



BROWN'S HOTEL
LONDON

treatments



THE SPA

Situated in the heart of Mayfair and located in the heart of Rocco Forte's Brown's Hotel, The Spa provides a haven of tranquillity from which to enjoy luxurious treatments.

The Spa at Brown's offers a wide range of treatments for ladies, gentlemen and even children, each of which can be tailor-made around the guests' specific requirements.

The Spa is home to three private treatment rooms, including one room for two. Each treatment room has been specially designed to include its own shower, together with a dedicated changing space, along with heated treatment beds in a temperature controlled environment. Decorated in soothing colours, with peaceful music and scented candles, The Spa really does offer the ideal setting in which to relax.

Our selection of hand picked beauty products include:

AROMATHERAPY ASSOCIATES

An aromatherapy brand with over 30 years' experience in producing the finest quality essential oils, blended to help balance the mind, body and spirit.

CARITA

Carita is inspired by a unique fusion of science, nature and massage techniques, combined to create a luxurious, innovative range of face and body treatments.

DR SEBAGH

Dr Jean-Louis Sebagh is famous for keeping some of the world's most famous faces looking good. Combining his expertise with patented technology this is twenty first century skin care at its best.

MAMA MIO

Deluxe pampering for all mothers, this is the perfect combination of products and maternity spa treatments to help take care of your skin and the stresses on your body during and after pregnancy.

NATURA BISSE

Leading luxury skincare brand, which creates products using the finest natural ingredients, combined with the latest innovations in science and technology.

ESSIE

Essie is the ultimate colour authority offering a line of superior nail care products with colours inspired by the runways of Paris, Milan, London and New York.

Hours of opening – Monday to Sunday from 9.30am to 8pm.
For further information or to make a reservation please call 020 7518 4009.

MASSAGE

Natura Bisse Bamboo Scrub and Lomi-Juma Massage A gentle bamboo exfoliation softens and invigorates the skin. This is followed by a traditional Pacific and Mediterranean style massage to reduce stress, restore balance and free energy flow.	90 Min	£140.00
Natura Bisse Lomi-Juma Massage A fusion of healing traditions from the Pacific and Mediterranean. The purpose of this massage is to free energy flow, reduce stress and restore the balance between mind and body using a blend of Nero-Aroma oils.	30 Min 60 Min	£60.00 £95.00
Swedish Massage An invigorating massage specifically designed to relax muscles by applying pressure against deeper muscle and bones to help you unwind from top to toe.	30 Min 60 Min	£55.00 £80.00
Fusion Massage A combination of massage techniques to reduce stress, soothe sore muscles and aid relaxation.	60 Min 90 Min	£85.00 £120.00
Hot Stone Massage Hot stones glide over your body to melt away stress and muscular tension. Each massage stroke with a hot stone is equivalent to ten manual hand strokes.	60 Min	£90.00
Deep Tissue Massage A deep, vigorous massage to relieve stress and tension from the muscles, ideal for people who play sport or work out regularly.	60 Min	£95.00
Lymphatic Drainage Massage A light relaxing massage, ideal for cleansing the body's drainage system of bacteria and toxins and to recharge your immune system from stress, aches and pains, flu like symptoms and bloating.	60 Min 90 Min	£85.00 £120.00
Aromatherapy Massage Spinal pressures, Swedish and neuromuscular techniques work to relax and unwind body and mind with the power of essential oils. Choose from one of the following Aromatherapy Associates blends: Relax, De-Stress, Revive, Balance & Renew.	60 Min 90 Min	£90.00 £125.00
Shiatsu Shiatsu is of Japanese origin. It balances the body's vitality through application of pressure and gentle manipulation to channel energy flow.	60 Min	£100.00
Reflexology A therapeutic foot massage, which works by stimulating reflex points in the feet to heal and rebalance.	60 Min	£75.00

BODY WRAPS AND TREATMENTS

Natura Bisse Dead Sea Mud Wrap

The treatment provides your body's skin with an explosion of nutrients. Beginning with an exotic bamboo scrub to exfoliate your skin followed by an application of mud from the Dead Sea to detoxify and remineralise the body. Finishing with the firming body cream to nourish and refresh the skin.

75 Min £110.00

Natura Bisse Bamboo Scrub

This effective yet delicate scrub uses micro-particles from bamboo to massage and exfoliate your skin leaving it soft and purified.

45 Min £55.00

Carita's Rebalancing Warm Stone Therapy

A full body exfoliation follows a warm mineral wrap to increase circulation and detoxification. A massage with warm volcanic stones applies Carita's satining mineral power to leave your skin radiant and the body relaxed.

90 Min £130.00

Carita Purifying Back Treatment

A deep cleansing treatment which starts with a power cleanse to sweep away surface impurities. Hot towels gently heat the back before a deep-pore cleansing and a customised mask to replenish the skin. This treatment finishes with a back, neck and shoulder massage.

45 Min £55.00

Bootcamp for Butts

This Mama Mio treatment reduces cellulite and water retention and improves skin tonicity with radical circulation boosting, double exfoliation & algae mask treatment.

60 Min £85.00

Bootcamp for Boobs

This amazing Mama Mio bust and upper body treatment dramatically increases circulation to the whole bust area. Gentle exfoliation combined with omega rich mask will plump up tired skin boosting collagen.

60 Min £85.00

Bootcamp for Tummies

This treatment from Mama Mio combines the benefits of a fruit acid peel for deep double exfoliation with a toning and tightening algae mask. A specific massage to wake up lazy abs follows.

60 Min £85.00

FACIALS

Brown's Signature Natura Bisse Diamond Facial

90 Min £150.00

This Diamond Facial offers the ultimate in luxury. Using the vibrations of a tuning fork and a targeted massage to open the energy channels, your skin will feel revived and re-energised. The Diamond Mask promotes firmer, plumper and smoother skin.

Dr Sebagh Anti-Ageing Facial

75 Min £125.00

Using Dr Sebagh's unique range of advanced anti-ageing skin care, your skin will be left feeling beautiful, glowing and healthier irrelevant of your age or skin type.

Carita Lifting Facial

90 Min £140.00

A complexion boosting treatment. Your skin will undergo exfoliation, deep cleansing and relaxation. Fine lines and wrinkles are erased and the contours of the face perfectly redefined with Carita's exclusive electrical Pro lift technology to produce an immediate face-lift.

Carita Purifying/Hydrating/Rejuvenating Facial

75 Min £98.00

A tailor-made facial to suit your individual skin type. Choose between a deep cleansing, hydrating or rejuvenating facial to treat your skin. The skin is cleansed before a gentle exfoliation, a relaxing massage and a nourishing mask.

Carita Lifting Booster Facial

60 Min £80.00

For a dynamic facial workout, lifting booster sessions are a perfect way of intensifying your facial definition using Carita's electrical Pro-Lift technology. We recommend a lifting facial followed by intensive booster sessions for the ultimate age erasing lift.

Carita Booster Facial

30 Min £55.00

For those in need of a quick boost, whether you seek deep pore cleansing, instant rejuvenation or hydration. Your booster sessions will combine power cleansing massage and complexion reviving masks.

Bee Beautiful Natural Honey Facial

60 Min £80.00

Honey is a natural antioxidant so this facial is great for brightening and re-energising the skin. The skin is cleansed before enjoying a honey exfoliation, a pressure point massage and a brightening honey mask. The scalp is gently massaged whilst the mask works its magic and the skin is moisturised to finish.

All our facials include a scalp, shoulder and foot or hand massage.

MAMA MIO PREGNANCY TREATMENTS

<p>The Yummy Tummy</p> <p>This treatment begins with an application of Gravida Pulse Point Oil and gentle skin brushing to increase circulation and gently exfoliate. A concentrated serum and deep treatment mask is applied to soothe and moisturise the abdomen. Enjoy a relaxing scalp, face, neck and shoulder massage to free your mind as the intensive tummy serum and mask take effect.</p>	75 Min	£90.00
<p>Mellow Mama</p> <p>A complete body massage using specific pre-natal techniques to increase circulation, alleviate tired muscles and reduce water retention.</p>	75 Min	£90.00
<p>The Smoothie</p> <p>A full body exfoliating treatment to stimulate cell regeneration and increase skin elasticity followed by a massage with the super-rich body cream.</p>	60 Min	£75.00
<p>Lighten Up</p> <p>A warm, fragrant mineral salt-rich Mama Mio Foot Soak to energise, reduce swelling and stimulate circulation. Includes a gentle hand, lower leg and foot massage.</p>	30 Min	£45.00
<p>The 4th Trimester Healing Hour</p> <p>This treatment is designed specifically for the 4th trimester; a relaxing top-to-toe massage to help regain and restore your body as it naturally adapts and returns to being one person again.</p>	60 Min	£85.00

SPA INDULGENCES

<p>Red Carpet</p> <p>This truly indulgent package is ideal for getting your body prepared for the ultimate occasion or evening out. Includes: Brown's Signature Natura Bisse Diamond Facial, a Carita Revitalising Eye and Lip Treatment and a Luxury Aromatic Manicure and Pedicure.</p>	225 Min	£295.00
<p>Jet-Lag Reviver</p> <p>A body and mind boosting experience to bring you back in sync. For frequent travellers still trapped in foreign time zones or those wanting a wake-up call. Includes: Invigorating Body Brushing, Aromatherapy Associates Massage and Carita Booster Facial.</p>	90 Min	£140.00
<p>Top to Toe</p> <p>Designed to get your body looking and feeling beautiful for the holidays. Includes: Aromatherapy Associates Full Body Exfoliation, Carita Booster Facial, Mini Manicure and Mini Pedicure.</p>	145 Min	£160.00
<p>Anti-Ageing Therapy</p> <p>If ageing is a concern or you are in need of a boost, we will re-energise you with a selection of anti-ageing face and body treatments. Includes: Bamboo Exfoliation with firming body cream, Carita Pro-Lifting Booster Facial with Carita Revitalising Eye and Lip Treatment, Luxury Manicure and Pedicure.</p>	225 Min	£245.00
<p>Natural Beauty</p> <p>Honey is a natural antioxidant so this facial and pedicure is great for the skin. The luxurious Bee Beautiful Honey Facial is followed by our Hot Milk and Honey Pedicure which is guaranteed to leave the toughest of feet super smooth.</p>	150 Min	£145.00
<p>Muscle Relaxer</p> <p>Warming and soothing oils combined together with a fusion massage therapies to relax tired muscles on the face and body. Includes: Aromatherapy Associates Body Exfoliation and De-stress Aromatherapy Massage.</p>	90 Min	£135.00

HAND TREATMENTS

File and Polish	25 Min	£20.00
File and French Polish	30 Min	£25.00
Luxury Manicure Your nails will be shaped and then your hands will be soaked in skin softening creams and oils, cuticles pushed and trimmed. You will then enjoy a relaxing hand massage prior to having your nails buffed to a high shine and polished with a colour of your choice.	45 Min	£45.00
Aromatic Hand Treatment With all the trimmings of our luxury manicure, we incorporate a skin-smoothing arm and hand exfoliation followed by an aromatic wrap to moisturise. Completing with nail buffing and polishing.	60 Min	£55.00

FOOT TREATMENTS

File and Polish	25 Min	£20.00
File and French Polish	30 Min	£25.00
Seasonal Pedicures Believing in using only the finest seasonal ingredients throughout the hotel, each season The Spa offers a unique seasonal pedicure which changes throughout the year. For further information please contact The Spa.	90 Min	£85.00
Luxury Pedicure A combination of dry skin buffing, filing, clipping and scrubbing. Completed with a sole soothing foot and leg massage, nail conditioning, buffing and polishing.	60 Min	£60.00
Hot Milk and Honey Foot Facial We combine our Luxury Pedicure with an invigorating sugar and honey exfoliation to prepare your feet for a hot milk foot soak. A deeply relaxing pressure point foot massage, followed by an aromatic foot wrap will guarantee to leave the toughest of feet super smooth.	90 Min	£75.00
Reflexology A therapeutic foot massage, which works by stimulating reflex points in the feet to heal and rebalance.	60 Min	£75.00

GENTLEMEN'S TREATMENTS

Brown's Signature Natura Bisse Diamond Facial This Diamond Facial offers the ultimate in luxury. Using the vibrations of a tuning fork and a targeted massage to open the energy channels, your skin will feel revived and re-energised. The Diamond Mask promotes firmer, plumper and smoother skin.	90 Min	£150.00
Dr Sebagh Anti-Ageing Facial Using Dr Sebagh's unique range of advanced anti-ageing skin care, your skin will be left feeling glowing and healthier irrespective of your age or skin type.	75 Min	£125.00
Carita Deep Cleansing Facial Hot towel 'compresses' gently heat the skin to prepare for deep pore cleansing. A relaxing face, neck and shoulder massage followed by a rebalancing facemask to leave your skin feeling clean and refreshed. Ideal treatment for ingrown hairs.	60 Min	£80.00
Natura Bisse Lomi-Juma Massage A fusion of healing traditions from the Pacific and Mediterranean. The purpose of this massage is to free energy flow, reduce stress and restore the balance between mind and body using a blend of Nero-Aroma oils.	30 Min 60 Min	£60.00 £95.00
Deep Tissue Massage A deep, vigorous massage to relieve stress and tension from the muscles, ideal for people who play sport or work out regularly.	60 Min	£95.00
Manicure A rejuvenating treatment, your hands will be soaked in conditioning oils and creams, nails clipped and filed, cuticles trimmed before a massage to soften and relax your hands.	30 Min	£35.00
Pedicure A treatment to improve the condition of your feet. Dry skin buffing and scrubbing remove hard skin in addition to nail clipping, cuticle trimming and massaging to complete this relaxing treatment.	45 Min	£50.00
Reflexology A therapeutic foot massage, which works by stimulating reflex points in the feet to heal and rebalance.	60 Min	£75.00
Waxing	30 Min	£40.00
Chest Wax	20 Min	£20.00
Stomach Wax	30 min	£40.00
Back Wax		

FINISHING TOUCHES

You can further tailor your treatments by incorporating the following finishing touches:

Precision Waxing

Using natural waxes of chamomile or tea tree to epilate the hair. Finishing with an application of aloe and cucumber lotion to gently soothe the skin.

Eyebrow Clean-up	15 Min	£18.00
Eyebrow Re-shape	30 Min	£25.00
Cheek Wax	15 Min	£15.00
Upper Lip/Chin	15 Min	£13.00
Half Leg Wax	30 Min	£30.00
Full Leg Wax	40 Min	£50.00
Underarm Wax	20 Min	£18.00
Half Arm Wax	20 Min	£25.00
Full Arm Wax	35 Min	£35.00
Bikini Wax	20 Min	£20.00
Brazilian Wax	45 Min	£50.00
Hollywood Wax	45 Min	£55.00

Eyebrow & Eyelash Tinting

A coating of brown, black or jet black tint to intensify and amplify the brows and lash line.

£15.00 & £20.00

Carita Hair and Scalp Treatment

Includes a relaxing scalp massage with a radiance boosting hair mask.

15 Min £15.00

Carita Rejuvenating Eye and Lip Treatment

Instant rejuvenation for fine lines, puffiness and dark circles. We recommend this treatment as part of your facial or body treatment.

10 Min £20.00

Aromatic Paraffin Hand or Foot Wrap

This warming wrap is great for soothing swollen feet, moisturising dry hands and reducing inflammation.

10 Min £15.00

ESSENTIAL INFORMATION

Facilities

Brown's has three treatment rooms, with one luxury suite for two. Hotel residents can also make use of the fully equipped cardiovascular gymnasium which is open 24 hours a day.

Appointments

To make an appointment please call The Spa on 020 7518 4009. A credit card is required to hold reservations for non-resident guests.

Arrival

We recommend you arrive 10 minutes prior to your treatment. This will allow us time to create your own unique treatment.

Day Packages and Services

We offer a selection of spa indulgences; alternatively we will be happy to help create your own bespoke experience.

A Personal Touch

Whether it is the room temperature, massage pressure or you want us to concentrate on specific areas please ask the therapist to adjust to suit your needs.

Personal Training

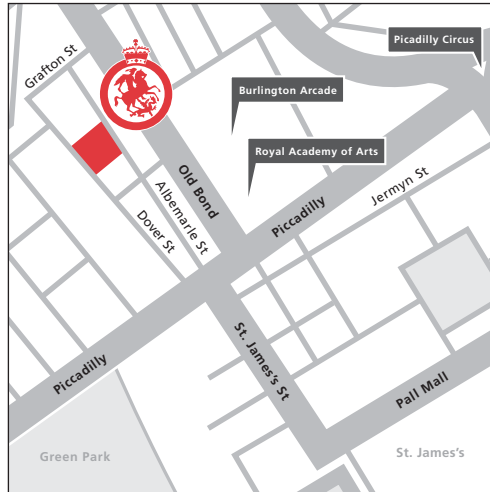
Personal Training can be arranged upon request. Please contact The Spa reception.

Gift Vouchers

Gift Vouchers for The Spa at Brown's Hotel are available from The Spa reception or can be ordered through our website www.roccofortecollection.com.

Cancellation Policy

Guests who wish to cancel or reschedule their appointment are kindly requested to provide 24 hours' notice or the full cost of the treatment will be charged. If you are less than 30 minutes late, the treatment time will be reduced accordingly, but you will still be charged at the tariff price. If you are more than 30 minutes late your appointment will be cancelled and you will be charged the full cost of the treatment. This will ensure that other guests are not inconvenienced.



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LONDON

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roccofortecollection.com



THE ROCCO FORTE COLLECTION
