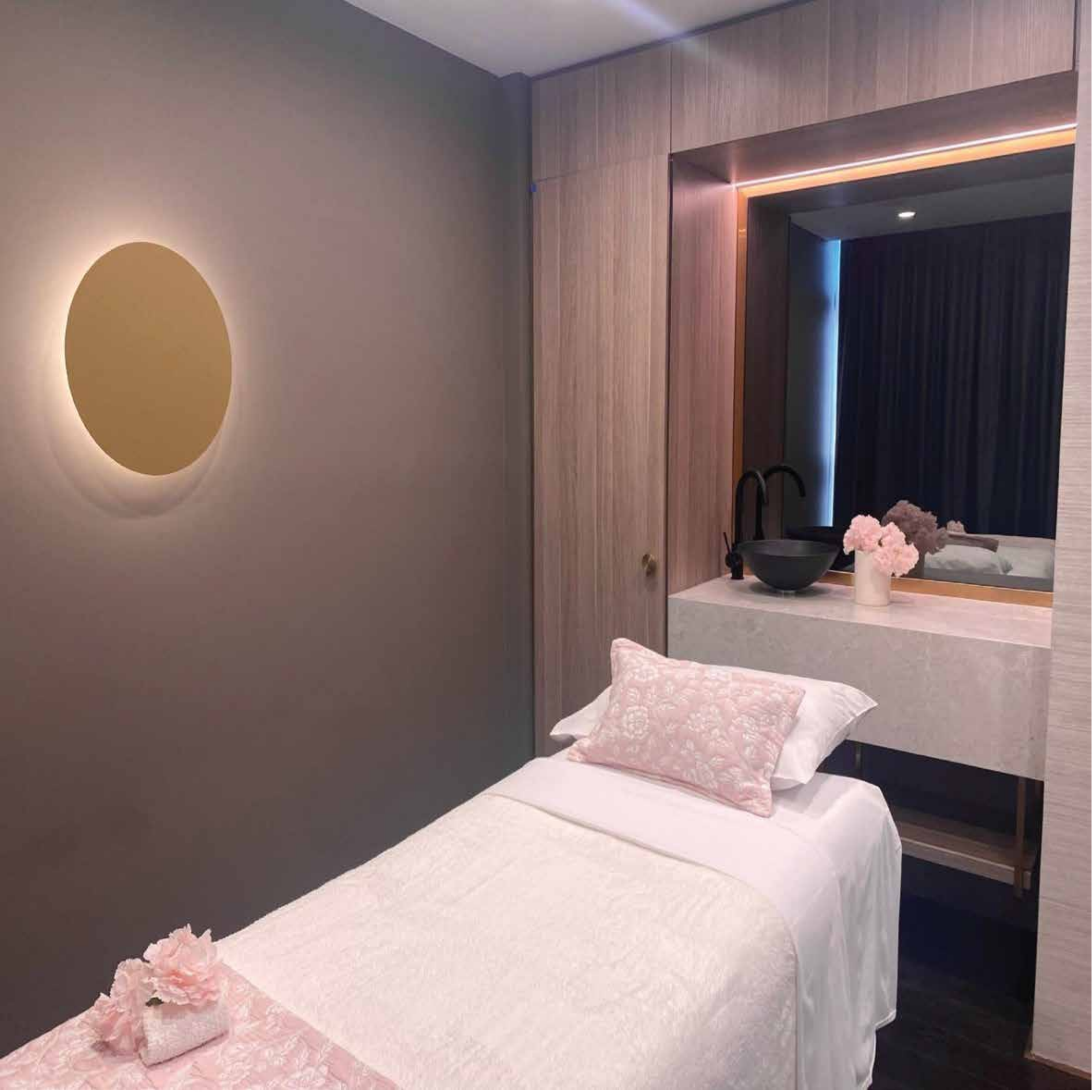




AROMATHERAPY
ASSOCIATES
LONDON

TREATMENT MENU





AROMATHERAPY ASSOCIATES AT KEISHI SPA

For more than 30 years Aromatherapy Associates, a truly British brand, has been specializing in harnessing the natural healing powers of the finest natural ingredients, purest extracts, and essential oils to include in their products and treatments.

Combined with their many years of experience as therapists they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental, and emotional wellbeing. Aromatherapy Associates are renowned for their Global award-winning products and treatments. Keishi Spa has transformed the aromatherapy experience into something highly effective yet luxurious and exceptional as a Global Award Winning boutique day spa.

WELLBEING TREATMENTS

Our beautiful guests are welcomed by our spa host and taken through to our consultation lounge, presented with a Oshibori ritual followed by a glass of infused Cucumber or lemon water.

Our Spa butler turned down your beauty room bed, with a little treat displayed, for you to begins spa journey here at Keishi Spa.

On completion of the consultation form our friendly therapists will greet you and take you through to your treatment room to begin your spa journey, with an Aromatherapy associates foot ritual.

■ THE ULTIMATE AROMATHERAPY ^{AA}

Treatment Duration 60 min \$165.00 or 90 min \$230.00 | Sunday & P/Holiday 60 mins \$194.70 or 90 mins \$271.40

This hero treatment starts with a consultation to find what your emotional and physical needs are. From that your spa therapist will carry out an aroma test to allow you to choose the oil most suitable for you. All signature oils are formulated with natural plant and flower oils with wonderful scents and powerful therapeutic benefits for body and mind. With your chosen oil, your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This treatment works from your head to your toes; it will dissolve away all your stress and tension. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit. It may be taken as a 60 minute or 90-minute massage ritual.

This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged.

■ PERFECT BACK ^{AA}

Treatment Duration 30 min \$95.00

| Sunday & P/Holiday \$112.50

This back massage will dissolve away all your stress and tension. Your therapist will use carefully applied pressures to stimulate the nervous system, Swedish and neuromuscular techniques to relieve muscular tension, and lymphatic drainage to encourage healthy circulation.

The result is relaxed and revived muscles.

■ INTENSIVE MUSCLE RELEASE ^{AA}

Treatment Duration 60 min \$190.00

| Sunday & P/Holiday \$224.20

This deeply restorative treatment is specifically designed for tight, stressed, and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk, when you push yourself to your limit, your body can easily become stiff, tight, and painful. Swedish and cross muscle fibre massage techniques, with stretching and draining, are combined with essential oils known for their beneficial effects on the circulation. Black pepper, rosemary and ginger warm the muscles and help disperse the build-up of lactic acid that causes stiffness and pain. Calming lavender soothes and is anti-inflammatory.

An intensive massage that works deep into stiff, tight aching muscles to instantly release pain and tension.

■ SLEEP DEEPLY ^{AA}

Treatment Duration 60 min \$165.00

| Sunday & P/Holiday \$194.70

A powerful body and mind switch-off to induce a serious state of relaxation for a comforting peaceful night's sleep. Working on all aspects of physical, mental and emotional stress, the treatment entails a head-to-toe massage using carefully applied pressures and neuromuscular and Swedish techniques to balance the nervous system and ease an overactive mind. This deeply sedating full body massage harnesses rich earthy essential oils of vetiver, Camomile, and sandalwood, renowned for their intense calming and grounding effects. A must-have treatment for those who suffer with insomnia or who are longing for a deep sense of tranquillity.

This head-to-toe massage uses carefully applied pressures to induce a serious state of relaxation, leaving you prepared for a sound night's sleep.

■ **CLEAR YOUR MIND** ^{AA}
Treatment Duration 60 min \$170.00 | Sunday & P/Holiday \$200.60

Calm a stressed and confused head with a refreshing yet soothing experience for body, mind, and soul.

A camomile and olive grain scrub refreshes the feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp massage and pressure points on the face, works on your complete wellbeing to relieve anxiety and emotional exhaustion. Perfect for a troubled mind, this is an effective treatment any time of day to refresh your memory and get your brain back on track.

Perfect for times of stress and over activity, this treatment helps the mind unwind and refocus, getting you back on track.

■ **HOT STONES MASSAGE**
Treatment Duration 90 min \$245.00 | Sunday & P/Holiday \$289.10

Combining the power of pure essential oils and hot stones technique to promote deeper relaxation, relief from muscular tension, stress, and fatigue. The heat from the stones combined with warming Ginger and Black pepper enable your aching muscles to feel relaxed, while improving circulation and blood flow within the body. Cool stones used during the pressure point facial massage are introduced with a pampering touch to soothe and calm skin and clear any blocked sinuses and congestion. A very comforting and nurturing treatment perfect for those with poor circulation resulting in cold hands and feet. This treatment is not available in the warmer months.

A deep and powerful massage to help with any stiffness or tension you may be holding.

■ **HIMALAYAN SALT BACK MASSAGE**
Treatment Duration 40 min \$190.00 | Sunday & P/Holiday \$224.00

Surrender to serenity with this exquisite back ritual. Exclusive to Keishi Spa. Warm, hand carved pink Himalayan salt stones sourced from the mountains in Pakistan. Are guided over the body in soothing, rhythmic movements, releasing muscle tension and restoring natural balance. Infused with over 84 trace elements and minerals, these ancient salt crystals help to detoxify, lightly exfoliate, remineralize and rejuvenate the skin while promoting deep relaxation.

As the warmth melts away the stress and the minerals replenish your body, circulation is enhanced, energy is rebalanced, and the skin is left beautifully smooth and radiant.

You'll feel Calm, Purified and luxuriously renewed – Your body recharged and spirit restored.

■ SAUNA AND STEAM ROOM

Non hotel guests are welcome to use the hotel sauna and steam rooms complementary before your treatment. Bookings are essential. **NOT SUITABLE FOR PREGNANCY.**

■ ULTIMATE ROSE PREGNANCY MASSAGE ^{AA}

Treatment Duration 60 min \$165.00

| Sunday & P/Holiday \$194.70

Feel nurtured and supported in a time of constant change.

Aromatherapy associates rose oil is safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional Swedish style massage for the upper back and paying attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil specifically for your skin type, completes this top to toe treatment. Please note this treatment is only available if you're past your first trimester.

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

Packages

■ REVIVE JETLAG PACKAGE

Couple Package

Treatment Duration 60 min \$450.00

| Sunday & P/Holiday \$531.00

Sometimes even the most active people need an energy boost, morning, or evening. Our revive blends stimulate and activate the mind first thing in the morning for a caffeine-free instant boost. This full body Massage and Ayurvedic head massage combined with natural ingredients. extracts of refreshing Pink Grapefruit, Rosemary, and Juniper Berry to the body. The Blends Invigorates and wake up the mind and body, excellent for managing jet lag, fluid retention, poor circulation, and the feeling of fatigue. This Treatment will leave you feeling relieved and uplifted. Perfect for those that travel, needing an instant boost. Upon completion of your treatment. Enjoy an array of fresh fruit.

Jet Lagged and needing an energy boost.

■ DE-STRESS BODY RITUAL

Couples Treatment

Treatment Duration 135 min \$ 800.00 per couple

| Sunday & P/Holiday \$944.00

This treatment begins with a body exfoliation, stimulating the circulation and sloughing away dead cells to revive that dull tired-looking skin. Hands and feet are given special attention with applications of rich vitamin E oil to cuticles and heels. A freshwater mud mask to the hands and feet, along with a hydrating body mask, then you are wrapped in a cocoon. While you're cocooned our friendly therapists will proceed with a relaxing face and ayurvedic scalp massage, to truly soften and condition the skin. Relax and enjoy the benefits of a rain Shower, followed by a de stress full body massage. On completion of the treatment enjoy a glass of sparkling wine and an antipasto plate in our tranquil relaxation lounge.

This treatment includes a rain shower which hydrates and relaxes the body.

Skin left feeling deeply moisturized, the mind feeling calmed and relaxed.

■ BIRD CAGE HIGH TEA

Couples package

Treatment Duration 60 min \$450.00 per couple | Sunday & P/Holiday \$531.00

Begin with our luxurious 60-minute ultimate aromatherapy massage, following your treatment you both enjoy a pot of our signature strawberry tea, a glass of sparkling wine along with a delightful array of sweet treats and savory snacks, all displayed in a beautiful golden bird cage, each of the three tiers with different treats. All served by our lovely staff to you in our relaxation lounge.

Your mind and body left feeling refreshed and replenished.

■ HYDRATING ROSE DUO

Treatment Duration 120 min \$365.00 | Sunday & P/Holiday \$430.70

Begin with an essential rose facial which harnesses the regenerative properties of rose to nourish, soften, and hydrate all skin types, especially dry, delicate, and finely textured complexions. This treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, hydrated and delicately scented. Followed by a head to toe Swedish and neuromuscular technique massage to relieve muscular tension, and lymphatic drainage to encourage healthy circulation. This is an intense massage ritual drawn from a fusion of eastern and western techniques enabling the therapist to work on your body, mind, and spirit. Following your treatment, enjoy a fresh array of fruit and our signature Strawberry tea in our beautiful relaxation lounge.

Your body and mind will be left feeling nourished and soothed.

■ CREATE YOUR OWN AROMATHERAPY EXPERIENCE

Treatment Duration 60 min \$245.00 pp | Sunday & P/Holiday \$289.00

Choose any TWO of the following Aromatherapy Associates treatment options:

- Mini Manicure
- Mini Pedicure
- Perfect back massage
- Mini Relaxing Hand & Foot Massage
- Mini Ultimate Aromatherapy Facial

Followed by a glass of sparkling wine and an antipasto platter provided by our lovely staff in our tranquil relaxation lounge. Perfect for a hen’s day or girls’ day out.

This Aromatherapy package will help balance all chakras. Minimum of 2 guests and a maximum of 4.

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ULTIMATE WELLBEING EXPERIENCE

Treatment Duration 5 hours \$850.00

| Sunday & P/Holiday \$1003.00

Indulge yourself in a luxury spa journey for 4.5 hours of treatments and let our spa therapists send you into a deep state of relaxation. Select your own Aromatherapy Associates treatments from our treatment menu for your special time in the spa. Enjoy a light lunch (30 mins) including a glass of sparkling wine and refreshments from our in-spa menu to make your spa experience memorable.

This ultimate experience will guarantee that you leave Keishi feeling like a queen or a king.

FACIAL TREATMENTS

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ULTIMATE ROSE GLOW FACIAL ^{AA}

Treatment Duration 90 min \$254.70

| Sunday & P/Holiday \$300.00

These luxurious facial harnesses the regenerative properties. The unique skincare complex of essential oils, active botanicals with the stress relief technology to restore balance both mind and skin. Your skin is thoroughly cleansed, exfoliated and toned using the skin care complex botanicals. A traditional aromatherapy pressure point massage combined with lymphatic drainage releases facial tension and congestion. Then while a hydrating facial mask goes to work, your arms and hands are gently massaged, and your skin is finally treated with a deeply moisturizing facial oil and moisturizer.

The result is a smooth, radiant complexion and a relaxed state of mind.

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ANTI-AGING WELLBEING FACIAL ^{AA}

Treatment Duration 90 min \$264.70

| Sunday & P/Holiday \$312.30

This natural, highly effective skincare complex of essential oils and active botanicals, is combined with skin stress relief technology to restore balance both mind and skin. Reduce the signs of aging without using harsh chemicals. This repairing antiaging facial works with natural oils along with our Cryotherapy facial spoons, which helps stimulate collagen formation, delivering firmer tightened skin. True to Aromatherapy Associates’ skincare philosophy, your skin is prepared by a relaxing cleanse, and exfoliation, your face is massaged using the complex blend. Two masks are applied, a rose musk mask to hydrate, and an intense collagen mask to firm and plump. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage with our mini eye contour facial cryo spoons, to improve skin suppleness and elasticity. For ultimate luxury your scalp hands and feet are massaged to release stress and tension.

For a firm, plumped and more youthful looking complexion.

■ DEEP CLEANSING FACIAL – MEN ONLY

Treatment Duration 60 min \$170.00

| Sunday & P/Holiday \$200.00

A purifying treatment for oily and combination skin. This unique skincare complex of essential oils and active botanicals with skin stress relief technology to restore balance both mind and skin. The heart of this facial, with antibacterial properties, they penetrate deep into the skin helping to regulate sebum production. Combining hot towel compresses, facial massage and a freshwater mud mask, this treatment is designed to draw out harmful impurities.

This treatment refreshes and balances, leaving the complexion super clean and fresh. We recommend that men shave at least 1 hour prior to treatment.

■ KEISHI SPA SIGNATURE FACIAL

Treatment Duration 90 min \$284.70

| Sunday & P/Holiday \$335.95

This ethereal holistic facial incorporates the Aromatherapy Associates skin relief technology to restore balance both mind and skin. Products are carefully chosen suited to your skin type with the healing powers of real Rose Quartz Crystal which are known as the stone of love. Crystals are used and placed, along with the beautiful Rose Quartz crystal wands massaging your skin, helping to balance chakras and improve your skins vitality functions. Your scalp, hands and feet are gently massaged while you relax under your organic facial mask.

This facial experience is unique to Keishi spa, this will leave you with a feeling of wellbeing and a sense of happiness, positive frame of mind with beautiful glowing skin.

This is a multi-award winning signature spa treatment.

Quartz works on all levels & areas of the body & mind.

SCRUB & WRAP TREATMENTS

■ FORREST THERAPY AA

Treatment Duration 75 min \$235.50

| Sunday & P/Holiday \$277.90

Feel restored from the stress of modern-day living, cleansed of pollution and relieved from restlessness and agitation. Starting with our Japanese Cherin meditation chime, to heal the chakras then a cleansing, guided inhalation, our refreshing foot ritual to release the aches of day-to-day life, we then will relieve tension with a long, deep full body massage followed with a warm grounding mud mask to recharge through the hands and feet. Finally restoring tranquillity to the mind with our expert scalp massage.

Leaving you feeling grounded and restored



■ ROSE HYDRATOR ^{AA}

Treatment Duration 60 min \$200.00

| Sunday & P/Holiday \$236.00

Precious essential oil of damask rose works on capillary circulation renewing the skin whilst the aroma has an expansive quality that soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation. Nourishing oils are applied to cuticles and heels and then the body is layered in a hydrating and regenerating rose gel. A moisturizing and softening mix of oil and cream with evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage with frankincense inhalation works simultaneously on the physical, mental, and emotional aspects.

This treatment leaves your skin radiant, soft, and smooth and your spirits bright and uplifted.

■ BESPOKE SKIN POLISH ^{AA}

Treatment Duration 30 min \$110.50

| Sunday & P/Holiday \$130.40

Choose from the below exfoliants to suit your needs. The relaxing all over exfoliation and layering of richly nourishing products will leave your skin looking radiant and feeling wonderfully smooth.

- Relax: A relaxing blend of essential oils will lull you into a sense of relaxation whilst softening the skin.
- Natural exfoliating scrub – using salt and coffee to remove dead skins, almond oil leaves the skin nourished and protected.

HAND AND FOOT RITUALS



■ INTENSELY NOURISHING HAND RITUAL ^{AA}

Treatment Duration 60 min \$120.00

| Sunday & P/Holiday \$141.00

An indulgent yet deeply restorative treatment for dry, hardworking, and out of condition hands. A refreshing exfoliation to soothe and sloughs off dead cells, giving special attention to nails and cuticles then a marshmallow, Rose, Geranium and Palmarosa musk mask to soothe and condition. Relax while your hands and arms are wrapped to allow the moisturizing natural actives to work. They are then treated to enriching velvety rose butter to hydrate, nourish and protect. Skin is left looking and feeling extremely supple, smooth, and revitalized. This treatment includes a complimentary glass of sparkling wine. Includes your selection of nail lacquer.

For healthy, silky soft hands and elegant nails

■ INTENSELY NOURISHING FOOT RITUAL ^{AA}

Treatment Duration 60 min \$120.00

| Sunday & P/Holiday \$141.00

Transform tired, neglected feet with this soothing and rejuvenating treatment. Your treatment begins with a exfoliation to the feet while emerged into a therapeutic Copper Bowl with warm aromatic infused water, essential oils of Rose, geranium, and Palmarosa. A Refreshing exfoliation to soothe and to slough off dead cells. An aromatherapy test is carried out by the guidance of your therapist. The essential oil selected is applied to a marshmallow, Rose, Geranium and Palmarosa musk mask to soothe and condition. Special attention is given to nails, cuticles and base of the feet. Skin is then treated to a moisturizing Rose musk butter to nourish and hydrate. Skin is left feeling extremely supple, smooth and refreshed. This treatment includes a complimentary glass of sparkling wine. Includes your selection of nail lacquer.

Feet and lower legs feel silky soft and deeply moisturized

Note: Keishi Spa does not offer any gel or shellac services, we recommend removal of either of these before visiting.

■ PETITE HAND RITUAL ^{AA}

Treatment Duration 30 min \$60.00 | Sunday & P/Holiday \$ 70.80

Enjoy our petite hand ritual beginning with an exfoliation. Special attention is given to nails with skin then being treated to enriching layers of Rose, geranium, and palmarosa. A moisturizing Rose musk butter to hydrate. Includes your selection of nail lacquer.

For ages 16 years and under only. This treatment includes a complimentary Keishi Spa signature Teddy bear.

■ PETITE FOOT RITUAL ^{AA}

Treatment Duration 30 min \$60.00 | Sunday & P/Holiday \$ 70.80

Enjoy our petite foot ritual beginning with an exfoliation. Special attention is given to nails with skin then being treated to enriching layers of Rose, geranium, and palmarosa. A moisturizing Rose musk butter to hydrate. Includes your selection of nail lacquer.

For ages 16 years and under only. This treatment includes a complimentary Keishi Spa signature Teddy bear.

KEISHI SPA SIGNATURE GIFTS



A collection of Swiss chocolates	\$25.00
Posy of flowers medium	\$50.00
Posy of flowers large	\$100.00
Keishi Spa signature loose leaf tea	\$25.00

HOW TO SPA

- Our spa butler will turn down, your beauty room bed with a little treat displayed just for you to enjoy your spa journey here at Keishi Spa.
- Advance booking is highly recommended to avoid disappointment. We require a deposit by credit card to reserve all appointments. **A 18% surcharge applies for all appointments made on Sundays & public holidays.** Gift vouchers and hotel memberships cannot be redeemed on Sundays or public holidays.
- All Guests are to wear appropriate clothing or bath robe to the spa. Footwear is required. Bare foot and wet swimwear are not permitted inside the day spa. Please shower after swimming to remove sun block. Thank you for your understanding.
- Bath robes and disposable underwear are provided or if you desire you are welcome to bring your own swimsuit.
- The spa is a peaceful and relaxing place. Please kindly respect the privacy of each spa guest by turning off your mobile phones.
- It would be preferred if you do not wear any jewellery when coming to the Spa. We kindly advise that you leave any jewellery in your room in the safe.
- Programmes are carefully planned to accommodate each guest. The Spa kindly requests that you be punctual, in a spirit of mutual respect of other guests to arrive 15 minutes prior to your appointment time.
- Spa etiquette: As a courtesy to all our guests, treatments are completed as scheduled. Arriving late to your appointment will shorten your time spent at the spa.
- We recommend gentlemen having a facial, should shave at least 1 hour prior to your appointment to ensure optimal results of the treatment.
- For your own convenience, it would be advisable to organize your treatment program and sessions in advance. This will give you the opportunity to choose with the Spa host the most appropriate treatments and time which best suits you.
- Gift vouchers cannot be exchanged for cash and are non-refundable. Vouchers MUST be presented to redeem, or treatments must be paid in full. Spa treatments cannot be charged, back to hotel room, The Day Spa is to be paid directly.
- Children under the age of 16 years old need to be accompanied by a parent/guardian, guests under the age of 18 need written permission from their parent/guardian and must be presented on arrival.
- Laser skin Therapy and cosmetic Injectables are not recommended on the same day as your wellness treatment.
- Non hotel guests are welcome to use the hotel sauna and steam room complementary, when booking appointments at the day spa. Please advise the spa host at the time of booking your appointment.

EXERCISE CAUTION

Please be sure to tell us if you have any health concerns or conditions (e.g., Recent surgery, pregnancy, high/low blood pressure etc.). If you are uncertain, we highly advise that you consult your physician before visiting the spa.

PAYMENT

Advance booking is highly recommended to avoid disappointment. We require a deposit by credit card to reserve all appointments. A 18% surcharge applies for all appointments made on Sundays & public holidays. Gift vouchers and hotel memberships cannot be redeemed on Sundays or public holidays. Guests that wish to cancel or reschedule their appointments are kindly requested to give the spa at least 24 hours’ notice before your appointment. In the event of non—attendance, your credit card or room will be charged, and cash or gift vouchers are redeemed.

We accept Visa, MasterCard, and Bankcards.

TRADING HOURS

Monday	09.00am - 6.00pm
Tuesday	09.00am - 6.00pm
Wednesday	09.00am - 6.00pm
Thursday	09.00am - 6.00pm
Friday	09.00am - 6.00pm
Saturday	09.00am - 6.00pm

Sunday is for hotel guests and by appointment only (pre-booked)