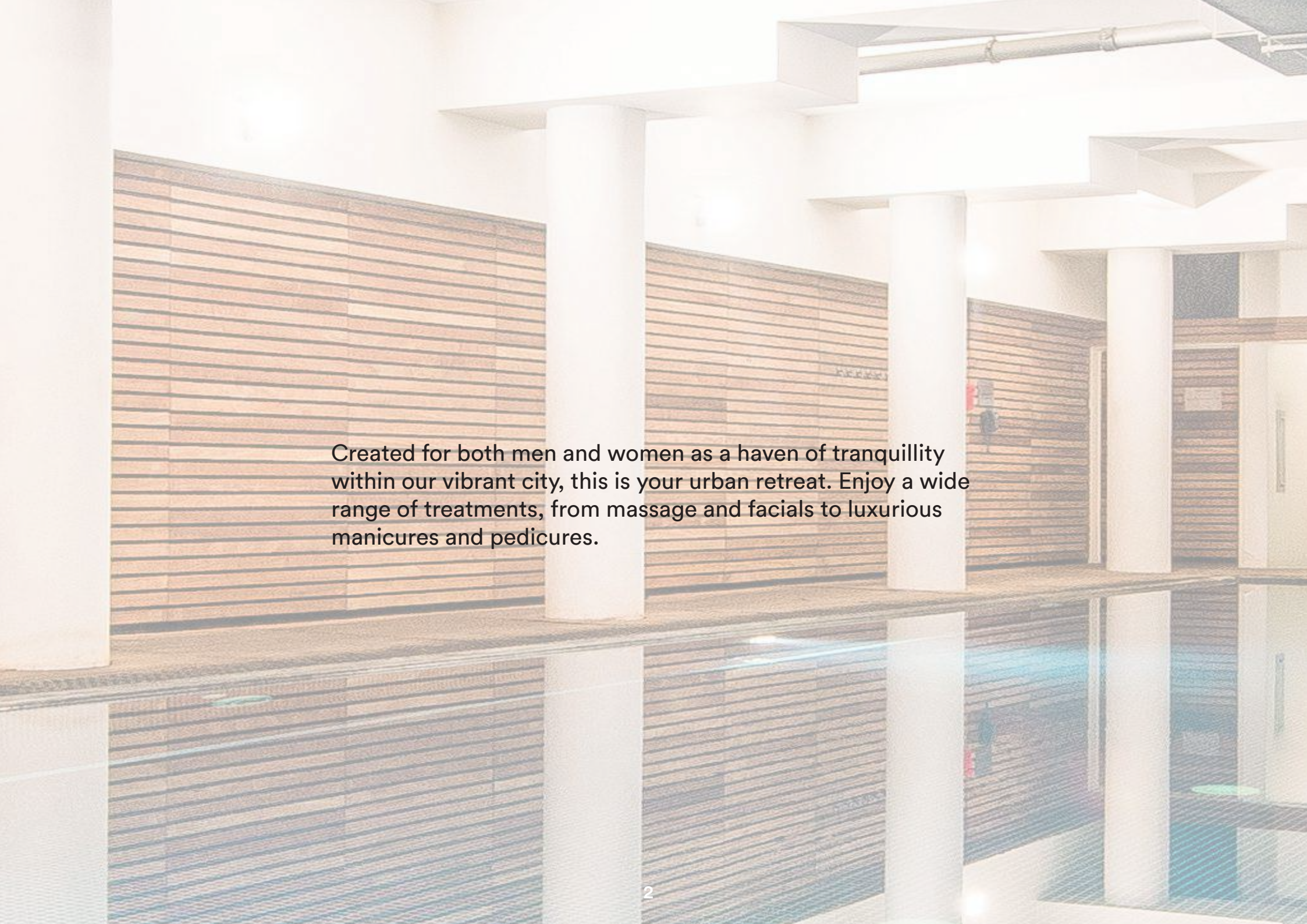


A close-up, artistic photograph of a woman with voluminous, dark, curly hair that is wet and dripping with water. She is looking off to the side with a serene expression. Her skin is glistening with moisture. She is wearing a white towel or robe. The background is dark, with a vertical strip of light on the left side, possibly from a shower or steam, creating a soft, atmospheric glow. The overall mood is relaxing and luxurious.

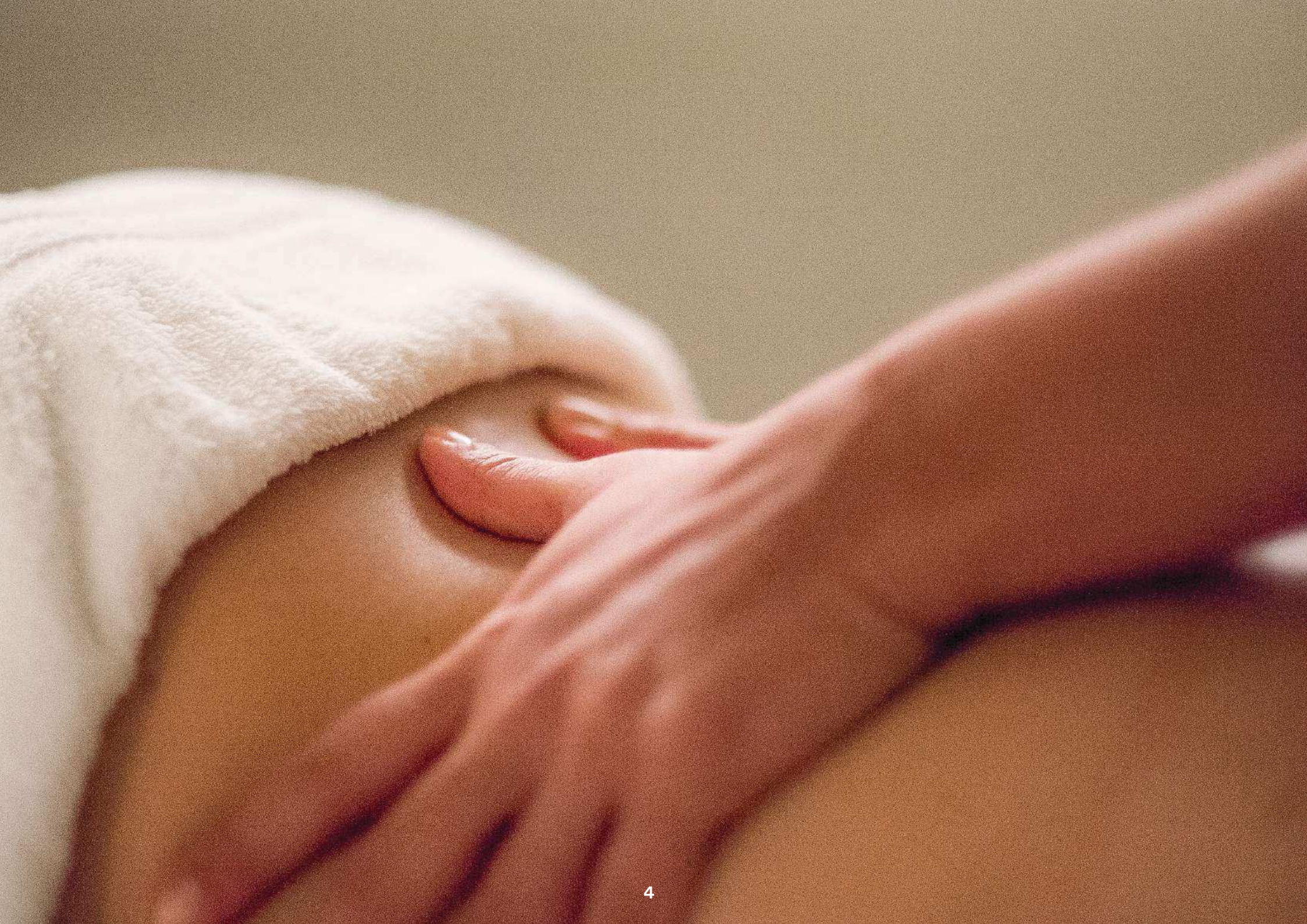
THIRD
SPA
SPACE

A photograph of a modern spa interior. The room features a long wall made of horizontal wooden slats. Several white, cylindrical columns support the ceiling. The floor is highly reflective, mirroring the wall and columns. The lighting is soft and even. The overall atmosphere is clean, bright, and minimalist.

Created for both men and women as a haven of tranquillity within our vibrant city, this is your urban retreat. Enjoy a wide range of treatments, from massage and facials to luxurious manicures and pedicures.

A photograph of an empty swimming pool. The pool is in the foreground, with a blue lane line visible. The wall behind the pool is white and features a circular porthole window and a sign that reads "Your Lane Please swim in the direction of the arrow". The text "THIRD SPA SPACE" is overlaid on the wall. The scene is reflected in the water of the pool.

THIRD SPA SPACE



Scheduling Appointments

We highly recommend you book your treatment in advance to secure your preferred day and time. This can be done in person, over the telephone 020 7042 6444 or email spaenquiries@thirdspace.london

Your Arrival

When you arrive at Third Space Spa you will be asked to complete a brief lifestyle questionnaire. Please arrive 15 minutes before your treatment start time

Cancellation Policy

Please let us know if you are unable to keep your appointment. Regrettably, cancellations made less than 24 hours before the appointment will be charged in full.

Gift Vouchers

The perfect gift for all occasions. Gift vouchers are available for any of our treatments and packages.

Mobile Phones

Please be considerate of other guests and switch phones off or in silent mode when entering the Spa.

Health

Please let us know of any health concerns or issues that might be relevant to the treatment. Please remember to hydrate before and after your time at the Third Space Spa. Gentlemen should shave 24 hours before any facial treatment to increase comfort.

If you are pregnant please inform us upon booking and inform your therapist before treatment. Please note we are unable to offer any treatments during the first trimester of pregnancy. Please inform your therapist if at anytime you are uncomfortable or would like changes to your treatment - massage pressure, room temperature, volume of music etc.

Minimum Age

The minimum age requirement for treatments in the Spa is 18 years. For children swimming times in the gym, please contact the Club reception.

How to find us

The closest underground station is Bond Street. You can find full directions on our website. The nearest NCP car park is located at the bottom of Welbeck Street. Parking meters are available in the area.

Contact us

For opening times and all other enquiries relating to the Spa please call us on 020 7042 6444 You can also email us on spaenquiries@thirdspace.london or visit the website www.thirdspace.london/marlyebone/spa

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ELEMIS BIOTEC

BIOTEC facial treatments are where ground-breaking technology meets active ingredients and transformative touch. This pioneering innovation of the BIOTEC machine works to switch the skin back on, increasing its natural cellular energy. Book for a BIOTEC treatment and your therapist will choose the best treatment to treat your concerns.

A course of 6 is recommended - 30, 60 or 90 minutes

Technology: Anti-ageing

BIOTEC Line Eraser

Target wrinkles and energise the skin towards optimum performance with microcurrent pulses and red and blue light therapy. A powerfully rejuvenating clinically proven* facial treatment that effectively irons out wrinkles and fills out lines. *Independent Clinical Trial.

BIOTEC Firm-a-Lift

Rediscover the architecture of your face with this ground-breaking blend of massage and sculpting galvanic technology. Skin is visibly strengthened for a contoured complexion that is remarkably lifted.

BIOTEC Anti-Pigment Brightener

This illuminating treatment dynamically tackles the appearance of uneven skin tone, discolouration and age spots. A unique complex of brightening actives, ultrasonic peel and light therapy reveal a youthful and translucent complexion.

BIOTEC Skin Resurfacer

This revolutionary clinically proven* facial addresses skin tone, blemishes and fine lines to transform the texture of the skin. The ultrasonic peel, massage and light therapy deliver a complexion that has never been smoother. *Independent Clinical Trials.

Technology: Skin Solutions

BIOTEC Radiance Renew

This cellular-boosting treatment targets sluggish complexions. The ultrasonic peel stimulates the removal of impurities and dead skin cells, while the galvanic rejuvenating current restores moisture for instantly clearer and visibly brighter skin.

BIOTEC Blemish Control

A deep cleansing facial that detoxifies and repairs damaged tissue. Ultrasonic vibration, massage, steam, and galvanic currents thoroughly decongest and exfoliate. Powerful anti-oxidants soothe, while light therapy helps clear the complexion.

BIOTEC Sensitive Skin Soother

This anti-redness treatment soothes sensitive skin. An oxygen infusion encourages cellular restoration, while red light therapy and calming anti-oxidants improve the skin's ability to repair itself. The result is calm and soothed skin.

BIOTEC Add on Treatments

30 minutes

BIOTEC Eye Treatment

BIOTEC technology is refined enough to gently stimulate and tighten the delicate eye area, without disturbing fragile skin.

BIOTEC Neck Treatment

Microcurrent reminds the muscle to firm up, while the Arjuna-infused jowl and chin mask lifts and tightens for super-sleek contouring.

Murad Method™ facials

Murad Method™ facials are a new and entirely personalised concept in high-performance professional skincare from internationally renowned skincare brand Murad.

The ground-breaking, dermatologist-developed combinations and techniques designed to make skin as healthy as it can be, giving noticeable results and leaving skin looking beautiful. Using natural ingredients such as sugar cane, durian fruit, pomegranate, goji berries, mushroom peptides and essential fatty acids to hydrate the skin cells as well as vitamin C to brighten the skin and even the tone whilst reducing hyperpigmentation.

Traditional facials are developed to address a single skin concern, however, Dr. Murad understands that only healthier skin can be truly beautiful and that no two skins are the same. This has led him to develop the Murad Method facials, part of the next generation of sophisticated, wholly-customised solutions for maximum skin health.

During your facial, your therapist will spend time analysing your specific skin type before designing a personalised facial to address multiple skin concerns. The facial also includes touchpoint massage techniques to help relieve stress for ultimate relaxation and mindfulness.

Skin will be left noticeably healthier, smoother, plumper, radiant and more beautiful. Deep exfoliation will help the reduction of dead skin cells, lines and wrinkles. Skin tone will be more even and feel firmer.

A course of 6 is recommended.

Murad Method Facial

60 minutes

Advanced Murad Method Facial

90 minutes

Express Murad Facials

30 minutes

Express Skin Rejuvenation

30 minutes

Fine lines and wrinkles ease in just 30 minutes as concentrated Glycolic acid exfoliates dead skin cells.

A unique patented blend of antioxidants, anti-inflammatories and hydrators soothes and revitalizes skin to reveal a softer, smoother complexion.

Pom Power Pore Cleansing

30 minutes

Boost the benefits of your daily skincare with this pom-tastic cleansing facial. Fruit enzymes power away dirt and impurities to keep skin free of grime and remove dead skin that is past its prime, while antioxidant Pomegranate attacks damaging free radicals. The result - fresh, glowing skin.

Murad's Men's

30 minutes

Specifically designed for men. This all-inclusive treatment immediately soothes, deep cleanses clogged pores, gently removes dullness and hydrates to reinforce skins natural protective barrier. Be prepared to be smooth to the touch.

Buy a course of 5 facials and receive 6th complimentary

Elemis Body & Massage Treatments

Elemis Exotic Lime and Ginger Salt Scrub

30 minutes

Fragranced salt will gently slough away dead skin cells, encouraging the regeneration of new cells. It leaves a smooth and responsive canvas, ready to absorb the deeply nourishing body oil.

Swedish Massage

30 or 60 minutes

Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

ELEMIS Freestyle Deep Tissue Massage

30, 60 or 90 minutes

Your therapist will select aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Elemis Aroma Stone Massage

30, 60 or 90 minutes

Balinese stones bathed in the Frangipani Monoi Body Oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the added bonus of intensely hydrated skin.

ELEMIS Peaceful Pregnancy Massage

75 minutes

Mothers-to-be are restored to optimum wellness. An intuitive and relaxing massage hydrates skin that is expanding to accommodate a growing baby.

Sports Massage

30 or 60 minutes

Sports massage tends to be deeper and more intense. It incorporates a combination of techniques such as stretching, compression, friction, toning, and trigger point response techniques. The skilled therapist brings together this blend of techniques, knowledge and advice during treatment, to work effectively with the client to bring about optimum performance and to provide injury-free training and minimise post event injuries.

Wellbeing Therapy

30, 60, 90, 120 minutes

A unique blend of Lifestyle Consulting with Massage Therapy to allow for an enhanced wellbeing of the mind, body & soul. A perfect way to ease away tension and to set intentions.

Every treatment will be tailored to suit client's needs. The main focus is to accomplish results in a manner that is suitable for the client according to his or her lifestyle and wellbeing.

Massage styles to include: Deep Tissue, De-stress, De-tox, Muscle Relief, Cellulite Solution, Facelift Rejuvenation, Hot Stone, Pregnancy & Crystal Healing.

Beauty Treatments

Waxing

Lycon Wax is used for all waxing treatments, this premium product is designed to make waxing treatments less painful. Using only the highest quality ingredients to minimise irritation and regrowth. Please see website for full list of treatments.

Manicures & Pedicures

Manicure

45 minutes

This manicure includes exfoliation, cuticle care, with application of hand cream, followed with a shape and polish from the Jessica selection.

Deluxe Manicure

60 minutes

This treatment combines the Jessica Prescriptive Manicure with the added benefit of Thermal Mittens, a nourishing masque and relaxing massage

Pedicure*

45 minutes

This treatment will revive tired looking feet leaving them pampered and well groomed. Feet are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.

Deluxe Pedicure*

75 minutes

Hard Skin is removed, cuticles are groomed and toe nails are beautifully shaped and polished. With the luxurious added benefits of Thermal Heated Booties for deeper penetration of oils and creams.

File & Polish

20 minutes

Nail Shape only and varnish.

Men's Manicure

45 minutes

Your nails are cut and filed then a luxury hand soak softens the cuticles. Cuticle work is carried out on your nails followed by a hand massage and a buff to shine. A clean, neat finish ideal for any man.

Men's Pedicure

45 minutes

Feet are soaked in our luxury foot spa. Toenails are cut and filed and any hard skin is removed. Feet are exfoliated leaving them smooth and soft then cuticle work is carried out, followed by a foot massage.



Gel Nails

Gel Colour Application

30 minutes

Nail shape only and GELeration application.

Gel Overlay Manicure

45 minutes

Cuticles treated and the nails are trimmed and filed. The application of gel polish completes the treatment. Please note that GELeration Polish must be professionally soaked off (further information on this will be given during the treatment) and a natural nail is essential for applying the gel.

Gel Overlay Manicure including removal

90 minutes

As above including removal of previous gels.

Gel Overlay Pedicure

60 minutes

The beauty of Jessica, in a gel. With the health of the natural nail in mind, GELeration's gel formula delivers a long lasting, flawless finish that is dry in seconds and protects the natural nail. Cuticles are groomed, toe nails are shaped and finished with Jessicas' GELeration gel polish.

Gel Overlay Pedicure including removal

90 minutes

As above including removal of your previous gels.

Existing Gel Removal

30 minutes

Removal of your GELeration gel polish. Please ensure you book a "soak off" if required, when making an appointment for either: GELeration Manicure or Pedicure. Please cancel any "soak offs" not required 24 hours before your appointment.



Xen-Tan Spray Tan

This award-winning spray tan creates a rich, natural-looking colour that's sure to make you look and feel fantastic. Gives you an instant glow as soon as it's applied.

Continues to develop and deepen into a wonderfully natural olive tone that's anything but orange.

Enjoy radiant results for up to seven days.

Cuticles treated and the nails are trimmed and filed. The application of gel polish completes the treatment. Please note that GELeration Polish must be professionally soaked off (further information on this will be given during the treatment) and a natural nail is essential for applying the gel.

Please exfoliate and wax / shave at least 24 hours before your spray tan appointment.

Please wear loose, dark clothing after your tanning treatment. Avoid exercise and swimming whilst your tan develops, or anything else that can cause you to perspire.

Whole body tan

30 minutes

Half Body Tan

30 minutes

You have a choice of lower or upper body, from the waistline.



Luxury Packages*

Ultimate Experience

150 minutes

Your journey will begin with a full body exfoliation and a relaxing and de-stressing full body massage. The creme de la creme of treatments pampers the body to transform the skin's surface, and will finish with a Murad facial designed to suit your skin concerns.

Top to Toe Day

100 minutes

Rejuvenate your whole body with this great value full body pamper day which includes a 30 minute back neck and shoulder massage, 30 minute Murad Pore power cleansing facial, and finish than with a file and polish of hands and feet.

Gentleman's Treat

90 minutes

Specifically designed for men, this all inclusive treatment begins with a luxurious 30 minute relaxing back massage and follows with a facial to deep cleanse clogged pores, gently remove dullness and hydrate to reinforce skins natural protective barrier.

Elemis Couture Technology

60 or 120 minutes

Time to switch your skin on. 30 or 60 minute, ELEMIS BIOTEC facial with your personalised 30 or 60 minute Freestyle Deep Tissue Massage.

*Please note member discounts do not apply to packages.