

THIRD
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SPACE

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Third Space Spa Canary Wharf ideally situated in London's most prestigious health and fitness club.

Luxurious treatment rooms provide a haven of relaxation in which to experience uplifting facial and body therapies that will relax and re-energize, leaving you feeling and looking your most radiant.

At Third Space Spa Canary Wharf we place a lot of emphasis on total wellbeing, which is achieved by creating a calming, soothing, restful environment for the mind, body and soul.

Our skilled therapists concentrate on the person as a whole, delivering a bespoke treatment experience each time. On arrival guests can relax in our comfortable seating, or for a more tranquil experience, in our relaxation room which offers comfortable couches and complimentary refreshments. We encourage guests to relax both before and after treatments.

We use a range of exclusively selected products from a variety of houses which, when combined with our treatments, ease away the stresses of modern living leading to amazing skincare results. Treatments and products are designed to promote a feeling of de-stress and wellbeing. If you are looking for instant results for refreshed and new looking skin then Murad or Elemis facials will deliver the results you desire.

Third Space Spa Express, for those who would like a sophisticated treatment but have demanding schedules then please look for our Express icon next to the treatment, speedy results in no time.

If you struggle to decide on a gift for someone special, why not purchase one of our tailored gift vouchers? Make a luxurious gift for a loved one or a thank you that's sure to be appreciated. If you are short of time simply call 020 7970 9112 and we will have your voucher ready to collect.

Please note gift vouchers are valid for one year.

Please check our website to view the most up to date prices and treatments.

To order gift vouchers for collection please call our spa on 02079700912. Please note gift vouchers are valid for one year. Please check our website to view the most up to date prices and treatments. Visit our website: thirdspace.london/spa

Please inform us at the time of booking of any health concerns, pregnancy or terminal illnesses so we can advise you of the best treatment or in case we need to adapt the treatment for your needs.

MURAD METHOD™ FACIALS

Murad Method™ facials are a new and entirely personalised concept in high-performance professional skincare from internationally renowned skincare brand Murad.

The ground-breaking, dermatologist-developed combinations and techniques are designed to make skin as healthy as it can be, giving noticeable results and leaving skin looking beautiful. Using natural ingredients such as sugar cane, durian fruit, pomegranate, goji berries, mushroom peptides and essential fatty acids to hydrate the skin cells as well as vitamin C to brighten the skin and even the tone whilst reducing hyperpigmentation.

Traditional facials are developed to address a single skin concern, such as lack of firmness, anti-ageing or blemished skin. However, Dr. Murad understands that only healthier skin can be truly beautiful and that no two skins are the same. This has led him to develop the Murad Method facials, part of the next generation of sophisticated, wholly-customised solutions for maximum skin health.

During your facial, your therapist will spend time analysing your specific skin type before designing a personalised facial to address multiple skin concerns. The facial also includes touchpoint massage techniques to help relieve stress for ultimate relaxation and mindfulness. Skin will be left noticeably healthier, smoother, plumper, radiant and more beautiful. Deep exfoliation will help the reduction of dead skin cells, lines and wrinkles. Skin tone will be more even and feel firmer.

A course of 6 is recommended*

25 mins EXPRESS	Member £ 52.00	Guest £ 54.00
50 mins	Member £ 89.00	Guest £ 93.00
75 mins	Member £114.00	Guest £119.00

***Facial treatments with the head therapist or a member of the senior team is an additional £5.**

ELEMIS BIOTEC FACIAL

Elemis is the only professional British brand to clinically trial the efficacy of its advanced facials, proven to be effective after just one treatment leading the way in innovative, professional therapies and superior formulations for over 25 years.

Expert body therapies and unique massage techniques are combined with potent natural active formulations for maximum results.

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. This pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy.

Book a BIOTEC treatment and your therapist will spend time choosing the best treatment to treat any concerns including line erasing, firming, radiance boosting or soothing sensitive skin.

BIOTEC uses 5 different technologies:

- Light therapy to balance the skin
- O2 infusion to hydrate and plump the skin
- Galvanic Rejuvenate
- Ultra-sonic peel to exfoliate
- Microcurrent lift to lift and firm facial muscles

A course of 6 is recommended*

50 mins	Member £ 89.00	Guest £ 93.00
75 mins	Member £114.00	Guest £119.00

***Facial treatments with the head therapist or a member of the senior team is an additional £5.**

ELEMIS PRO-COLLAGEN AGE DEFY

Tackle fine lines and wrinkles with the clinically proven* age-defying benefits of marine charged Padina Pavonica and Red Coral. Targeted massage encourages optimum cellular function for nourished, younger looking skin.

*Independent Clinical Trials

ELEMIS SUPERFOOD PRO-RADIANCE

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

*Independent Clinical Trials.

25 mins EXPRESS	Member £52.00	Guest £54.00
50 min	Member £89.00	Guest £93.00

RELAXING LAVA SHELL FACIAL

This intensely hydrating, anti-ageing facial to renew and revive the complexion. The face, neck and décolleté are deeply cleansed and exfoliated to prepare the skin for a specialised massage. The warm self-heating Lava Shells are used to lift, drain and contour the face leaving the skin radiant and glowing.

The natural heat from the Lava Shells is instantly relaxing allowing you to drift into a tranquil state of mind whilst aiding the penetration of skincare products increasing their effectiveness. The Lava Shells warmth will improve circulation, ease tension lines and boost your skins natural radiance whilst alleviating sinus blockages, puffiness and aiding the removal of toxins.

Facial 50mins	Member £ 94.00	Guest £ 98.00
Facial 80 mins	Member £126.00	Guest £132.00

*** On Relaxing Lava Shell Facial choose either Elemis or Murad products.
Please state at the time of booking.**

BODY TREATMENTS

Classic massage

A traditional massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

25 mins (Focusing on the back, neck and shoulder area)	Member £ 44.00	Guest £ 47.00
50 mins (Full-body)	Member £ 72.00	Guest £ 75.00
80 mins	Member £ 116.00	Guest £ 121.00

Deep tissue massage

Perfect to alleviate high stress levels; tailored entirely to your needs; it leaves you feeling grounded and focused. Your therapist will select aromatic oil according to your concerns, be it muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. Just as effective as an hours stretching but more nurturing.

25 mins EXPRESS	Member £ 49.00	Guest £ 51.00
50 mins	Member £ 76.00	Guest £ 79.00
80 mins	Member £ 117.00	Guest £ 122.00

Sports Massage

Sports massage focusing on restoring or maintaining the functionality of your muscles. It works at a deep level within the muscle tissue to alleviate pain causing tension. The therapist works on specific areas of concern highlighted in your consultation.

25 mins	Member £ 49.00	Guest £ 51.00
50 mins	Member £ 76.00	Guest £ 79.00
80 mins	Member £ 117.00	Guest £ 122.00

Molten Lava Massage

Molten Lava stones are the world's first self-heating massage stone. They offer an amazing warm and seamless massage experience relieving deep set tensions and soothing aches and pains. Unlike black basalt stones used in traditional stone massage, the smooth and shiny porcelain Molten Lava stones retain their heat for up to 60mins, allowing for more hand's on time for a completely relaxing massage.

25 mins	Member £ 50.00	Guest £ 52.00
50 mins	Member £ 84.00	Guest £ 88.00
80mins	Member £ 126.00	Guest £ 132.00

Elemis - Hot stone massage

Nothing gets into the core of the muscle like a hot stone. Bathed in the intensely moisturising frangipani monoi body oil, a curated range of Balinese stones are selected to address exactly what you need. They are worked over the body, deep into the muscles, getting into areas of tension at a profound level, persuading the muscles to release their trapped energy. The result is sparkling vitality with added bonus of intensely hydrated skin.

50 mins	Member £ 84.00	Guest £ 88.00
1 hour 20 mins	Member £ 126.00	Guest £ 132.00

Lava Shell

Lava Shells are the world's first self-heating massage tool, a patented, biodegradable heat technology is incorporated into a Lava Shell which then emits heat for over an hour. Marine polished sea shells or handcrafted porcelain shells glide smoothly over the body providing a seamless massage of heat and touch. We also offer Glacial Shells which deliver an ice treatment to complement the heated Lava Shells and are used in combination to deliver our Rescue and Detox treatments.

Lava Shell Relax

Wonderful for relaxation. The indulgent and truly pampering Lava shell relax body massage offers idyllic treatment combining the warmth of the shells with deeply relaxing massage techniques, creating a sense of balance to the entire body and mind. During the massage, the shells are worked over the palms, arms, legs in a slow deep moves to warm and de-stress. This is followed by a wonderfully tranquil massage on the back, neck and shoulder area to ease away all tension, knots and stress.

25 mins	Member £ 50.00	Guest £ 52.00
50 mins	Member £ 84.00	Guest £ 88.00
80mins	Member £ 126.00	Guest £ 132.00

Lava Shell Recovery – Deep heat and Ice rescue

Essential for healing. This treatment promotes deep relaxation as physical tension is released and is a great cure for aching muscles and over exertion. Combining deep massage moves with the heat of the lava shells, this treatment is designed to encourage deep relaxation of muscles to allow the body to re-energise. This will leave you feeling refreshed, relaxed and supple.

25 mins	Member £ 50.00	Guest £ 52.00
50 mins	Member £ 84.00	Guest £ 88.00
80mins	Member £ 126.00	Guest £ 132.00

Lava Shell Mama

Perfect for pregnancy. There is a trio of treats in the Pregnancy and Post-natal range: Lava Mama Relax, a wonderfully soothing 60 minute relaxing full body massage to promote a feeling of wellness and serenity, aid sleep and reduce everyday stresses. There is also Lava Mama Rescue, designed to target the more troublesome areas such as back, hips and legs. Finally to compliment the range of Pre-natal treatments there's Lava Mama Recovery which is a beautiful post-natal treatment, designed to get you feeling like you again.

25 mins	Member £ 50.00	Guest £ 52.00
50 mins	Member £ 84.00	Guest £ 88.00
80mins	Member £ 126.00	Guest £ 132.00

Body Scrubs

Elemis - lime and ginger or Frangipani salt scrub

The extraordinary cleansing power of salt goes to work to release toxins in this polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. It delivers velvety soft, invigorated skin.

25 mins Express	Member £ 48.00	Guest £ 50.00
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Gel removal manicure

Removal of gel polish, tidy the cuticles and reapplication of a normal nail polish

45 mins

Member £ 40.00

Guest £ 42.00

Additional Charges

French Polish £ 9.00

Infinite Shine Polish £ 5.00

Can be added to any manicure or pedicure other than gel application. High definition gel shine without the need of UV light, up to 10 days of gel shine meets easy removal. Shine that lasts until you take it off.

Gel Removal Price dependent upon follow up application

Footlogix Medi Pedi

Providing unparalleled results when compared with a normal pedicure, the revolutionary spa pedicure using Footlogix products delivers transformational results to repair, rejuvenate and transform your feet.

The feet are exfoliated and callus dramatically reduced, nails will be shaped and the cuticles tidied and finished with perfectly applied nail colour. Results can be maintained using our home care mousses.

50 mins

Member £ 50.00

Guest £ 52.00

Deluxe Medi Pedi

A deeply nourishing treatment which includes tidying the cuticles, shaping the nails and exfoliation. A hydrating serum and mask is applied. The feet and lower legs are then massaged and the nails are finished with perfectly-applied nail colour.

1hr 10mins

Member £ 53.00

Guest £ 56.00

Gel Colour Pedicure

OPI 7-10 day pedicure. Nails will be shaped, cuticles tidied and a speedy gel colour applied.

60 mins

Member £ 55.00

Guest £ 58.00



BEAUTY TREATMENTS

Waxing

Using only the highest quality wax products to minimise irritation and re-growth

For discretion on booking certain treatments we have numbered intimate waxing.

	Member	Guest
½ leg wax	£ 31.00	£ 33.00
¾ leg wax	£ 33.00	£ 35.00
Full leg wax	£ 39.00	£ 42.00
Under arm wax	£ 19.00	£ 20.00
Full arm	£ 30.00	£ 32.00
Half arm	£ 23.00	£ 24.00
Lip or chin wax	£ 19.00	£ 20.00
Lip & chin wax	£ 30.00	£ 31.00

Hot Wax

Bikini line wax 1	£ 23.00	£ 24.00
Extended bikini line 2	£ 30.00	£ 32.00
Brazilian 3	£ 50.00	£ 51.00
Hollywood 4	£ 53.00	£ 55.00
Eyebrow shape	£ 23.00	£ 24.00
Under arm wax	£ 23.00	£ 24.00
Lip or chin wax	£ 19.00	£ 20.00
Lip & chin wax	£ 30.00	£ 31.00

Beautiful eyes

	Member	Guest
Eyelash tint	£ 21.00	£ 22.00
Eyebrow tint	£ 18.00	£ 19.00
Eyelash & eyebrow tint	£ 30.00	£ 31.00
Eyebrow tint & shape	£ 25.00	£ 26.00
Eyelash tint & eyebrow shape	£ 30.00	£ 31.00
Eyelash tint, Eyebrow tint and shape	£ 45.00	£ 47.00

Threading

Threading is an ancient Middle Eastern hair removal technique that has rapidly grown in popularity due to speed of the treatment and the excellent results.

	Member	Guest
Eyebrow shape	£ 23.00	£ 24.00
Lip	£ 18.00	£ 19.00
Eyebrows and lip	£ 40.00	£ 42.00
Eyelash tint and eyebrow shape	£ 42.00	£ 44.00
Eyebrow & lash tint and eyebrow shape	£ 59.00	£ 62.00

Make Up

My Identity is My Beauty

A woman's beauty begins the moment she begins to be herself.

Inspired by BABOR's skincare research, products from the new AGEID make-up line conceal minor flaws while enhancing the true beauty of every woman. Anti-aging active ingredients found within this unique range provide radical protection and an instant lifting effect, for a youthful glow. BABOR AGEID is a make-up line designed to individually reflect every woman's personality by bringing out the her identity which reflects her beauty.

	Member	Guest
Day wear - 25mins	£ 45.00	£ 47.00
Night wear - 50mins	£ 70.00	£ 73.00

Eyelash extensions

	Member	Guest
75 mins	£ 80.00	£ 85.00
90 mins	£ 85.00	£ 90.00

Infill price

	Member	Guest
20 mins (Recommended after 2 weeks from first full set – must have approx 60%)	£ 40.00	£ 45.00
40 mins (Recommended after 3 weeks from first full set – 50%)	£ 50.00	£ 55.00
50 mins (Recommended after 4 weeks from first full set – 40%)	£ 60.00	£ 65.00

Spray Tan

A quick-and-easy treatment to achieve a golden glow all over.

	Member	Guest
25 mins	£ 30.00	£ 32.00

Tanning

An Ergoline laydown sunbed is available within the sports club. Please enquire at the Spa reception for details, booking requirements and costs.

Stand-up tanning capsules are available within the Club.

No appointment is necessary. Please enquire at the Spa or main concierge for details.

LYNTON LASER

Innovative Alexandrite & LP Nd:YAG laser with next generation MT technology & ResurFACE fractional laser system

The DUETTO MT is the world's first 'Mixed Technology' laser, transcending all conventional hair removal systems by simultaneously delivering two laser wavelengths – Alexandrite (755nm) and Long Pulsed Nd: YAG (1064nm).

As Seen in VOGUE 2015

Prices below are indicative and confirmed on consultation, more areas available. Full menu of treatments available are in the spa.

	Member	Guest
CONSULTATION* 30mins	£ 40.00	£ 43.00
*Redeemable on the purchase of the next treatment or course booked.		
FACE		
Upper Lip - 15mins	£ 45.00	£ 47.00
Lip & Chin - 30mins	£ 95.00	£ 99.00
Full Face - 45mins	£145.00	£ 152.00
Beard - 30mins	£140.00	£ 147.00
FEMALE BODY		
Underarm - 15mins	£ 85.00	£ 89.00
Bikini (standard) - 30mins	£ 95.00	£ 99.00
Brazilian - 30mins	£ 130.00	£ 136.00
Hollywood - 45mins	£ 165.00	£ 173.00
Full arm or lower leg - 45mins	£ 180.00	£ 189.00
Upper Leg - 45mins	£ 195.00	£ 204.00
Full Leg - 90mins	£ 275.00	£ 288.00
Full Leg and Brazilian - 1hr 45mins	£ 325.00	£ 341.00
Full Leg and Hollywood - 2 hour	£ 355.00	£ 372.00
MALE BODY		
Underarm - 15mins	£ 95.00	£ 99.00
Lower Arm or Chest or Stomach - 30mins	£ 140.00	£ 147.00
Chest & Stomach or Lower Leg - 60mins	£ 220.00	£ 231.00
Full Legs - 90mins		

*Redeemable on the purchase of the next treatment or course booked.

Fractional Laser for Dramatic Aesthetic Rejuvenation

The award-winning ResurFACE fractional laser system delivers dramatic results for complete skin resurfacing. ResurFACE laser treatment offers a solution to those who are looking to change and improve the appearance and smoothness of their skin without the associated downtime of other, more aggressive treatments such as CO2 laser and injectable options.

ResurFACE fractional laser resurfacing treatment is changing how people now perceive the visible effects of ageing (wrinkles), as well as the most common scarring (facial/acne scarring) and stretch mark prone areas of the skin, with dramatic rejuvenation and skin resurfacing results. Offering a versatile range of different fractional resurfacing laser treatments, ResurFACE treats the UK's most in demand aesthetic concerns, including congestion clearing, skin smoothing procedures, scar revision, wrinkle reduction and stretch mark removal. It offers an alternative to the long-term, minimal results gained with anti-ageing creams and oil based products, and produces a more natural, healthy result.

Key Features

Many men and women in the UK suffer from skin conditions and concerns that they feel are 'with them for life', and that they have no real treatment solution. Fractional resurfacing laser technology was introduced with the aim of delivering results comparable to the traditional fully ablative resurfacing procedures, but without the associated prolonged downtime.

Fractional laser skin resurfacing provides total rejuvenation to give the skin a smooth, youthful and glowing appearance, and is highly recommended for individuals who want a smoother skin texture or an improvement in the appearance of stretch marks.

Stretch Marks

Unrivalled post-pregnancy & exercise-induced stretch marks solution with profound results; the perfect alternative to long-term topical agents.

Dramatic Rejuvenation

Minimising pigmentation and age spots as well as giving the skin a fresh and glowing appearance.

Scarring

Dramatically smoothing and improving commonly scarred areas of the skin; providing excellent results on facial acne scarring.

Fine Lines and Wrinkles

The appearance of fine lines and wrinkles are reduced through stimulation of collagen production, plumping the skin and resulting in a natural youthful appearance.

Resurfacing & Congestion

Helping tackle general congestion 'lumps and bumps' on the skin, resulting in a smooth and clear complexion. Prices below are indicative and confirmed on consultation, more areas available.

	Member	Guest
CONSULTATION* 30mins	£ 40.00	£ 43.00
FACIAL VEINS OR PIGMENT REMOVAL		
Single Lesion - 30mins	£ 85.00	£ 89.00
Cheeks/Leg patches - 30 mins	£ 125.00	£ 131.00
Full Face - 60mins	£ 200.00	£ 210.00
Chest - 45mins	£ 180.00	£ 189.00
Hands - 30mins	£ 90.00	£ 94.00
SKIN REJUVENATION		
Half Face - 30 mins	£ 135.00	£ 141.00
Full Face - 45 mins	£ 175.00	£ 183.00
Chest - 45 mins	£ 150.00	£ 157.00
ACNE TREATMENT		
Half Face - 30 mins	£ 95.00	£ 99.00
Full Face - 45 mins	£ 150.00	£ 157.00
Shoulders - 45 mins	£ 150.00	£ 157.00
Full Back - 60 mins	£ 250.00	£ 262.00

*Redeemable on the purchase of the next treatment or course booked.

Stretch Mark Treatments and Solutions

- Do you feel your stretch marks are unsightly?
- Do you feel your body confidence would improve if you had the chance to reduce them?
- Don't let stretch marks destroy your body confidence!

Stretch marks

Stretch marks are fine lines on the body that occur from tissue under your skin tearing from rapid growth or over-stretching. They are quite common and do not cause any significant medical concerns but are often not thought very aesthetically pleasing. Stretch marks commonly appear on the abdomen or breasts post pregnancy or to the thigh, buttock and breast area in adolescents going through growth spurts. Some medical conditions and prolonged use of certain medications are also implicated in their development.

The skin becomes flattened and thin with a pink colour when a stretch mark is developing. Also, the skin can occasionally be itchy and then reddish or purplish lines develop. Over time these lighten to become whitish or flesh-coloured. Stretch marks occurring in adolescents become less visible over time and generally require no treatment.

Price given during consultation dependant on the size of the area.

Fractional Laser Resurfacing skin rejuvenation

	Member	Guest
½ Face - 45 min	£ 195.00	£ 205.00
Full Face - 60 mins	£ 295.00	£ 310.00
Chest - 45 mins	£ 195.00	£ 205.00

BODY

Starting from £150 depending on the size of the area. Price will be confirmed in the consultation.

This treatment is for stretch marks or scarring, pigmentation, deep lines and wrinkles and dramatic resurfacing

GENTLEMEN'S TREATMENTS

Most of our treatments are suitable for gentlemen

Classic massage

A traditional massage that works deep into stiff, tight, aching muscles, to instantly release pain and tension.

25 mins (Focusing on the back, neck and shoulder area)	Member £ 44.00	Guest £ 47.00
50 mins (Full-body)	Member £ 72.00	Guest £ 75.00

Elemis deep tissue massage

Perfect to alleviate high stress levels; tailored entirely to your needs; it leaves you feeling grounded and focused. Your therapist will select aromatic oil according to your concerns, be it muscle pain, stress relief, pure relaxation or emotional balance. Skin is prepped to release toxins and the flowing massage works deeper and deeper into the tension, encouraging optimum circulation. Just as effective as an hours stretching but more nurturing.

25 mins EXPRESS	Member £ 49.00	Guest £ 51.00
50 mins	Member £ 76.00	Guest £ 79.00

Elemis lime and ginger Salt scrub

The extraordinary cleansing power of salt goes to work to release toxins in this polishing treatment. The fragranced salt of your choice will gently slough away dead skin cells, encouraging the regeneration of new cells and perfectly prepping the skin. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil. It delivers velvety soft, invigorated skin.

25 mins EXPRESS	Member £ 48.00	Guest £ 50.00
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Gentlemen's Manicure

For a groomed appearance your nails will be shaped, buffed and cuticles tidied. Your hands will be exfoliated, followed by a relaxing hand massage.

40 mins	Member £ 33.00	Guest £ 35.00
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Footlogix Medi Pedi

Providing unparalleled results when compared with a normal pedicure, the revolutionary spa pedicure using Footlogix products delivers transformational results to repair, rejuvenate and transform your feet.

The feet are exfoliated and callus dramatically reduced, nails will be shaped and the cuticles tidied and finished with perfectly applied nail colour. Results can be maintained using our home care mousses.

50 mins	Member £ 50.00	Guest £ 52.00
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Waxing

Back or Chest Wax	Member £ 33.00	Guest £ 35.00
Back and Shoulder Wax	Member £ 37.00	Guest £ 39.00
Eyebrow Wax	Member £ 19.00	Guest £ 20.00

Spray Tan

A quick-and-easy treatment to achieve a golden glow all over.

	Member	Guest
25 mins	£ 30.00	£ 32.00

Tanning

An Ergoline laydown sunbed is available within the sports club. Please enquire at the Spa reception for details, booking requirements and costs.

Stand-up tanning capsules are available within the Club.

No appointment is necessary. Please enquire at the Spa or main concierge for details.

WELLNESS AND HOLISTIC THERAPIES

Shiatsu massage

Shiatsu massage deals with a wide range of pressure points and stretching techniques to stimulate and unblock energy lines. It is recommended to wear loose, comfortable clothing for a treatment.

25 mins	Member £ 44.00	Guest £ 46.00
50 mins	Member £ 71.00	Guest £ 74.00

Reflexology and maternity reflexology

Reflexology rebalances the whole body using pressure applied to your feet. It is based on the ancient Chinese theory that energy is flowing all around our bodies. If the energy can flow freely then we are balanced and healthy. If the energy is obstructed, illness may result.

25 mins	Member £ 47.00	Guest £ 49.00
50 mins	Member £ 73.00	Guest £ 76.00

Maternity Massage

Massage specifically designed for pregnancy to promote relaxation, soothe nerves, and relieve strained back and leg muscles in expectant mothers. Prenatal massage is especially beneficial in the second and third trimesters, when the extra weight in your belly puts a strain on your back.

50 mins	Member £ 78.00	Guest £81.00
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Manual lymphatic drainage

Lymphatic drainage is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins and providing a boost to the immune system.

50 mins

Member £ 75.00

Guest £ 78.00

Lymphatic drainage massage is especially useful for individuals who suffer regularly from common illnesses like colds and flu. It is also recommended for people who lead sedentary lifestyles, or those who want to reduce puffiness or swelling.

It has been cited as having a positive effect on problem skin, cellulite, dysfunctional respiratory systems and people with low energy.

Pulsing

Pulsing is a rhythmic, movement-based therapy which uses a very gentle and nurturing approach to increase body awareness and sensitivity to connect to the body's natural rhythms. It involves the application of pressure and movement (stretching, lifting, shaking, rotating and swinging) to the soft tissue of the body (skin, muscles, tendons, ligaments and fascia) within a continuous soft rhythmic rocking.

50 mins

Member £ 75.00

Guest £ 78.00

Head massage

The aim of a head massage is to release the stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders.

Head massages are especially good for relieving stress, tension, fatigue, insomnia, headaches, migraine and sinusitis. Clients report that the experience is deeply calming and relaxing, leaving them feeling energised and revitalised and better able to concentrate.

25 mins

Member £ 42.00

Guest £ 44.00

Traditional Thai Foot Massage

Traditional Thai Foot Massage focusses on improving circulation to the legs and feet reducing symptoms of stress such as mental fatigue and anxiety by incorporating elements of Shiatsu, Chinese massage and yoga. This involves wrapping the feet, massage to the lower legs & feet and hands on stretching to open up the Sen (energy) lines, along with the use of a traditional wooden Thai stick to stimulate the reflex points on the feet, which correspond to the internal organs of the body.

25 mins

Member £ 49.00

Guest £ 51.00

50 mins

Member £ 76.00

Guest £ 79.00

1hr 15mins

Member £ 117.00

Guest £ 122.00

MEDICAL TREATMENTS

Physiotherapy

To treat and rehabilitate all types of sports, spinal, joint, soft tissue and nerve conditions, as well as assessing and retraining movement patterns and postural disorders through targeted strengthening and hands-on treatment.

25 mins Member £ 70.00 Guest £73.00

Osteopathy

Osteopathy uses a whole-body approach for diagnosing and treating a range of injuries. Osteopaths are experts in physical ailments such as back pain, sports injuries and joint conditions. “

Osteopathy is recognised by all major health insurance providers, please contact your provider for details of your policy prior to making an appointment.

Consultation & Treatment 60 mins Member £ 89.00 Guest £ 93.00

Treatment 30 mins Member £ 70.00 Guest £73.00

Podiatry

Podiatry- Our resident Harley Street consultant Podiatrist diagnoses and treats all types of foot and biomechanical issues. Gait analysis is offered with custom made orthotics to help prevent and rehabilitate injuries. Minor surgery is also offered in suitable cases and conditions ranging from skin care to nail surgery.

25 mins Member £ 80.00 Guest £ 84.00

Biomechanics and Gait analysis - £295.00

Medical Acupuncture

Modern treatment approach founded in concepts of neurology, anatomy and physiology. Similar to traditional Chinese acupuncture, medical acupuncture involves the strategic placement of sterile needles into various locations in the body. It has been shown to have beneficial results by inducing muscle relaxation, modulating pain, altering your neuroendocrine responses and changing you autonomic activity resulting in an overall relaxation and a feeling of well-being.

Whole body acupuncture or half sports massage half acupuncture:

60 mins Member £ 75.00 Guest £ 78.00

Acupuncture 25mins Member £ 44.00 Guest £ 46.00

AESTHETICS

Injectable anti-ageing treatments are a safe, more affordable alternative to cosmetic surgery. Injectable hyaluronic acid dermal fillers smooth out wrinkles, while Botox works by preventing facial muscles from contracting to cause wrinkles.

Botox Treatments

Botulinum Toxin Type A
(Azzalure®, Botox®, Bocouture®)

Forehead, Glabella, Crows Feet, Brow Lift &
Suborbital Region, Jaw Line

	Member	Guest
1 Area	£ 180.00	£ 189.00
2 Areas	£ 280.00	£ 294.00
3 Areas	£ 350.00	£ 367.00
14-Day top up (if required)	complimentary	complimentary
Additional small areas:		
Nasoglabella (bunny lines)	£ 100.00	£ 105.00
Chin	£ 100.00	£ 105.00
Down turned mouth	£ 100.00	£ 105.00
Peri-oral lines (Smokers Lines) 2-3 treatments needed	£ 100.00	£ 105.00
Hyperhidrosis - Excessive sweating (Hands, Feet or Armpits)	£ 350.00	£ 367.00

Dermal Fillers

Belotero®, Restylane, Juvederm Ultra®, Juvederm Vycross®, Teosyal Puresense®, Teosyal RHA®, other fillers are available on request for use in the following areas:

Fine lines deep Lines
Lip augmentation
Nasolabial lines (smile lines)
Marionette lines
Peri-oral lines
Vermillion border
Forehead
Crows Feet
Glabella

	Member	Guest
0.5ml (1/2 syringe)	£ 180.00	£ 189.00
1ml (1 full syringe)	£ 250.00	£ 262.00
2ml (2 full syringe)	£ 450.00	£ 472.00
3ml (3 full syringe)	£ 650.00	£ 682.00
Cheek Augmentation	£ 420.00	£ 450.00
Cheek contour	£ 420.00	£ 450.00
Each additional ml	£ 270.00	£ 367.00
Décolletage, Hands	£ 250.00	£ 262.00
Tear troughs (Dark circles and tired looking eyes)	£ 450.00	£ 472.00

Complimentary top up if required 6 weeks after initial treatment (up to 0.5ml)

TERMS AND CONDITIONS

General advice

Third Space Spa welcomes members and non-members and our highly skilled and experienced therapists are on hand to advise you and create a personalised Spa program. If you have any treatment requests outside of the normal Spa treatment menu, please contact the Spa reception who will endeavor to accommodate your requirements.

Third Space Spa is extremely popular and we would recommend that you book your treatments in advance to avoid disappointment. Members benefit from a discount on all treatments within the Third Space Spa.

Clients must be over 18 years old.

Relaxation area

On arrival, chill out in our comfortable seating area or for a more tranquil experience visit our relaxation room with comfortable couches and complimentary refreshments. We encourage guests to relax both before and after treatments.

Treatment courses

Results are significantly enhanced when a course of treatments is taken and it is a cost effective way of booking a series of treatments or services. Our qualified team will be happy to advise you on the benefits of taking a course on a selection of our treatments.

Please note that courses are non-refundable or transferable. Courses must be used within 12 months of date of purchase.

Cancellations

Third Space Spa prides itself on the quality and professionalism of its team and their wealth of experience. We provide unparalleled service with attentiveness to your every need.

Clients who wish to change or cancel an appointment are kindly requested to provide 24hrs notice or full payment for the treatment will be required or charged to your member's account.

Prepayment may in some cases be required to secure an appointment.

Arrival time

We ask that you always allow enough time for your appointment and arrive 15 minutes early giving you the opportunity to unwind in our relaxation area and complete a consultation form. Please be aware some treatments may preclude you from using the steam/sauna prior or after your treatment. If you are unsure please ask at the Third Space Spa reception. All nonmembers to the club need to bring a form of ID.

Treatment times

All times quoted include treatment, preparation and consultation. Please be aware that some treatments include a different length consultation/preparation time particularly on your first visit. When requesting a specific therapist please state this at time of booking, whilst we cannot guarantee your wish where possible we will always try.

Comfort during your treatment

Please ensure that you inform your therapist if you are too cold/hot, if your position is uncomfortable or the therapist's pressure is not enjoyable. We will endeavour to adjust or change technique to suit you.

Booking confirmation

We will endeavour to send reminder text messages however; it is the responsibility of the member/guest to remember their appointment.

We will endeavour to accommodate late arrivals however, we cannot promise a full treatment time.

Skin patch tests

Skin patch tests are necessary for all tinting, spray tanning, eyelash extensions and laser treatments.

It is essential that you have a skin patch test specifically at Third Space Spa at least 24 hours prior to your first appointment.

Specific information regarding specific treatments

You should not have any heat treatments directly prior or following waxing, using the sun bed/tanning capsules or any of our facial treatments. This includes sauna, steam room, swimming and excessive working out.

- Remove all deodorants, perfume and make-up when using the sunbed/tanners.
- Please bring open toed shoes to wear after a pedicure.
- Please wear dark, loose clothing after a spray tan treatment.
- Please wear loose comfortable clothing during Shiatsu massage.

All prices and treatments are correct at the time of going to print and are subject to revision without notice.

Where applicable all treatment prices are inclusive of VAT.

All our treatments are under constant review and development and therefore may change from time to time.

Please see website for available spa packages

THIRD
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