

THIRD
SPA
SPACE

Created for both men and women as a haven of tranquillity within our vibrant city, this is your urban retreat. Enjoy a wide range of treatments, from massage and facials to luxurious manicures and pedicures.

Bulstrode Place, Marylebone Lane, London, W1U 2HU

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Scheduling

We highly recommend you book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone 020 7042 6444 or email spaenquiries@thirdspace.london

Your Arrival

When you arrive at Third Space Spa you will be asked to complete a brief lifestyle questionnaire. Please arrive 15 minutes before your treatment start time.

Cancellation Policy

Please let us know if you are unable to keep your appointment. Regrettably, cancellations made less than 24 hours before the appointment will be charged in full.

Gift Vouchers

The perfect gift for all occasions. Gift vouchers are available for any of our treatments and packages.

Mobile Phones

Please be considerate of other guests and switch phones off or in silent mode when entering the Spa.

Health

Please let us know of any health concerns or issues that might be relevant to the treatment. Please remember to hydrate before and after your time at the Third Space Spa. Gentlemen should shave 24 hours before any facial treatment to increase comfort.

If you are pregnant please inform us upon booking and inform your therapist before treatment. Please note we are unable to offer any treatments during the first trimester of pregnancy. Please inform your therapist if at anytime you are uncomfortable or would like changes to your treatment - massage pressure, room temperature, volume of music etc.

Minimum Age

The minimum age requirement for treatments in the Spa is 18 years. For children swimming times in the gym, please contact the Club reception.

How to find

The closest underground station is Bond Street. You can find full directions on our website. The nearest NCP car park is located at the bottom of Welbeck Street. Parking meters are available in the area.

Contact us

For opening times and all other enquiries relating to the Spa please call us on 020 7042 6444 You can also email us on spaenquiries@thirdspace.london or visit the website www.thirdspace.london/marylebone/spa

Elemis BIOTEC

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 for a BIOTEC treatment and your therapist will choose the best treatment to treat your concerns.

A course of 6 is recommended - 30, 60 or 90 minutes

Technology: Anti-ageing

BIOTEC Line Eraser

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. *Independent Clinical Trial.

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC Anti-Pigment Brightener

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

BIOTEC Skin Resurfacer

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. *Independent Clinical Trials.

Technology: Skin Solutions

BIOTEC Radiance Renew

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

BIOTEC Blemish Control

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

BIOTEC Sensitive Skin Soother

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

BIOTEC Add on Treatments

30 minutes

BIOTEC Eye Treatment

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

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 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, 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.

Murad Method Facial

60 minutes

Advanced Murad Method Facial

90 minutes

Express Murad Facials

30 minutes

Express Skin Rejuvenation

30 minutes

Fine lines and wrinkles ease in just 30 minutes as concentrated Glycolic acid exfoliates dead skin cells.

A unique patented blend of antioxidants, anti-inflammatories and hydrators soothes and revitalizes skin to reveal a softer, smoother complexion.

Pom Power Pore Cleansing

30 minutes

Boost the benefits of your daily skincare with this pom-tastic cleansing facial. Fruit enzymes power away dirt and impurities to keep skin free of grime and remove dead skin that is past its prime, while antioxidant Pomegranate attacks damaging free radicals. The result - fresh, glowing skin.

Murad's Men's

30 minutes

Specifically designed for men. This all-inclusive treatment immediately soothes, deep cleanses clogged pores, gently removes dullness and hydrates to reinforce skins natural protective barrier. Be prepared to be smooth to the touch.

Buy a course of 5 facials and receive 6th complimentary



Elemis Body & Massage Treatments

Elemis Exotic Lime and Ginger Salt Scrub

30 minutes

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Swedish Massage

30 or 60 minutes

Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

ELEMIS Freestyle Deep Tissue Massage

30, 60 or 90 minutes

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Elemis Aroma Stone Massage

30, 60 or 90 minutes

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS Peaceful Pregnancy Massage

75 minutes

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Wellness & Holistic Therapies

Wellbeing Therapy

30, 60, 90, 120 minutes

Allow yourself to relax and unwind in this customised massage, which will bring awareness to your mind, ease your body and comfort your soul!

Cydciaire intuitively works with the body, analysing its flexibility and addressing its limitations. A blend of techniques is used to loosen and ease the network of fascia around the muscles and to help realign, lengthen and soothe the body.

Reiki, Chakra Balancing and Energy Healing Therapies 60 minutes

Shaylini is a talented and gifted Reiki Master, Intuitive Energy Healer, Visiting Practitioner for a number of 5* Hotels and Resorts worldwide, Columnist and Feature Writer for a number of highly respected global publications, Huffington Post Blogger and a Holistic Health and Wellness Expert. She provides Reiki healing, Chakra balancing, Guided Meditations and Energy therapies to help you experience freedom from emotional, mental and physical pain, imbalances and blockages. Through her heart-centred approach, she provides a unique experience of deep healing which will enable you to let go of what doesn't serve you, align you to your true potential and help you achieve ultimate inner peace and abundant self-love.

Deeply Intuitive Reiki Healing

40, 60 minutes

Reiki healing is a deep form of energy healing which works to align you to your true potential, remove any energy that no longer serves you and helps you to achieve ultimate inner peace and happiness. A body scan will diagnose and treat imbalances using a variety of techniques including emotional body clearing, vibrational frequency rebalancing, karmic pattern cleansing, chakra cleansing and balancing, and energy healing restoration.

Chakra Balancing

40, 60 minutes

Through her transformative chakra balancing techniques, Shaylini replenishes the body's life energy from the chakras right through to the cellular level, whilst enabling the release of any depleted energies. This ensures optimal flow and even distribution of energy throughout each chakra, resulting in balance, elimination of disease and powerful healing and cleansing.

Chakra Balancing & Reiki Healing Combined 60 minutes

The two deeply healing techniques of Reiki Healing and Chakra Balancing are combined to enable deep energy releases to take place. Through removing blockages and imbalances in a gentle yet powerful way you will experience the free flow of prana and energy shifts that bring you back to your natural state of peace, happiness and balance.

Reiki Healing, Chakra Balancing and Crystal Healing Combined

60 minutes

This treatment combines the three powerful energy healing techniques. Crystals possess profound healing properties. Through the placement of each crystal on its corresponding chakra, the vibrational healing is amplified, resulting in a deeper healing experience. The ultimate aim is to bring back the balance and peace within you, enabling you to live life freely, joyfully and to your true full potential. The crystal healing process will also assist in the removal of toxins and elimination of negative or challenging energies whilst magnifying positive energy.

Chakra Balancing Indian Head Massage

45 minutes

Through Shaylini's powerful healing methods she has developed a wonderfully healing and therapeutic Indian Head Massage which simultaneously works to align your Chakras. Using a range of techniques, Shaylini focuses on relieving all pain and tension from the head, scalp, neck, upper back, shoulders, upper arms and face. Based on ancient Ayurvedic principles, experience the profound healing benefits of this treatment which serves to relieve stress, fatigue and muscular tension, whilst replenishing and balancing your Chakras.

Divinely Guided Meditation 1 to 1

40 minutes

Shaylini's meditation techniques will enable your body, mind and hearts to open up more freely to renewal, growth and inner peace, cultivating a greater relationship with yourself and more awareness of your thoughts. As you begin to observe your thoughts you will be guided through techniques to gently release emotional, physical and mental tensions.

Reflexology

60 minutes

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.

Manual lymphatic drainage

60 minutes

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. Lymphatic drainage massage is especially useful for individuals who suffer regularly from common illnesses like colds and flu, or for people who lead sedentary lifestyles.

Sports Massage

30, 60 minutes

Sports Massage isn't just for athletes, it will revitalise muscle and ligaments in everyone, no matter how active you are. Sports massage creates a feeling of well-being in the body, reducing pain and preventing injuries by catching issues early. Sports massage will also enable those who wish to train back to back recover faster whilst reducing muscle tension, improving range of motion and decreasing muscle stiffness and fatigue.

Beauty Treatments

Waxing

Lycon Wax is used for all waxing treatments, this premium product is designed to make waxing treatments less painful. Using only the highest quality ingredients to minimise irritation and regrowth.

Full Leg Wax - 45mins

Full Leg & Bikini Line (Standard) - 60mins

Full Leg & Brazilian (High Bikini) - 75mins

Full Leg & Hollywood - 75mins

Half Leg Wax - 30mins

Thigh Wax - 30mins

3/4 Leg Wax - 30mins

Bikini Wax - 30mins

Brazilian Wax - 30mins

Hollywood Wax - 30mins

Underarm Wax - 15mins

Full Arm - 30mins

Half Arm - 15mins

Back Wax - 30mins

Chest Wax - 30mins

Shoulder Wax - 20mins

Eyebrow Wax - 15mins

Lip Wax - 15mins

Chin Wax - 15mins

Eyebrow & Lip Wax - 30mins

Eyebrow, Lip & Chin Wax - 30mins

Tinting

Eyelash Tint - 30mins

Eyebrow Tint - 15mins

Manicures & Pedicures

Manicure

45 minutes

This manicure includes exfoliation, cuticle care, with application of hand cream, followed with a shape and polish from the Jessica selection.

Deluxe Manicure

60 minutes

This treatment combines the Jessica Prescriptive Manicure with the added benefit of Thermal Mittens, a nourishing masque and relaxing massage.

Pedicure*

45 minutes

This treatment will revive tired looking feet leaving them pampered and well groomed. Feet are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.

Deluxe Pedicure*

75 minutes

Hard Skin is removed, cuticles are groomed and toe nails are beautifully shaped and polished. With the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams.

File & Polish

20 minutes

Nail Shape only and varnish.

Men's Manicure

30 minutes

Your nails are cut and filed then a luxury hand soak softens the cuticles. Cuticle work is carried out on your nails followed by a hand massage and a buff to shine. A clean, neat finish ideal for any man.

Men's Pedicure

45 minutes

Feet are soaked in our luxury foot spa. Toenails are cut and filed and any hard skin is removed. Feet are exfoliated leaving them smooth and soft then cuticle work is carried out, followed by a foot massage.

Gel Nails

Gel Colour Application

30 minutes

Nail shape only and GELeration application.

Gel Overlay Manicure

45 minutes

Cuticles treated and the nails are trimmed and filed. The application of gel polish completes the treatment. Please note that GELeration Polish must be professionally soaked off (further information on this will be given during the treatment) and a natural nail is essential for applying the gel.

Gel Overlay Manicure including removal

90 minutes

As above including removal of previous gels.

Gel Overlay Pedicure

60 minutes

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that is dry in seconds and protects the natural nail. Cuticles are groomed, toe nails are shaped and finished with Jessicas' GELeration gel polish.

Gel Overlay Pedicure including removal

90 minutes

As above including removal of your previous gels.

Existing Gel Removal

30 minutes

Removal of your GELeration gel polish.

Please ensure you book a "soak off" if required, when making an appointment for either: GELeration Manicure or Pedicure.

Please cancel any "soak offs" not required 24 hours before your appointment.

Lash FX eyelash extensions

Offer the option to choose any look you wish from natural to dramatic to full on celebrity glamour and everything in between. Lash FX eyelash extensions are available in various lengths, curvatures and thicknesses and can last up to 4-6 weeks but look best with an eyelash top up every 2-3 weeks.

Eyelashes will fall out naturally as part of the natural growth cycle of an eyelash.

Extra Full Set of Eyelash Extensions

105 minutes

for clients that really want their lashes to get noticed. This set is ideal for ladies that are blessed with an abundance of eyelashes that would need a bit extra time to complete a full set, or those ladies that really want a flirty, glamorous look to their lashes.

Full Set of Eyelash Extensions

90 minutes

For a beautiful natural full look

Half Set of Eye Lash Extensions

75 minutes

Lashes are blended with your own lashes approx. 60 to 70% coverage.

General Infills

45 minutes

(Required 2-3 weeks from first set) – To be considered for a 45 minute touch up you must have at least a 3rd of your lashes.

Xen-Tan Spray Tan

This award-winning spray tan creates a rich, natural-looking colour that's sure to make you look and feel fantastic. Gives you an instant glow as soon as it's applied.

Continues to develop and deepen into a wonderfully natural olive tone that's anything but orange.

Enjoy radiant results for up to seven days.

Please exfoliate and wax / shave at least 24 hours before your spray tan appointment.

Please wear loose, dark clothing after your tanning treatment. Avoid exercise and swimming whilst your tan develops, or anything else that can cause you to perspire.

Whole body tan

30 minutes

Half Body Tan

30 minutes

You have a choice of lower or upper body, from the waistline.

Luxury Packages*

Ultimate Experience

150 minutes

Your journey will begin with a full body exfoliation and a relaxing and de-stressing full body massage. The creme de la creme of treatments pampers the body to transform the skin's surface, and will finish with a Murad facial designed to suit your skin concerns.

Top to Toe Day

100 minutes

Rejuvenate your whole body with this great value full body pamper day which includes a 30 minute back neck and shoulder massage, 30 minute Murad Pom power cleansing facial, and finish than with a file and polish of hands and feet.

Gentleman's Treat

90 minutes

Specifically designed for men, this all inclusive treatment begins with a luxurious 30 minute relaxing back massage and follows with a facial to deep cleanse clogged pores, gently remove dullness and hydrate to reinforce skins natural protective barrier.

Elemis Couture Technology

60 or 120 minutes

Time to switch your skin on. 30 or 60 minute, ELEMIS BIOTEC facial with your personalised 30 or 60 minute Freestyle Deep Tissue Massage.

*Please note member discounts do not apply to packages.

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