



CLARIDGE'S

HEALTH CLUB & SPA



SISLEY TREATMENTS

sisley
PARIS

Sisley, the renowned French company, creates the highest quality skincare and make-up products, combining the best of nature and science.

Sisley's Les Soins Essentiels benefit from the unique "savoir faire" and experience of this brand where plant extracts and essential oils are at the heart of the treatments. Incorporating massage rituals from around the world, Sisley treatments transport the individual into a sensual world where the body and mind is reunified.

FACIALS

Hydrating Facial *60 minutes £105*

This highly moisturising treatment uses extracts of white lily which is gentle on the skin and leaves the face feeling petal soft. It immediately restores the skin's moisture and luminosity.

Radiance Facial *60 minutes £105*

This revitalizing treatment has been created for dull or tired looking complexions. It instantly rejuvenates even the most fatigued complexion to leave skin glowing with renewed vitality.

Purifying Facial *60 minutes £105*

Designed for combination, oily and problem skins, this treatment uses Tropical Resins to purify, cleanse and regulate sebaceous secretions. Pores are tightened, skin purified and the complexion evened out. The face looks clear, fresh and oil free.

Brightening Facial *60 minutes £105*

This facial channels the advanced technology behind Sisley's Phyto-Blanc range. A precise product application method of products leaves the complexion clear and even. With frequent facials, or in addition to the daily use of the Phyto-Blanc range, it is a luxurious and relaxing way to gain a radiant and bright complexion.

Confort Facial *60 minutes £105*

Rich and soothing, this treatment using extracts of mallow and linden blossom has been created to treat weakened, dry and dehydrated skin. Relaxing, soothing, nourishing and balancing, this facial restores comfort to skin helping it regain its elasticity and softness.

Ecological Facial for Men *60 minutes £105*

This men's facial has been formulated to meet the specific needs of male skin. Carefully chosen plant extracts soothe aggressed skin while also leaving it looking clear and matte. Incorporating multi vitamin benefits, the treatment balances, hydrates, tones and energises the skin.

Supreme Anti-Ageing Facial *60 minutes £128 / 90 minutes £198*

This unique treatment uses Supremya, Sisley's most concentrated anti-ageing product, and combines the benefits of Sisley facials with a specific in-depth anti-ageing massage. Each muscle is worked on in turn along its entire length, first separately and then area by area, massaging several muscles together. In addition to the re-sculpting effect it has on the entire face, it also boosts blood circulation, improves tissue nutrition and promotes detoxification.

In a single session this treatment gives the skin a real boost, wipes away traces of fatigue, reactivates its radiance and dramatically recontours skin tissues. After a few sessions in short succession, facial muscles dramatically and lastingly regain their tone, helping to reposition facial volumes. The cheekbones are lifted, wrinkles are reduced, the face's centre of gravity is raised.

Luxury Sisleya Global Anti-Ageing Facial *90 minutes £149*

Essential luxury in a breakthrough anti-ageing treatment which turns 10 years of scientific research behind Sisleya Global Anti-Age into 90 unforgettable minutes. This specialist treatment with its sophisticated, deep-acting procedures transforms your face with renewed youth. Fine lines and wrinkles are smoothed, the epidermis is more toned, firmer and more elastic. The skin looks younger and healthier.

The facial is available in 3 versions for normal skin, dry to very dry skin and combination to oily skin.

Intensive Anti-Ageing Hydrating Treatment *90 minutes £149*

This unique treatment uses precious extracts of Malachite to encourage water circulation within the epidermis and restore the ideal skin water balance. The skin becomes suppler, toned and regains bounce, glow and the radiance of youthful skin.

Claridge's Signature Sisley Facial Treatment *90 minutes £198*

This unique treatment designed exclusively for Claridge's commences with a sensorial and relaxing foot and back ritual which incorporates the use of hot stones. This is followed by the ultimate facial that combines Sisley's deep tissue and relaxing massage techniques with the use of the award-winning Supremya anti-ageing treatment. This luxurious experience leaves the individual feeling renewed and revitalized with visibly glowing skin.

SISLEY BODY TREATMENTS

Phyto Aromatic Body Exfoliation *30 minutes £68*

This full body exfoliation uses Sisley's Energizing Foaming Exfoliant which is then showered off leaving the skin refined, soft and smooth. A nourishing body cream is then applied. Can also be combined with a massage or body treatment.

Relaxing Phyto Aromatic Body Treatment *60 minutes £105*

This aromatic treatment is designed to calm and relax the muscles as the movements are slow, deep and flowing. Massage techniques from around the world are used to soothe the body and mind while skin is nourished with Sisley's Relaxing Body Balm.

Energizing Phyto Aromatic Body Treatment *60 minutes £105*

This treatment uses Sisley's Energizing Body Balm to revitalise the mind and body, particularly after a long journey or a stressful day. Specific massage movements enhance lymphatic and blood circulation for uplifting and energizing results.

Sisleÿa Anti-Ageing Body Treatment *90 minutes £175*

This treatment incorporates Sisley's first anti-ageing body cream for a treatment which helps reduce the visible effects of skin ageing to restore the appearance of a younger and a more toned body. Using the Phyto-Aromatic body oil with a specific sequence of massage movements on each section of the body to tone, firm and energise the skin. The unique massage works to stimulate blood circulation, eliminates toxins, boosts cellular exchanges and balances energy within the body. The treatment targets key areas prone to skin slackening, particularly the décolleté, inner arms, stomach, inner thighs and buttocks.

SPECIALIST MESSAGES AND THERAPIES

Swedish Massage *60 minutes £99 / 90 minutes £148*

These gentle massage techniques relieve stress and tension in the muscles that can lead to general aches and pains. This full body treatment uses oil or cream.

Deep Tissue Massage *60 minutes £103 / 90 minutes £154*

This full body massage can also concentrate on specific areas of concern such as the back and shoulder area. Muscular tension is eased with deeper pressure massage movements using oil or cream.

Reflexology *60 minutes £95*

Working directly on the reflex points of the feet, this restores and balances energy flow within the body. A deep state of relaxation is achieved, leaving a feeling of freshness and rejuvenation.

Shiatsu Massage *60 minutes £135 / 90 minutes £201*

Uses a combination of rhythmical finger pressure massage techniques and gentle stretching that work on the meridian points to stimulate and balance the body's energy flow, also known as chi, leaving you re-energised. The treatment is performed with no oils or creams and guests are recommended to wear loose clothing.

Thai Massage *60 minutes £135 / 90 minutes £201*

Using deeper stretching and pressure point massage techniques this style of treatment helps with flexibility, aches and pains, particularly in the back and shoulder areas, releasing built up tension in the muscles. The treatment is performed with no oils or creams and guests are recommended to wear loose clothing.

MANICURE AND PEDICURE

Manicure	45 minutes	£56
Manicure with French polish	60 minutes	£66
Pedicure	60 minutes	£72
Pedicure with French polish	75 minutes	£82
File & Polish Hands	30 minutes	£33
File & Polish Feet	30 minutes	£38

FINISHING TOUCHES

Half Leg Wax	25 minutes	£39
Full Leg Wax	45 minutes	£61
Underarm Wax	15 minutes	£25
Bikini Wax	15 minutes	£30
Thong Wax	30 minutes	£47
Brazilian Wax	45 minutes	£58
Lip Wax	10 minutes	£22
Chin Wax	10 minutes	£22
Eyebrow Tidy	10 minutes	£26
Eyebrow Shape	25 minutes	£32
Half Arm Wax	20 minutes	£31
Full Arm Wax	30 minutes	£44
Back/Chest Wax	30 minutes	£39
Eyelash Tint	30 minutes	£32
Eyebrow Tint	15 minutes	£22

All first time tinting must have a patch test 24 hours before the treatment.

Gift Vouchers are available for purchase from Claridge's Health Club & Spa 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.

CLARIDGE'S SIGNATURE PACKAGE

Take yourself away 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 Sisley Facial
Light Lunch
2 Hours £239

THE RED CARPET PACKAGE

Rediscover your inner serenity and poise with a beauty programme suited to every special occasion.

1 Hour Sisley Facial
Manicure
Pedicure
Light Lunch
2 3/4 Hours £268

THE FINISHING TOUCHES PACKAGE

With a little touch of everything this will leave you prepared with time to spare.

30 Minute Back Massage
45 Minute Sisley Facial
File & polish for hands
Eyebrow Tidy
Light refreshment
2 Hours £197

DEBONAIR STYLE

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

THE CLASSIC GENTLEMEN'S PACKAGE

Rejuvenate with a programme suited to the
brutally masculine, yet refined and style conscious.

1 Hour Deep Tissue Massage
1 hour Sisley Men's Facial
Light Lunch
2 Hours £243

THE WORKS PACKAGE

A programme of treatments suited to gentlemen
with an eye for immaculate detail.

1 Hour Personal Training
30 Minute Sisley Facial
30 Minute Back Massage
File & Tidy for hands
Light Lunch
2 1/2 Hours £245

A TREAT FOR TWO PACKAGE

Enjoy a little time together with that special someone.

2 x 45 Minute Massage
2 x 45 Minute Facial
2 x Glass of Laurent-Perrier champagne
2 Hours £197

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).

HOURS OF OPENING

Claridge's Health Club & Spa opens 6am – 9pm Monday to Friday,
8am-8pm Saturday & 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 Health Club & Spa on Extension 60 or directly on
+44 (0)20 7409 6565 or email us healthclubandspa@claridges.co.uk
to make an appointment. Claridge's residents can also arrange
in-room treatments for a supplementary charge.

CLARIDGE'S HEALTH CLUB & SPA 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 Health Club & Spa. 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 Health Club & Spa.

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