ST PANCRAS SPA

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St Pancras Spa's emphasis is on the rejuvenation of the mind and the body, offering rituals from around the world to restore harmony and wellbeing. Our unique, holistic experiences are designed around Journeys, from an English Garden through to Africa, with each journey being tailor-made to reflect the destination of your choice.

Nestled within St Pancras Renaissance Hotel, St Pancras Spa offers a relaxation pool with hydro loungers, traditional saunas, a therapeutic steam room, a relaxation lounge in addition to six luxurious treatment rooms including a couple's suite.

AROMATHERAPY ASSOCIATES LONDON

The Refinery

CINQ MŌNDES SPA PARIS

CARITA PARIS

CONTENTS

JOURNEYS 6

Journey to an English Garden

Journey to Indonesia

Journey to Inner Strength

Journey to Africa

SIGNATURE PACKAGES 8

Time Traveller

Ticket to Tranquillity

Arrive and Revive

Arrive and Relax

High Time for Tea Time

Lunch Escape

MASSAGE 12

Hot Stone Massage

Hot Salt Rock Massage

The Ultimate Aromatherapy Experience

Muscle Release

Ultimate Mum-To-Be Massage

Tonifying Indian Ayurvedic Massage

WELLBEING 15

We Relax

We De-stress

We Strengthen

FACIALS 16

Ultimate Aromatherapy Associates Facial

Precious Ko Bi Do Fountain of Youth Facial

Ideal Carita Solutions Facial

HAND & FOOT 18

St Pancras Pedicure

St Pancras Manicure

MEN'S 19

The Refinery Ultimate Face and Body Treatment

Intensive Muscle Release

The Refinery Essential Facial

TREATMENT ADDITIONS 21

Express Essential Facial

Invigorating Salt Scrub

Intensely Nourishing Mud Scalp Massage

Back, Neck and Shoulder Massage

Eye Lift Treatment

HOW TO SPA 23

SPA MEMBERSHIP 24

JOURNEY
TO AN ENGLISH GARDEN

Aromatherapy Associates

150 minutes

- Full body scrub
- Full body massage
- Hand & Foot treatment
- Express Facial with Rose Quartz
- Scalp Massage

Bring back your radiance with this comforting, restorative Journey on a English summer's day. The treatment begins with a full body gentle olive grain exfoliation.

Hands and feet are given special attention with a freshwater mud mask to truly soften and condition the skin.

Feel your tensions melt away with a full body massage using a moisturising and softening mix of oil and cream with Evening Primrose Oil and Shea Butter.

An express facial using hydrating Rose products, rich in pure regenerating Damask Rose, skin balancing Geranium, and nourishing Jojoba Oil.

This treatment includes use of Rose Quartz stones renowned for their healing and energising.

JOURNEY
TO INDONESIA

Cinq Mondes

150 minutes

- Papaya Radiance Scrub
- Full body Massage
- Ritual of The Five Flowers Facial

A gentle head-to-toe scrub with fragrant papaya extract that freshens the skin and readies it for a relaxing Full body massage with effects on the skin and mind being soothing and nourishing; with a sensation of overwhelming peace and tranquillity.

Rituals once reserved for princesses impart the purifying properties of five tropical flowers – Gardenia, Hibiscus, Frangipani, Ylang Ylang and Lotus – through a gentle massage of the face and neck, leaving your skin with a warm and intense glow.

JOURNEY
TO INNER STRENGTH

Aromatherapy Associates

120 minutes

- Hand & foot treatment
- Body massage & paraffin wax treatment
- Express Facial
- Scalp Massage

A deeply comforting Journey that delivers a deep sense of peace. A truly nurturing treatment to fortify and strengthen the mind and body, the Journey to Inner Strength is ideal for anyone simply needing a nurturing treatment to help draw upon their inner strength.

The Journey begins with a Frakincense inhalation and foot cleanse followed by a rich, deeply nourishing oil applied to the palms of the hands and soles of the feet and an application paraffin wax, renowned for its comforting properties.

The back and legs are then treated to a deeply nurturing massage with Inner Strength Body Oil, followed by the application of paraffin wax. The treatment flows to work on the face and scalp and front of the body, including the incorporation of hot stone placement and massage techniques designed to deeply comfort, nurture and support.

JOURNEY
TO AFRICA

Cinq Mondes

90 minutes

- Crème de Rassoul® wrap
- Moroccan full body massage

Envelop yourself in a velvet cream, an age-old Moroccan recipe using the powerful cleansing effects of the local rassoul clay. Leaving the skin firm, purified and enlivened, from the nape of the neck to the tips of your toes.

The oil from the fruit of the extraordinary argan tree, found in Essaouira, is known as liquid gold. The pressed argan seeds yield an oil rich in nutrients that, it is said, wards off ageing skin. The oil is gently heated, blended with sweet Cinnamon, Eucalyptus and Cedar, and then applied with firm, soothing massage strokes.

SIGNATURE PACKAGE

TIME TRAVELLER

Aromatherapy Associates

60 minutes

- Body Scrub
- Back, Neck and Shoulder massage

Long distance travel is physically and mentally exhausting. This treatment works on both levels to help you recover from the journey and adjust to your new environment.

Choose from either the Revive or Relax Aromatherapy oils to benefit from your desired effect.

REVIVE

The perfect pick-me-up for when you're feeling lethargic after a long journey, this treatment combines sweet zesty Pink Grapefruit, fresh green Rosemary and rich, woody Juniper Berry for a strengthening, detoxifying effect.

RELAX

Working on all aspects of physical, mental and emotional stress using rich, earthy essential oils of Vetivert, Camomile and Sandalwood, renowned for their intense Calming and grounding effects.

SIGNATURE PACKAGE

TICKET TO TRANQUILITY

Cinq Mondes

60 minutes

- Rassoul Body Wrap
- Balinese Face Ritual

Travel to tranquillity with this luxurious package combining our velvety rassoul body wrap with our Balinese facial ritual. The rassoul cream made from fine Moroccan clay cocoons the body, cleansing deeply, drawing out impurities and bringing new-found radiance to the skin.

The Balinese beauty ritual enjoys delicate scents of tropical flowers to cleanse and promote a radiant complexion combined with a relaxing massage of the face, neck and scalp. Your ticket will transport you to a place of complete contentment.

SIGNATURE PACKAGE

ARRIVE AND REVIVE

Cinq Mondes

60 minutes

- Aromatic Scrub
- Balinese Face Ritual

Leave your bags and your troubles in the lobby and join us in the spa to refresh and revive.

Your treatment journey starts with soothing and relieving sore muscles, softening the skin and boosting the circulation. With our spicy aromatic scrub.

Complete your transformation with a Balinese radiance facial. This 'express radiance' treatment combined with a massage of the face, neck and scalp according to Balinese ritual, delivers cleansing, harmony and beauty. You will leave with your body awakened and feeling prepared for whatever the day throws at you.

SIGNATURE PACKAGE

ARRIVE AND RELAX

Cinq Mondes

90 minutes

- 30 minute massage
- 60 minute facial

Find the best Cinq Mondes massage techniques distinctive for their ancestral traditions and ceremonial quality in this new Treatment Ritual. Reconnect your Body and Mind through a back massage and time-honored gestures from the ancient science of Ayurveda, followed by a tailored expert Facial Treatment and Massage.

SIGNATURE PACKAGE

HIGH TIME FOR TEA TIME

60 minutes

Take time, with friends and loved ones, to indulge and replenish with our special tea time ritual. Select a 60 minute treatment of your choice, from a selection of massages and facials and then, feeling revived, head over to the very grand Hansom Lounge, where you will be served a deliciously indulgent classic afternoon tea.

Available Monday—Thursday only.

SIGNATURE PACKAGE

LUNCH ESCAPE

60 minutes

Enjoy a relaxing spa day discovering your senses in our spa surroundings with use of the spa facilities for the day, an Aromatherapy Associates 60 minute treatment and two course Lunch and Smoothie in the Booking Office restaurant.

Choose your treatment between an Aromatherapy Associates Experience Massage or Facial.

MASSAGE

HOT STONE

45 minutes / 90 minutes

This long, luxurious treatment uses massage and natural deep heat in the form of heated basalt stones to relieve muscle tension and stimulate the body's own detoxification processes.

The embodied heat of the stones relaxes and seeps deep into the muscle tissue to leave you feeling stress-free and uplifted.

MASSAGE

HOT SALT ROCK

60 minutes

Take time out from a stressful life and indulge yourself with this extraordinary sensory journey. We use two of nature's hydration heroes, coconut oil and Himalayan salt, over your entire body to massage with comforting rhythmical techniques designed to deeply relax your mind and bring a sense of calm. Heated Pink Himalayan Salt Rocks are introduced to remineralize, detoxify and rebalance the mind, body and spirit.

MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE

60 minutes / 90 minutes

This hero treatment releases tension held in every part of the body, leaving you feeling deeply relaxed and re-charged. Carefully applied pressure stimulates the nervous system, Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage helps encourage a healthy circulation. Stresses and strains are dissolved away.

MASSAGE

ULTIMATE MUM-TO-BE

60 minutes / 90 minutes

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.

Extend to the 90 minute version and indulge in a luxurious facial with regenerative properties of Rose to nourish, soften and hydrate all skin types.

MASSAGE

MUSCLE RELEASE

60 minutes / 90 minutes

This deeply restorative firm massage is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

MASSAGE

TONIFYING INDIAN AYURVEDIC

Cinq Mondes

60 minutes

Enjoy the Vanilla and cardamom fragrance of this warm oil, toning massage inspired by time honoured Indian traditions. A succession of various energetic and warming rhythms releases tension and relaxes the muscles.

WELLBEING

WE RELAX

60 minutes

With its centring and grounding techniques, this treatment will bring a sense of calm and serenity. Perfect for day or evening, depending on which Relax blend you choose, Deep or Light Relax.

Massage movements are focused on the back, scalp, face, neck and shoulders, and your therapist will share practices to help you truly and mindfully relax.

WELLBEING

WE DE-STRESS

60 minutes

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose – De-Stress Mind or De-Stress Muscle.

Your therapist will guide you in maintaining a stress-free mindset as you return to everyday life.

WELLBEING

WE STRENGTHEN

60 minutes

Choose this treatment using our Inner Strength blend when you need to rebuild the healing and rebalancing powers of your body and spirit. With supportive techniques used on the back, face, neck and shoulders; nurturing abdominal work, and movements to open the foot reflexes, you will feel physically soothed and emotionally more resilient.

Your therapist will help you become mindful of your ability to access your own inner strength whenever you wish.

FACIAL

ULTIMATE AROMATHERAPY ASSOCIATES

60 minutes / 90 minutes

90 minutes with steaming and extracting.

A bespoke facial, designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques, to restore and recondition the skin, leaving the complexion smooth and luminous.

FACIAL

PRECIOUS KO BI DO FOUNTAIN OF YOUTH

60 minutes / 90 minutes

Ko Bi Do originated in the 15th century as a beauty ritual reserved for Japanese empresses; this sumptuous Cinq Mondes anti-ageing treatment will bestow a majestic glow on your complexion. Ko Bi Do massage employs a quartet of deep, energising movements to create a natural face-lift, plumping and lifting the skin, targeting wrinkles particularly around the eyes, and generating firmness and radiance in the face, neckline and arms.

FACIAL

IDEAL CARITA SOLUTIONS

60 minutes

Suitable for both men and women of all age.

The perfect antidote for skin in need of extra care and treatment. Your Beauty therapist will carry out a thorough consultation to craft a bespoke solution for you from Carita's Ideal Solutions range. Perfect for oily or combination, severely dry to hyper-sensitive skin, choose from Papaya Purity, Lagoon Hydration, or Cotton Softness to deeply cleanse, protect and renew skin.

HAND & FOOT

ST PANCRAS PEDICURE

60 minutes

A luxurious, pampering 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.

Excludes use of the spa facilities.
Available for booking Monday—Thursday only.

HAND & FOOT

ST PANCRAS MANICURE

45 minutes

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.

Excludes use of the spa facilities.
Available for booking Monday—Thursday only.

MEN'S

THE REFINERY ULTIMATE FACE AND BODY TREATMENT

90 minutes

Achieve a heightened state of relaxation and wellbeing.

Begin your experience with a stress relieving massage and therapeutic Ayurvedic scalp massage to pinpoint areas of tension, bringing relief to tired or aching muscles. The treatment concludes with a 30 minute express facial to suit your skin's needs. If you have extra time, why not upgrade your facial to the Ultimate Aromatherapy Associates Facial at 60 or 90 minutes.

MEN'S

INTENSIVE MUSCLE RELEASE

60 minute / 90 minutes

This deeply restorative firm massage is specifically designed for tight, stressed and aching muscles.

Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight and painful.

MEN'S

THE REFINERY ESSENTIAL FACIAL

60 minutes

This deep cleansing and brightening facial, will leave your skin looking clean and luminous.

The results are a clear, clean and bright complexion, full of health and vitality.

TREATMENT ADDITION

EXPRESS ESSENTIAL FACIAL

30 minutes

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

TREATMENT ADDITION

INVIGORATING SALT SCRUB

30 minutes

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

TREATMENT ADDITION

INTENSELY NOURISHING MUD SCALP MASSAGE

30 minutes

Restore health and shine to dull, lifeless hair. A nourishing hair Mud is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, tension is released and a deep state of relaxation follows.

TREATMENT ADDITION

BACK, NECK AND SHOULDER MASSAGE

30 minutes

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

TREATMENT ADDITION

EYE LIFT TREATMENT

30 minutes

A powerful and luxurious intense eye treatment that visibly reduces fine lines, smoothes wrinkles as well as reducing the appearance of dark circles and puffiness. In just 30 minutes, the eye area is reawakened revealing eyes that are visibly refreshed and sparkling. Perfect before a special occasion or as an extra during a body or facial treatment.

SPA BOUTIQUE

To continue your spa regime at home, all spa products used in the treatments are available from the spa reception lounge upon departure.

GIFT VOUCHERS

Personalised gift vouchers are available to purchase for any treatment or package. Vouchers may be sent directly on your behalf, collected in person or delivered to your room.

TREATMENT RESERVATIONS

For spa reservations please call directly from your room or visit the spa reception in person. For external spa reservations please email spa.stpancras@renaissancehotels.com or telephone +44 (0)20 7841 3578. We highly recommend you book in advance to secure preferred appointment times and treatments. If you are not a guest of St Pancras Renaissance Hotel, a credit card will be required to hold your reservation.

PERSONAL TRAINING

Personal training can be arranged in advance at the spa reception for guests who require detailed instruction and motivation.

CHILDREN'S SWIMMING TIMES

Children's swimming times: 8am—10am and 2pm—4pm. All children under the age of 16 years must be accompanied by an adult at all times.

ARRIVAL

We ask that you arrive at the spa reception 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 that you arrive at the spa reception 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 the treatments on this menu, so 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

Cancellations or rescheduling of appointments made with less than 24 hours notice or 3 days for group bookings of 5 guests or more and failure to take up an appointment will result in the full treatment cost being charged to your room or credit card.

DURING YOUR STAY

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

WHAT TO WEAR

Robes and slippers are provided to day spa guests. We provide disposable underwear to suit women and men; alternatively you may wear your own underwear, 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 fitness centre.

VALUABLES

Lockers are provided in the changing rooms, but we advise you not to bring or wear valuables whilst using our facilities. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

AGE REQUIREMENTS AND ENTITLEMENT

No person/s under the age of 16 years are permitted to use the spa facilities or gym without supervision. St Pancras Spa is licensed to perform all the services listed within this menu.

All prices, treatments and information are current at the time of distribution and are subject to revision without notice.

ST PANCRAS SPA

EXCLUSIVE SPA MEMBERSHIP AT ST PANCRAS SPA

CITY LIFE IS HECTIC SO WHEN YOU HAVE TIME TO RELAX YOU SHOULD DO IT IN STYLE

Indulge all year round as an exclusive member and you will be able to enjoy all the benefits of the spa and more. Life can get in the way of living, a spa membership can give you back your time: time to relax, to think and to be yourself. With a limited membership, St Pancras Spa is a haven of peace and tranquillity. Become a member of our luxurious spa and leave the rush of life at the door: relax in our Victorian tiled pool, feel the tensions of the day slip away in the sauna or follow a tailor-made exercise regime.

FOR MORE DETAILS PLEASE CONTACT THE SPA RECEPTION:

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PRICE SHEET

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