

THE SPA

At Park Hyatt London River Thames

Drinks Menu

IRON MAN

Pineapple, apple, carrot, beetroot, ginger

Strengthen body and mind with a nutrient-packed blend of health-enhancing superfoods. Beetroot boosts stamina and improves circulation, and pineapple adds sweetness and a burst of vitamin C. Apples provide antioxidants, while carrots and ginger aid digestion and reduce inflammation. Together, they create a seriously delicious drink that elevates energy levels and promotes overall health.

250ml - £6.95

GREEN MAGIC

Apple, spinach, celery, orange, lemon, ginger

Quench your thirst and nourish your skin with a nutritious, electrolyte-rich blend of fresh ingredients. Celery and oranges maintain fluid balance and support hydration, while apples add a touch of natural sweetness. Spinach boosts immune function and reduces inflammation, and lemon adds a tangy twist of antioxidants. Being healthy has never tasted this good—it's got to be some kind of magic.

250ml - £6.95

DETOX & GLOW

Apple, cucumber, spinach, lemon, parsley, ginger

Radiance comes from within with this skin-boosting super juice. Electrolyte-rich water of cucumber reduces redness in the skin, while the antioxidants in apples create a youthful glow. Vitamins A and C in spinach promote healthy, radiant skin, and lemon and ginger detoxify the body and reduce inflammation.

250ml - £6.95

GUARDIAN ANGEL

Apple, lemon, plenty of ginger

Enhance your body's natural defences with a powerful immune-booster. Antioxidants in apples support overall health. Lemon delivers a healthy dose of vitamin C, essential for strengthening the immune system and protecting against illness. A hefty amount of cold-pressed ginger adds warmth to the sweet tanginess of this punchy beverage, not to mention its anti-inflammatory and antimicrobial properties.

250ml - £6.95

Page 3

BLUE MAJIK HYDRATOR

Organic coconut water, lemon, blue spirulina

Replenish and revitalise your body with this vibrant elixir, infused with coconut water and blue spirulina. Coconut water replenishes electrolytes to boost hydration, while blue spirulina offers a rich source of antioxidants and protein. Together, they support immune health, improve digestion, and enhance energy levels, making this beverage the perfect companion for an energetic lifestyle.

250ml - £6.95

HYDROGENATED WATER

Organic coconut water, lemon, blue spirulina

Reduce oxidative stress and inflammation in the body with hydrogen water—water infused with the powerful antioxidant - hydrogen. This unique type of water supports cellular health, boosts energy levels, and aids in faster recovery from exercise. It's a great way to stay hydrated while promoting overall wellness and vitality.

250ml - £6.95

ICED MOCHA (GLUTEN FREE)

Coffee, gluten-free oat milk, cacao, dates, vanilla

Enhance your mood with a creamy iced mocha that leaves you feeling energised and alert. Antioxidant-rich cacao supports heart health and improves mood, while dates add natural sweetness and essential nutrients, and coffee boosts energy. It's a satisfying combination of rich flavours and health benefits, perfect for lifting your spirits and keeping you going.

250ml - £6.95

STRAWBERRY GLOW SMOOTHIE

Strawberry, apple, banana, blackcurrant

This nutrient-rich smoothie supports immunity, boosts energy, and promotes overall wellness. Strawberries and blackcurrants deliver antioxidants and vitamin C, while potassium in bananas supports heart health and energy levels. Apples add a touch of natural sweetness and fibre for good digestion. And it's perfect for the little ones too.

250ml - £6.95

Page 4

HIGH SPIRITS

White Mint

Enjoy a delicate blend of white peony and green jasmine tea with peppermint, eucalyptus, gotu kola, and liquorice. This white mint tea combines the floral notes of white peony and the subtle grassy undertones of green jasmine tea, while liquorice adds a sweet, earthy flavour. Peppermint and eucalyptus provide a refreshing touch to clear the mind. Perfect for when you need a gentle lift.

£3.75

BRIGHT AWAKENING

English Breakfast

Energise body and mind with a fine Assam black tea blend, with ashwagandha, Schisandra berry, and rosemary. Sourced from the Assam region of India, this tea is known for its bold, malty flavour. While Assam invigorates and uplifts, ashwagandha introduces a calming element, Schisandra berry adds tartness and complexity, and rosemary elevates the aroma with its fragrant herbal notes.

£3.75

SAVING GRACE

Earl Grey

Brighten the senses with an elegant blend of Sri Lankan black tea, ashwagandha, Schisandra berry, and orange blossom. Sri Lankan black tea provides a clean, crisp base with hints of citrus and floral notes, while the Ayurvedic herb ashwagandha promotes relaxation and balance. Schisandra berry introduces a complex mix of sweet, sour, salty, bitter, and pungent flavours, complemented by the delicate floral aroma of orange blossom.

£3.75

THE TONIC

Ginger Turmeric

Comfort yourself with a warm, zesty blend of ginger, turmeric, and lemon myrtle with ashwagandha, Schisandra berry, and nettle. This blend offers a foundation of ginger and turmeric, renowned for their anti-inflammatory properties. Lemon myrtle adds a fresh, fragrant twist, Schisandra berry introduces a medley of notes, and nettle grounds it in herbal richness.

£3.75

INVITING SLEEP

Golden Milk

Find calm in this creamy, aromatic blend of smooth rooibos with turmeric, cinnamon, ashwagandha, lavender, and linden blossom. Native to South Africa, rooibos is a naturally caffeine-free herbal tea that provides a velvety base for this blend. Turmeric adds depth,

cinnamon brings warmth and spice, linden blossom eases tension and supports restful sleep, while lavender creates peace and well-being with every sip.

£3.75