

M SPA

WELLNESS RETREAT

M SPA

THE ULTIMATE URBAN ESCAPE

With every detail designed for blissful relaxation, we've crafted each experience using the world's most luxurious products to leave you feeling utterly indulged.

This is a pioneering spa that reflects the spirit of its surroundings in one of London's most dynamic districts. Our treatments are cutting edge; our therapists highly trained; our products are organic and meticulously sourced. And far from an added afterthought, our spacious gym is a study in state-of-the-art fitness.

We invite you to leave the world behind, lose yourself in ours, and emerge inspired.



M Spa Facial

Ila-Spa

ANANDA FACE THERAPY "THE BLISSFUL FACIAL"

50 minutes £95

Illuminating. Calming. Profound. This divine therapy restores natural luminance by increasing blood circulation and stimulating the free-flow of energy to facial cells.

MEN'S REJUVENATION FACE THERAPY

50 minutes £95

Fast-absorbing babassu oil works with ila's exclusive blend of four bio-active Amazonian plant extracts – acmella, pfaffia, marapuama and white lily – to promote cellular hydration and repair, boost collagen production and diminish the appearance of fine lines.

Natura Bisse

PURE OXYGEN

50 minutes £100

This facial cleanses and oxygenates the skin in depth with high concentrations of active biotechnology ingredients that purify and hydrate the skin with a mattifying, non –shiny effect.

THE DETOX CURE

80 minutes £135

A thorough city detox comprising of an enzymatic cleansing ritual followed by extractions to ensure skin is left without impurities.

AGE-DEFY CHALLENGE

80 minutes £145

Treat slackened skin, a dull skin tone and wrinkles with natural collagen and antioxidant vitamins (A+C+E). Mature skin concerns are targeted at a skin cellular level to obtain a firm and glowing complexion.

M Spa Massage

TAILORED MASSAGE

50/80 minutes £95/£125

Our expert therapist will use their techniques learnt to provide a massage best suited to you, whether you would like a relaxing massage or a massage to relieve tension in those common areas such as shoulders or lower back.

DEEP TISSUE MASSAGE

50 minutes £100

Deep tissue massage therapy is similar to Swedish massage, but the deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue and tendons.

HOT STONE MASSAGE

75 minutes £145

Our hot stone massage therapy session promotes deeper muscle relaxation through the placement of smooth, water-heated stones at key points

Holistic treatments are available; please ask our Spa coordinator team for more details.

Natura Bisse

QUIROGOLF MASSAGE

50 minutes £100

Relieve tension and eliminate stress with this innovative massage. Inspired by 'Quiro'- or 'Chiro' massage this is a perfect choice for sports people and those with physically demanding lifestyles.

Ila-Spa

KUNDALINI BACK TREATMENT "FOR SOUL NURTURING"

50 minutes £95

Soothing. Restorative. Profound. Ideal for emotionally exhausted souls, this nurturing treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems.

M Spa Body

Ila-Spa

ENERGISING & DETOXIFYING BODY RENEWAL

50 minutes £95

Using the ionising properties of Himalayan Salt Crystals, this Body Renewal is the ideal treatment for cellulite, stress and exhaustion. On a physical level, it results in a rapid elimination of tension and increased warmth and energy in the body; stimulates circulation and toxin elimination; reduces cellulite and brightens skin. On a subtle level, it cleanses and strengthens the bio-energy fields leaving mind, body and spirits uplifted.

BODY WRAP FOR BIO-ENERGISING

80 minutes £135

In this deeply rejuvenating treatment, an energising and detoxifying scrub is intensified by the addition of a wrap, drawing deeper toxins from the cells. Revitalising the skin and lymphatic system, the wrap physically detoxifies and cleanses the body – removing waste products, and re-energising and softening skin. On a subtle level, it can also promote profound healing in the energy body.

MOTHER TO BE

80 minutes £130

Beginning with a gentle body scrub to stimulate the lymphatic system and leave the guest looking and feeling radiant, this nourishing treatment combines rosehip seed and argan oil infused with extracts of lavender, geranium and rose to bring peace and harmony to mother and baby. Himalayan herb poultices are gently massaged into marma and meridian points to relieve aches and pains. Excess fluid and heat is removed. Anxiety is lifted, while dry skin is replenished and supported in the fight against stretch marks.



M Spa Nails

ProNails

LUX MANICURE OR LUX PEDICURE

50 minutes £40/£45

Luxury manicure to groom and nourish the hands with products for ProNails. ProNails is that perfect match between quality, reliability, inspiration and fun.

ON THE GO FINGERS OR TOES

25 minutes £25

A simple file and polish for those busy people.

SOPOLISH FINGERS & TOES

50 minutes £35

Sopolish guarantees durable and perfectly polished nails for at least 7 days, gives extra strength to the nail and has an everlasting shine. It applies easily like nail polish, cures very fast under LED light and is quickly removed by soak-off or peel-off with no damage to the natural nail. No buffing, no drilling, no filing, just pure respect for the natural nail.

M Spa Grooming

BILLION DOLLAR BROWS

BROW SHAPE

25 minutes £30

We live and breathe beautiful brows. Let our experts show you the way to a perfect arch. Wax or tweeze you choose.

EYE BROW TINT

£20

EYE LASH TINT

£20

LASH AND BROW TINT

£25

LYCON WAX

STRIP WAX

Half Leg	£25	Lip or Chin	£15
Full Leg	£35	Underarm	£20
Bikini Line	£30	Hollywood	£40
Chest or Back	£30	Brazilian	£35

HOT WAX

Half Leg	£30	Lip or Chin	£20
Full Leg	£40	Underarm	£25
Bikini Line	£35	Hollywood	£45
Chest or Back	£45	Brazilian	£40

Spa Experience

SPA/GYM OPENING TIMES

Monday to Friday 06.00 – 22.00
Saturday and Sunday 08.00 – 21.00

SPA TREATMENT TIMES

Monday to Friday 10.00 – 21.00
Saturday and Sunday 10.00 – 19.00

SPA RECEPTION

Monday to Friday 09.00 – 21.00
Saturday and Sunday 09.00 – 20.00

APPOINTMENT BOOKING

To schedule an appointment for your perfect treatment, please contact our spa coordinator team who will be able to guide you to the right choice. To ensure your preferred time and service is available we recommend you to book in advance. All spa treatments and programmes will need to be guaranteed with a credit/debit card.

Tel: +44 (0)20 3837 3010 Email: spa@mbymontcalm.co.uk

ARRIVAL TIME

Please allow sufficient time before your treatment to complete a spa consultation form and/or Health Questionnaire. We recommend you arrive up to 30 minutes in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time. The spa will provide luxurious towels, robes and slippers and any amenities required for use during your spa visit.

SPA FACILITIES AND ACCESS

The following spa facilities are available to guests booking a treatment lasting for a minimum of 1 hour: sauna, steam room, swimming pool, spa pool, spa changing and relaxation areas. Due to obvious time constraints, guests who have reserved nail or grooming treatments will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities, pool or the gym.

SWIMMING POOL, SPA POOL AND GYM

The 12-metre swimming pool and spa pool with air and water massage jets are available to hotel guests, members and day spa guests only. A state-of-the-art gym equipped with the Matrix cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

CHILDREN'S POLICY

Access to the spa including the changing facilities, spa and heat experiences, treatments and gym are restricted to over 16's.

CANCELLATION POLICY

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled time. Late arrival will shorten your treatment time.

SPA ETIQUETTE

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is a mobile phone, pager, camera and smoke-free zone.

HEALTH CONDITIONS/ PREGNANCY

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation. We have specially designed treatments for expectant women or nursing mothers. Please allow our spa team to guide you in selecting which treatments are most suitable during this special time. Please note we are able to offer treatments from 12 weeks to 32 weeks of pregnancy.

GIFT VOUCHERS

An ideal treat for someone special, please contact the Spa coordinator team for details.

HOME CARE

To continue your spa experience at home, most products used in our treatments are available to buy at reception.

VALUABLES / LOST PROPERTY

The Spa accepts no responsibility for loss of valuables and jewellery at any time on the spa premises. All lost property found on the premises should be handed in at reception.

PRICES

All prices are quoted in GBP and are subject to change at any time. Gratuities are not included and are welcomed at your discretion. For safety reason please be informed that glass, china, steel cutlery or any sharp objects are not permitted in the Spa.

M SPA

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