

*The Milestone Hotel  
& Residences*



SPA TREATMENTS



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## MASSAGES

### **Swedish massage**

*£130/£195 (60 minutes/90 minutes)*

Wonderfully relaxing, Swedish Massage is a must for anyone who spends a lot of time sitting at a desk, or generally has a demanding lifestyle. As the most well-known massage therapy, Swedish Massage focuses on full-body relaxation and uses broad strokes followed by specific strokes to address any problem areas. Ideal as a weekly treatment, or as a pick-me-up following particularly busy periods, Swedish Massage can clear the mind as well as releasing tension in the body.

### **Deep tissue massage**

*£130/£195 (60 minutes/90 minutes)*

The perfect treatment for those who need a more intense massage, our Deep Tissue Massage focuses on the tightest knots in certain areas of the body to relieve tension and pain. Getting right to the source of the issue in the deeper tissues and muscles, the slow, deliberate strokes are effective at easing chronic pain and repetitive strain injuries, as well as arthritis. The firmer pressure is also useful for postural issues and muscle tightness.

### **Sports massage**

*£130/£195 (60 minutes/90 minutes)*

For the hard-working athlete or those who want to improve their sporting prowess, our Sports Massage brings sweet relief to sore muscles. Intended to aid your athletic performance, Sports Massage is made up of quick strokes targeting the most important muscle groups depending on your sport. The therapist may also incorporate compression, friction and pressure in order for you to get the most from your session. Sports massage can help to alleviate sports-related injuries, speed up recovery after a big event or help to prepare the body beforehand. Non-athletes who are experiencing muscle pain and limited mobility may also benefit from this treatment.

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## BEAUTY

### Facial treatments

£130 (60 minutes)

Our qualified therapists offer a range of facial treatments to provide the ultimate in skin care. If you want to look your best, our pampering and relaxing beauty treatments are just the answer. Using high quality products, our facials are the beauty secret that will leave you glowing. With nourishing, protective properties, our facials are anti-ageing, soothing and rejuvenating. The perfect beauty therapy, you will be delighted by soft, soothed skin that lets your skin's beauty shine.

### Luxury manicure and pedicure

£210 (120 minutes)

Treat your hands and feet to an intensely relaxing and beautifying experience! As well as buffing and painting both fingernails and toenails, your hands will enjoy a scrub treatment and relaxing massage, while your feet will be soaked, moisturised and buffed before they are also massaged. All nails will have a cuticle treatment and be clipped and filed into shape. The whole experience takes around two hours. Finish the treatment with the colours of your choice from the range of OPI, Essie or Jessica nail polishes.

### Luxury manicure

£110 (60 minutes)

Keep your hands, fingers, and nails in tip-top condition with a Luxury Manicure. As well as buffing or painting and filing your nails, this treatment also ensures the cuticles are soaked, and the hands are given a gentle scrub application before a relaxing hand massage, so that you leave feeling relaxed and refreshed, with beautiful hands. The entire procedure takes around 60 minutes in total.

### Luxury pedicure

£110 (60 minutes)

A luxury treatment that will leave your feet ready for those new sandals you just treated yourself to. The luxury pedicure includes soaking your feet in a warm bath of water and oils, removing all hard skin, clipping, and filing of the nails, a scrub and massage of the feet and painting your nails with a colour of your choice from a range of OPI, Essie, and Jessica colours.

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## BEAUTY

### **Express manicure and pedicure**

*£120 (60 minutes)*

For beautiful nails in a hurry, our Express Manicure Pedicure service is for those who want a quick tidy up and a pop of colour on their nails. This hour-long treatment involves the shaping of the nails, as well as a buff and polish of your choice for both your hands and feet.

### **Shellac manicure**

*£140 (60 minutes)*

Shellac (or Gel Manicure) is more durable than traditional nail polish, so you can enjoy beautiful nails for longer. Your Shellac Manicure includes soaking, cuticle work, clipping and shaping of your nails, hand massage, as well as the application of a Shellac polish of your choice, leaving you with beautiful, high-shine nails with colour that lasts.

### **Shellac pedicure**

*£140 (60 minutes)*

Combining the ease of traditional nail polish with the strength and flexibility of gel, the popular Shellac polish is incredibly durable, ensuring your pretty pedicure lasts longer. With a Shellac pedicure, your nails are less likely to chip or fade. Your treatment will include soaking and neatening of cuticles and trimming and filing of toenails, foot scrub and massage, as well as the application of a Shellac polish.

### **Shellac manicure and pedicure**

*£260 (120 minutes)*

Enjoy professionally applied colour on your finger and toenails that stays perfect for longer with our Shellac Manicure Pedicure service. Including a trim and file of the nails and a tidy up of the cuticles, the treatment is completed with the application of a Shellac colour of your choice – and you have plenty to choose from.

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## FITNESS

### **Personal training**

*£140 (60 minutes)*

It's time to smash your fitness goals with our 1-2-1 Personal Training programme, a service that is completely tailored to your personal needs. Whether you want to lose weight, tone up, prepare for an event or simply improve your overall fitness, our rep level 3 trainers have the experience, knowledge and qualifications to help you achieve your goals. Work from the comfort of your own home or out in the park.

### **Pilates one to one**

*£140 (60 minutes)*

With a focus on core strength, our 1-1 Pilates sessions work on balance, wellbeing, and fitness with a range of specialised postures and moves that will put all your muscles to the test. As well as toning, it is a great exercise for improving posture and alignment and improving flexibility. Our instructors have a wealth of Pilates training experience, which they have gathered from around the world.

### **Yoga one to one**

*£140 (60 minutes)*

An exercise for both the body and the mind, Yoga practice uses a variety of breathing techniques and stretching poses to balance mind and body. Our one to one Yoga teachers are trained in different Yoga techniques and can combine these to tailor the session to your needs. You can view each teacher's techniques when you click on their info button. If you are after a particular Yoga technique, you can also get in touch with our customer service team.

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*Additional surcharges*

*Additional surcharge for spa, beauty and fitness treatments will be applied outside the hours of 8am to 10pm.*

*Cancellation Policy*

*If you require to reschedule or cancel an appointment for a spa, beauty or fitness treatment we require a minimum of 24 hours' notice or a charge equivalent to the price of the scheduled treatment will incur.*

The Milestone Hotel & Residences, 1 Kensington Court, London, W8 5DL

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