



CLARIDGE'S

BEAUTY AND FITNESS

LA PRAIRIE TREATMENTS

Swiss Cellular Facial	60 minutes	£95
Swiss Cellular Facial for Men	60 minutes	£95
Marine Youth Protection Facial	60 minutes	£95
Cellular Hydrating Facial	90 minutes	£125
Cellular Resurfacing Facial	90 minutes	£142
Skin Caviar Firming Facial	90 minutes	£144
Radiance Gold Facial	90 minutes	£148
Skin Caviar Body Treatment	90 minutes	£144
Detoxifying Back Treatment	60 minutes	£95

LA PRAIRIE'S ART OF BEAUTY FIVE-STAR TREATMENTS

Swiss Bliss	3 hours	£288
Beauty Express	45 minutes	£75

HOPI EAR CANDLE TREATMENT

La Prairie Hopi Ear Treatment as part of a facial	60 minutes	£105
Hopi Ear Candle	30 minutes	£50

SPECIALIST MESSAGES AND THERAPIES

Swedish Massage	60 minutes	£95
	90 minutes	£142
Deep Tissue Massage	60 minutes	£99
	90 minutes	£148
Reflexology	60 minutes	£90
Shiatsu Massage	60 minutes	£133
	90 minutes	£199
Thai Massage	60 minutes	£133
	90 minutes	£199

MANICURE AND PEDICURE

Manicure	45 minutes	£54
Manicure with French polish	60 minutes	£64
Pedicure	60 minutes	£69
Pedicure with French polish	75 minutes	£79
File & Polish Hands	30 minutes	£30
File & Polish Feet	30 minutes	£35

FINISHING TOUCHES

Half Leg Wax	25 minutes	£37
Full Leg Wax	45 minutes	£59
Underarm Wax	15 minutes	£23
Bikini Wax	15 minutes	£28
Thong Wax	30 minutes	£45
Brazilian Wax	45 minutes	£55
Hollywood Wax	45 minutes	£65
Lip Wax	10 minutes	£20
Chin Wax	10 minutes	£20
Eyebrow Tidy	10 minutes	£24
Eyebrow Shape	25 minutes	£30
Half Arm Wax	20 minutes	£29
Full Arm Wax	30 minutes	£42
Back/Chest Wax	30 minutes	£37
Eyelash Tint	30 minutes	£30
Eyebrow Tint	15 minutes	£20

All first time tinting must have a patch test 24 hours before the treatment.
Gift Vouchers are available for purchase from Claridge's Beauty & Fitness
for all treatments and services within the department.

TIMELESS GLAMOUR

Immerse yourself in the old-world Deco glamour of Claridge's and follow in the footsteps of icons from Hollywood's golden years to whom many Claridge's was a second home and the perfect place to retreat, luxuriate and be pampered to picture perfection.

THE GRETA GARBO

For those who want to be alone, remove yourself from the hustle and bustle of everyday life and enjoy some quiet 'me-time' with this classic restorative ritual.

1 Hour Swedish Massage
1 Hour La Prairie Cellular Facial
Light Lunch
2 Hours £222

THE GRACE KELLY

Rediscover your inner serenity and poise with a beauty programme suited to high society.

1 Hour La Prairie Cellular Facial
Manicure
Pedicure
Light Lunch
2 3/4 Hours £250

THE VIVIEN LEIGH

Prepare for that all important red carpet debut just as other English Roses have done so in years gone by.

30 Minute Back Massage
45 Minute La Prairie Facial
File & 'Miss Scarlett' polish for hands
Eyebrow Tidy
Pot of Darjeeling Tea
2 Hours £190

DEBONAIR STYLE

Take the lead in suave sophistication with luxury men's grooming at Claridge's.

THE CLARK GABLE

Give a damn and rejuvenate with a programme suited to the brutally masculine yet refined and style conscious.

1 Hour Deep Tissue Massage

1 hour La Prairie Cellular Men's Facial

Light Lunch

2 Hours £226

THE FRED ASTAIRE

Stay light on your toes with a programme of treatments suited to gentlemen with an eye for immaculate detail.

1 Hour Personal Training

30 Minute La Prairie Facial

30 Minute Back Massage

File & Tidy for hands

Light Lunch

2 1/2 Hours £233

THE CARY GRANT

Unwind and indulge with a gentlemen's pampering programme, the perfect preparation for a charismatic close-up.

Manicure

Pedicure

30 Minute Back Massage

2 1/4 Hours £172

THE BOGEY & BACALL

Emulate Hollywood's iconic sweethearts with a romantic couple's treatment.

2 x 30 Minute Massage

2 x 30 Minute Facial

2 x Glass of Laurent Perrier Rosé champagne

2 Hours £224

PERSONAL TRAINING

Half Hour Personal Training	30 minutes	£45
One Hour Personal Training	60 minutes	£75
- with nutritionally balanced take-away Claridge's Breakfast		£85
- with nutritionally balanced take-away Claridge's Lunch		£90
One and a Half Hour Personal Training*	90 minutes	£110
Assisted Stretching	20 minutes	£30
	40 minutes	£55

* May be combined with a run in picturesque Green Park or Hyde Park for cardiovascular emphasis (optional).

FURTHER INFORMATION

HOURS OF OPENING

Claridge's Beauty & Fitness opens 6am – 9pm Monday to Friday, 8am – 9pm Saturday and 8am – 8pm Sunday. Appointments can be made within these times. A credit card is required to hold all reservations for non-resident guests.

TELEPHONE

Please dial Claridge's Beauty & Fitness on Extension 60 or directly on +44 (0)20 7409 6565 or email us beautyandfitness@claridges.co.uk to make an appointment. Claridge's residents can also arrange in-room treatments for a supplementary charge.

CLARIDGE'S BEAUTY & FITNESS ADVICE

We kindly ask that you arrive 10-15 minutes prior to your appointment so you may change, wind down and begin your relaxing time with us. Robes, towels, slippers and other amenities are available for use within Claridge's Beauty & Fitness. Clients are advised not to have any heat treatments including hot baths, steam, sauna and solariums for a minimum of 24 hours after waxing and to advise the therapist if you have any medical conditions or if you are pregnant. Massage is not recommended before or after waxing for at least 12 hours. Make-up appointments are available upon request.

CANCELLATION POLICY

We require 24 hours' notice when cancelling or rescheduling all appointments. A charge will be incurred for any appointments cancelled within this time or for non-attendance. If you arrive less than 30 minutes late, your treatment may be reduced, but still charged at the tariff price. If you are more than 30 minutes late your treatment may not be honoured. This will ensure that other guests are not inconvenienced. We ask that all mobile telephones are switched off whilst in Claridge's Beauty & Fitness.