

# *Spa & Salon*

*at* THE BEAUMONT

# Spa & Salon

## Hamam Treatments

A traditional treatment on our heated marble hamam table, incorporating a cleanse and exfoliation with savon noir, followed by a scrub and wrap of choice. This can be followed by a massage with pure, organic argan oil and other oriental oils or time in our steam room.

Hamam treatment	30 mins	£55
plus: An application of Oriental oils	15 mins	£20
An application of a facial mask plus a head massage	15 mins	£20
Hamam treatment with 60 min massage	90 mins	£145
Hamam treatment with 90 min massage	120 mins	£180

Choice of scrub and wrap:

*Rejuvenating and invigorating*

*Nourishing and restorative*

*Purifying and detoxifying*

## Massage Treatments

Our massages are tailored to individual needs, whether to relax mind, body and spirit or to ease muscular tension.

Massage	30 mins	£50
	60 mins	£95
	90 mins	£130
Pregnancy massage	75 mins	£115
Foot massage	30 mins	£45

## Manicures & Pedicures

With Essie gel and Leighton Denny lacquer colours

	Classic	Gel polish
Full - including massage, exfoliation & cuticle care		
Manicure	£45	£60
Pedicure	£55	£70
Express Shape & Colour		
Manicure	£30	
Express pedicure	£35	
Gel polish removal		£15

## Facials

Highly effective and results focused, our facials use Pai Skincare - a British brand that formulates and manufactures on its own London premises. Pai's products are all designed especially for sensitive skin but suitable for all, using the best performing, highest quality organic ingredients.

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Instant Calm Facial	30 mins	£55
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*Instantly calms both the skin and mind. Developed to reduce redness and inflammation quickly, sensitive-skin-friendly massage movements and cooling marine stones help to rejuvenate the complexion without overstimulation. Features a 10-minute guided meditation.*

*The perfect treat for men too, this facial rapidly calms skin irritated by shaving or flying.*

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Perfect Balance Facial	60 mins	£95
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*Gently but deeply cleanses to minimise congestion and restore radiance. Soothing ingredients calm inflammation and breakouts, while their natural anti-bacterial properties target the causes of blemishes. Silky kaolin clay and gentle lymphatic drainage help to rebalance the skin without over-drying, leaving the complexion perfectly balanced and replenished. Suitable for oily, combination and sensitive skin.*

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Pure Hydration Facial	60 mins	£95
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*Rapidly boosts the skin's moisture levels to plump, relieve tightness and restore radiance to even very sensitive skin. Ultra-gentle exfoliation polishes away dead skin cells to leave the complexion perfectly smooth and deeply infused with moisture. Omega-rich certified organic oils are combined with skilful massage techniques to stimulate the skin's own production of natural protective oils.*

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Age Confidence Facial	60 mins	£95
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*Designed to transform lacklustre and mature skin types, this treatment reveals a plumper, more luminous complexion and helps to protect against the ageing effects of sensitivity. Deeply relaxing and rejuvenating massage techniques help to lift, firm and tone the skin, while cold stone massage soothes sensitivity and increases blood flow to restore calm and radiance to skin.*

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Pai's products are all free from parabens, alcohol, phenoxyethanol, petrochemicals, detergents (SLS/SLES), artificial fragrance, and any ingredients that have the potential to upset or imbalance sensitive skin.

## Spa Packages

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The Beaumont Rapid Retreat	2 hrs	£165
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Rejuvenating hamam followed by an individually tailored massage (30 mins) and a Pai Instant Calm Facial. Completed with a manicure or pedicure.

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Total Relaxation	2 hrs 45 mins	£240
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The signature hamam experience is followed by an invigorating Indian head massage. Finish with a full body massage (60 mins) and individually tailored Pai facial.

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Beautifully Pregnant	2 hrs 15 mins	£190
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A perfect break to release the stresses of body and mind for expectant women. A relaxing massage (75 mins) focusing on the tense areas brought on by pregnancy is followed by a relaxing facial to meet the needs of the skin.

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Every Man at The Beaumont	2hrs 15 mins	£185
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An invigorating, relaxing and rejuvenating package, starting in the hamam, followed by a stress-releasing massage (60 mins) and finished with either an Instant Calm Facial or a manicure or pedicure.

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Beautifully Beaumont	3hrs 30 mins	£260
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For top to toe de-stressing and grooming. An ultimate relaxation massage (90 mins) is followed by a personalised Pai facial and a manicure and pedicure to finish.

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## Hair & Grooming

Our Salon offers hairdressing and grooming services for men and women. Gentlemen's grooming services also include traditional wet shaves. Please contact the spa for prices and timings.

*Cut and Finish*

*Gentleman Cut and Finish*

*Shampoo and Finish*

*Hair Up*

*Wet Shave*

## Osteopathy

Osteopath, naturopath & medical acupuncturist Bhart Shemar D.O.N.D. is available for the treatment of a wide range of conditions, from back, joint & muscle pain to sports injuries, postural problems caused by work strain, travel & driving, work-related stress and more.

*Osteopathic and Chiropractic Medicine are similar disciplines.*

Initial Consultation with first treatment lasting up to 1hr	£135
Follow up appointments lasting up to 45 mins	£95

*The Beaumont Spa's sauna, steam room, cold plunge pool, ice-bar and relaxation area are all available to be used alongside our treatments.*

### Opening Hours

Monday - Sunday 9am – 9pm (last treatment 8pm).

*Please ask at reception for out of hours treatments.*

The gymnasium is open 24 hours a day/seven days a week for hotel guests.

### To Book

Please call 020 7499 1001, ext. 6330

To make an appointment with the Osteopath, please email [osteopathy@thebeaumont.com](mailto:osteopathy@thebeaumont.com).

### Timing

Please arrive at least ten minutes before your scheduled time.

### Cancellation Policy

To avoid any cancellation fees, please cancel within 24 hours of your treatment.

### Vouchers

We offer a choice of gift vouchers. Please ask at Reception or order directly online.

[www.thebeaumont.com/gift-vouchers](http://www.thebeaumont.com/gift-vouchers)