

# Porchester Spa Treatments

## MALE GROOMING

### TRADITIONAL WET SHAVE

The wet shave commences with hot towels to soften and prep the skin. A bristle brush is then used to lift the stubble for the closest possible shave. The shave treatment involves the application of a soothing and calming protective moisturiser.

30 min. £15.00

### THE DELUX SHAVE

A luxurious grooming treatment combining a Facial and Wet Shave. The Treatment commences with a facial cleansing massage using herbal oils followed by the application of hot towels, traditional wet shave, cooling the skin with cold towels and hot towels, a PFB vanish to treat in growing hair, finishing with a moisturising lifting lotion, and a choice of traditional Victorian aftershaves.

45 min. £25.00

### THE SUPREME SHAVE

This ultimate treatment includes a facial cleansing massage using herbal oils followed by the application of hot towels, Traditional wet shave, cooling the skin with cold towels and hot towels, a PFB vanish to treat in growing hair, finishing with a moisturising lifting lotion, and a choice of traditional Victorian aftershaves. The treatment involves a step-by-step consultation on how best to incorporate grooming products into your daily routine. Followed by a deeply relaxing shoulder and neck massage.

60 min. £45.00

### OCEAN FACIAL - ESPECIALLY FOR MEN

Thalgo has created the Ocean Treatment for stressed skin. This "high tech" professional facial is based upon relaxing muscle movements and the application of a purifying mask diffusing all the goodness of the highly energising ALGUE BLEUE VITALE ingredient directly to the heart of the skin. Relaxed and recharged, your skin regains all its energy balance.

£40.00

## MASSAGES

### HOT STONE MASSAGE

The ancient healing art of stone therapy using various massage techniques and warm stones relaxes the body at its deepest level. The subtle energies of the stones introduced into the treatment calm the senses, relax muscles tension and promote a meditative state. The application of geothermotherapy, using deep penetrating heated stones and alternating with chilled stones to bring about a chemical release and physical healing, influences the body's internal energy flow, therefore creates balance and harmony on all levels.

45 min - back and legs £50.00

60 min - full body £85.00

### THAI HERBAL COMPRESS MASSAGE

Herbal steamed compress containing beneficial herbs such as ginger, lemongrass and Camphor are used during this full body massage creating a wonderful heat on the body to improve flexibility and muscle tone.

60 min. £55.00

### MASSAGE

A therapeutic, deep tissue massage that aids relaxation, can help ease aches and pains, relieves stress and tension, stimulates the immune system, improves blood circulation and increases energy levels.

60 min. £40.00

45 min. £30.00

30 min. £22.00

### HOT TOWELS TREATMENT

A deeply healing treatment designed for some serious smoothing out and stress removal. The treatment consists of a deep healing massage with hot jasmine oil on a cushioned marble slab, while you're covered by steaming hot towels. Finishing with a cleansing hot Bergamont rub down. The after effect is to leave you feeling totally reconnected. This treatments are unique to the Porchester Spa. *(This treatment is only available during Men's and Couples sessions)*

30 min. £30.00

### SHMEISE

Shmeissing is the Jewish traditional art of steam room therapy. The historic Porchester treatment involves being given a full chair massage while your feet and legs are soaking in a tub of Hot Salts. Then into the hot Steam Room. While your head is cooled, you lay on a bed of towels. Where you are massage with a soft giant-sized, hot soapy raffia besom. Its effect is to release the toxins from your muscles and enhance your circulation. Finally, cold fresh towel's, leave you glowing. It's a truly exhilarating experience. *(This treatment is only available during Men's and Couples sessions)*

Full Shmeise £25.00

Chair Shmeise £15.00

### CITRUS BLISS SEA SALT SCRUB

Awaken your senses with this refreshing treatment. Relax each and every muscle, fresh aroma of citrus fruits fill the air as your body is massaged with a blend of detoxifying Sea Salt and cleansing essential oils. The Sea Salt gently lifts away dead skin cells and softens rough patches while the soothing essential oils cleanse your body from impurities, leaving your skin soft and glowing. *(This treatments takes place in the privacy of the treatment room)*

30 min. £25.00

### OLIVE SOAP BODY BRUSH

Scrubbing the skin is an essential part of the washing ritual in the traditional Turkish Hamam. Dull and flaky skin cells are dry-brushed from your body followed by a luxurious, olive soap-wash, massage. Thick warm lather foam of original olive soap from the rural Province in France covers your relaxed body while the soft washing gloves glide over your tired muscles cleansing and rejuvenating your skin. The large quantities of fatty acids, vitamin A and E found in Olives regulate the skin's natural hydration ensuring moister rich refreshingly clean skin throughout the day. *(This treatment is only available during Men's and Couples sessions).*

30 min. £25.00

### BODY COFFEE WRAP

Discover the ultimate coffee indulgence of the Russian Bath Houses. The meditative ritual of sweating in fiery saunas is complemented with this traditional Body Coffee homeopathic therapy, the Russians have believed in for centuries, for its rejuvenating and healing affects.

Relax and let your exhausted muscles yield to the professional touch of your Therapist while this special blend of Coffee extracts and aromatic essential oils of rosemary, citrus and mint are applied on your body, releasing toxins and revitalizing your whole being. The energizing experience of coffee on the body, restores blood flow and circulation, and brings back your skin's natural softness. Leaving you fully relaxed, recharged and ready to face the day. *(This treatment is only available during Men's and Couples sessions)*

60 min. £45.00

# Porchester Spa Treatments continued...

## BODY TREATMENTS

### THE UNIQUE PORCHESTER BODY SCRUB

Exfoliation of the skin using a special Moroccan Mitt to eliminate dead skin cells, invigorating! £15.00

### BROWN SUGAR RUB SCRUB

Tia and Anda's brown sugar rub body scrub is a gorgeous treatment, you get lathered up then scrubbed down using a mix of natural salt, brown sugar and exquisitely blended essential oils. Your skin is left feeling wonderfully clean, nourished and super soft. 30 min. £25.00

### MARINE PRELUDE

The ultimate in exfoliation, using natural sea salts and marine mud. Eliminates dead skin cells, helps smooth skin roughness, refines skin texture and invigorates the entire body by activating micro-circulation. 60 min. £45.00

### MICRONIZED MARINE ALGAE BODY WRAP

Rich in minerals, vitamins and micro-nutrients, this seaweed body wrap activates circulation, increases metabolism and relieves aches and pains. Excellent for general well-being and total relaxation. 60 min. £45.00

### AROMACEANE WRAP

Ultra relaxing and cleansing treatment combining dead sea mud and essential oils chosen specifically for relaxation or vitality. 60 min. £45.00

## BEAUTY TREATMENTS

### WAXING

As a safety precaution we do not carry out the following treatments on clients using the spa.

Full leg & bikini line	£29.00
Full Leg	£23.00
3/4 leg	£19.00
1/2 Leg	£15.00
Bikini Line	£10.00
Brazilian Bikini Wax ½ hr Treatments	£25.00
Full Arm & Under-Arm	£23.00
Full Arm	£18.00
1/2 arm	£13.00
Underarm	£8.00
Lip or Chin	£8.00
Lip & Chin	£10.00
Eyebrow Shape	£10.00
Chest (men)	£15.00
Back (men)	£20.00

### FACIALS

We offer a variety of facials to suit all skin types. Your Thalgo therapist will advise you.

60 min.	£40.00
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**Aroma-Essential** - Combining essential plant oils, plant extracts and a cool seaweed mask, this facial is the ultimate in relaxation and revitalisation.

**Cold Marine** - Based on marine and plant extracts, incorporates a cool mint mask to reduce redness, De-congesting and soothing. Perfect for sensitive skins.

**02 Marine** - A purifying, oxygenating treatment for a tired, dull and sluggish complexion, this booster facial incorporates marine and plant proteins to stimulate the skin, resulting in a natural healthy glow. The perfect city dweller facial. Combination skins.

**Re-Balancing (with Micronized Marine Algae)** - Combining pure natural seaweed, rich in mineral and vitamins with high potency marine extracts, this treatment stabilises and deep cleanses. Its anti-bacterial effect is ideal for oily and problem skins.

### EYELASHES & EYEBROWS (All tints require a 24 hour patch test)

Eyebrow Tint	£8.00
Eyelash Tint	£12.00
Eyebrow & Eyelash Tint	£17.00

### NAILS

Manicure	£20.00
Deluxe Manicure (using paraffin wax to treat dry skin)	£25.00

### PEDICURES (no cutting of skin or medical procedures used)

Pedicure	£27.00
Deluxe Pedicure (using paraffin wax to treat dry skin)	£32.00

## SPECIALISED TREATMENTS

### DEAD SEA MUD WRAP

Mud from the Dead Sea has been used for centuries to release the body from stress and tension and to relieve pain in muscles and joints. Following a dry- brush exfoliation of dull skin cells, a special calming blend of essential oils and original mud from the Dead Sea is applied on to your body slowly releasing your muscles in to a state of comfort and rest. As you lie wrapped in the healing confines of one of the best therapeutic sources in the world your skin is cleansed and nourished with minerals, whilst your scalp and neck is slowly massaged in to a state of total relaxation. (This treatment is only available during Men's and Couples sessions). 60 min. £45.00

### AROMATHERAPY

Aims to treat the whole person by helping to restore the harmony of mind, body and spirit. Works with the pure properties of plants, using their essential oils in a natural complementary therapy which can help improve both physical and emotional well being. The oils are blended to individual needs. 60 min. £45.00

### REIKI

A safe and gentle non-intrusive hands on healing technique to treat physical ailments without using passive manipulation or massage. It is a holistic treatment to balance, heal and harmonise mind, body and spirit. Can be combined with a message for a truly powerful and deeply relaxing treatment. 30 min. £22.00  
60 min. £40.00



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Call 020 7792 3980 after 10am for bookings and further information.

The Porchester Spa, Queensway, London W2 5HS

\* This treatments takes place in the privacy of the treatment room.

a haven of relaxation...

