.

Hand and Arm Massage

25 minutes £60

A soothing massage leaving you feeling calm.

ADDITIONAL

Treatment Courses / Spa Series

Purchase a series of ten treatments and benefit from complimentary access to spa facilities on the day of each treatment.

Day Passes

Passes which include access to all four elements are also available to purchase. Please contact Akasha for further information.

Gift Vouchers

A variety of Akasha gift experiences are available from reception or to purchase online at hotelcaferoyal.com

Spa Packages

A number of spa packages are available throughout the year. They typically include a selection of treatments, lunch and full access to spa facilities. Please inquire with our team as to what we currently offer that might suit your needs.

GENERAL INFORMATION

OPENING HOURS

Spa Treatments

Daily from 9am to 9.30pm
Bank Holidays from 9am to 8.30pm

Gym and Swimming Pool

Daily from 6.30am to 10pm
Weekend from 8am to 10pm
Bank Holidays from 8am to 9pm

Junior Guests

We are delighted to welcome our junior hotel guests under the guidance of an adult from the age of 5 to 16 in our swimming pool daily between 10am to 11.30am and between 2pm to 3.30pm.

Guests must be over 16 years of age to use further spa and fitness facilities.

SPA ETIQUETTE

To enhance your spa experience, we encourage you to arrive 20 minutes prior to your scheduled appointment time.

Swimwear is compulsory in our spa facilities.

The Akasha spa is a relaxing and tranquil environment. Please respect all spa guests' rights to privacy and serenity. The use of mobile phones, laptops, cameras is permitted only in the Lounge Bar.

Lockers are provided, however Akasha accepts no responsibility for loss of any valuables.

Separate male and female changing rooms provide guests with bathrobes, slippers, towels and all amenities required during your visit.

Upon arrival into the spa you will be requested to complete a health questionnaire. If you have any health concerns please check at the time of booking to ensure that your chosen treatment is suitable.

Please understand that late arrivals will result in the treatment time being shortened accordingly.

SCHEDULING AN APPOINTMENT

We advise booking in advance to ensure your preferred time and treatment is available. Credit card details are required at the time of booking.

Individual consultations are carried out before all treatments. Due to scheduling demands, we cannot always guarantee your choice for a particular therapist.

Health condition

Please advise us of any health condition, allergies, injuries or medication during your visit. We offer specially designed treatments for pregnancy from the twelfth week. Please allow your therapist to guide you while selecting treatments.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

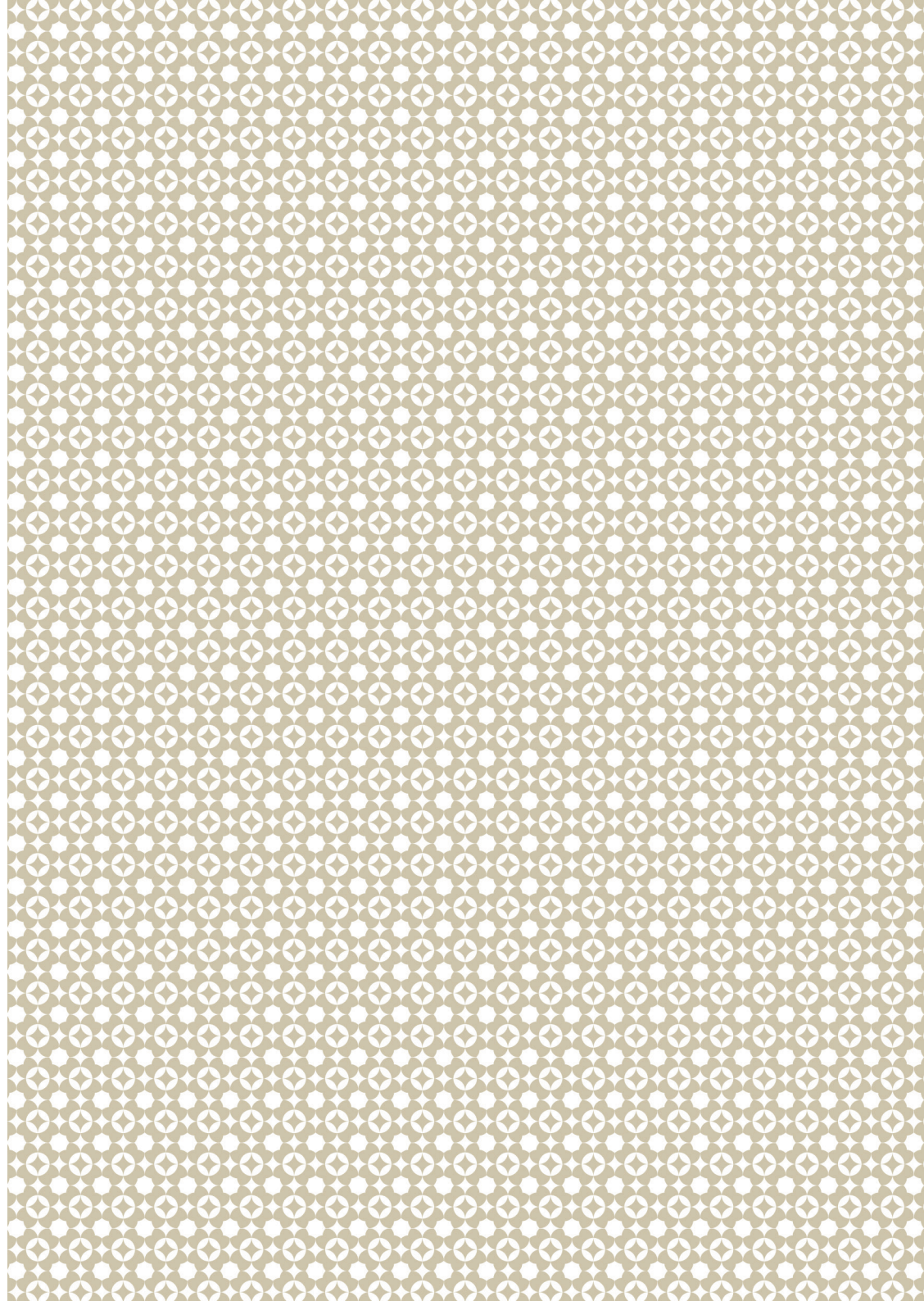
Prices

All prices, treatments and information are correct at the time of printing and are subject to revision at any time.

Gratuities are not included and are welcomed at your discretion.

For further information please call Akasha
+44 (0)20 7406 3360 or press the 'Akasha'
button from your in-room telephone.

akasha-reception@hotelcaferoyal.com
hotelcaferoyal.com





SHINING THROUGH