

MEDI-SPA

TREATMENT LIST



RELAX

Escape the outside world and unwind with one of our signature massages or a bespoke facial treatment. Let our therapists help U glow from inside and out.

RECOVER

Visit our cryotherapy chamber and infrared sauna to maximise your recovery and let our body rehab specialists keep U injury free.

RENEW

Supplement your training with our state of the art body treatments, scientifically proven to eliminate fat, minimise water retention and reduce cellulite.

AVAILABLE TREATMENTS

CRYOTHERAPY
INFRARED SAUNA
EXPRESS FACIALS
ADVANCED SKIN TREATMENTS
MASSAGE
BODY REHAB
ADVANCED BODY TREATMENTS
BEAUTY ESSENTIALS

MEDI-SPA

KXU

CRYOTHERAPY

Cryotherapy chambers, sometimes known as cold therapy is the exposure of the body to low temperatures in medical therapy. Cryotherapy can help aid quicker recovery from exercise, increase circulation, reduction in joint aches and pains and boost metabolism aiding in weight loss programmes.

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Single Session	3 min	65	65
Block of 5 10 15	3 min (per session)	200 375 600	200 375 600

INFRARED SAUNA

Can be used to help detoxification, weight loss, relief from sore muscles and joints, improved circulation, help improve symptoms of chronic fatigue and aid in better and deeper sleep. Traditional saunas heat the air before heating the body whereas infrared saunas heat from within, allowing a deeper detoxification and sweat in lower temperatures.

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Single Session	25 45	45 65	-
Block of 5	25 45	200 300	-
Block of 10	25 45	400 600	-



A person is lying down, receiving a facial treatment. A hand is holding a metal roller over their face. The background is dark and moody.

EXPRESS FACIALS

LED LIGHT LOUNGE

Step into our LED Light Lounge and experience the power of targeted light therapy to transform your skin!

Age Defy LED: Fight fine lines and wrinkles with this rejuvenating treatment. The Age Defy LED boosts collagen production, leaving your skin firmer, smoother, and youthful.

Sapphire Glow Acne Blast LED: Say goodbye to breakouts. This acne-fighting blue light treatment targets blemishes, reduces inflammation, and clears congested skin for a smooth, glowing complexion.

Gentle Glow LED: Perfect for sensitive skin, this calming LED session soothes redness, evens tone, and restores a natural, healthy glow.

Duration	Price Member	Price Guest
25 min	49	59

EXPRESS DEEP CLEANSE

Refresh and reset your skin with our Express Deep Cleanse. This fast yet effective treatment starts with a deep cleanse to purify your pores, followed by a gentle exfoliant to smooth and brighten. Next, targeted extractions clear out impurities, and a disinfecting step ensures a clear, healthy complexion. Finished with nourishing products, this treatment leaves your skin feeling clean, refreshed, and revitalised in no time!

Duration	Price Member	Price Guest
25 min	75	85

CALM & RESTORE FACIAL

Soothe and rejuvenate sensitive skin with our Calm & Restore Facial. This gentle yet effective treatment begins with a calming cleanse to refresh your complexion without irritation. A fruit enzyme exfoliation follows, softly buffing away dead skin cells to reveal a smoother, brighter surface. Finally, a deeply hydrating and calming mask nourishes your skin, reducing redness and leaving it soft, balanced, and beautifully restored. Perfect for stressed or sensitive skin in need of some TLC!

Duration	Price Member	Price Guest
25 min	75	85

URBAN RESET FACIAL

A fast-acting, calming facial designed to combat the effects of city life. Ideal for busy Londoners, long workdays, and pollution-stressed skin, this treatment focuses on de-stressing, de-puffing, and rebalancing the complexion.

Using aromatherapy breathing, deep cleansing, lymphatic drainage, cryo de-puffing, and intense hydration, the Urban Reset Facial reduces puffiness and redness, softens facial tension, restores the skin's natural pH, and leaves the skin refreshed, balanced, and visibly revived.

Duration	Price Member	Price Guest
25 min	69	79

EXPRESS PRE PARTY LIFT

Get your skin party-ready in a flash with our Express Pre-Party Lift! This quick yet powerful treatment starts with a resurfacing cleanse to reveal a fresh canvas, followed by a professional exfoliation to smooth and brighten your complexion. Experience an instant lift with the Nu Skin facial lift technology, tightening and toning your skin. Finally, a Gua Sha facial lifting massage enhances circulation, sculpts, and defines, leaving your skin glowing, lifted, and ready to shine for any event!

Duration	Price <i>Member</i>	Price <i>Guest</i>
25 min	75	85

EXPRESS SCULPT + CRYO BLAST

A high-impact express facial designed to tighten, tone, and cool the skin. Perfect for pre-event prep or “the morning after,” this treatment instantly refreshes and sculpts tired-looking skin.

Combining warming cleansing, manual lifting massage, cryo-sculpting with globes and gua sha, and a hydrating micro-current boost, the face is visibly lifted, awakened, and revitalised. Finished with glow-enhancing products for an immediate, refreshed finish.

Duration	Price <i>Member</i>	Price <i>Guest</i>
25 min	75	85

BRIGHTEN & LIGHTEN LUNCH TIME PEEL

Achieve a radiant glow on your lunch break with our Brighten & Lighten Lunchtime Peel! This quick yet effective treatment starts with a double cleanse to refresh your skin, followed by a no-downtime peel that gently exfoliates, brightens, and evens out your complexion without any redness or irritation. A soothing pressure point facial massage and luxurious finishing products complete the experience, leaving your skin instantly glowing, smooth, and ready to face the day. Perfect for a mid-day pick-me-up.

Duration	Price <i>Member</i>	Price <i>Guest</i>
25 min	79	89



A person is lying down, receiving a facial treatment. A hand is holding a metal tool, possibly a derma roller or a similar device, and is applying it to the person's face. The person is covered with a grey towel. The background is dark and out of focus.

ADVANCED SKIN TREATMENTS

KXU HYDRAFACIAL

Unlock radiant, revitalized skin with the HydraFacial—the revolutionary, non-invasive treatment that delivers instant glow and deep hydration for all skin types! This multi-step facial combines thorough cleansing, exfoliation, painless extractions, and intense hydration, all in one session, leaving your skin refreshed and luminous. This facial is customizable and Tailored to your unique skin needs offering immediate results with no downtime.

Duration	Price Member	Price Guest
60 min	179	189

PORE PURGE FACIAL

Say goodbye to clogged pores and hello to flawless, refreshed skin! The Pore Purge Facial is your ultimate deep cleansing experience, designed to detoxify, decongest, and rejuvenate your skin from the inside out. This 75-minute treatment begins with a luxurious double cleanse and exfoliation, followed by a gentle steam to open pores for thorough extractions. Enjoy a relaxing lymphatic facial, neck, and shoulder massage to boost circulation, followed by the cooling power of cryotherapy sculpting. Choose between a sulphur deep cleansing mask to purify or an intensive hyaluronic mask for deep hydration. Finish with LED light therapy, a hyaluronic acid infusion, and antioxidants to leave your skin glowing, clear, and revitalised.

Duration	Price Member	Price Guest
75 min	175	185

REJUVENATION REVOLUTION

Transform your skin with the Rejuvenation Revolution, also known as the Glass Facial! In just 60 minutes, this powerful treatment combines deep cleansing, exfoliation, and a refreshing light peel using lactic, citric, and glycolic acids to reveal your skin's natural radiance. Enjoy painless extractions, revitalising LED light therapy, and a custom blend of skin boosters infused with hyaluronic acid and antioxidants for unparalleled skin renewal. Say hello to a luminous, glass-like complexion that feels as good as it looks—your ultimate glow-up awaits!

Duration	Price Member	Price Guest
60 min	185	195

NEEDLE UPRISING

Elevate your skincare game with The Needle Uprising! This advanced 85-minute treatment combines a rejuvenating light peel, targeted microneedling, a soothing Phyto corrective mask, and revitalizing LED light therapy for stunning results. Finish with an antioxidant infusion to nourish and protect your skin. For optimal results, a series of treatments is recommended.

Add a Growth Factor Boost: +£100

Duration	Price Member	Price Guest
85 min	350	360

KXU ULTIMATE TREATMENT

Experience the pinnacle of skincare with the KXU Ultimate Treatment! This all-in- one rejuvenation package combines the power of HydraFacial resurfacing, precise microneedling, revitalizing Laser Genesis, invigorating oxygen therapy, and soothing LED light therapy. Transform your skin into a radiant masterpiece with this comprehensive treatment designed to enhance texture, boost hydration, and promote a youthful glow.

Duration	Price Member	Price Guest
90 min	499	515

NO BLOOD VAMPIRE FACIAL

Skip the mess of traditional PRP with our innovative No Blood Vampire Facial! In just 75 minutes, experience the benefits of skin needling combined with powerful growth factor and Exosome therapy. This advanced treatment promotes collagen production, enhances skin rejuvenation, and delivers a radiant glow without the hassle. Revitalize your skin the clean way and unleash your inner glow today!

Duration	Price Member	Price Guest
75 min	499	515



COLLAGEN BOOST

Revitalise your skin with The Collagen Boost! This bespoke 85-minute treatment features a custom peel, revitalising Laser Genesis, soothing LED light therapy, and powerful antioxidants—all designed to enhance collagen production and leave your skin radiant and youthful. Elevate your glow and embrace a more vibrant complexion today!

Duration	Price <i>Member</i>	Price <i>Guest</i>
85 min	400	410

OXYGEN XO

Reawaken your skin with OxygenXO! This revitalizing treatment starts with a deep cleanse and gentle peel to reveal fresh, glowing skin. Next, a hydrating serum infusion restores moisture and plumps the skin. Finally, the oxygen dome and LED therapy enhance brightness and radiance. The experience ends with soothing, premium products, leaving your skin luminous and glowing for days. Revitalize your complexion and let your skin shine with OxygenXO today!

Duration	Price <i>Member</i>	Price <i>Guest</i>
60 min	179	189

CBD RADIANCE RITUAL

Immerse yourself in relaxation with our 75-minute CBD Radiance Ritual. Your journey begins with a 15-minute hot stone back massage to relieve stress, followed by a refreshing double cleanse. A gentle exfoliation preps your skin for a soothing face, neck, and shoulder massage. Next, a hydrating mask deeply nourishes, while a calming hand and arm massage melts away any tension. To finish, a pressure points facial massage and luxury products leave your skin radiant and revitalized.

Duration	Price <i>Member</i>	Price <i>Guest</i>
75 min	169	179

FIRE & ICE

Ignite your glow with our transformative Fire & Ice Facial! This results-driven treatment combines the intense warmth of resurfacing and the cooling calm of rejuvenation to reveal instantly radiant skin. The “fire” exfoliates, smooths, and renews, while the “ice” soothes, hydrates, and plumps, leaving your complexion visibly brighter and refreshed. Perfect for tackling fine lines, dullness, and blemishes, this facial deliver dramatic results with zero downtime—get ready to turn up the heat on your skincare!

Duration	Price <i>Member</i>	Price <i>Guest</i>
60 min	159	179

FILTER FREE IPL FACIAL

Say goodbye to filters with our Filter Free IPL Facial! This 50-minute treatment starts with a double cleanse and gentle exfoliation to prep your skin. We then use cutting-edge IPL technology to target and reduce pigmentation and veins, revealing a clearer, more even complexion. A soothing mask and luxurious finishing products complete the experience, leaving your skin flawless and camera-ready.

Duration	Price <i>Member</i>	Price <i>Guest</i>
50 min	149	159

AMEELA x EXOSOMES

An advanced regenerative facial combining Ameela® polynucleotides with exosome technology to deeply hydrate, repair and revitalise the skin. Delivered with microneedling to boost collagen, improve elasticity and restore a healthy, radiant glow. Suitable for dull, tired or ageing skin.

Duration	Price <i>Member</i>	Price <i>Guest</i>
45 min	495	549



MASSAGE THERAPY

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Each massage is unique and will depend on the individual's requirements. Our expert therapists will take time to discuss treatment options in order to ensure maximum results.

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Brazilian Lymphatic Drainage	55 85	145 210	155 220
Back, Neck & Shoulders	25	80	95
Aromatherapy	55 85	140 175	155 190
Deep Tissue	55 85	140 175	155 190
Sports	55 85	140 175	155 190
Swedish	55 85	140 175	155 190
Reflexology	25	80	95
Manual Lymphatic Drainage	55 85	140 175	155 190
Abdominal Sacral Massage	55 85	145 180	165 200

SIGNATURE MASSAGE

Step into deep restoration with Irena's Signature Massage — a uniquely tailored treatment designed to release tension, reset the body, and awaken total relaxation. This exclusive experience blends advanced bespoke massage techniques with precision dry needling to target stubborn muscular pain, improve mobility, and restore natural balance.

Every session is intuitively customised to your body's needs, combining therapeutic depth with soothing flow to melt away stress while addressing the root causes of discomfort. The result is more than a massage — it's a transformative treatment that relieves chronic tension, enhances circulation, and leaves you feeling lighter, freer, and deeply renewed.

Perfect for those seeking both relaxation and real therapeutic results.

Irena's signature massage	Duration	Price <i>Member</i>	Price <i>Guest</i>
	75	170	185

BODY REHAB

PHYSIOTHERAPY

To diagnose, treat, and prevent health problems, a team of professional and experienced physiotherapists work to accommodate your every need.

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Physiotherapy	25	140	155
Physiotherapy Follow Up	25 40 55	100 115 135	115 125 150

OSTEOPATHY

To diagnose, treat, and prevent health problems, a team of professional and experienced osteopaths work to accommodate your every need.

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Osteopathy	55	140	155
Osteopathy Follow Up	25 40	100 120	115 135



ADVANCED BODY TREATMENTS

A close-up photograph of a person's midsection lying on a treatment table. An EMSculpt Neo device is positioned over the abdomen. The device consists of a black strap with the brand name 'EMSCULPT neo' printed on it, and a grey mechanical unit with a white corrugated hose. The person's skin is fair and the device is in direct contact with the skin.

LYMPHATIC PRESSOTHERAPY

Pressotherapy is a non-invasive controlled compression, which effectively stimulates lymphatic drainage, helps to promote the body's natural toxin-clearing functions, slim and redefine the legs, lower body and improve skin tone.

	Duration	Price Member	Price Guest
Legs	55	110	120
Legs - 4 sessions		250	270
Legs - 6 sessions		550	600

LPG ENDERMOLOGIE

Experience the gold standard in non-invasive body sculpting and skin rejuvenation. LPG endermologie uses advanced mechanical stimulation to awaken natural cellular activity, helping smooth cellulite, improve circulation and restore skin firmness.

	Duration	Price Member	Price Guest
Express	20	80	95
Express x 6		400	475
Classic	40	140	165
Classic x 6		700	825

- Please note for Hygiene- LPG suits are purchased seperately

EMSCULPT NEO

Emsculpt NEO uses high frequency electromagnetic technology and radiofrequency to target muscles and burn fat. The treatment is equivalent to up to 24000 sit ups or squats.

	Duration	Price Member	Price Guest
Single Session	45	500	550
4 Sessions	45	1650	1750
8 Sessions	45	2450	2550



BEAUTY ESSENTIALS

WAXING

	Duration	Price <i>Member</i>	Price <i>Guest</i>
Back	35	40	45
Back - 6 sessions		200	225
Bikini (female only)	20	30	35
Bikini - 6 sessions		145	170
Brazilian (female only)	35	40	45
Brazilian - 6 sessions		250	275
Chest	35	35	40
Chest		210	260
Full Arm	35	30	35
Full Arm - 6 sessions		160	185
Half Arm	25	28	30
Half Arm - 6 sessions		120	145
Hollywood	35	45	50
Hollywood - 6 sessions		250	275
Lip Chin	20	15	20
Lip Chin - 6 sessions		80	105
Under Arm	15	25	27
Under Arm - 6 sessions		110	135
Full Leg	35	45	50
Full Leg - 6 sessions		235	260
Half Leg (Lower)	25	35	38



AESTHETIC TREATMENTS

ANTI-WRINKLE INJECTIONS

Anti-wrinkle injections offer a popular, non-surgical option to restore a smoother, more youthful appearance by targeting fine lines and wrinkles.

	Price Member	Price Guest
1 Additional Area	145	145
1 Area	250	280
2/3 Areas	420	455
Hyperhidrosis	600	650
Masseters	540	600
Migraine	650	700
Neck Lift	540	600

POLYNUCLEOTIDES

Polynucleotides unlock your skin's natural regenerative potential. For smoother, firmer, brighter skin, with a more even tone.

	Price Member	Price Guest
1 course (3 sessions eye)	1,200	1,300
1 course (3 sessions face/neck)	1,700	1750
1 session eye	500	550
1 session face/neck	700	750

DERMAL FILLERS

Dermal fillers are injectable treatments for lips, cheeks, jawline and other areas to restore lost volume, smooth wrinkles, and enhance facial contours.

	Price Member	Price Guest
1ml Filler	450	480
8 Point Face Lift	2,600	2,700
Additional ml	420	420
Dissolving	450	450
Lip Filler 0.5ml	400	450
Lip Filler 1ml	500	550
Temples/Tear Trough	650	700

PROFILO

Profilo is the first injectable hyaluronic acid treatment specifically designed to improve skin laxity and boost hydration.

	Price Member	Price Guest
1 course (3 sessions)		
(face/neck/hands)	1,000	1,100
1 session		
(face/neck/hands)	450	500

