



SIX SENSES SPA

LONDON

WELLNESS AND SPA MENU

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Wellness in the City. Reimagined.

At Six Senses London, wellness is more than valuable time out; it's a way of living well, right where you are. It's the freedom to pause and reset while reconnecting with what matters most: your energy, your potential – you.

Our approach is grounded in Six Senses Integrated Wellness and cutting-edge science with nurturing, intuitive care. Whether you're here for a few moments or every day, your journey is personal, shaped by your lifestyle, goals, and preferences.

If you choose to go deeper, our team can guide you with tailored screenings and supportive programmes, always at your pace, making the best of the time you have.

This is intuitive wellness for modern urban living.



THERMAL JOURNEY





Make the most of every experience by following a time-honoured ritual of heat, water, and rest. This intentional thermal journey uses contrast therapy to ease muscle tension, support detoxification, calm the nervous system, and prepare your body and mind for deeper relaxation and enhanced treatment results.



LAP POOL, 28-30 °C

Start with an energising swim before winding down.

MAGNESIUM POOL, 35-38 °C

Soak in mineral-rich water to ease tension, calm inflammation, and support restorative sleep.

STEAM ROOM, 45-50 °C

Inhale seasonal botanical essences and let the warmth soften your skin and quiet your thoughts.

FINNISH SAUNA, 70-100 °C

Experience the deep, dry heat that promotes circulation and revitalises your skin.

BIO SAUNA, 50-60 °C

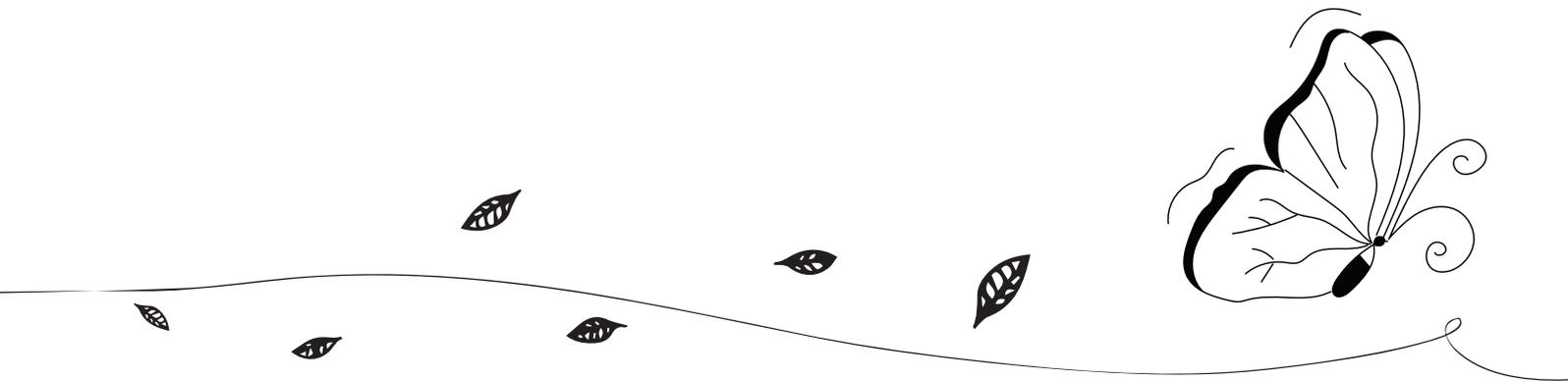
A gentler heat with added steam helps open the airways and supports natural detox pathways.

COLD PLUNGE POOL, 8-10 °C

Reawaken the senses, improve circulation, and seal in the benefits of your thermal ritual.



WELLNESS
PROGRAMMING



WELLNESS SCREENING, 45 MINUTES

How are you really doing? Our in-depth screening reveals 40 key biomarkers that reflect your inner health. Sit down with a wellness expert to decode the data and map out your next steps. No fluff. Just clarity.

WELLNESS CHECK-IN 15 MINUTES

Short on time? This focused session gives you essential data plus a suggested programme to build on.

The screening allows us to tailor the following wellness journeys fully to your goals.

For hotel guests or day visitors, we offer 2, 4, or 6-night programmes. For residents, members, and locals, the timeline is yours to shape.

SLEEP

When sleep slips, everything begins to slide. This multi-day journey helps get things back on track. Using real-time data from a sleep tracker, we create a personalised plan to reset your natural rhythm through calming rituals, targeted spa treatments, yoga nidra, and sleep-supportive nutrition. You'll work one-on-one with a wellness expert to uncover what's affecting your rest, then train your body and mind to unwind, ready to sleep more soundly and wake feeling like yourself again.

YOGA

There's a yogi in all of us. Whether you're new to yoga or looking to deepen your practice, this journey combines private yoga sessions, guided breathwork, meditation, and healing energy treatments. Designed to build resilience, restore calm, and reconnect body and mind.



DETOX

Clear the fog. Brighten the skin. Reset the gut. This is a playful, purposeful approach to detox. You will experience gentle movement, lymphatic massages, skin-stimulating scrubs, wraps, and facials. All supported by vibrant, plant-rich meals and expert guidance.

A full 7-day cleanse delivers the best results, but we'll tailor the journey to suit your schedule.

FITNESS

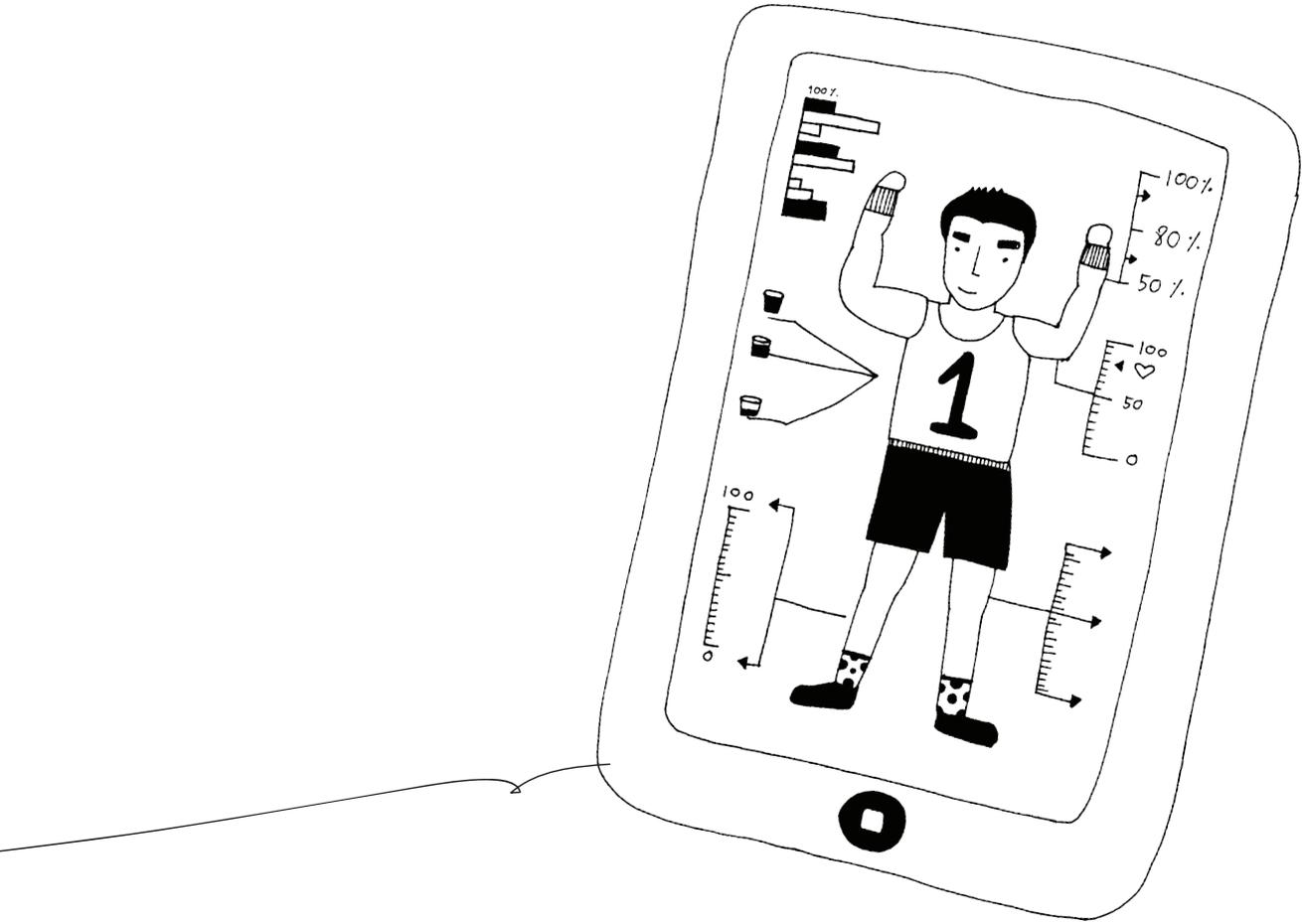
Whatever your starting point, our fitness programme strikes a balance between training and recovery. Work one-on-one with a personal trainer to blend cardio, strength, and mobility sessions with deep stretching and tension-releasing bodywork. Learn new tools, track progress, and leave feeling stronger both mentally and physically.

Every programme is supported by Eat With Six Senses, our food and drink philosophy built on natural ingredients, local sourcing, and functional nutrition. Each dish is designed to nourish, energise, and support your body's healing processes without compromising on flavour.



WELLNESS TECH





INDIVIDUAL WELLNESS TOOLS, 5 TO 30 MINUTES

Red Light Bed

- Glow from within

Ice Bath & Infrared Sauna

- Build bulletproof resilience

PEMF Therapy

- Cellular recharge

Floatation Pod

- Weightless meditation

Sound Lounger

- Nervous system reset

Compression Boots

- Melt muscle fatigue

Vibration Roller

- Unlock stiff muscles

Venom Back Heat Therapy

- Melt tension

Electro Muscle Training

- Rapid muscle boost

Inversion Table

- Decompress your spine

Juvent Vibration Platform

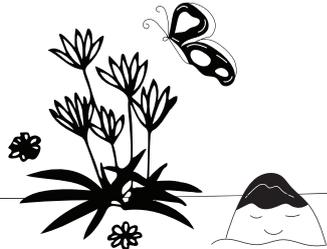
- Gentle bone strengthening

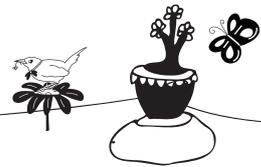
SLEEP TRACKING

Wear our sleep tracking ring overnight to collect handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results.

CRYOTHERAPY, 15 MINUTES

Reduce inflammation and recover faster.





LOCALLY INSPIRED SIGNATURE TREATMENTS

UK skincare brand de Mamiel offers premium, clean skincare products engineered to address the impact of stress on the skin. High-performance products are informed by science, clinical expertise, and a touch of soul, driving their impact beyond the skin to optimise and instil a deep sense of wellbeing.



LOCALLY INSPIRED SIGNATURE TREATMENTS



DE MAMIEL LYMPHATIC BODY RESET 60/90 MINUTES

A lymphatic body ritual to clear stagnation, refine contours, and restore inner flow.

This intelligent body ritual targets the body's internal terrain, fascia, lymphatic system, and circulation, to clear stagnation, reduce puffiness and restore balance from within.

Through Annee de Mamiel's signature lymphatic bodywork and fascia release techniques, this treatment enhances lymphatic flow and interstitial fluid exchange - key for tissue health and vitality. Precise sculpting techniques stimulate microcirculation and help remodel the connective tissue matrix, improving skin texture, tone, and resilience.

By working on both physical structures and nervous system pathways, the ritual supports vagal tone, reduces systemic stress, and fosters an inner state of coherence - an integrated biohacking approach to optimising skin and well-being.

A facial cleanse and hydration mask complete the experience, ensuring the glow extends from face to body.

The result: lighter, more refined contours; smoother, firmer skin; and a body and mind that feel deeply renewed.



DE MAMIEL ULTIMATE SCULPTING FACIAL, 60/90 MINUTES

A bio-intelligent facial ritual to visibly lift, sculpt, and renew skin. This is more than a facial, it's a complete reset for skin, fascia, and nervous system.

The Ultimate Sculpting Facial combines advanced fascia release, lymphatic activation, and precision sculpting to visibly lift facial contours and restore flow to the skin's deeper layers. The treatment works on the skin's connective architecture, improving microcirculation, enhancing cellular oxygenation, and supporting the flow of interstitial fluids.

Guided breathwork and purposefully composed sound frequencies help synchronise the nervous system, reducing stress-induced inflammation and supporting skin regeneration at a cellular level - a modern biohacking approach to skin vitality.

Intelligent formulations deliver bioavailable hydration and reoxygenate tissue, helping the skin recover its plumpness, elasticity and luminous glow.

The result: sculpted, lifted contours, a radiant complexion and skin that feels reawakened from within.

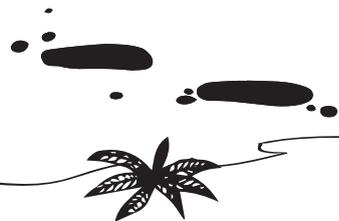
ALCHEMY BAR WORKSHOP, 45 MINUTES

During this interactive and insightful workshop, our expert Alchemist will share their in-depth knowledge of the healing qualities of local herbs and produce. As you blend the varied textures, breathe in the aromas from the English countryside.





MASSAGES





SIX SENSES SIGNATURE MASSAGES:

Offered at every Six Senses around the world, these signature treatments reflect our global standard of excellence. In London, each massage features bespoke oil blends crafted by UK skincare expert Annee de Mamiel to support your body's natural rhythm throughout the day, from uplifting when you need an energy boost to gently grounding as evening approaches. Balanced scent profiles work in harmony with your circadian rhythm, enhancing both physical and emotional well-being.

Deep Tissue, 60/90 minutes

Release stress, ease muscle tension and improve mobility with silicone cups, hot stones or warm compresses to enhance this treatment.

Holistic, 60/90 minutes

Combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Movement Restoration, 90 minutes

Improve mobility and flexibility with a full body massage, combining pressure point techniques with

gentle stretching to increase the range of motion and allow the body to release built-up tension.

Pregnancy Massage, 60/90 minutes

A full body, advanced massage tailored to the needs of the individual, combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Tension Soother, 30/60 minutes

A reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

Head Massage, 30/60 minutes

A deeply relaxing oil-based massage of head, neck and shoulders using cranio-sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes

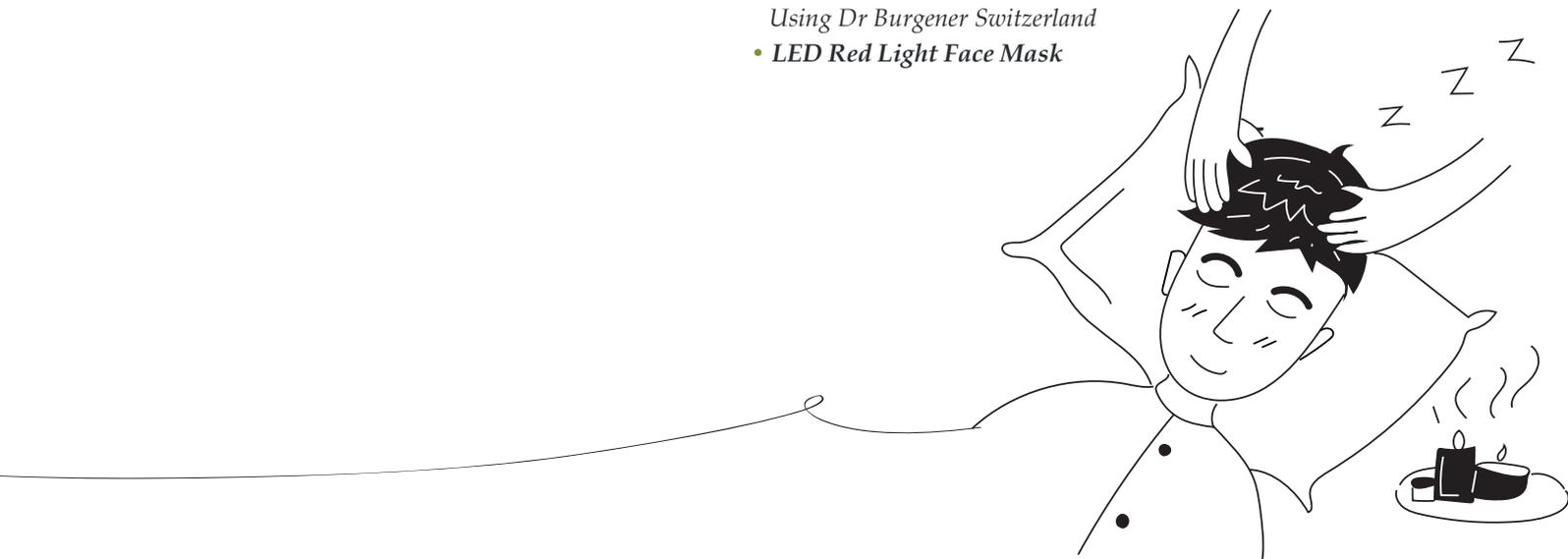
Restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.

THERAPEUTIC RESET 60/90 MINUTES

Where plant science meets spa. This full-body experience blends high-grade CBD, chromotherapy, and a healing soundscape to calm the mind and body. Performed on a warm water mattress tilted into a zero-gravity position, the massage relieves muscle tension, decompresses the spine, and deeply soothes the nervous system. Using KLORIS

ENHANCE YOUR SPA EXPERIENCE:

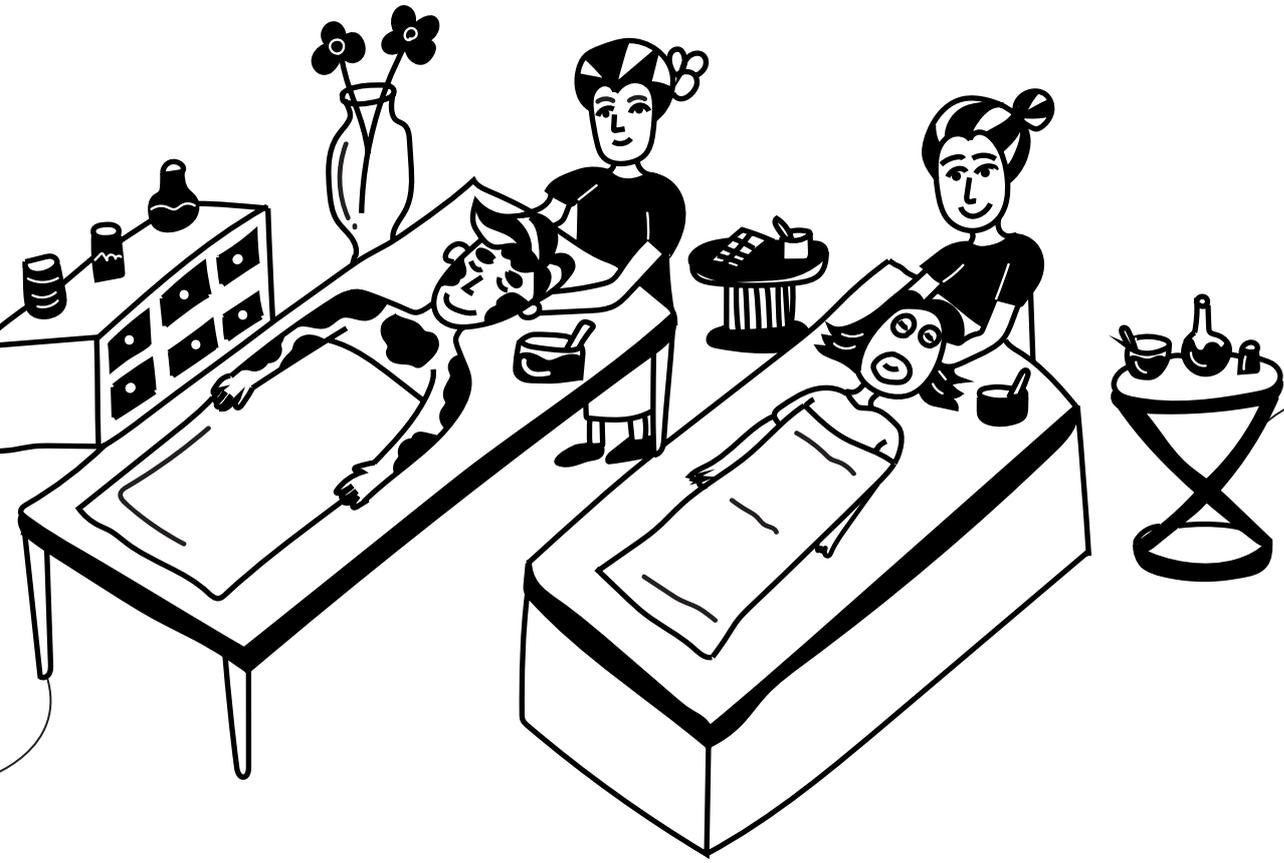
- *CBD Oil & Balm using KLORIS*
- *Percussion Massage Gun*
- *Alchemy Scrub, 30 minutes*
- *Dry Body Brush*
- *Hot Stones*
- *Eye Area Refresh, 15 minutes*
Using Dr Burgener Switzerland
- *Hydra Filler Mask, 15 minutes*
Using Dr Burgener Switzerland
- *LED Red Light Face Mask*



FACIALS

Since 1955, natural skincare company Dr Burgener Switzerland has committed to continuous research and, through a rigorous selection of innovative ingredients, has created a range of facial care products that generate visible and immediate results.





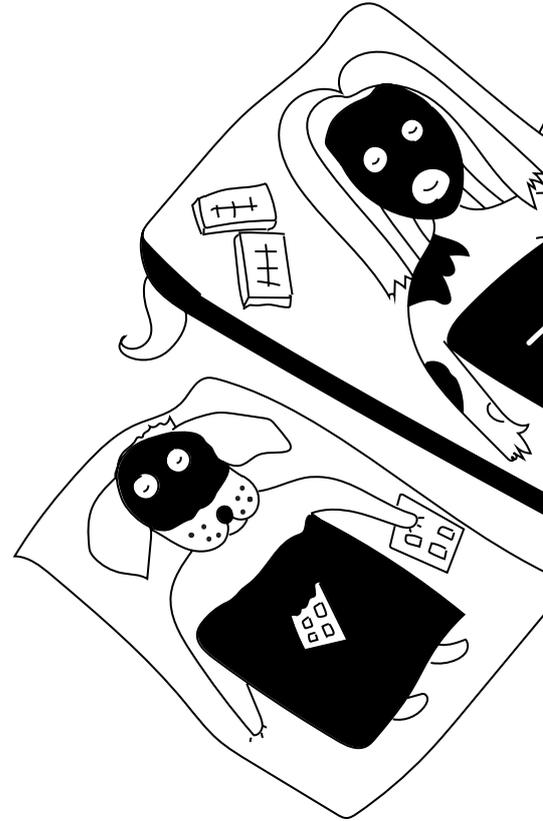
REPAIRING GOLD AND CAVIAR FACIAL, 90 MINUTES

Antioxidant, repairs cell damage, improves signs of ageing.
This facial particularly suits skin in need of a regenerative boost. The ultrasound waves penetrate on a cellular level with an intense dose of the green caviar. These extracted pearls from Okinawa Island finely combined with the antioxidant power of the gold trace elements help to repair, and revamp the skin.

THE ANTIOXIDANT BRIGHTENING FACIAL WITH PEARLS OF VITAMIN C, 60 MINUTES

Reduces pigmentation, improves firmness, boosts radiance, protects from free radicals.

This facial incorporates pure Vitamin C pearls, glycolic acid, and fruit acids to diminish pigmentation and balance your skin tone, enhancing its natural radiance. The gentle exfoliation it provides promotes the regeneration of the skin's outer layers and reduces the appearance of fine wrinkles. The antioxidant properties help protect your skin from harmful radicals.





LIFTING AND FIRMING COLLAGEN FACIAL, 90 MINUTES

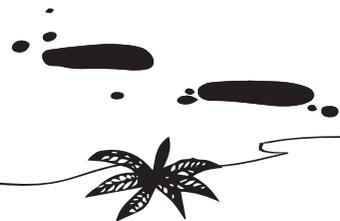
Volumising, soothing, smoothing, firming, and lifting.
Stimulating the skin from the inside out, the ultrasound waves from a Collagen Mask combined with the firming effect of the acacia collagen cream boost natural collagen and elastin production, resulting in a firmer, smoother and more uniform complexion.

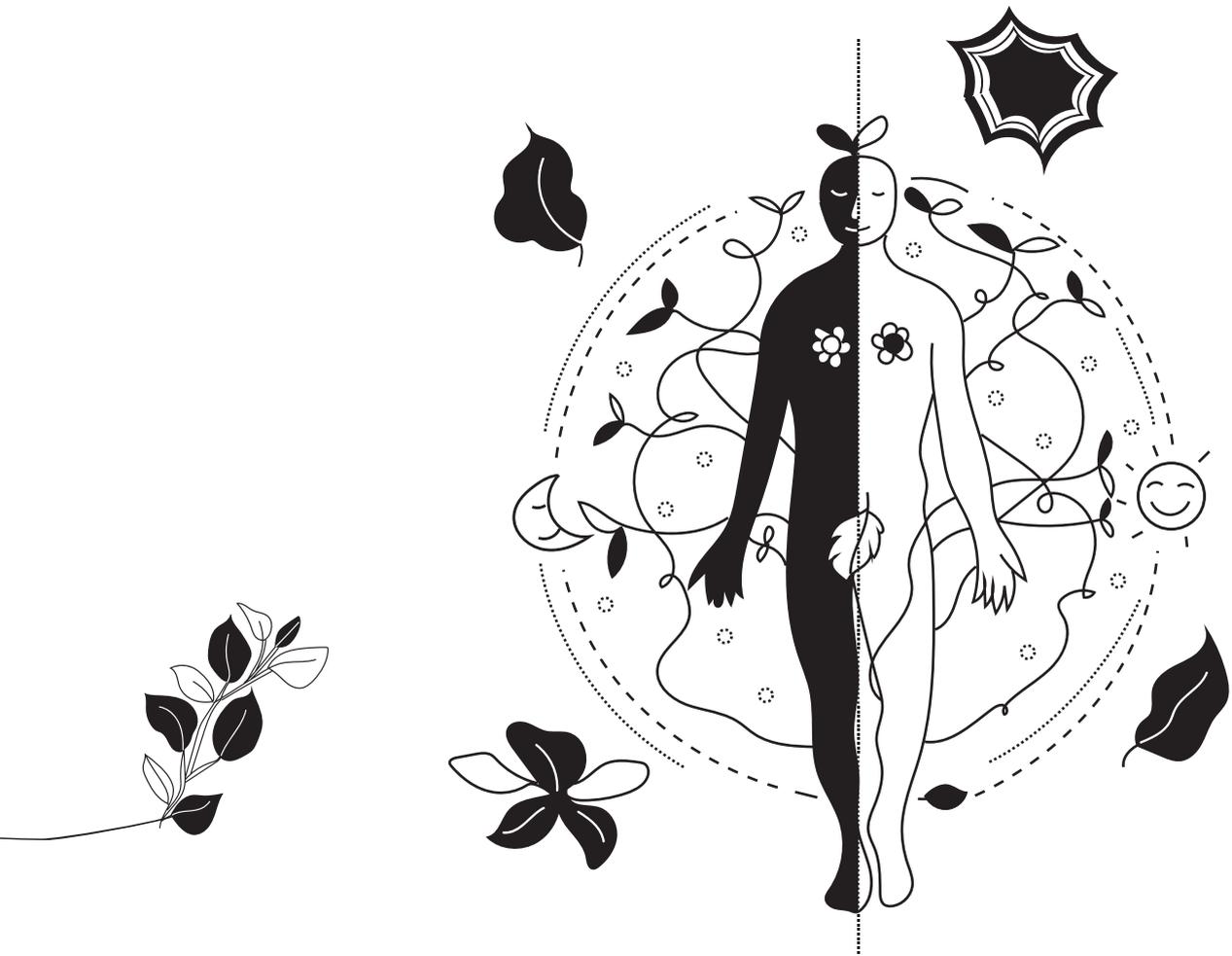
BALANCING FACIAL, 60 MINUTES

A bespoke facial tailored to your skin.
Following a skin analysis, your treatment will be personalised with one of two targeted approaches. The first is our Black Pearl exfoliant and Rejuvenating Royal Mask with royal jelly extracted directly from beehives in the Swiss Alps, to nourish and hydrate the skin. Alternatively, our Glacier Face Peeling, Alpine Purity Mask, and Hydra Balance Face Cream can be combined to cleanse, decongest, and tighten your pores.



BODY TREATMENTS





TRADITIONAL TURKISH HAMMAM, 60 MINUTES

A deeply cleansing and revitalising ritual performed in our private hammam, using warm water, exfoliation, and billows of bubbles to refresh the skin, ease muscle tension, and quiet the mind. The full-body cleanse and invigorating hair wash leave you feeling renewed from head to toe.

ANTI-AGEING BODY RITUAL WITH GRAPES FROM THE VALAIS REGION, 90/120 MINUTES

We believe this anti-ageing body treatment is a real elixir of youth. We begin with a luxurious, creamy body exfoliant using grape seed pearls and a powerful antioxidant complex. We then continue with the antioxidant rich Grape Body Wrap that will fight free radicals and assist in preventing premature aging. This exquisite journey is completed with a customised massage using a precious oil that is formulated with hemp and botanicals from the Valais region, promising a blissful slumber.

Using Dr Burgener Switzerland

**ANTI-CELLULITE TREATMENT, 60 MINUTES**

Fat reduction, cellulite reduction, toxin elimination, skin firming, and toning.

Enjoy a deep scalp massage whilst wrapped in our intense cooling cryolift lotion potentially aiding in the reduction of localised fat deposits. You will then enjoy a sculpting massage to enhance blood and lymphatic circulation, aiding in the removal of toxins from the body.

Using Dr Burgener Switzerland

DETOX SWISS SALT RITUAL, 90/120 MINUTES

Detoxifying, draining, and slimming.

Purifying salts drawn from the Swiss Anzeindanz glacier are extremely rich in therapeutic minerals, which prevent water retention by increasing blood circulation, helping to eliminate toxins and restore balance to the skin.

Using Dr Burgener Switzerland



YOGA & MINDFULNESS



YOGA, 60 MINUTES

A joyful journey of movement, breath, and mindfulness, thoughtfully tailored to your individual needs to restore, balance and energize both body and spirit.

AERIAL YOGA, 45 MINUTES

Float and dance with a playful blend of yoga as you're gently supported by a soft hammock. Each tailored session helps you release tension, build strength, and discover a newfound sense of lightness and balance.

SOUND JOURNEY, 60 MINUTES

Let healing sounds and vibrations wash over you, guiding you into a deep state of calm. This cocooning experience helps you reconnect with your true, limitless nature.

BREATHWORK, 45 MINUTES

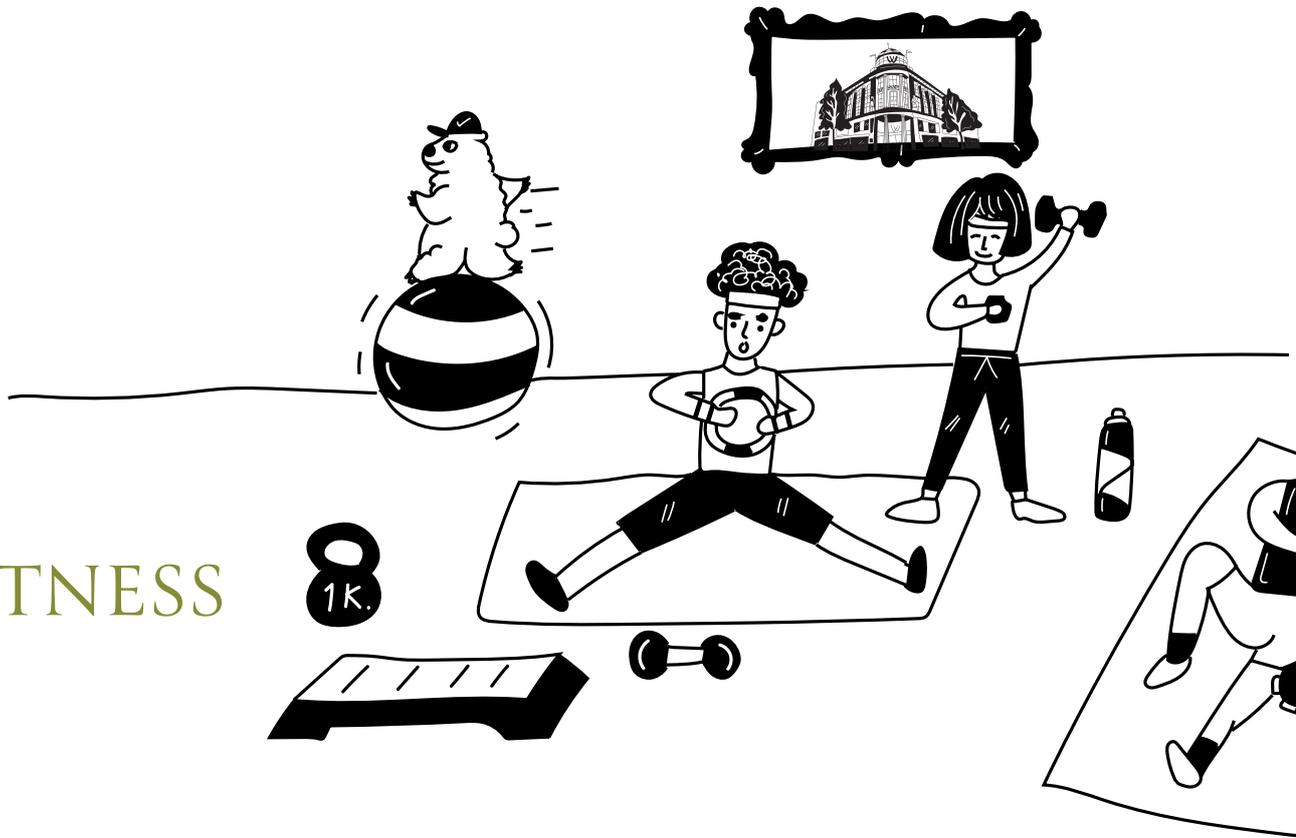
Breathing techniques to remove blockages in energy channels, strengthen the respiratory system, and calm the mind by minimising negative thoughts.

MEDITATION, 45 MINUTES

A guided meditation that may include elements of chakra balancing, yoga nidra, or loving kindness.



FITNESS



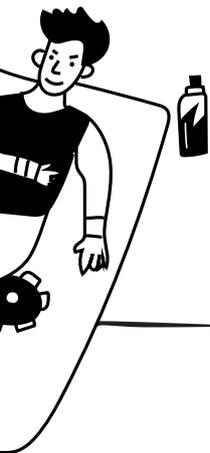
PERSONAL TRAINING, 60 MINUTES

SPINNING, 45 MINUTES

PILATES MAT, 60 MINUTES

PILATES REFORMER, 45 MINUTES

DAILY ACTIVITY CALENDAR GROUP CLASSES,
30/45/60 MINUTES



SPA TO SPAAAHH

Make the most of your spa time





SPA OPENING HOURS

Pool & Thermal Areas 7.00 am to 9.00 pm
Spa Treatments 10.00 am to 8.00 pm
Gym 24/7, supervised from 8.00 am to 8.00 pm
Spa Reception 8.30 am to 8.30 pm

SPA RESERVATIONS

For enquiries or reservations, please contact the spa reception or the front desk. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewellery and valuables in your room before entering the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 60 minutes prior to your treatment to complete your consultation form and take time to enjoy our facilities and relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

Out of respect for other guests, we are unable to extend your treatment time in case of late arrivals.

CHILDREN

Many of our services are adapted to a child's needs, and we offer private (one-on-one) treatments. We recommend that an adult parent or guardian is present at all times for children from 5 to 14 years of age. You can either schedule the treatment together to enjoy the service simultaneously or quietly observe. Children aged 14 to 16 may use the facilities with a waiver signed by an adult parent or guardian

Children under the age of 14 are welcome in the pool from 9.00 am to 10.00 am and 3.00 pm to 4.00 pm when accompanied by a guardian.

CANCELLATIONS

Please allow 24 hours' notice when cancelling any service in the menu. Failure to attend or cancel your appointment will result in 100 percent charge.

DURING YOUR STAY

Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests. Mobile phones are not permitted.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after spa treatments for at least six hours. We also do not recommend using the thermal facilities post treatment as this will diminish the benefit of the products applied and bathing in waters with oils and lotions can affect the delicate pH of the water. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail store.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards are accepted at the spa reception.

GIFT CERTIFICATE

Please enquire at the spa reception if you wish to surprise somebody special with a customised gift certificate.

SIX SENSES SPA LONDON

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KID'S SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses, we've created a selection of spa treatments especially for you. Take a break from exploring London with some funky nail art, a fun facial, or a relaxing massage.

Parents, help your child feel better, sleep soundly, and gain a deeper understanding of what's happening for them with our junior spa menu. It's so much easier for you to relax when the kids are relaxed too.





BODY MASSAGE, 60 MINUTES

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK, AND SHOULDERS MASSAGE, 30 MINUTES

Exploring London can be exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PARENT AND CHILD EXPERIENCE

TOP TO TOE MASSAGE, 60 MINUTES

Unwind after an active day with a full body soothing massage followed by a scalp massage.