

THEPEAK 
ON SLOANE STREET



Spa & Massage Menu

Jumeirah Carlton Tower

Cadogan Place

London SW1X 9PY

Tel: 020 7858 7300

JCTPeakRec@Jumeirah.com

Table of Contents

Facial Treatments	
Pevonia Facials.....	3
Environ Facials	6
Spa Body Treatments	7
Body Treatments.....	7
Pevonia Body Wraps	8
Spa Packages	9
Day Packages	10
Maintenance Treatments	11
Manicures & Pedicures	11
Waxing.....	12
Shaping and Tinting.....	12
Men’s Treatments	13
Face Treatments.....	13
Waxing.....	13
Manicures & Pedicures	13
Massage Treatments	14
Specialised Therapies	16
Fushi Holistic Massage Treatments.....	17
Complementary and Manual Therapy	18
Spa Etiquette	19



Facial Treatments

All skin treatments are tailor made in accordance with your skin type and current concerns. Let your therapists use their experience and knowledge to guide you to skin excellence. Whether your concern is sensitivity, breakouts, dehydration, dullness, Acne Rosacea or those unloved wrinkles. We have professional products and techniques at hand. Discuss your concerns with your therapist to find the best option for your skin. Homecare advice will be given at the end of each treatment to maintain the results.



Launched in 1991, Pevonia Botanica bases its philosophy on offering a complete line of spa care products containing the finest natural marine and botanical ingredients, combined with technologically advanced formulas and treatments to deliver outstanding results for all skins.

SKIN CARE LESSON

25 MIN

£25

Confused about how to care for your skin? Let us show you the way. We will analyse your skin using our state of the art Skin Scanner. We will also give you comprehensive home care advice so that you can get the best out of your skin. (*£15 of the booking fee is redeemable against any products purchased on the day.*)

PRESCRIPTIVE “THE BOOSTER”

30 MIN

£45

This treatment is for people on the run. Your therapist will examine your skin to select suitable products. You will be cleansed, exfoliated, treated to a skin mask, eye cream and moisturiser. This treatment does not include extractions but it does include a wonderful neck and shoulder massage while your mask is on!

You can also choose the Pevonia Lip Treatment or Eye Treatment as your Booster.

PRESCRIPTIVE “THE INTENSE BOOST”

45 MIN

£60

This facial gives you the immediate visible results of Pevonia’s natural peels or Oxygenating Mask. Your therapist will select the most suitable one for your skin type and goals. The different exfoliants are ideal for fine lines, and sun damaged as well as oily and acne-prone skin. The Oxygenating Mask dramatically increases the percentage of oxygen to the skin giving phenomenal instant boost of hydration and brightness leaving the skin looking fresh, clear and truly radiant. This treatment does not include extractions and is not recommended as your first Pevonia facial.



PRESCRIPTIVE “THE ESSENTIAL ONE”**60 MIN****£65**

This facial treatment starts off with a thorough consultation with your therapist to ensure the best results. Your therapist will begin the treatment by examining your skin helping to decide which products to use. She will then cleanse and exfoliate your skin, extract any comedones, applies a highly concentrated ampoule to the skin, followed by a facial mask. While the mask is on you will receive a massage of your choice. The mask will then be removed and a skin cream applied, along with a suitable eye cream to complete your treatment. This is a maintenance treatment for skins that receive regular attention. If it's been a while since your last treatment or if you are looking to address any particular concerns we recommend you to book extra time.

PRESCRIPTIVE “THAT LITTLE BIT EXTRA”**75 MIN****£85**

This facial treatment is ‘the Essential One’ treatment with that little but extra time to work on any concerns. The extra time (15 min) can be used in a variety of ways. You can decide to add an extra massage, an Eyebrow Tidy, or extra time spent working on your skin. Through a detailed consultation your therapist will be able to suggest the most beneficial option for you; this could be in the form of a specialised mask, additional extractions, using electricals (don't worry, it doesn't hurt a bit), the super anti-ageing Escutox treatment. Should your therapist determine that your skin does not need any extra attention a massage of your choice will be suggested: facial, scalp, neck and shoulder, foot, or hand and arm.

PRESCRIPTIVE “THE EXCEPTIONAL ONE”**90 MIN****£100**

This facial treatment is ‘the Essential One’ treatment with extra time to work on any concerns. The extra time (30 min) can be used in a variety of ways. You can decide to add an extra massage, an Eyebrow Tidy, or extra time spent working on your skin. Your therapist will closely examine your skin and suggest the most beneficial options for you; this could be in the form of a specialised mask, additional extractions, using electricals (don't worry, it doesn't hurt a bit), the super anti-ageing Escutox treatment. In this treatment you have an extra 30 min so you can enjoy a combination of extras. In this facial you may also benefit from one of our High Performance ampoules, an Eye Treatment, The Lip Plumping Treatment. Alternatively you may decide to just enjoy an extra long massage: facial, scalp, neck and shoulder, foot, hand and arm or even your back!

PRESCRIPTIVE “THE ONE TO REMEMBER”**105 MIN****£115**

This facial treatment is ‘the Essential One’ treatment with lots of extra time to work on any concerns. The extra time (45 min) can be used in a variety of ways. With this treatment you can chose the perfect variety of extras. You can decide to add an extra massage, an Eyebrow Tidy, and extra time spent working on your skin. Through a detailed consultation your therapist will be able to suggest the most beneficial options for you; this could be in the form of a specialised mask, additional extractions, using electricals (don't worry, it doesn't hurt a bit), the super anti-ageing Escutox treatment. In this treatment you have an extra 45 min so you can enjoy a combination of extras. You may choose to start off with a 30 min back massage and then still have 15 min of extra skin time. You may choose to benefit from one of our High Performance ampoules, an Eye Treatment, The Lip Plumping Treatment along with an extra massage. Let your therapist help you in deciding what goals you would like to achieve.

PEVONIA MYOXY CAVIAR & PEARL TREATMENT**90 MIN****£140**

In this facial Pevonia offers the most advanced defence against the signs of ageing. This treatment will improve elasticity and increase the oxygenation of cells. Myoxy-Caviar smoothes and regenerates your skin helping to restore its youthful vitality, dramatically reducing expression lines and wrinkles. This treatment will bring your skin to a different level of hydration and youthfulness!



EXAMPLES OF HOW YOUR THERAPIST MAY USE THE EXTRA TIME:

SKIN TIME:

- **ADDITIONAL EXTRACTIONS** (ouch!), **15 MIN**
- **EYEBROW SHAPE**, **15 MIN**
- **SPECIALISED MASKS** (Oxygen, Seaweed, Vitamin, Anti-free Radical, Rose to name a few), **15-30 MIN**
- **ESCUTOX TREATMENT**, **15 MIN**
- **EYE TREATMENTS** (for puffiness, wrinkles or both), **15-30 MIN**
- **LIP TREATMENT** (for plumping and hydrating), **30 MIN**
- **HIGH PERFORMANCE AMPOULES** (Collagen, Elastin, Refining, Hydrating, Brightening, Eyes), **30 MIN**
- **ELECTRICAL ENHANCEMENTS** maximise the benefits of your treatment. Leave it up to your therapist to decide what the most suitable one is for you, **15-30 MIN**
 - **GALVANIC**
 - Boosts the penetration of product into the skin, maximizing their performance.
 - Prepares the skin by softening the keratin and sebum, which assists in the removal of blackheads and congestion
 - Aids with deep cleansing
 - **HIGH FREQUENCY**
 - treats acne by relieving inflammation and bringing the bacteria count under control
 - speeds up the process of skin healing
 - **BRUSH CLEANSING**
 - intensifies skin cleansing
 - encourages cell turnover

MESSAGE TIME: These massages are tailor made to suit individual needs, **15/60 min**

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

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**. Ageing is a chronic disease that needs daily treatment and as we get older, more intensive treatment is required. After much medical research and extensive trials, it was shown that 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, leading to healthier, younger looking skin. Vitamin A is also an extremely important antioxidant that naturally resides in the skin as a protective layer. The Environ® products offer a definite regime to nourish, protect and maintain a healthy, youthful and beautiful skin.

IN SPA TREATMENT

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 and, therefore, the active ingredients provide much quicker, more effective results. Come and see for yourself!

ENVIRON PRESCRIPTIVE FACIAL

60 MIN

£65

After a consultation your skin is cleansed and exfoliated followed by a customised mask. You will receive a stress relieving neck and shoulder massage while the mask works its wonders. The treatment will then be completed with the application of your prescriptive skin care products, including eye cream.

ENVIRON IONZYME VITAMIN FACIAL TREATMENT

90 MIN

£110

COURSE OF 5 TREATMENTS

£500

COURSE OF 10 TREATMENTS

£950

PURCHASE THESE COURSES AND RECEIVE A TREATMENT FREE OF CHARGE



Spa Body Treatments

Body Treatments

ESSENTIAL OIL RELAXING MASSAGE

60 MIN

£75

Using pre-blended aromatic oils to suit your mood, your tension will be massaged away with this slow and soothing massage. **Add a Prescriptive “The Essential One” Facial for £55 (save £10)**

HIP AND THIGH MASSAGE

30 MIN

£45

The treatment will begin with an exfoliation, removing dead skin cells to increase absorption and blood flow. Then, using very active and stimulating ingredients, the area will be massaged vigorously to assist in draining and detoxifying the area. An ideal treatment in between your Detoxifying wraps or on its own.

FULL BODY EXFOLIATION

45 MIN

£60

Following your consultation your therapist will choose the best exfoliating medium for your goals and skin. You may be salt scrubbed to a glow with our different salt concoctions or you may be re-mineralised with our seaweed body peel. Either way your skin will feel re-born in time for you holiday or special occasion.

NEW! TROPICAL SALTMOUSSE GLOW

45 MIN

£60

A spa exfoliation treatment unlike any other! This Saltmousse Glow will remove dead skin cells and impurities whilst releasing negative ions to counteract damaging environmental pollutants. As water is added to the Saltmousse, the skin is polished with this aromatic scrub. As it pleasantly foams it naturally rehabilitates the skin leaving a youthful, smooth surface. With your therapist, select from the following: **Pineapple and Papaya** - Repairing, smoothing, and rejuvenating and **Mango and Passion Fruit** - Firming, brightening and invigorating.

PEVONIA HOT STONE MASSAGE

60 MIN

£85

90 MIN

£110

The combination of warm basalt stones & our unique Pevonia massage technique reaches even the deepest, most hidden muscle tension and de-stresses the mind. You will feel refreshed, rejuvenated and completely relaxed.

PEVONIA SELF-TAN TREATMENT

60 MIN

£60

This very natural self-tan treatment is the perfect start to your vacation or for that special occasion. The treatment begins with an exfoliation 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

Through our new entirely prescriptive approach your Beauty Therapist will help you choose the most suitable wrap for you. All treatments include a full body exfoliation to ensure greater absorption hence greater skin benefits. You will then be cocooned in total warmth and can enjoy a relaxing head massage while your mask works its magic.

PRESCRIPTIVE DETOXIFYING WRAP (GREEN COFFEE OR SEAWEED WRAP)

90 MIN

£85

These wraps are focusing on serious detoxification! Whether your concern is water retention and sluggishness you may be in need of our Thalasso Seaweed Wrap or if your concern is focused on cellulite then we have our famous powerful Green Coffee Wrap to address your needs. Several treatments will be necessary to achieve required results.

Pevonia Detox - Thalasso Wrap

A true gift from the sea all the way from Brittany, this seaweed wrap is soothing and smoothening. Relax and luxuriate in steady warmth while your skin detoxifies and absorbs intense benefits from the rich array of micronised minerals, vitamins and enzymes naturally abundant in this French seaweed.

Green Coffee Body Wrap for Cellulite

An effective treatment to combat cellulite; this powerful diuretic action aids break down of adipose tissue, activating maximum hydration and firmness, while thoroughly hydrating and deeply moisturising the skin.

COURSE OF 10 (RECOMMENDED) £760

COURSE OF 5

£425

PRESCRIPTIVE NOURISHING WRAP

75 MIN

£75

Wrap yourself in relaxation, restoration and emerge renewed, refreshed and rejuvenated. Pevonia's Nourishing Wraps offer you an entire spectrum of intensive treatments to address all of your skincare needs. These wraps are ideal for re-hydrating sun exposed skin, rejuvenating tired skin, healing sensitive skin, re-mineralising dull skin or deeply moisturising dry skin. Your therapist will select from a range of wraps full of healing ingredients.

NEW! TROPICAL ESCAPE ANTI-AGEING WRAP

90 MIN

£85

Drenched with Papaya and Pineapple, this tropical wrap is enriched with Crème Fraiche natural butter, calcium, magnesium, saccharides, vitamin A, and pomegranate extract. Blended with potent anti ageing ingredients such as collagen and elastin polypeptides, this Crème Fraiche formula glides smoothly over the skin. Experience a glorious sensory escape as you are enveloped by the scent of vanilla and enticing tropical fruits. The skin is deeply nourished and rejuvenated, revealing an astonishing decrease in body crepiness and wrinkles. Also recommended for premature ageing. Must be avoided if client has collagen intolerance.

NEW! TROPICAL OASIS ANTI-AGEING WRAP

90 MIN

£85

Combining the tropical extracts of Mango and Passion Fruit, this wrap is rich in fruit acids, potassium, calcium, saccharides, essential fatty acids and a high concentration of vitamin C. As the creamy yoghurt formulation is applied to the skin, it prompts the quick and deep absorption of potent rejuvenating ingredients. Transport yourself to a sublime tropical oasis where your senses will be gently awakened and phenomenal visible results are obtained. The skin is revived, smoother, firmer, and vividly brighter. Recommended to firm the skin; great for a dull, sallow, pigmented skin type. Must be avoided if client has collagen intolerance.



Spa Packages

These packages have been put together so that you can benefit from the harmony of treatments and for a chance to spoil yourself with some full body pampering.

JETLAG REVIVER

75 MIN

£ 90

This treatment begins with a full body skin brushing. Then we will perform a stimulating massage of legs, deep neck and shoulder massage, along with an invigorating face & scalp massage using reviving aromatic oils to awaken the senses. It will leave your body and mind recharged.

A NIGHT ON THE TOWN

105 MIN

£ 125

This package was designed to attend to all your needs for a completely polished look. It will start off with a Full Body Exfoliation to make your skin smooth and glowing followed by a Shape and Polish and then while your finger nails dry we will complete the treatment with a skin specific Booster Facial.

NEW DAY NEW YOU

150 MIN

£165

Enjoy a full body exfoliation followed by a Relaxing Massage and ending with a Pevonia “The Exceptional One” Prescriptive Facial. You will look and feel as new!



Day Packages

The following packages include complete access to our facilities: the gym, aerobics classes, stainless steel swimming pool, Jacuzzi, sauna and steam rooms. They also include a 3 course buffet lunch with a glass of champagne in our spectacular clubroom dining area.

THE SPA TREAT

105 MIN

£170

This package is the traditional Spa treat. Enjoy a full body exfoliation tailor made to suit your skin, followed by an Essential Oil Relaxing Massage to melt your tensions away.

THE DAY OF PAMPERING

120 MIN

£160

This is the Peak's most famous spa package which includes a 60 min Essential Oil Relaxing Massage or a 60 min Prescriptive Facial (Pevonia or Environ) along with either a Peak Manicure or Pedicure.

THE ULTIMATE CAVIAR SKIN TREATMENT

225 MINS

£ 290

Treat yourself to the best of what Pevonia has to offer with a Myoxy Caviar & Pearl Facial Treatment along with the Youth-Renew Caviar Hand and Foot Spa Treatments.

...BECAUSE YOU'RE WORTH IT

270 MINS

£300

This is the ideal head to toe maintenance treatment for every woman in town. We will begin by giving your skin a new lease of life with a Full Body Exfoliation including a relaxing massage. Your hands and feet will then be tended to with our amazing OPI treatment. Then, while your nails dry you can relax and enjoy our Prescriptive Facial which will also include an Eyebrow Tidy. You will leave feeling elated and looking perfectly turned out; what an achievement!



Maintenance Treatments

Manicures & Pedicures By **O·P·I**

SHAPE AND POLISH	20 MIN	£20
Your nails will be filed to your required shape and finishing with the application of your favourite OPI colour.		
NO TIME MANICURE	25 MIN	£27
This treatment includes shaping your nails, nourishing cuticles and hands, finishing with the application of your favourite OPI colour. This treatment does not include cuticle work.		
PEAK MANICURE	50 MIN	£35
This is a full manicure which includes shaping your nails, complete cuticle work, exfoliating and nourishing hands with a massage and ending with the application of your favourite OPI colour.		
NO TIME PEDICURE	25 MIN	£30
This treatment includes shaping your nails, nourishing cuticles and feet (does not include cuticle work and hard skin removal), finishing with the application of your favourite OPI colour.		
PEAK PEDICURE	50 MIN	£40
This is a full pedicure which includes shaping your nails, complete cuticle work, hard skin removal through exfoliation and foot file work (we do not use razor blades), a foot massage and ending with the application of your favourite OPI colour.		
PEVONIA YOUTH-RENEW CAVIAR SPA HAND OR FOOT TREATMENT	70 MIN	£55
This is pure luxury for your hands or feet (or both!). An opulent therapy combining anti-ageing ingredients; Caviar, Marine Collagen, Retinol and repairing vitamins with enriching natural actives. Hands and feet are brightened with natural enzymes, and then exfoliated with polished Jojoba beads that gently peel away all impurities. Repairing ingredients seep into the skin to ensure you reveal youthful, refreshed, and velvety-smooth skin.		



Waxing

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.

HALF LEG	30 MIN	£25
¾ LEG	45 MIN	£30
FULL LEG	60 MIN	£40
BASIC BIKINI	15 MIN	£20
HIGH BIKINI	30 MIN	£30
BRAZILIAN	45 MIN	£45
HOLLYWOOD	60 MIN	£65
HALF LEG & BASIC BIKINI	45 MIN	£40
HALF LEG & HIGH BIKINI	60 MIN	£50
FULL LEG & BASIC BIKINI	75 MIN	£55
FULL LEG & HIGH BIKINI	90 MIN	£70
HALF ARM	15 MIN	£20
FULL ARM	30 MIN	£30
UNDERARM	15 MIN	£20
UPPER LIP/CHIN	15 MIN	£15
EYEBROW TIDY	15 MIN	£20
FULL FACE WAX	45 MIN	£30
PATCH		FROM £10

Shaping and Tinting

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.

EYELASH TINT	30 MIN	£25
EYEBROW TINT	15 MIN	£20
EYEBROW SHAPING	30 MIN	£25
EYE TRIO (EYELASH TINT, EYEBROW SHAPE AND TINT)	50 MIN	£60



Men's Treatments

Face Treatments

BOOSTER FACIAL FOR MEN

30 MIN £45

This treatment is for men on the run. Your therapist will examine your skin to select suitable products. You will be cleansed, exfoliated, treated to a skin mask, eye cream and skin cream. This treatment does not include extractions but it does include a wonderful neck and shoulder massage while your mask is on!

THE PRESCRIPTIVE FACIAL FOR MEN

75 MIN £75

This facial treatment has been designed to target the general concerns of a man's skin: aggression from shaving, environmental conditions, photo-damage, sensitivity, lines & wrinkles and dehydration. Your skin will feel refreshed and revived.

Waxing

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.

CHEST	15 MIN	£20
CHEST AND ABDOMEN	30 MIN	£30
SHOULDERS	15 MIN	£20
BACK	30 MIN	£30
BACK AND SHOULDERS	40 MIN	£35

Manicures & Pedicures

MEN'S MANICURE

40 MIN £30

This treatment includes cutting/shaping the nails, complete cuticle work, exfoliating and nourishing hands ending with a massage.

MEN'S PEDICURE

40 MIN £35

Includes cutting/shaping the nails, complete cuticle work, hard skin removal through exfoliation and foot file work, and ending with the application of nourishing cream and a foot massage.

MEN AT THEIR PEAK SPA PACKAGE

165 MINS £ 160

This package includes a Men's Manicure, Men's Pedicure, and The Prescriptive Facial for Men along with a deep neck/shoulder/scalp massage. The perfect way to looking sharp and feeling refreshed.



Massage Treatments

Massage treatments at the Peak focus on the body, mind and spiritual well-being through a holistic approach including ancient techniques and wisdom. We use from the holistic lifestyle brand Fushi which offers great selection to treat stress, detoxify, boost energy and help abnormal sleeping patterns. Our health practitioners specialize in a wide selection of treatments from around the world – we trust you will relax and enjoy.

30 MINS	£40
60 MINS	£75
90 MINS	£108
120MINS	£140

RELAXING MASSAGE

A gentle to medium pressured massage working to calm and relax the body and mind.

SWEDISH MASSAGE

A flowing but firm massage with medium pressure used to aid relaxation, stimulate circulation and remove toxic build up. An excellent choice for every day stress and tension.

THERAPEUTIC MASSAGE

A carefully selected massage technique is used and pressure and the pressure adapted to your requirements. This massage is aimed at healing and rejuvenating the body's tissues.

DEEP TISSUE MASSAGE

An invigorating, deep pressure treatment that works on releasing muscle tension and knots. The therapist may use hands, elbows and knuckles to release muscular tightness. This is recommended for physically active people as it alleviates aches and pains and keeps muscles supple. Regular treatments recommended.

SPORTS MASSAGE

This massage targets particular muscle groups, either ones that have been injured or those relevant to a specific sports activity. A regular course of these treatments can help to maintain a higher level of training performance. Recommended pre and post activity or even during exercise.

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), and the breakdown of scar tissue after injury, reduced muscle tension or spasm and a general feeling of well-being.

ADVANCED BODY WORK (60/90/120 MIN ONLY)

Advanced techniques are 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 also helps to speed up circulation and eliminate toxins, which can reduce pain and stiffness. Other benefits include improving the skin's elasticity and helping with the break down of fatty tissue.



INDIAN HERBAL OIL MASSAGE

Warm herb infused oil is poured on the chakras of the body. This gentle restorative massage purifies and balances body, mind and soul. The gentle massage movements influence the central nervous system and are good for people seeking a soft to medium pressure massage.

LYMPHATIC DRAINAGE

Lymphatic drainage is a delicate form of massage that stimulates the body's lymphatic system, improving the metabolism, helping the body to eliminate waste and toxins and providing 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.

ANTE AND POST -NATAL MASSAGE (60/90/120 MIN ONLY)

This massage relieves the tensions and aches caused by the extra weight and shift in the centre of the gravity to the body. It also helps in reducing swelling, soothing the nervous system, and reducing fatigue. Rose hip oil is used to prevent stretch mark.

INDIAN HEAD MASSAGE (30/60 MIN ONLY)

A wonderful treatment that will relieve stress and mental fatigue while improving circulation and increasing blood and oxygen supply to the scalp. It's good for people who spend lots of time in front of a computer. A choice of stimulating or soothing hair lotions is available.

REFLEXOLOGY/PREGNANCY REFLEXOLOGY (30/60 MIN ONLY)

The reflex zones of the feet affect the levels of stress, wellness and energy in the body. 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. Integrative Reflexology is also available and uses a slightly different technique to stimulate the points.

CRANIO-SACRAL THERAPY (60 MIN ONLY)

During this extremely gentle treatment, the therapist listens to the body using very light touch of the hands in order to evaluate the subtle fluid motion in the body called Cranio-Sacral Motion. This treatment can help with almost any condition, including muscular pain, stress, headache, digestive and menstrual disorders.

REIKI (60/90 MIN 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 energize, heal and cleanse.



Specialised Therapies

60 MINS	£80
90 MINS	£115
120MINS	£150

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. The following types of shiatsu are available: Setai Shiatsu, Shiatsu on bed which is the modern way of doing the treatment and when therapist use their feet to stimulate the points is called barefoot shiatsu. Please wear loose clothing.

THAI-YOGA MASSAGE

Thai massage is an ancient healing art using acupressure, stretching and applied gentle yoga stretches. The therapist also uses their hands, feet and elbows to apply pressure to help improve your natural energy flow and healing process. It is recommended to wear loose clothing in this treatment.

AROMATHERAPY TREATMENT

This is an ancient treatment that uses aromatic plant extracts to reduce symptoms of certain ailments, help combat insomnia and even get rid of jet lag. Your therapist will choose essential oils suitable for your condition and apply them to the body through a relaxing flowing massage movement. Essential oils may either also be used in a bath or even as a room fragrance.

Face

JAPANESE KOBIDO MASSAGE

75 MINS

£125

“Ko Bi Do” is Japanese for facial. This ancient Japanese treatment works on the structure below the skin – your facial and cranial muscles – to encourage a unique radiance to your skin. The gentle manipulation of lymphatic drainage points rids the skin of toxins and ensures that every aspect of your countenance is given a full work-out. With the purity of the product oil (REN), this treatment will give you an instant natural lift. This, together with a healthy diet and lifestyle will keep you looking radiantly beautiful.



Fushi Holistic Massage Treatments

Thoroughly luxurious and therapeutic each treatment is beautifully created to reflect the holistic principles of Ayurveda, and designed to help provide a solution for these common complaints. Imaginatively intertwined with Indian head massage, herbal compresses and reflexology Fushi spa treatments provide the ultimate top to toe rejuvenation and therapeutic experience.

FUSHI PURE

75 MINS

£135

Cleansing your body of its accumulated toxins is a great way to boost well-being. Detoxification neutralizes toxins and removes them from the body by helping the eliminatory organs – skin, bowel, kidneys, liver and lungs to function efficiently. This unique combination full body treatment includes a relaxing yet reviving lymphatic drainage body massage, with ‘marma’ point massage specifically to rejuvenate the body along with the stimulation of reflexology points. The treatment is completed with a soothing pressure point head and face massage, a warm stomach herbal compress and body brushing for the complete top to toe detoxifying experience.

FUSHI SLEEP

75 MINS

£135

Sleep problems are one of the most common. Many of us suffer from insomnia due to stress and our lifestyle. Lack of sleep can affect our health and well-being, and affect our bodies adversely in the long term. **Fushi Sleep** is a calming and harmonising holistic massage that combines a soothing and superbly relaxing full body massage, inspired by Ayurveda’s revitalising Abhyanga technique. Massage of the ‘marma points’ for relaxation help calm the body and prepare for final sensational Ayurvedic warm oil pouring specifically known to help with insomnia, anxiety, migraines and to calm the nervous system.

FUSHI POWER

75 MINS

£135

Lack of energy is a common complaint, we all experience lethargy at some point. Most treatments focus on relaxation but many times its energy we need more of! The **Fushi Power** energy treatment is based on Ayurveda’s ancient Marma therapy which focuses on stimulating ‘energy points’ to help unblock energy channels and re energise the whole body. This invigorating massage sequence involves the authentic brisk stroking method typical of this technique that is both reviving and beautifully relaxing at the same time. The treatment includes an optional invigorating body brushing session to help improve circulation.

FUSHI PEACE

75 MINS

£135

You may think that stress is an inevitable factor of a modern lifestyle but it has a significant effect on your health. Stress is often the cause of a multitude of health problems. The key to dealing with stress is to address short-term symptoms before they become long-term conditions, which could lead to all sorts of problems. **Fushi Peace** is a stress relieving combination of rejuvenating massage techniques. It begins with a comforting warm herbal chamomile poultice that is massaged on the entire back and shoulders, which offers a calming respite, with the warmth of the poultice relaxing the tension in the muscles as a perfect prelude for the massage. The luxurious full body combination Ayurvedic massage includes pressure point massage particularly for relaxation and well-being, and the Ayurvedic ‘squeeze technique’ that helps ease stiff muscles.



Complementary and Manual Therapy

OSTEOPATHY

Osteopathy is a holistic therapy aimed at restoring the body's natural balance and efficiency. It is a complementary therapy that seeks very much to take the needs and situation of the individual into account. It is regulated by law in UK and covered by most private health insurances. Using an extensive range of technique such as joint manipulation, visceral mobilisation, restoration of the crano-sacral mechanism as well as massage the health practitioner treats a wide range of patient from the new born to the elderly, according to their concerns; from a specific or acute condition (back pain, headaches, stomach bug, sport injuries, pregnancy) to a general or chronic state such as stress and tiredness. The treatment is generally followed by a prognosis as well as advice regarding the causes. Find out more at osteopathy.org.uk
Our chartered Osteopath is Florence Pasteur.

INITIAL ADULT CONSULTATION

60MINS

£100

Includes general health assessment, physical expertise of the body, followed by a treatment tailored to the patient. Prognosis and advices are inclusive.

FOLLOW UP ADULT TREATMENT

45MINS

£80

Your osteopath will follow your progression during subsequent consultations through examination, treatments and advices until you get back to your well being. As well as general maintenance treatment like a MOT, in order to maintain your own homeostasis.

INITIAL CHILD/BABY CONSULTATION (UNDER 14 YRS)

60MINS

£60

FOLLOW UP CHILD/BABY TREATMENT (UNDER 14YRS)

45MINS

£50

PHYSIOTHERAPY

A medical discipline that involves a detailed assessment and evaluation of all neuro-musculoskeletal conditions. Our chartered Physiotherapist uses techniques of manual therapy, electrotherapy, as well as exercise and movement therapy. At The Peak we focus on helping people with musculoskeletal injuries. This is advisable for simple conditions like low back ache from travelling or even the common repetitive conditions such as tendonitis. With the combinations of electro and manual therapy clients can achieve a sound improvement. Our chartered Physiotherapist is Leah Anne Marzan.

INITIAL CONSULTATION

60MINS

£100

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

30MINS £50

45MINS £75

60MINS £100

These are a series of physiotherapy treatments recommended by your Physiotherapist following your initial consultation. These treatments may involve re-assessment as your condition improves, electro or manual therapy, and finally discharge as you reach your optimal normal function.



Spa Etiquette

- We would recommend booking well in advance. Credit card details are required to make and confirm any booking.
- 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 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 do so we suggest that you arrive 40 minutes prior to your appointment. There is a charge for using these facilities.
- Please advise us if you are pregnant or breastfeeding, if you suffer from any medical conditions, injuries and allergies or if you have any special requests when making your booking as some treatments may not be safe or suitable to be carried out.
- We kindly ask that you turn your **mobile phone to silent mode** when you arrive to allow you and our other guests to relax.
- If you are uncomfortable with anything during your treatment (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.
- 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. However 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 on offer if you prefer.
- **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 to be approved by the Spa Manager.

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



