FACIAL TREATMENTS

Perfect for a beautiful skin glow... Our facials work with your skin’s natural processes to give you visible results and long-term benefits, especially for dull skin. These unique treatments using advanced natural products combine holistic therapy with modern aesthetic techniques for a glowing skin and a sense of calmness. After a consultation and in-depth skin analysis, our experienced therapists will design a bespoke treatment to your needs and skin type. A deeply relaxing facial and neck or scalp massage is included in all 50min facials for maximum relaxation.

HOLISTIC FACIAL TREATMENTS

Express Glow Facial
25min  £54
An express personalized facial to deep cleanse, exfoliate and tone your skin, eliminating dead cells and impurities. This facial will minimise the damage from sun and pollution, and keep your skin looked after and glowing. If you are pressed for time and feel your skin needs a pick up, this treatment is a great choice!

ESPA Skin Purifying Facial
50min  £76
This deep cleansing facial is ideal for oily, congested or problematic skin, or those suffering with hormonal imbalances. It helps regulating oil secretions and refining open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion. Your skin will feel totally renewed and nourished.

ESPA Skin Radiance Facial - Best Seller!
50min  £76
Revitalising facial treatment to refresh tired skin, giving a noticeably brighter and naturally radiant appearance, improving uneven skin tone. A special application of ESPA Skin Radiance Moisturiser, rich in natural acids from Hawaiian Algae and Meadowsweet will help to clean out clogged pores, enhance your skin’s natural glow. Your skin will look and feel firmer, hydrated and softer.

ESPA Re-hydrator Facial
50min  £76
An intensively regenerating facial perfect for dehydrated skin, especially after long-haul flights. Gentle cleansing and exfoliation followed by replenishing oils and mask to moisturise and soothe the complexion, leaving your skin nourished and softer than even before.

Skin Pick Me Up (a perfect add-on to any treatment*)
10min  £16
Not sure if you want a massage or facial? Have both! Add this deep facial cleanse to any massage of body treatment to eliminate facial tension and old skin cells and feel refreshed all over!
(*only sold as an add-on to another body treatment)

ADVANCED FACIAL TREATMENTS

ESPA Lift & Firm Facial
50min  £86
An advanced facial using Super Active™ products to enhance tonicity and firmness while stimulating cellular rejuvenation. The perfect facial to revitalize dull and ageing skin or to take your facials to the next level. This luxurious and regenerating treatment uses Tri-Active® ingredients combined with specialist facial lifting massage techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results, the benefits of which can be seen immediately.

Très Spa Signature Lift and Restore Facial
75min  £126
Our absolute best, this advanced facial uses top skin products to visibly improve skin appearance.

Facial - rejuvenating for maturing skin, combining powerful natural skincare products which stimulate collagen production to address visible signs of ageing, specifically focused on eyes, neck, lips and jaw line. Immediate results with smoother-looking, firmer, even-toned and rejuvenated skin.

Massage - Specialised facial massage lifting techniques to boost your skin, followed by a super soothing, ultra-indulging neck & shoulder massager and long scalp massage to eliminate stress and leave you feeling amazing!
MASSAGE TREATMENTS

A deeply relaxing body massage is totally satisfying, and the perfect way to wash away all stresses, ready for a relaxing and indulging time, or to recover from it! Our massages use 100% natural oils that penetrate and treat your skin, whilst our professional masseuses unravel each and every tension point, tailoring the technique and pressure especially in the way you like. You (better still, your body!) will chose the aromatherapy scents which your body feels it needs the most, and just melt away into the experience. Ideal for those seeking relief from stress, back pain, neck and shoulder stiffness… or long London days!

**Tension Release Head, Neck & Shoulder Massage**
25min  £56
For those more sensitive to strong pressure, this is a light but highly effective massage addressing areas most commonly affected by tension and stress. Get rid of those knots on your shoulder and neck and prolong your relaxation with a glorious scalp massage. You will emerge refreshed and rested.

**Muscle Melt Massage**
Back Massage  25min  £68
Full body  50min  £88
Using La Sultane de Saba’s rich blend of warm oils and melted shea butter, this treatment releases all tension and offers deep relaxation. The warm mixture of shea butter and scented oils is gently drizzled over your body giving you an amazing comforting sensation. Through flowing techniques and deep massage moves this treatment will leave your muscles soothed and your mind and body relaxed.

**ESPA Bespoke Aromatherapy Massage**
25min  £72
Best Seller!
Back Massage  50min  £92
Full body  50min  £92
This aromatherapy massage is essential, technical and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your needs and address your main areas of concern. Choose from the following: Detoxifier, De-stresser, Muscle relaxer, Jet-Lag reviver, Immune booster, Energiser, Body toner.

**Deep Tissue Massage / Sport Massage**
25min  £88
Back Massage  50min  £116
Full body  50min  £116
For those seeking a massage with longer and firmer pressure. It aims to release the patterns of tension in the body through slow strokes and pressure to reach deeper layers of muscle. This is the ultimate treatment to release stress and heal problems such as stiff neck and upper back, lower back pain, leg and foot muscle tightness or sore shoulders.

**Add on localized massage**
10min  £18
Prolong the enjoyment of your experience with 10 extra minutes of massage treatment, added to any other treatment chosen. (*only sold as an add-on to another body treatment*)

ADVANCED HEALTH AND AESTHETIC TREATMENTS

Our Spa is renowned for the most amazing relaxation treatments, and also for our wide range of medical and advanced treatments for health and aesthetics. We all know that life is too rushed, and we rarely find the time to sort those nagging pains, check our skin problems or kick-start our body and mind health. Take this opportunity now...

Our medical and complementary advice/therapies are quick and effective, and often one or two sessions can already make a difference to your well-being. Our team of senior therapists will organise and bespoke all treatments for you!

Aesthetic Treatments - Botox - Fillers - Microneedling - Medical-grade Peels & Facials
Body Re-setting - Detox Programmes - Nutritional Therapy - Bespoke Weight Loss
Body Shaping - Laser Body Contouring - Personal Training - Fitness Classes
Stress and Anxiety Therapy & Coaching - Hypnotherapy - Acupuncture
Physiotherapy - Osteopathy - Injury Rehabilitation - Back Pain Clinic

(Available most days including weekends. Children treatments available)
BESPOKE ESSENCE RITUALS
AND TREATMENT COMBINATIONS

RITUALS
Rituals are ideal to target your specific needs. Relax your body and mind and get yourself fully recovered with one of our rituals. Refresh, restore, revive and renew yourself!

Jet-lag Revive Ritual  50min  £78
If you are having trouble regaining your energy after a long journey and want to release all tension in tight areas of the body, this neck, shoulder and foot massage plus facial pick me up ritual will help you get rid of your jet lag and make you feel refreshed and energised again.

London De-Stress Ritual - New!  50min  £98
Had a long day sightseeing and shopping? Fight weary legs, tired feet, tension and pollution with this all-in-one treatment. Take a plunge at our Spa pool to start unwinding from the day... a brief time at the steam room will get you ready for a deep tissue leg & foot massage to release achy muscles... a slow relaxing neck & shoulders massage will finish this ultra-relaxing experience. You will feel renewed and re-freshed, ready to face it all again!

La Sultane Sweetness in Bloom Ritual - Mum-to-be treat!  50min  £98
This ritual for the mum-to-be involves a gentle and relaxing massage with neutral oils to release tension, soothe pregnancy aches and help with swelling. With mum lying on her back, our experienced therapist will massage feet, legs, hands, arms and neck, applying pure natural shea butter to the belly in gentle strokes to prevent stretch marks. Turning both sides focus on the neck, shoulders and lower back tension areas. A lovely facial and scalp massage completes this blissful treatment connecting mum to inner self and baby.

Indulging ESPA Aromatherapy De-Stress - Men's favourite!  75min  £136
Renowned treatment and loved by all, this is our most popular Spa experience, and delivers triple results by targeting four key areas: back, face, scalp and feet, making it the ideal treatment for anyone. Includes back exfoliation, back massage, personalised glow facial, scalp and foot massage.

Spa Happy Hour 15% OFF
all 50min treatments Mon-Thu 13:00-16:00

COMBINATIONS
We have combined below our most popular treatments with some extra special discounts for you to enjoy or treat someone special...

ESPA Energising Full Body Scrub & Skin Pick me Up Facial Scrub only option:  35min  £68  25min  £58
This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. A facial exfoliation and deep cleanse is combined to make this perfect as a stand-alone treatment or in preparation for a massage.

Foot & Leg Therapy - Beautifully Soft Skin, Soothed Muscles - New!  50min  £88
This revitalizing treatment for tired feet and heavy legs helps reduce puffiness and soothes aches and pains in the feet and calves. Includes a refreshing exfoliation, a deeply therapeutic deep tissue foot and leg massage, and the application of our German range of medical orthopaedic foot therapy products for exceptional therapeutic results.

Invigorate & Relax Moroccan Full Body Scrub & Back Massage  50min  £108
Combining this exceptional full body exfoliation treatment with a soothing back massage is the perfect way to deeply treat your body skin and enjoy the pampering sensation that only a massage can provide. As in all our massages, the pressure and technique is tailored to your personal needs.

Glow & Melt Facial & Tension Release Massage - New!  50min  £108
Experience this personalized treatment that combines a fantastic neck & shoulder massage with an amazing Glow Facial. Recover your energy and get ready for the evening!!
OUR PRODUCTS

ESPA is one of the most well-known Spa ranges of facial products which work with your skin’s natural processes to give you immediate, visible results and long term benefits. When you try an ESPA facial you will see the instant difference as it combines holistic therapy with modern day techniques to create truly unique treatments that deliver beautiful skin and a renewed sense of inner calm.

Discover the power of natural ingredients, which are used to create a dazzling array of fragrances and decadent textures. When combined with effective rituals from around the world, your mind and body will be transported, and your senses indulged, in a journey of pure relaxation, bringing the ultimate in wellbeing.

10% OFF all products purchased on the day of your treatment

TERMS, CONDITIONS & ETIQUETTE

Use of Spa facilities is complimentary to Pestana Hotel Guests. An entry fee applies to non-Hotel guests. Please endeavour to arrive 15min prior to your treatment to allow yourself time to relax, undergo a consultation to tailor your treatment and complete a short form. Use of bathing suit or equivalent is required at all times, and no nudity is allowed in common areas.

A Hotel account or payment in full is required at the time of booking to secure appointments. Regrettably if you arrive late your treatment time may have to be reduced. Please note we operate a strict 24h cancellation policy, therefore appointments changed or cancelled with less than 24h notice will incur a full charge.

Photographing and video recording at the Spa are strictly prohibited for the privacy of all guests. We reserve the right to request that any images or footage taken are deleted immediately on demand and the guest visit will be interrupted after that. Any sound devices including mobile phones or speakers must be kept on silent at all times, and video or audio phone calls are strictly not permitted (with or without speakers).

We are a family friendly Spa Hotel, however the Spa is primarily an adult facility. Children (under 16 years old) are welcome to attend at set hours (please see below) and must be accompanied by a supervising adult at all times. We ask that noise is always strictly controlled for the enjoyment of all guests and reserve the right to interrupt the visit if this is not strictly adhered to.

Our Spa is licensed to perform all the services listed, and our therapists are fully qualified and insured professionals. All prices and information are current at the time of printing, and include VAT. Opening times and treatments are subject to seasonal changes and availability. We strongly encourage careful and safe use by all guests. Should you need any support or advice please ask the Spa reception at the earliest opportunity.

Medical and advanced treatments are performed at our medical rooms adjacent to the Hotel.

By booking or registering for use, you agree to the current Spa Terms, Conditions & Etiquette and you confirm that you will attend the facility at your own risk. The Spa does not accept any liability for any issues arising from the use of the facilities or treatments.

OPENING HOURS

Monday: 07:30 to 20:00
Tuesday to Friday: 07:30 to 21:00
Saturday & Sunday: 08:30 to 20:00

Children (under 16 years old*) are welcome every day during the following hours, accompanied by a supervising adult.
Weekdays: 11:30 to 17:30
Weekends: 10:30 to 16:30
*For health and safety use of the pool, sauna or steam room is not allowed for children under 3 years old.
We reserve the right to confirm identity.

CONTACTS

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(ext. 36 from your room)
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