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THE SPA

At Park Hyatt London River Thames

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SPA & WELLNESS MENU

A sanctuary of serenity, the Park Hyatt London Spa & Wellness Spaces offers 360-degree well-being services designed to stir the senses and help you unwind from the urban bustle at your own pace. Choose from a curated range of treatments delivered in partnership with select wellness brands, focusing on the core pillars of modern wellness: energy, longevity, youthful beauty, and restful sleep. Begin your personalised spa journey in our Spa Relaxation Lounge, Sauna Cabins, and Spa Lobby Lounge before indulging in a deeply relaxing treatment with one of our expert therapists. With six treatment rooms, thermal suites, a 20-metre indoor swimming pool, and a 24-hour fitness studio, we provide everything you need for a full body and mind reset.

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OUR PARTNERS

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LING SKINCARE

Inspired by her journey from Hong Kong to New York, Ling Chan's signature facial treatments are rooted in Asian beauty principles that emphasise exfoliation and hydration to balance the skin and prevent and address skin ailments before they arise. Her latest innovation, the Energy Lift Facial, contours the face and delivers remarkable results through a powerful, natural anti-ageing and wellness device. This treatment infuses the skin with healthy FAR-infrared rays - a rejuvenating energy that provides an instant lift while removing toxins and puffiness. Negative ions reduce inflammation, balance the skin's pH levels, and increase circulation for a revitalised complexion.

THE|TIDES – BRAINBODYMIND WELLNESS

Experience the philosophy of Dutch Wellness, where we live by the seasons, plan by the tides, and honour the elements - with treatments that address a wide array of issues, from mental health to stress, hormonal imbalances, energy depletion and more. The|Tides BrainBodyMind Wellness™ treatments reflect the natural balance found in Dutch landscapes and emphasise the importance of maintaining equilibrium within ourselves. Guided by the principle of 'less is more', the brand merges the Dutch spirit of openness and natural beauty to cultivate calmness, resilience to stress, and acceptance - so we learn to savour the challenges of modern life.

TEA & TONIC

Strengthen your resilience with Tea & Tonic, a quintessentially British brand that brings a unique twist to wellness. Nestled in the hills of Surrey, England, you'll find the team blending wellness wonders amidst the tranquil woodlands in converted historic brick kilns. Nurture yourself inside and out with adaptogen super-herb tea and skincare products, formulated to promote wellness, balance and brightness in the skin - and in the self.

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THE|TIDES

– BODY MASSAGES

PEACE OUT™ (SLEEP MESSAGE)

60 MINS £190 | 75 MINS £220 (INCLUDES FOOT BATH)

Reset your circadian rhythms and prepare for deep, restful sleep. The Peace Out sleep message brings you into a state of deep relaxation, preparing your body for restorative sleep so you wake up feeling rested and refreshed.

BRAINBODY STRETCH™ (RECOVERY MESSAGE)

60 MINS £190

Restore your body's natural energetic flow with the BrainBody Stretch, a recovery treatment for people always on the go. It releases blockages caused by long-haul flights, sitting in the same position for too long, and an imbalanced posture.

BACK TO BRILLIANCE™ (RE-BALANCING MESSAGE)

60 MINS £190 | 75 MINS £220 (INCLUDES FOOT BATH)

When the strains and stresses from daily life throw you off, re-balance with the Back to Brilliance massage. Perfect for when you need to restore inner balance and strength, boost your energy levels, and find mental clarity.

MY SISTER THE MOON™ (PERI-MENOPAUSAL RELIEVER)

60 MINS £190 | 75 MINS £220 (INCLUDES FOOT BATH)

Embrace new beginnings with My Sister The Moon, a treatment designed to ease perimenopausal discomfort and help you flourish through the changes of (pre)menopause with strength and vitality.

TEA & TONIC MAMA'S WELLBEING MASSAGE (PREGNANCY MASSAGE)

30 MINS £90 | 60 MINS £180

Nurture, nourish, and restore your body during pregnancy and early motherhood with breathwork techniques and a specialist-tailored massage, using British-grown seed oils and adaptogen super herbs. Perfect for when you need to de-stress and boost your energy.

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THE|TIDES – FACE & BODY TREATMENTS

BRAINBODY HACKER™ (DE-STRESSING HEADSPACE TREATMENT)

45 MINS £165 | 60 MINS £190 (INCLUDES SCALP EXFOLIATION)

Ground yourself in a renewed sense of mental clarity and calm. The Brain-Body Hacker is perfect for when your mind feels cluttered, your thoughts are racing, or you are too tired to relax. This treatment alleviates tension headaches, disturbed sleep, and chronic stress, leaving you feeling calm, restored, and rebalanced.

UNCHAIN™ (BACK, SHOULDERS AND NECK)

60 MINS £190

Ease muscle tightness, stiffness and pain in the area where your body holds the most tension. Whether caused by stress or poor posture, restricted blood and oxygen flow can leave you feeling out of balance. Undo the tension with a focused treatment that targets key muscle groups in the back and shoulders.

TEA & TONIC GUA SHA FACE, NECK & SHOULDER MASSAGE

60 MINS £175 | 30 MINS (AS ADD ON) £95

Gua Sha is an ancient Chinese healing technique that relieves tension, reduces puffiness, oxygenates the skin, and promotes collagen production. Combined with Tea & Tonic's adaptogen super herbs, British-grown seed oils, and mindful breathing, this treatment helps de-stress, tone, plump, and sculpt the face, neck and shoulders. Enjoy a specially selected adaptogen wellness tea at the end of your session, while your therapist shows you how to use Gua Sha at home.

TEA & TONIC COUPLES ZEN & BREATHE

90 MINS £240

Find your state of zen alongside a friend or loved one with mindful breathing and a soothing salt therapy foot bath, followed by a face and body de-stress massage. Using aromatherapy oil blends infused with adaptogen super-herbs and British-grown botanicals, we'll help ease the stress that impacts your sleep, energy, mood, and mind. Complete this calming ritual with a restorative adaptogen wellness tea.

GRACIOUS TIDES™ (WELLNESS FACIAL)

75 MINS £220

Enjoy smoother, healthier, glowing skin with the Gracious Tides wellness facial. Drain away the tensions and toxins of daily stressors that accumulate in the face, scalp, neck, and shoulders, feel less stressed and glow with health and vitality.

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OCEAN POOLS™ (FOOT RETREAT)

60 MINS £190

Relieve tension, swelling, and fatigue in your feet and lower legs with the Ocean Pools foot treatment. You'll start with an exfoliation, followed by a rejuvenating foot bath infused with seabed magnesium, grey sea salt, seaweed, clay, and essential oils to detoxify and restore minerals and electrolytes in your body. Feel the tension melt away with a lymphatic and fascia release massage, enhanced by trigger point stimulation to boost circulation and reduce swelling. Our foot mask activates cell metabolism, soothes muscle pain, and nourishes the skin. While your feet are being revitalised by the mineral-rich mask, enjoy a neck and shoulder massage to relieve any tightness and congestion.

ENHANCEMENTS

SALTY ME™ (INVIGORATING BODY SCRUB)

30 MINS £90

LET YOUR FINGERS DO THE WALKING™ (HAND TREATMENT)

30 MINS £90

SECRETS OF THE WATERS™ (MAGNESIUM, SEAWEED, SEA CLAY BODY WRAP)

30 MINS £90

TALES OF THE OCEAN™ (ALGAE, PHYTOPLANKTON, ACEROLA BODY WRAP)

30 MINS £90

MIND RITUALS 30 (OR 45MINS INCLUDING THE TEA TIME)

30 MINS £90 | 60 MINS £165

Combining breathwork and mindfulness techniques, Mind Rituals uses the simple pleasures in life to relieve stress. Personalised aromatherapy, British-grown seed oils, and super herbs are used alongside a salt therapy foot bath, a head, neck and shoulder massage and guided mindful breathing. End the ritual feeling nurtured and relaxed with a specialist adaptogen tea menu.

* Option to remain clothed/seated.

* Option to add Tea & Tonic Gua Sha Face Massage +30min

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THE|TIDES – HOLISTIC WELLNESS TREATMENTS

OCEAN DEEP RECOVERY™ (FATIGUE FIGHTER)

120 MINS £280

Switch into deep recovery with a fatigue-fighting massage designed for those who need to unplug, recover, and regain resilience. While ocean minerals make their way into the skin, your therapist will target areas prone to muscle tension with a face and scalp treatment. For a renewed sense of energy and zest in the body, we'll dive deeper into the neuro-muscular system to release blocked energy and relieve tension and fatigue from the fascia.

THE HEALER™ (BURNOUT TREATMENT)

120 MINS £280

Take relaxation to the next level with The Healer, a burn-out remedy that helps both body and mind unwind, breaking the stress cycle. Through evidence-based holistic practices, this treatment restores the nervous system, balances hormones, and enhances sleep quality, allowing you to reconnect with yourself and regain mental clarity. Stimulating the body's

natural regenerative abilities, it boosts the immune, respiratory, and lymphatic systems. This treatment enables deep relaxation that will stay with you long after the treatment ends.

SEA-T OX™ (BRAINBODYMIND DETOX)

120 MINS £280

Harness the revitalising properties of the ocean with a Sea Tox Detox treatment that provides you with the space for a physical, mental and emotional detox. Our therapists will alleviate sensations of heaviness in the body and post-illness fatigue symptoms like brain fog, headaches, migraines and skin issues. Use it to support a weight loss or fitness plan or to get back into shape after a pregnancy. It's the ultimate treatment for purifying and relaxing the body and mind and returning to the world with lightness, space, and perspective.

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LING FACIALS – SPECIALITY RESULTS FOCUSED FACIALS

C THE DIFFERENCE

60 MINS £175

Treat sun damage, sun spots, signs of ageing and uneven skin tone with non-invasive wave technology that exfoliates the skin and infuses it with LING Skincare solutions. This concentrated vitamin C facial evens out your skin tone provides antioxidant protection against free radical damage, promotes collagen production and lightens pigmentation caused by overexposure to the sun.

CHARCOAL DETOX

90 MINS £275

Detoxify your skin, unclog and refine pores and clear away blackheads with the LING Charcoal Detox Facial. Designed to extract toxins and clear pores of impurities with a signature triple peel, deep and thorough pore extractions, and a charcoal rice therapy mask.

TRIPLE POWER PEEL

90 MINS £275

Enjoy a glowing complexion with the Triple Power Peel Facial, suitable for all skin types but especially effective for treating blackheads, clogged and large pores, and oily skin. Start with an exfoliating treatment using Mandelic, Lactic, and Salicylic Acid, along with a papaya enzyme peel to dissolve impurities, finishing with an acid-free rescue peel. Our specialists will perform pore extractions to clear away any impurities and congestion, followed by the VolClayno Charcoal Detox Mask for clean, smooth, and clear skin. Finished with our

legendary custom-blended Ginseng Therapy Moisture mask to smooth, revive, and alleviate any inflammation.

DNA - DO NOT AGE FACIAL

90 MINS £275

Repair and revitalise the skin for a more youthful appearance with the Do Not Age facial, which uses cutting-edge ingredients to target various signs of ageing, from natural ageing to sun damage, tired skin, fine lines, and wrinkles. The Nobel Prize-winning ingredient, Teperone, helps reverse DNA degeneration, potentially slowing down or reversing the ageing process at a cellular level. While rare Swiss Apple stem cells promote the rejuvenation of youthful skin cells, helping to repair and revitalise the skin for a more youthful appearance.

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INSTANT LIFT BAR EXPRESS

30 MINS £95

Enjoy skin brightening and lifting effects in just 30 minutes with the Instant Lift Bar Express Facial. Our express energy lift infusion, combined with a bespoke cocktail of serums, delivers a fast-acting treatment that revitalises your skin while addressing concerns such as hydration, dullness, and ageing. The Energy Lift machine enhances the serums' effects, providing an immediate lift, similar to a non-invasive facelift.

HYDRAFACIAL

(Personalised, Targeted Treatments)

DELUXE HYDRAFACIAL

45 MINS £230

Relieve specific skin concerns with the Deluxe Hydrafacial, a luxurious treatment tailored to your needs, whether it's addressing dryness, dullness, or uneven texture.

SIGNATURE HYDRAFACIAL

30 MINS £170

Maximise your glow with the Signature Hydrafacial treatment, designed to enhance low-maintenance, problem-free skin.

PERK TREATMENTS

Cleanse and hydrate the most delicate areas of your face with our refreshing Perk treatments.

PERK EYE & PERK LIP

15 MINS EACH - £60 INDIVIDUAL | £90 JOINT

THE SOMADOME EXPERIENCE

(GUIDED MEDITATION POD)

20 MINS £55

Immerse your senses in the healing effects of light, colour, and sound with a guided meditation that enhances self-awareness and helps you tap into your potential.

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(HOW TO SPA)

OPENING HOURS

Spa - 10.00am to 9.00am

Fitness - 24 hours

Pool - 7.00am to 9.00pm

Children's Pool - 10.00am to 11.30am

3.00pm to 4.30pm

ARRIVAL TIME

We invite you to arrive 30 minutes before your appointment to change, unwind, and make the most of our spa facilities. If you arrive late, please note that your treatment time may be shortened. For our hotel guests, feel free to come in the robe and slippers provided in your room. We recommend leaving any valuables in your room's safe for peace of mind. Before your treatment, take a moment to enjoy our luxurious spa amenities and get your mind and body ready for the experience ahead with:

- Spa Relaxation Lounge
- Sauna Cabins
- Spa Lobby Lounge

SCHEDULING AN APPOINTMENT

To schedule an appointment, speak with our Spa Reception Team, who will help you find the perfect option for you. Hotel guests can dial XXXX from their in-room phone. From outside the hotel, you can email XXXX or call The Spa on XXXX. To make sure you get your preferred time and service, we recommend booking in advance.

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(HOW TO SPA)

SPA ETIQUETTE

Our spa is a haven of relaxation and tranquillity and we ask that you respect the privacy and serenity of fellow guests. To maintain this peaceful atmosphere, we kindly request that you refrain from using mobile phones and smoking while in the spa. We provide towels, slippers, and all the amenities you'll need during your visit. Please note that access to treatments is only available for guests aged 18 and over.

HEALTH CONDITIONS

Please let us know about any health conditions, allergies, or injuries that might affect your service when making a spa reservation.

PREGNANCY

Please allow our spa team to guide you in selecting the treatments that are most suitable for you during this special time.

CANCELLATION POLICY

If you need to cancel a treatment or spa program, please let us know at least 24 hours in advance to avoid a 50% cancellation fee. Cancellations made within 12 hours will be subject to the full treatment cost.

GIFT CARDS

Digital gift cards are available for purchase. Please speak with our spa team for assistance.

HOMECARE

To continue your spa experience at home, all products used in the treatments are available for purchase in the spa retail boutique.

PRICES

Prices include 20% VAT & 10% service charge and are subject to change without prior notice service charge TBC via Edyta?

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