

spa menu therapy
body holistic detox
face relax massage
soothe wrap shape

The Peak Health Club & Spa

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THEPEAK 
ON SLOANE STREET

Discover a unique spa destination where every treatment is customised to your time to spa. From detox wraps to body peels, contouring treatments and a choice of Thai, Aromatherapy and Swedish massage, highly trained therapists will provide the ultimate pampering experience.

Choose to recharge or relax with a selection of de-stressing, soothing massage treatments designed to help you banish fatigue, unwind and rejuvenate.

massages

Massage treatments 30 minutes / £43
60 minutes / £80 • 90 minutes / £115 • 120 minutes / £150

Swedish Massage

A traditional massage with regulated pressure that is excellent for releasing knots and tensions in the body. Medium pressure is applied to aid relaxation, stimulate circulation and remove toxic build up.

Advanced Body work (60/90/120 min only)

Designed to soothe and calm overactive muscles, this treatment is effective in dealing with muscular problems, such as adhesions, loss of muscle tone and tension. It helps to speed up circulation and eliminate toxins, and improve the skin's elasticity.

Relaxing Massage

A gentle to medium pressured massage, that works to calm and relax the body and mind.

Sports Massage

Targeting particular muscle groups that have been injured or are used heavily in a specific sports activity, a regular course of these treatments can help training performance. Recommended pre and post activity or even during exercise.

Therapeutic Massage

Pressure is applied to the body using thumbs, fingers and palms and combined with gentle manipulation, it alleviates tension and enhances the body's natural healing ability.

Indian Herbal Oil Massage

Warm herb-infused oil is poured onto the centre of the stomach and back and spread all over the body in sweeping movements. It is soothing, relaxing and completely indulgent.

Lymphatic Drainage

A delicate form of massage that stimulates the body's lymphatic system, it will improve metabolism by helping the body to eliminate waste and toxins. It provides a boost to the immune system. Detoxifying fushi pure massage oil is use in this treatment.

Balinese Massage

A traditional form of massage from Bali, Indonesia, which uses skin rolling, long kneading, thumb circling and pressure pointing on the feet.

Remedial Massage

A system of manual manipulation of the soft tissues of the body. It can be used for injury prevention as well as treatment. The benefits include improved circulation, reduced soft tissue swelling (where present), a breakdown of scar tissue after injury and reduced muscle tension or spasm.

Ante and Post-Natal Massage

(60/90/120 minutes only)

Relieving the tension and aches caused by pregnancy, this treatment will help reduce swelling, soothe the nervous system, and reduce fatigue. Rose hip oil is used to prevent stretch mark.

Indian Head Massage (30/60 minutes only)

A relaxing treatment that helps to relieve stress and mental fatigue while improving circulation of blood and oxygen supply to the scalp.

Reflexology / Pregnancy Reflexology

(30/60 minutes only)

Manipulation of the reflex points releases toxins from the body and promotes a feeling of well being. Reflexology is also advisable during pregnancy to help body adopt with changes associated with pregnancy.

Cranio-Sacral Therapy (60 minutes only)

Designed to help with almost any condition, including muscular pain, stress, headache, digestive and menstrual disorders, this gentle treatment involves a light touch of the hands in order to evaluate the subtle fluid motion in the body called Cranio-Sacral Motion.

Reiki (60/90 minutes only)

Based on the principal of Universal Life Energy or Chi, this is an energy healing technique which involves the practitioner placing their hands on areas of your body to energise, heal and cleanse.

Specialised Therapies 30 minutes / £47

60 minutes / £85 • 90 minutes / £122 • 120 minutes / £160

Deep Tissue Massage 30 minutes / £47

An invigorating, deep pressure treatment that works on releasing muscle tension and knots, using hands, elbows and knuckles to release muscular tightness. Alleviating aches and pains, it is recommended for those who are physically active. Regular treatments recommended.

Shiatsu/Pregnancy Shiatsu

Shiatsu is a system of finger-pressure massage which treats special points along 'meridians' (channels of energy flow in the body). Blocked meridians can cause discomfort, and the technique applied to a specific meridian point can release the blockage, thereby balancing energy flow.

Thai-Yoga / Pregnancy Thai-Yoga Massage

Thai massage is an ancient healing art using acupressure, stretching and gentle yoga stretches. The therapist uses their hands, feet and elbows to apply pressure to help improve your natural energy flow and healing process.

Aromatherapy Treatment

An ancient treatment that uses aromatic plant extracts to reduce symptoms of certain ailments, and help combat insomnia or jet lag. Using essential oils suitable for your condition, they are applied to the body through a relaxing flowing massage movement.

Japanese Kobido Massage 75 minutes / £125

'Ko Bi Do' is Japanese for facial. This ancient Japanese treatment works on the structure below the skin, working on your facial and cranial muscles to stimulate the skin.

Fushi Holistic Massage Treatments

Chakras are the seven subtle energy centres in the body which affect your equilibrium and energy flow. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested Chakras can affect the body and mind both emotionally and physically.

Fushi Pure 75 minutes / £145

For the ultimate detoxification, this unique full body treatment will cleanse the body of accumulated toxins and help the eliminatory organs (skin, bowel, kidneys, liver and lungs) function more efficiently. It includes a reviving lymphatic drainage body massage, with 'Marma' point massage to rejuvenate the body, full reflexology, a pressure point head and face massage, and a warm stomach herbal body brush.

Fushi Sleep 75 minutes / £145

A deeply therapeutic holistic treatment using blends of essential oils. Deeply relaxing and focusing on the 'Marma points', it can help with insomnia, anxiety, migraines and calm the nervous system.

Fushi Power 75 minutes / £145

The Fushi Power energy treatment is based on Ayurveda's ancient 'Marma' therapy and focuses on stimulating 'energy points' to help unblock energy channels and reenergise the entire body.

Fushi Peace 75 minutes / £145

The Fushi Peace treatment is a combination of rejuvenating massage techniques that will help eliminate stress. It begins with warm herbal chamomile poultice poured onto the back and shoulders and massaged thoroughly, releasing tension in the muscles.

Complementary and Manual Therapy Osteopathy

Initial Consultation 60 minutes / £80

Includes a general health assessment followed by a treatment tailored to your needs. Prognosis and advices are inclusive.

Follow Up Treatment 30 minutes / £48

45 minutes / £70 • 90 minutes / £120

Your osteopath will follow your progression by a follow up consultation and examination. Includes a general maintenance treatment.

Consultation and Full Body Assessment

15 minutes / free

Initial Child/baby Consultation

60 minutes / £70 (under 14 yrs)

Follow Up Child/Baby Treatment

45 minutes / £57 (under 14yrs)

Physiotherapy

Initial Consultation 60 minutes / £105

Your initial meeting with your Physiotherapist involves a full assessment to identify the body's condition with a physiotherapy treatment completing the package.

Follow Up Treatment 30 minutes / £53

45 minutes / £80 • 60 minutes / £105

Natural products are combined with relaxing and purifying techniques to help calm, soothe or revitalise depending on the condition of the skin.

facial therapies

Facial Treatments

Focused on naturally improving the condition of the skin and enhancing its appearance, all facials include specialised double cleansing techniques, gentle exfoliation, acupressure facial massage and a deep cleansing and intensive face mask. All treatments are personalised to ensure your skin is given exactly what it needs.

Skin Care Lesson 25 minutes / £25

Confused about how to care for your skin? Lesson includes a full skin analysis using a state-of-the-art skin scanner and a comprehensive home care prescription on how to treat your skin. (£15 of the booking fee is redeemable against any products purchased on the day.)

The Booster 30 minutes / £45

The booster facial dramatically improves the appearance of sun damaged skin, blemishes and acne scarring. Suitable for damaged, dehydrated and problem skin. A relaxing neck and shoulder massage is given while the face mask sets. This treatment does not include extractions.

The Intense Boost 45 minutes / £60

An advanced facial treatment using gentle micro currents and high frequency to transport active ingredients deep into the skin. The result is super-hydrated, plumped up skin and a firmer complexion. This treatment does not include extractions and is not recommended as your first Pevonia facial.

The Essential One 60 minutes / £65

This 'essential' facial targets the visible signs of ageing effectively softening the appearance of fine lines, dark circles and puffiness. Especially effective on sun damaged skin that lacks radiance. While your mask sets you will be given a massage of your choice.

That Little Bit Extra 75 minutes / £85

This facial treatment is 'The Essential One' treatment but with a little bit extra! You can use that extra time (15 min) for a variety of treatments. Choose from a massage, eyebrow tidy, or a specific skin treatment.

The Exceptional One 90 minutes / £100

This facial treatment is 'The Essential One' treatment but with a little bit extra time! You can use that extra time (30 min) for a variety of treatments. Choose from a massage, eyebrow tidy, or a specific skin treatment.

The One to Remember 105 minutes / £115

This facial treatment is 'the Essential One' treatment with plenty of extra time (45 min) to choose an additional treatment. Choose from a massage, manicure, pedicure, facial, or a specific skin treatment.

Pevonia Myoxy Caviar & Pearl Treatment

90 minutes / £140

An advanced facial that will target visible signs of ageing by improving the skins elasticity and increasing the oxygenation of cells. Myoxy-Caviar will soften and regenerate the skin and help restore its vitality, dramatically reducing expression lines and wrinkles. This treatment will bring your skin to a new level of hydration.

Extra time – skin

Additional Extractions / 15 minutes

Eyebrow Shape / 15 minutes

Specialised Masks / 15-30 minutes

Oxygen, seaweed, vitamin, anti-free radical and rose

Escutox Treatment / 15 minutes

Eye Treatments / 15-30 minutes

For puffiness, wrinkles or both

Lip Treatment / 30 minutes

For plumping and hydrating

High Performance Ampoules / 30 minutes

Collagen, elastin, refining, hydrating, brightening, eyes

Extra time – massage / 15/60 minutes

Facial / Scalp / Neck and shoulders / Hand and arm Foot and leg / Back

Massages are tailor-made to suit individual needs.

A course of treatments is recommended for optimum results. A free treatment with a course of 6.

ENVIRON®

We are pleased to announce the arrival of the high intensity vitamin A based cosmeceutical skin care line, Environ. Vitamin A has a corrective effect on skin, smoothing and softening it, while at the same time protecting it from further damage of UV rays and everyday free radical attacks. It promotes the production of healthy collagen and elastin and improves the natural moisturizing factors of the skin.

Environ prescriptive facial 60 minutes / £65

A personalised prescription facial using a range of therapeutic essential oil based products and facial pressure point massage to boost your complexion, revive you skin texture and add a lasting glow to you appearance.

Environ Ionzyme Vitamin Facial Treatment

90 minutes / £110 . Course of 5 treatments / £500

Course of 10 treatments / £950

The Ionzyme® DF machine is a patent pending machine which introduces the combined use of intensified Iontophoresis and active Sonophoresis. The sound waves from the Sonophoresis produces record breaking penetration through the skin allowing the special Environ® treatment serums and gels to penetrate even deeper into the skin.

VOYA Anti-Aging Reviver Facial 60 minutes / £65

A fabulous 60-minute VOYA Anti-Aging Reviver Facial using VOYA's anti-aging organic seaweed skincare products. A mask of fresh seaweed leaves is placed over the face and whilst its plumping powers get to work, a neck and shoulder massage ensues. The result is instantly firmed and tightened skin with a natural radiant glow.

For a true skin enhancing experience. All treatments include a gentle skin brushing, exfoliation and a relaxing head massage as your mask sets.

body treatments & wraps

Body Treatments

Essential Oil Relaxing Massage 60 minutes / £80

Using pre-blended aromatic oils to suit your mood, this popular de-stressing all-over slow body massage will heal your body, mind and soul.

Hip and Thigh Massage 30 minutes / £45

An exfoliation to remove dead skin cells and increase absorption and blood flow, with a vigorous massage to drain and detoxify the body. An ideal treatment in between your detoxifying wraps or on its own.

Full Body Exfoliation 45 minutes / £60

You can be salt-scrubbed to a glow with different salt concoctions or re-mineralised with a seaweed body peel. Whatever you choose your skin will feel revitalised in time for a holiday or special occasion.

Tropical Saltmousse Glow 45 minutes / £60

An exfoliation ritual to invigorate and revitalise the body, this Saltmousse Glow will remove dead skin cells and impurities. An aromatic scrub will polish and rehabilitate the skin, leaving it glowing and vibrant. Select from:

Pineapple and Papaya

Repairing, smoothing and rejuvenating

Mango and Passion Fruit

Firming, brightening and invigorating

Pevonia Hot Stone Massage

60 minute / £85 . 90 minutes / £110

Therapeutic heat is slowly released into the belly of the muscle for a completely new body experience. Small stones are placed on key energy points and combined with a Pevonia deep massage for maximum relaxation. You will feel refreshed, rejuvenated and completely relaxed.

Pevonia Self-Tan Treatment 60 minutes / £60

This very natural self-tan treatment is the perfect start to your vacation or for that special occasion. An exfoliation is applied to ensure an even application and a longer lasting tan. Please wear loose fitting, dark clothing and avoid showering within 8 hours of the application for best results.

Pevonia Body Wraps

All treatments include a full body exfoliation to ensure full absorption and a relaxing head massage while your mask works its magic.

Pevonia Detox – Thalasso Wrap 90 minutes / £85

Course of 5 / £425 (sixth treatment free)

Purify the body and skin with this French seaweed wrap. Absorb a rich array of minerals, vitamins and enzymes that will stimulate circulation and encourage the body to eliminate toxins.

Green Coffee Body Wrap for Cellulite 90 minutes / £85

Course of 5 / £425 (sixth treatment free)

Targeting stubborn cellulite and sagging skin, this treatment will achieve rapid and visible results while a body mask and hydrating massage will detoxify the body from inside out.

Tropical Escape Anti-Ageing Wrap 90 minutes / £85

Using Papaya and Pineapple, this tropical wrap is enriched with Creme Fraiche, natural butter, calcium and vitamin A. Containing anti-ageing ingredients such as collagen and elastin polypeptides, it will leave the skin deeply nourished and will reduce wrinkles. Recommended for premature ageing. Must be avoided if client has collagen intolerance.

Tropical Oasis Anti-Ageing Wrap 90 minutes / £85

Combining the tropical extracts of Mango and Passion Fruit, this exotic wrap is rich in fruit acids, potassium, calcium and vitamin C. It will leave the skin revived, firmer, and vividly brighter. Must be avoided if client has collagen intolerance.



A luxurious treat for those parts of the body that work so hard for you but can be left neglected. Includes fragrant hand or foot soak, exfoliation and soothing massage.

hands & feet

Shape and Polish 20 minutes / £20

Your nails will be filed to your required shape and finished with a varnish of your choice.

No Time Manicure 25 minutes / £27

This 'no time manicure' includes nail shape, nourishing of cuticles and hands and finished with the varnish of your choice. This treatment does not include cuticle work.

Peak Manicure 50 minutes / £35

The ultimate manicure, this full nail treatment includes nail shape, cuticle work, exfoliation and massage with a varnish of your choice.

No Time Pedicure 25 minutes / £30

You nails will be filed to your required shape and finished with the varnish of your choice.

Peak Pedicure 50 minutes / £40

For a complete pedicure, this full nail treatment includes nail shape, cuticle work, hard skin removal exfoliation and foot file work (we do not use razor blades) and a foot massage, finished with a varnish of your choice.

Pevonia Youth-Renew Caviar Spa

Hand or Foot Treatment 70 minutes / £55

More than a manicure and pedicure, this luxurious 70 minute hand or foot massage combines anti-ageing ingredients including caviar, marine collagen and retinol to enrich the hands or feet with natural enzymes. Full exfoliation is applied and finished with a varnish of your choice.



A full selection of male and female
grooming services.

grooming

Waxing

Half Leg	30 minutes / £25
¾ Leg	45 minutes / £30
Full Leg	60 minutes / £40
Basic Bikini	15 minutes / £20
High Bikini	30 minutes / £30
Brazilian	45 minutes / £45
Hollywood	60 minutes / £65
Half Leg & Basic Bikini	45 Minutes / £40
Half Leg & High Bikini	60 Minutes / £50
Full Leg & Basic Bikini	75 Minutes / £55
Full Leg & High Bikini	90 Minutes / £70
Half Arm	15 minutes / £20
Full Arm	30 minutes / £30
Underarm	15 minutes / £20
Upper lip/Chin	15 minutes / £15
Eyebrow Tidy	15 minutes / £20
Full Face Wax	45 minutes / £30
Patch	from £10

Please note that waxing is unsuitable if you are using Retin-A or Accutane or if your skin has been sensitised by the sun or other treatments. Please avoid any heat treatments such as sauna or sun beds 24 hours before or after your appointment.

Shaping and Tinting

Eyelash Tint	30 minutes / £25
Eyebrow Tint	15 minutes / £20
Eyebrow Shaping	30 minutes / £25
Eye Trio	50 minutes / £60
Eyelash tint, eyebrow shape and tint	

Please note that if you have not had a tinting treatment at the Peak before, we require you to have a patch test 24 hours prior to your appointment. This is to ensure that you do not suffer a reaction from the products.



For that perfect appearance.
A full range of treatments just for men.

men's treatments

Face Treatments

Booster Facial For Men 30 minutes / £45

This super-grooming facial works overtime to help eliminate blocked pores, rapidly accelerate skin repair and neutralise impurities. Treatment includes a relaxing neck and shoulder massage. This treatment does not include extractions.

The Prescriptive Facial for Men 75 minutes / £75

This deep cleansing facial is designed to rebalance the skin from conditions caused by shaving, any sensitivity, lines & wrinkles and dehydration. Redness is reduced and immediate comfort is restored to stressed skin.

Waxing

Chest	15 minutes / £20
Chest and Abdomen	30 minutes / £30
Shoulders	15 minutes / £20
Back	30 minutes / £30
Back and Shoulders	40 minutes / £35

Please note that waxing is unsuitable if you are using Retin-A or Accutane or if your skin has been sensitised by the sun or other treatments. Please avoid any heat treatments such as sauna or sun beds 24 hours before or after your appointment.

Manicures & Pedicures

Men's Manicure 40 minutes / £30

Includes cut and nail shape, cuticle work, exfoliation and hand massage.

Men's Pedicure 40 minutes / £35

Includes cut and nail shape, cuticle work, exfoliation and foot file work, with a nourishing foot massage.

Men at their Peak Spa Package 165 minutes / £160

The ultimate package for men. Includes a full manicure and pedicure, prescriptive facial and a deep neck, shoulder and scalp massage.



Whether you have a moment to recharge, an hour to detox, or a day to relax, choose from our bespoke packages and enjoy a treatment to suit any schedule or lifestyle.

spa packages

Jetlag Reviver 75 minutes / £90

A sensual pampering treat. This treatment uses aromatic oils to awaken the senses and combines a full body skin brush, a stimulating leg, neck and shoulder massage and a face and scalp massage. A deeply relaxing way to be pampered.

VOYA Tangle Me Up –Complete Anti-Ageing Package 105 Minutes / £125

This all-encompassing facial and body wrap begins with an invigorating body brush exfoliation before the body is smothered in a unique, natural body mask of finely milled, fresh, hand-harvested organic seaweed and wrapped in a muslin cloth. As the body absorbs the rich nutrients, a head massage results in deep relaxation. After a warm shower, VOYA's Softly Does It seaweed rich organic body moisturiser is applied, stimulating the senses with mandarin, lemon, patchouli, lime clove and basil.

A Night on the Town 105 minutes /£125

A pampering treat before a night on the town. Redefine mental and physical wellbeing with a full body exfoliation, nail shape and polish and the ultimate facial – a skin specific booster facial.

New Day New You 150 minutes / £165

Enhance your sense of wellbeing with a full body exfoliation, relaxing massage and a Pevonia "The Exceptional One" Prescriptive Facial. Your skin is left conditioned and toned and your spirits uplifted.

Day Packages

The following packages include full access to Peak facilities including: gym, aerobics studio (and classes), swimming pool, Jacuzzi and sauna and steam rooms.

The Club Room at the Peak offers a nutritious three course lunch buffet.

The Spa Treat 105 minutes / £170

For the ultimate spa treat, enjoy a full body exfoliation and warm essential oils drizzled over the body drenching the skin with moisture. A deeply relaxing treatment that will polish and scent the skin.

The Day of Pampering 120 minutes / £160

Heal body, mind and soul with this popular, de-stressing 60 min essential oil massage or 60 min prescriptive facial (Pevonia or Environ) combined with either a Peak manicure or pedicure.

The Ultimate Caviar Skin Treatment

225 minutes / £290

The power of Caviar extracts help to lift, firm and rehydrate the skin. This Myoxy Caviar and Pearl facial treatment is especially effective on sun damaged skin that lacks radiance. It is combined with a youth-renew Caviar hand and foot spa treatment.

...Because You're Worth It 270 minutes / £300

Intended to restore wellbeing and attend to your body's needs for the day, this luxurious treatment combines a full body exfoliation and gentle massage, followed by a manicure and pedicure and prescriptive facial, which includes an eyebrow tidy. You will leave feeling elated with your skin feeling fresh, soft and super clean!



spa etiquette

Prices and treatment descriptions are correct at the time of printing but are subject to variation without notice.

Please advise the Spa when making your booking if you are pregnant or breastfeeding, if you suffer from any medical conditions, injuries and allergies or if you have any special requests as some treatments may not be safe or suitable to be carried out.

Please be aware that cancellations must be made 24 hours prior to the treatment, otherwise a full cancellation fee will be charged. We regret that it may be necessary to treat appointments as cancelled, for clients arriving more than 15 minutes late.

We kindly ask that you turn your mobile phone to silent mode when you arrive to allow you and our other guests to relax.

We recommend booking in advance. Credit card details are required to make and confirm any booking.

We recommend that you arrive a few minutes before your spa appointment so you have time to check in, fill out our consultation card and unwind. The use of the steam room or Jacuzzi is recommended prior to a spa booking as it helps you to relax. If you wish to arrive early, we suggest you arrive 40 minutes prior to your appointment. There is a charge for using these facilities.

Children under the age of 16 may have treatments as long as they are accompanied by adult who has signed a consent form. If the child is between 16 and 18 years of age, they can have treatments without an adult, but the adult must sign a consent form. All junior treatments must to be approved by the Spa Manager.

Please feel free to talk during the treatment or to stay quiet, as you choose. The therapist will follow your lead.

When arriving at the spa you may change into a robe and slippers in our changing rooms or you may go straight to your treatment room as you are. Please feel free to wear whatever makes you comfortable. You may be asked to remove certain clothing but the most important thing is that you are comfortable. Our therapists will keep your body draped in towels and only expose each area being treated. In wet treatments such as body scrubs and body wraps, you will not always be draped. Swimsuits are optional in these treatments and we have disposable underwear if you prefer.

If you are uncomfortable with anything during your treatment (e.g. the pressure, the music or the temperature) please feel free to let your therapist know as they will be more than happy to make any necessary adjustments.



View from The Peak