

HELPFUL ADVICE

Gift Vouchers

Gift vouchers are available for all our spa experiences, from a single treatment to a full day spa package. All gift vouchers are valid for 1 year from the date of purchase, and these may be purchased directly from the spa, online or over the phone on 020 7915 2826. Vouchers cancelled within seven days of purchase will be fully refunded, out with seven days of purchase vouchers are non-refundable. The original voucher must be presented and given upon check in. Full payment will be taken if appointments are cancelled within 48 hours.

Mums To Be

Throughout pregnancy a woman's skin and body can react in many different ways. We understand the changes pregnant women will experience; therefore we will adapt our treatments to care for a pregnant woman's every need. In particular we would strongly recommend treatments that are coded (P). These treatments can be performed following the first trimester of pregnancy.

Securing Your Booking

A 50% deposit will be taken at time of booking. We require 48 hours notice of cancellation or re-scheduling, otherwise full payment will be taken.

Age Requirements

There is no access to May Fair Spa and Gym for persons under the age of 16. No persons under the age of 16 are allowed access to the sauna or steam rooms.

Late Arrivals

If you arrive late for your scheduled appointment, we will endeavour to accommodate you, but cannot promise your full treatment time. You will still be charged the full price of the treatment.

Leisure passes

Non-members are welcome to use the spa facilities, spa passes can be purchased for £15 for hotel residents and £30 for non-residents. This will allow you access to our facilities for 2 hours, non-residents of the hotel will be required to provide photo ID on check in. Space is limited so please ensure you book in advance to avoid disappointment.

Use of the gym is complimentary throughout your stay.

What to bring

Fluffy towels, bathrobes and slippers are provided on arrival. Hairdryers and toiletries are available in the changing rooms. Don't forget your swimwear and workout kit if you plan to use the gym.

Remember to bring open toed footwear if you have booked a pedicure.

Pamper parties

Please enquire with our receptionist if you are interested in making a group booking (4 or more). We can tailor make your day for any occasion.

SPA & GYM MEMBERSHIP

We offer an exceptional service in an environment that boasts the latest state of the art equipment and facilities in a contemporary style. Our stunning health spa offers the ultimate in relaxation, well being and vitality and your membership will include the use of the following facilities:

- State of the art gym fully equipped with Techno gym equipment
- Complimentary gym induction
- Wet spa facility with Stone Oven Sauna, Aromatic Steam Room and Experience Showers
- Extensive range of spa treatments with 15% off when booked Monday - Thursday
- Spacious changing rooms with complementary amenities & refreshments available

Membership fees

Individual - £110 per month

Joint - £100 per person per month

Corporate membership - £90 per month

Please feel free to come and visit the Spa, it would be our pleasure to offer you a show round allowing you to meet our team and explore our facility at your leisure.

GYM FACILITIES

We use techno gym equipment in the gym. We have a larger functional gym space with a range of cardio vascular and resistance training equipment. This ranges for all interests and ability.

We also have the new multi-functional frame for body weight exercises, it even has monkey bars. There is a rowing machine and the latest addition is the Curve machine. The completely self-powered, manual Curve Treadmill offers a one-of-a-kind workout experience that requires zero electricity.

Feel the freedom of this totally manual treadmill while running or walking on the unique curved running surface where you are the motor. The Curve Treadmill challenges the entire body while burning up to 30% more calories than any other treadmill.

SPA PACKAGES

Lazy Days Spa Packages	Time	Price
<p>We offer the ultimate in Spa packages to offer you the most lavish day of all. What makes us unique is that we take great care in providing the right treatments for every individual, leaving you delighted with the results. We have also paid great attention to every detail and offer full use of our spa facilities to ensure your spa experience really is the most luxurious treat.</p>		
<p>Detox Experience Your experience includes: A detox aroma massage, a detox algae wrap and exfoliating body scrub. Your treatment is followed by cleansing and revitalising smoothie.</p>	2 hours	£215
<p>Together (for two guest) You can both indulge in a 60 minute massage and 45 minute Moroccan steam. Also includes a Traditional Afternoon Tea for two in the restaurant.</p>	1 hour 45 mins	£310
<p>Inner City Escape Select from one of the following 60 minute treatments: Facial, Massage or Signature Manicure or Pedicure. Also includes a Traditional Afternoon Tea in the restaurant.</p>	60 mins	£150
<p>City Dweller (for two guests) Select from one of the following 45 minute treatments each: Facial, Massage or Natural Nail treatment. Also included a glass of Moët Chandon Champagne each.</p>	45 mins	£220
<p>Urban Retreat Select from one of the following 30 minute treatments: Facial, Massage, Body Polish or mini file and polish nail treatment. Also includes a Traditional Afternoon Tea in the restaurant.</p>	30 mins	£110
<p>Men's Maintenance Select from one of the following 30 minute treatments: Facial, Massage, Body Polish or a hand or foot treatment. Also includes a Traditional Afternoon Tea in the restaurant.</p>	30 mins	£110
<p>Luxurious Spa Break (based on two guests sharing) Select from one of the following 60 minute treatments: Facial, Massage or Signature Manicure or Pedicure. Also includes an overnight stay for two with breakfast and dinner.</p>	Please see website for price.	

All packages include two hours access to the spa facilities prior to your treatment. Cancellation policy is 48 hours prior to booking. All complimentary drinks are served in the restaurant. Inclusive Afternoon Tea can be exchanged for a set lunch, please ask for details.

TREATMENT MENU

Espe Facial Therapies

	Time	Price
Espe May Fair Facial (P)	60mins	£105
Espe May Fair Express Facial (P)	30mins	£65

ESPE never compromise on quality and literally go the ends of the earth to source the finest and most active natural ingredients to offer effective, holistic and advanced wellness therapies. With results-driven facial treatments and award winning products we can offer unparalleled, long lasting results.

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

Advanced Facial Therapies*

	Time	Price
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Crystal Clear Microdermabrasion	30mins	£60
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This deep and progressive exfoliation system offers exceptional results on a wide variety of skin concerns such as congestion, pigmentation problems, fine lines and scarred skin. See and feel results after just one treatment.

NB guests cannot use the steam room, sauna or sunbeds for 24 hours prior to and after this treatment.

Crystal Clear Oxygen Therapy	30mins	£75
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The perfect rejuvenation treatment for dull, tired and ageing skin. This treatment replenishes lost oxygen in the skin, while active ingredients in the serum restructure the skin to visibly hydrate and plump out line and wrinkles.

Microdermabrasion And Oxygen Therapy	60mins	£120
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Combine the two treatments together for maximum results

NB guests cannot use the steam room, sauna or sunbeds for 24hrs prior to and after this treatment.

*Subject to availability of trained therapists.

TREATMENT MENU cont 1

Moroccan Steam Cleansing Ritual

Time

Price

Lather yourself with your own indulgent selection of exotic, mineralising muds and natural salts, whilst deeply relaxing in your own private steam chamber for two. Based on an ancient Moroccan cleaning ritual, experience this for yourself or with a partner.

Cleansing Ritual For One

45mins

£79

Cleansing Ritual For Two

45mins

£99

Seasonal Moroccan steam treatments also available on selected months, ask spa receptionist on enquiry for more details.

Espa Body Therapies

Time

Price

We offer a wide range of solution led ESPA body treatments, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

Espa Salt & Oil Scrub

30mins

£65

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

Espa Invigorating Foot Treatment

30mins

£65

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

Espa Anti Cellulite Hip & Thigh Treatment*

60mins

£105

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results. Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended. Includes: Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques.

*Subject to availability of trained therapists.

TREATMENT MENU *cont 2*

Espe Body Therapies *cont.*

Time

Price

Deep Tissue Massage*

30mins

£75

60mins

£115

Deep tissue focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Espe Detox Wrap

60mins

£105

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.

Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation. Includes: Skin brush - body exfoliation - Detox Algae wrap - scalp massage.

Espe Body Wrap

60mins

£105

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap. Following skin brushing and exfoliation a complete body wrap of Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage. Choose from the following: De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

Includes: Skin brush - body exfoliation - skin nourishing body wrap - scalp massage

Espe Back, Face & Scalp Treatment

90mins

£145

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas - the back, the face and the scalp, making it the ideal treatment for anyone. Includes: Back exfoliation - Aromatherapy back massage - facial - scalp massage.

*Subject to availability of trained therapists.

TREATMENT MENU cont 3

Massage Therapies	Time	Price
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We use only the highest grade 100% natural and organic massage oils for all our massage treatments. Allow your therapist to take you through an in-depth sensory consultation to choose the right oil along with the right massage technique to suit your specific needs.

Traditional Swedish Massage (P)	30mins	£65
	60mins	£105

Swedish massage combines a universal collection of techniques designed primarily to relax specific muscles to help ease tension. This technique is ideal for reducing both physical and emotional stress, and is suggested as a regular program for stress management. The pressure can be varied to suit your taste.

Espa Aromatherapy Massage	60mins	£110
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Our therapeutic Aroma massage combines the physical and emotional benefits of massage with the therapeutic and immune boosting properties of essential oils, which aid in the restoration of harmony between the mind and body. This technique is primarily aimed at relaxation and uses long flowing movements. The pressure is gentle and the focus is on nurturing. ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Hot Stone Massage*	45mins	£87
	90mins	£159

Best described as a thermo dynamic treatment, this style of massage combines the use of heated black basalt stones together with massage, to literally melt away tension. Up to 6x deeper than a traditional massage, this is the ultimate treatment for those seeking an intensive massage. The pressure can be varied to suit your individual taste.

Couples Massage	60mins	£210
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If you are looking for that special treatment to experience with your partner, please enquire after our couples massage treatment room.

*Subject to availability of trained therapists.

TREATMENT MENU *cont 4*

Massage Therapies <i>cont.</i>	Time	Price
Espe Pre & Post Natal Treatment* (P)	30mins 90mins	£75 £130
<p>A deeply nourishing body massage designed to target areas prone to stress and tension during and after pregnancy. A gently body exfoliation, if required, is followed by a soothing body massage designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise. A course of 6 treatments is recommended following the first trimester of pregnancy.</p>		
Espe Total Body Ritual	90mins	£149
<p>Includes body polish exfoliation, followed by Personalised Aromatherapy Full body & Scalp massage, facial cleanse & application of Aromatherapy oils.</p>		
Espe Life Saving Back	45mins	£85
<p>Hero back treatment. Targeting skin health & muscular tension. Includes back exfoliation, Aromatherapy back massage, Heated marine mud to cleanse & purify the skin. Lower leg & foot massage. Leaving skin nourished, smooth & refreshed. Great pre holiday or pre wedding treatment also.</p>		
Reflexology -by one of London's leading reflexologists Andrea Hurst	60mins 90mins 120mins	£165 £210 £265

* Subject to availability of trained therapists.

ADDITIONAL SERVICES

Waxing	Time	Price
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Using Perron Rigot warm & hot wax, waxing systems. pre and post waxing products

Half Leg Wax	25mins	£23
Full Leg Wax	40mins	£30
Standard Bikini Wax	15mins	£15
Brazilian Bikini Wax	25mins	£30
Hollywood Bikini Wax	40mins	£45
Underarm Wax	15mins	£15
Lip Wax	10mins	£15
Chin Wax	10mins	£15
Forearm Wax	20mins	£20
Back Wax	25mins	£25
Chest Wax	25mins	£25

Please note that use of our wet spa facilities and relaxation room are not included with our service treatments.

Do not use the Sauna or Steam room 24 hours before of after any waxing treatments.

Eye Treatments

Using Refecto Cil Tinting products, leaving lashes in good health & with lasting colour.

Eye Lash Tint	25mins	£17
Eye Brow Tint	15mins	£15
Eyebrow Shape	15mins	£15
Eye Lash & Eyebrow Tint Combined	25mins	£30

We recommend a patch test 24 hrs prior to any tinting appointments in the spa.

ADDITIONAL SERVICES

Nail Services

Using OPI nail systems. Leaders in nail technology & fashion trending colours. Treating each nail type individually & maintaining nail health.

	Time	Price
Manicure	40mins	£50
Signature Manicure	55mins	£75
Pedicure	40mins	£50
Signature Pedicure	55mins	£75
Signature Handcare	25mins	£45
Signature Footcare	25mins	£45
File & Polish	20mins	£25

Gel Nail Treatments

Gel Polish Manicure or Pedicure	55mins	£75
Gel Overlays Hands or Feet	40mins	£60
Gel Soak Off & Reapply	70mins	£75
Gel Polish Soak Off	25mins	£30

In Room Hair Styling

Prices are quoted individually based on length of appointment, prices start from £69. Services include: Blow Drying, Straightening, Conditioning Treatments, Hair Up Styling, Styling, Curling