



AKASHA

Long before the four elements of earth, air, fire, and water came into being, legend speaks of a fifth such pillar, often regarded as the source of everything around us. This unseen, intangible element was later given a name to reflect its basis as an origin for us all, and today, represents a source for our mind, body, and spirit to return to – Akasha.

At an Akasha spa, our goal is to inspire your wellbeing in a way that is befitting of our origins. Offering treatments and classes that are steeped in the core features of each element of earth, air, fire, and water, Akasha represents much more than traditional beauty and fitness experiences – it represents a renewed focus on yourself and your wellbeing.

With a broad range of treatments at our disposal, as well as working with carefully selected brands and experts, you will find that returning to your own source is never too far, nor too difficult.

Our facilities have been designed to make your wellness journey as seamless and as comfortable as possible. Consisting of three floors, our private entrance is located on the upper floor, and the reception and gym greet you on the middle floor. The lower floor emphasises our commitment to serenity, as the swimming pool, aromatic Hammam, Jacuzzi, sauna, treatment rooms, relaxation areas and changing rooms all reside here.

Our lounge – also located on the middle floor – is an informal dining space for guests, where you can enjoy cleverly put together healthy snacks and light meals to further your wellness goals.

We hope to inspire you to return to your best self.

OUR BRANDS

At Akasha, we present to you an exquisite selection of spa experiences, carefully curated in partnership with some of the most prestigious and renowned luxury spa brands in the world.

Valmont

Since 1985, Valmont's mission has been to offer amazingly effective high performing anti-aging treatments and products. Also known as “the Magician of Time”, Valmont has stepped into the Swiss cellular cosmetic tradition for more than 30 years, helping achieve in skincare, immediate long-term results of un-equalled quality. The skincare products are sourced from the natural environment of Switzerland, preserved and pure, combining subtle alpine ingredients to innovative scientific expertise, to achieve optimum quality.

U Beauty

U Beauty has a steadfast commitment to providing a simple, clean, and effective solution for all skin types, with an unwavering focus on achieving long-term results and preserving skin integrity. U Beauty's continued global acclaim is a testament to the brand's double patent-pending, cutting-edge SIREN Capsule Technology, which empowers lower-level actives to achieve more and deliver truly transformative results through a proprietary encapsulation delivery system.

Aromatherapy Associates

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising 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. As the leaders of aromatherapy, their passion delivers award-winning luxury bath, body and skincare products that work on a deeper level to allow natural radiance and beauty to shine through.

MarocMaroc

The heritage of the brand enables authentic wellbeing spa and hammam treatments. Inspired by the ancestral beauty routines of Moroccan women, the MarocMaroc adventure started in 2006, the fruit of a strong desire to pass on and promote this exceptional cultural heritage. MarocMaroc is characterized by elegant authenticity, each product inspired by a story, a ritual or an ingredient which evokes some element of Morocco.



MASSAGE THERAPY

Relax and revive the body from tension and stress with our tailored experiences. Combining the expertise of ancient and modern techniques, our therapists will personalise your chosen therapy for maximum benefits.

Akasha Aromatherapy Experience

Relieves tension and incorporates lymphatic drainage

The Swedish and neuromuscular techniques relieve muscular tension and lymphatic drainage to encourage healthy circulation. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. The pressure can be tailored between light and medium.

60 minutes – £179

90 minutes – £229

Akasha Deep Tissue Massage

Relieves muscular tension and stiffness

A deep tissue massage where the pressure is adjusted to manipulate both the deeper tissue layers in the body and the soft tissue, focusing on areas of the body that are overused and stressed from repetitive movements and often caused by bad posture.

60 minutes – £199

90 minutes – £249

Hot Stone Massage

A relaxing treatment that also relieves muscular tension and stiffness

A deeply grounding, soothing and calming massage using hot basalt stones to release and soothe muscular tension and pain. The warmth of the stones promotes deep relaxation which leaves you feeling recharged, uplifted, and re-energised.

60 minutes – £189

90 minutes – £239

Traditional Thai Massage

An energising treatment that also relieves tension in the muscles and joints

This traditional and specialised treatment helps to increase flexibility, relieve muscular and joint tension, stimulate circulation and heighten the body's energy levels whilst creating a wholeness of the mind and spirit. Loose and comfortable clothing is required for this treatment.

60 minutes – £179

90 minutes – £229



Pre and Post-Natal Massage

A relaxing treatment for new and expecting mothers that relieves pregnancy related muscular tension

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular 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 followed by a full scalp and facial massage. (Not suitable within the first 12 weeks of pregnancy)

60 minutes – £179

90 minutes – £229

Theragun Percussive Therapy Massage

Relieves muscular tension, soreness, while improving flexibility and range of motion

A specialised deep tissue muscle treatment, that is tailored to your body's needs. The scientifically proven device will work deeper into your muscles by targeting key trigger points to help boost the circulation, reduce tension or soreness, increase flexibility and improve range of motion, whilst leaving the body in a complete state of relaxation.

60 minutes – £189

90 minutes – £239

Akasha Herbal Infused Massage

Releases and relieves emotional stress and sore muscles

This massage treatment uses a combination of stretching, acupressure, and herbal compresses to enhance the therapeutic benefits of kaffir lime, lemongrass and turmeric. The warm herbal compresses alleviate sore muscles, relieve emotional stresses, uplift the mind and stimulate circulation.

60 minutes – £179

90 minutes – £229

Reflexology

Relaxes, energises and rebalances the mind and body

Pressure is applied to key reflex points of your soles, followed by a relaxing massage to stimulate energy flow and restore balance to encourage the process of self-healing.

60 minutes – £179

Ayurveda Massage

Deeply relaxes the mind and body

A traditional Indian treatment using warm oil and long gentle flowing massage movements to promote deep relaxation. This is then followed by a soothing head massage and concludes with the pouring of warm oil onto the 'third eye' (your intuition) to rebalance, calm and re-focus the mind.

60 minutes – £179

90 minutes – £229



BODY RITUALS

Choose from a variety of rituals curated by our experts to detoxify, tone and revitalise your body. Combined with hand-on healing and relaxation techniques to quieten the mind from daily stressors.

The Ultimate Back Reviver

A relaxing treatment that helps to de-stress and re-energize

This relaxing ritual begins with a back cleanse, exfoliation and calming massage to alleviate stress. Simultaneously, a purifying mud mask is applied while therapeutic massages are given to the legs, arms, and scalp. The experience concludes with the application of Revive Body Gel and invigorating stretches, helping the body to recharge and re-energize.

90 minutes – £219

Aromatherapy Skin Detoxifying Ritual

A detoxifying and energizing ritual to boost energy and revitalize

This intensive detox treatment is the perfect therapy for when you are dieting, feeling sluggish and lacking energy. The Revive Morning blend of grapefruit, rosemary, and juniper refreshes and stimulates your body. The skin appears bright and smooth as the lymphatic system is stimulated through body brushing, exfoliation, and a mud mask. Recharge your mind and energize your body with this invigorating treatment.

90 minutes – £229

Awaken The Senses Candle Ritual

A warming, soothing and hydrating massage for body and mind

Experience the Moroccan ancestral secrets for complete body and mind wellbeing. The warming candle blends traditional Moroccan ingredients, amber, musk, and vanilla, creating a delicate scent in the room. This includes stretching and a candle massage to soothe muscles, relax the mind, and deeply hydrate the skin.

60 minutes – £179

Revive and Recharge Rose Ritual

A treatment that uplifts your spirits, helps you de-stress and leaves your skin radiant

Damask rose essential oil renews the skin and calms the emotions. The treatment starts with a gentle exfoliation, followed by a hydrating rose blend, evening primrose, and shea butter for the body. While cocooned, an Ayurvedic scalp massage and frankincense inhalation addresses your physical, mental, and emotional well-being.

60 minutes – £179

90 minutes – £229



Valmont Fit and Tone – Peaks of Slimness

A full body sculpting treatment for toning and slimming

This full body sculpting treatment targets slimming, figure maintenance, post-pregnancy firming, and anti-aging. By utilizing invigorating massage techniques along the body's muscular lines, it promotes toning, slenderness, and cellulite reduction. It also stimulates circulation and encourages lymphatic drainage.

60 minutes – £199

Slimming Course (8 sessions) – £1299

U Beauty Signature Sculpt Treatment

Visibly tightens, tones, and sculpts skin on the arms

This arm focused treatment is an innovative solution that revitalizes arms and shoulders. Experience visible tightening, toning, and sculpting, along with improved skin texture in just 15 minutes. This treatment offers a unique approach to elevate your arm aesthetics and visibly relieve the skin of fluid retention, sagging and crepiness.

60 minutes - £199

U Beauty Body Resurfacing Treatment

A hydrating massage that smoothens and hydrates the skin

This resurfacing body ritual will leave your skin over 48 hours of sustained hydration and visible renewal, unveiling the signature all-over body glow that radiates natural beauty. It effectively penetrates the body's thicker, dryer skin to transport hydration to all layers of the skin. Enjoy the harmonious blend of exfoliation and deep hydration, revealing your smoothest, softest skin.

60 minutes - £199



FACIAL CARE

Tailored to your skin's needs, our range of facial treatments target a variety of concerns. Choose from anti-ageing, energising, cleansing, rejuvenating and hydrating treatments.

Valmont Energy Facial – Vitality of the Glaciers

Renews, detoxifies and restores the skin's youthful glow

A facial treatment that focuses on combating the impact of stress, pollution and the high demands of modern life. Dull, lacklustre and congested complexions will benefit from this cellular renewal facial treatment. Delivering essential nutrients to the deeper layers of the skin, this oxygenation and detoxifying treatment helps improve circulation through Valmont's signature massage. The result driven regenerating collagen mask helps smooth, plump and reduce wrinkles and fine lines leaving the skin looking fresh with a youthful glow.

60 minutes – £229

90 minutes – £279

Valmont Anti-Aging Lifting – Lift from the Peaks

Combats ageing and smoothens the skin

This anti-ageing treatment program provides an intense smoothing effect while alleviating stress in areas with superficial or more pronounced wrinkles. The fascia therapy-based treatment involves a slow, deep-tissue massage to alleviate tension and provide long lasting results.

60 minutes – £229

90 minutes – £279

Valmont Hydration Facial – Hydration of the Bisses

Moisturises the skin and targets fine lines

This is the perfect treatment for someone that is concerned with dehydration and fine lines. After a gentle exfoliation, this deeply moisturising facial helps to quench the skin's thirst, replenishing what is lost on a daily basis. A rehydrating iconic regenerating collagen mask re-plumps, energises and smooths the skin whilst the hyaluronic acid helps the skin cells retain water leaving the skin nourished and hydrated.

60 minutes – £229

90 minutes – £279

Valmont L'Elixir des Glaciers – Majestic

Rejuvenates and revitalises the skin

This is the ultimate facial treatment for rejuvenating and sculpting the face which uses the exclusive essence of the bees complex which combines honey, propolis and royal jelly direct from the bee hive. The honey helps intensely, the propolis purifies and repairs and the royal jelly regenerates the skin. The facial includes three massage protocols which lift, nourish and revitalise the skin with techniques inspired by the Japanese Kobido. This involves a specific pressure and sliding movements on meridians and acupuncture points, to offer a true rejuvenation of the face.

90 minutes – £369



Valmont Luminosity of Ice

Restores radiance, detoxifies and reduces the appearance of fine lines

This glow-boosting treatment resurfaces the skin to awaken the radiance of a unified complexion with refined skin texture. Visibility of fine lines are reduced, and the skin is fresh, smoother and luminous. The combination of reflexology massage techniques targets organs involved in detoxification, focusing on specific areas of the face to brighten the skin. Completing the treatment with the iconic Regenerating Collagen Mask for outstanding results.

60 minutes – £229

90 minutes – £279

U Beauty Precision Glow Facial

Firms, lifts and contours, and leaves your skin hydrated and glowing

This glow boosting facial treatment delivers a hydration boost and antioxidant shield for optimum skin barrier function. It fills and plumps the appearance of fine lines and softens expression lines. Through a careful cleanse, exfoliation, lymphatic massage and hydrating facial mask with Chinese Meridian scalp massage it will instantly lift and contours for firmer-looking skin. Radiance is reawakened through enhanced circulation, and a remarkable 48-hour hydration shield ensures lasting suppleness. Visible signs of aging are significantly reduced, revealing a timeless complexion.

60 minutes – £229

U Beauty Siren Glow Facial

De-puffs, detoxifies and encourages softer, smoother skin

The Siren Glow facial delivers hydration, softens lines, and offers an immediate lift. It enhances circulation, resulting in dewy radiance and glass-like skin. The benefits include de-puffing, firming, and improved product penetration. Experience a symphony of renewal as elastin and collagen production is promoted. Embrace a youthful canvas with minimized signs of aging.

90 minutes – £269

Aromatherapy Ultimate Facial

Repairs and restores the skin's natural glow

A bespoke facial designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

60 minutes – £179

90 minutes – £229

Aromatherapy Age Repair Facial

Firms and tightens the skin to combat ageing

This repairing and anti-ageing facial works with natural oils of Inca Inchi and larch extract which stimulates collagen to firm and tighten the skin. The anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. Your skin is prepared by being cleansed and exfoliated, followed by a massage and the application of two masks to increase cell renewal and to firm and plump the skin. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury, your scalp is massaged to release stress and tension.

90 minutes – £229



HAMMAM EXPERIENCES

The Akasha Hammam treatments aim to purify and revitalize the body through the use of steam, exfoliation, and detoxification techniques.

MarocMaroc

Traditional Hammam

A cleansing and detoxifying Hammam treatment to completely revitalize

Experience a revitalizing ritual that deeply cleanses and purifies through the use of black soap, kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, followed by an invigorating orange blossom stretching ritual for complete revitalization.

60 minutes – £189

Akasha Hammam with Back Massage

A tension relieving and purifying Hammam experience

Experience a thorough cleanse and purification ritual with black soap, kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, followed by a full body stretching ritual using orange blossom shower milk. Conclude with a hydrating body balm application and a 30-minute tension-relieving back massage.

90 minutes – £239

Akasha Hammam with Hydrating Cactéa Facial

A detoxifying Hammam experience and hydrating facial

Experience a cleansing ritual with black soap, kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body stretching ritual using orange blossom shower milk. Conclude with a 30-minute application of hydrating body cream, prickly pear facial massage, and intense hydration mask that will leave you with a clear and firm complexion.

90 minutes – £239

Orange Blossom Signature Hammam with Facial

A cocooning, purifying Hammam experience and hydrating facial that boosts skin radiance

A Hammam experience where traditional black soap deeply cleanses and purifies in the steam. This is followed by kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body stretching ritual with orange blossom shower milk. Conclude with a hydrating facial for radiant skin while being cocooned.

120 minutes – £279



Indulgent Hammam with a Body Melting Massage

A purifying Hammam experience that helps to release and relieve tension

A Hammam experience where black soap purifies and exfoliates, followed by a detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body stretching ritual with orange blossom shower milk. Complete your experience with a ceremonial body massage using a nourishing balm to release tension.

120 minutes – £279

FOR MEN

A tailored selection of spa treatments designed specifically for men, providing a relaxing escape and enhancing overall well-being.

Akasha Aromatherapy Experience for Men

Relieves tension and incorporates lymphatic drainage

The Swedish and neuromuscular techniques relieve muscular tension to encourage healthy circulation and facilitate lymphatic drainage for men. This treatment releases tension held in every part of your body leaving you feeling deeply relaxed and recharged. The pressure can be tailored between light and medium.

60 minutes – £179

90 minutes – £229

Theragun Percussive Therapy Massage for Men

Relieves muscular tension, soreness, while improving flexibility and range of motion

Experience the ultimate deep tissue muscle treatment especially designed for men, precisely tailored to address your body's unique needs. The scientifically proven device will work deeper into your muscles by targeting key trigger points to help boost the circulation, reduce tension or soreness, increase flexibility and improve range of motion, whilst leaving the body in a complete state of relaxation.

60 minutes – £189

90 minutes – £239

Akasha Hammam with Facial for Men

A detoxifying Hammam experience and hydrating facial

Experience a cleansing ritual with black soap, kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body stretching ritual using orange blossom shower milk. Conclude with a 30-minute application of hydrating body cream and express facial tailored to the needs of the men's skin.

90 minutes – £239

Akasha Hammam with Back Massage for Men

A tension relieving and purifying Hammam experience

Experience a thorough cleanse and purification ritual with black soap, kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, followed by a full body stretching ritual using orange blossom shower milk. Conclude with a hydrating body balm application and a 30-minute tension-relieving back massage.

90 minutes – £239

The Ultimate Hammam with Body Massage For Men

A purifying Hammam experience that concludes with a full body massage to release and relieve tension

A Hammam experience where traditional black soap deeply cleanses and purifies in the steam. This is followed by kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body massage to ease away tense muscles.

120 minutes – £279

The Ultimate Hammam with Gentlemen's Tonic Facial

A cocooning, purifying Hammam experience and hydrating facial

A Hammam experience where traditional black soap deeply cleanses and purifies in the steam. This is followed by kessa exfoliation, detoxifying body balm and argan-rich facial scrub. Nourish your hair with a shampoo and hair mask, then enjoy a full body stretching ritual with orange blossom shower milk. Conclude with a hydrating facial to balance and to prevent ingrown hairs.

120 minutes – £279

MIND BODY DISCIPLINES

Akasha invites you to embark on a transformative journey through our diverse range of Mind and Body Disciplines. Embracing the powerful connection between mind, body, and spirit, our carefully curated selection of practices, including yoga, meditation, reiki, and more, offers a gateway to inner harmony, self-awareness, and holistic wellbeing. Whether you seek to cultivate inner peace, enhance your physical vitality, or deepen your spiritual connection, our expert instructors and serene environment are here to guide you on a path of self-discovery and personal growth.

Personal Training

Elevate your fitness journey with personalized training sessions at Akasha, where our experienced trainers empower you to achieve your health and wellness goals through tailored workouts and expert guidance.

60 minutes – £149

90 minutes – £219

Private Yoga (all types)

Discover the transformative power of yoga in a personalized and private setting, as our skilled instructors curate customized sessions to deepen your practice, enhance flexibility, and nurture your mind-body connection, guiding you towards optimal well-being.

60 minutes – £149

90 minutes – £219

Private Mat Pilates

Experience the benefits of Pilates with our dedicated instructors, who will create a personalized workout tailored to your individual needs, helping you improve core strength, posture, flexibility, and overall body awareness in a tranquil and supportive environment.

60 minutes – £149

90 minutes – £219

Private Boxing

Unleash your inner strength on a personalized boxing journey, where our expert trainers will guide you through a private boxing class designed to enhance your technique, build endurance, improve cardiovascular fitness, and instil confidence, empowering you to reach new heights of physical prowess and mental resilience.

60 minutes – £149

90 minutes – £219

Reiki

Akasha offers deeply transformative and personalized Reiki experiences with skilled practitioners who harness the ancient healing energy to create a private session that restores balance, clears blockages, promotes relaxation, and nourishes your body, mind, and spirit, facilitating inner healing and a renewed sense of wellbeing.

60 minutes – £179

Meditation

Delve into the healing and relaxing power of meditation, experiencing the ancient therapeutic tradition through personalized one-on-one sessions at Akasha.

60 minutes – £149

Sound Healing Meditation

Immerse yourself in the transformative realm of sound healing meditation, where our expert facilitators utilize the mesmerizing resonance produced by metal bowls to create a profound and immersive experience. Through deep, penetrating vibrations, this private session induces a state of deep relaxation, repairs the mind, and alleviates stress, anger, depression, and fatigue, whilst also lowering blood pressure. It will improve your sleep quality, promotes relaxation and concentration, and sparks creativity, leaving you with a renewed sense of balance, harmony, and inner peace.

60 minutes – £149

WELLNESS EXPERTS

At Akasha, we believe in providing a comprehensive approach to wellness, which is why our team of wellness specialists extends beyond our in-house practitioners. We proudly offer a diverse roster of external experts who are available for private consultations or classes, ensuring that you have access to a wide range of specialized knowledge and personalized guidance. Whether you seek one-on-one sessions with a nutritionist, a tailored fitness program with a personal trainer, or expert advice from a wellness coach, our network of experts is here to support you on your journey towards optimal wellbeing, empowering you to thrive in every aspect of your life.

FLORENCE PENNY

Specialist Musculoskeletal Physiotherapist & Acupuncturist

Florence is the founder of Flow Physio London a bespoke holistic approach to Physiotherapy & Wellness optimisation. An experienced physiotherapist with over 10 years' experience Florence specialises in musculoskeletal pathologies, sports injuries, and chronic pain with strong relationships with top UK orthopaedic and sports medicine consultants. She prides herself on her diagnostic skills, hands-on ability & wellness optimisation. She has experience working previously in the exclusive ski resort of Verbier, Switzerland to working as lead physiotherapist at a leading Harley Street Clinic treating a range of complex conditions and management of high-profile individuals including those in the Film and TV industry. Florence has recently been cited as a top 10 physiotherapist in the business in London by Sheer Luxe.

Physiotherapy Treatment

60 minutes – £250

Extended Physiotherapy Treatment

90 minutes – £350

Physiotherapy and Acupuncture Combination

90 minutes – £350

NERIMAN AZIZ

Osteopath and Craniosacral Specialist

Neriman Aziz, an experienced osteopath practicing for a decade in Europe and Asia, specialises in a unique treatment style that combines structural techniques, craniosacral therapy, and a holistic approach. Trained in the United Kingdom, she emphasises creating equilibrium and restoring balance to the body, addressing musculoskeletal conditions through visceral osteopathy. Neriman's recent focus is on women's health, aiming to empower women through education and highlighting the benefits of manual therapy for pelvic health.

Osteopathy

60 minutes – £229

Craniosacral Treatment

60 minutes – £230

Holistic Pelvic Care™ - Designed for Women

60 minutes – £230



BELINDA MATWALI

Spiritual Mentor and Meditation Guide

Belinda Matwali is a Spiritual Mentor and Meditation Guide with a diverse range of expertise. She combines meditation, trauma-informed psychotherapy, subconscious reprogramming, astrology, and nutrition in her work. With a Bachelor of Science in Biology, Diploma in Nutritional Therapy, and over 10 years of meditation training, including teacher trainings in India, Matwali offers mentoring, courses, workshops, and wellness retreats through her Spiritual Nutrition® Meditation School.

Sobriety Coaching

60 minutes – £225

Minimum of six sessions conducted online

Spiritual Mentoring

60 minutes – £225

Minimum of six sessions conducted online

Astrology Birth Chart Readings

60 minutes – £225

Online or in-person

Electronic Music Meditation

60 minutes Group Session – £129 per person

ANNA JOUANNON

Maturation Coach

Anna, a qualified Maturation Coach trained by Nicky Clinch, combines her expertise as a yoga teacher to guide individuals in breaking free from their self-perceived stories and embracing a new way of being. With deep compassion, she creates a safe space for clients to explore their blind spots and release unconscious repetitive patterns. Anna's approach focuses on enhancing emotional awareness rather than merely seeking temporary relief. Through her guidance, individuals learn to navigate suppressed emotions and discomfort, unlocking a realm of new possibilities. Maturation work fosters presence, maturity, and the ability to respond to life without being triggered. Anna's commitment to personal growth allows her to hold a profound space for her clients, constantly honing her skills through ongoing training and collaboration with fellow coaches.

Online sessions with unlimited support between sessions

Six sessions – £2299

Twelve sessions – £4199

HELENA EFLEVROVÁ

Aquatic Bodywork and Bodywaves Practitioner

Helena Eflerová, a certified Aquatic Bodywork and Aquatic Bodywaves practitioner, is highly dedicated to her profession. Rooted in the principles of Poetry in Water by Steve Karle, her approach combines Craniosacral Therapy, Watsu, dance, breath-work, and underwater submersions. Helena's person-centered sessions follow the organic choreography of the body in water, delivering personalized, improvised experiences. With 18 years of experience in Live Art, Durational Performance, and Aquatic Contact Improvisation Dance, she has honed her ability to connect with individuals on a deep level. Having a background in the aquatic performing arts industry, she has facilitated education, therapy, and underwater productions, and holds qualifications in Scuba diving and Apnea free diving, as well as various aquatic teaching certifications.

Aquatic Bodywork

60 minutes – £179

90 minutes – £229

Aquatic Contact Improvisation Dance

60 minutes – £179

90 minutes – £229

Find out more and discover our other wellness experts in the areas of Thai Chi Biomechanics, Tulayoga and Meditation, Yoga, Personal Training, Pilates, Boxing, Muay Thai, Mind and Body Conditioning.

Please scan the QR code to discover more.



APPOINTMENTS AND DIRECTIONS

Scheduling an Appointment

To schedule an appointment, please contact our staff who will guide you in choosing your perfect treatment. We advise booking in advance to ensure your preferred time and treatment is available. Pre-payments are required at the time of booking. Individual consultations are carried out before all treatments. Due to scheduling demands, we cannot always guarantee your choice for a particular therapist. If you have a preference for the gender of your therapist, please state this when you book your treatment. Credit card details are required at the time of booking.

Bookings can be made via telephone: **5117** from your in-room telephone or call **+44 (0)20 7406 3360**

Via e-mail: akasha@hotelcaferoyal.com or
online via: www.hotelcaferoyal.com/wellness

Directions to the spa from your guestroom

To access the Akasha from your guestroom, simply follow the 'Akasha' signs in the hallway. These signs will lead you to the special elevators dedicated to the spa and gym facilities. The spa can be accessed directly with the elevator towards Akasha from the 2nd to 5th floor. For guests staying on the 6th and 7th floor, please use the main hotel elevator down to 5th floor and follow the signage in the corridors to the Akasha elevator that will take you down to the spa and gym. We hope you have a relaxing and rejuvenating experience at Akasha during your stay.

Or scan the below QR code to book direct:



ESSENTIAL SPA INFORMATION

Facilities Pass

For any treatment bookings by non-hotel guests, under 2 hours per person a £95 facilities pass may be purchased. This permits access to the gym, swimming pool, aromatic Hammam, sauna, Jacuzzi and surrounding relaxation areas. Please reserve your facilities pass in advance as availability is limited. Treatments over 2 hours included access to the spa facilities.

Opening Hours

Monday to Friday 7.15am to 9pm.

Saturday to Sunday 7.15am to 9pm.

Treatments are available from 9am to 9pm daily subject to availability.

Bank holidays opening hours are subject to change. Please check with the spa reception.

Children

Resident children aged 5 to 16 years are welcome to the spa during the following hours, under the supervision of a parent:

Monday to Friday 9am to 10.30am and 4pm to 5.30pm.

Saturday to Sunday 9am to 11am and 4pm to 6pm.

Children are not permitted to enter the gym, Hammam, Sauna or Jacuzzi at any time.

Spa Facilities

The spa consists of three floors. The entrance is located on the upper floor, with the reception, lounge and gym on the middle floor. Located on the lower floor are the swimming pool, aromatic Hammam, Jacuzzi, sauna, changing room, treatment rooms and relaxation areas. Resident guests and spa day guests have unlimited access to the spa facilities.

Lounge

The lounge is an informal dining space, serving drinks, healthy snacks and light meals.

Arrival Time

To enhance your spa experience, we encourage you to arrive 30 minutes prior to your scheduled appointment time. Upon arrival into the spa you will be requested to complete a health questionnaire. If you have any health concerns please check at the time of booking to ensure that your chosen treatment is suitable. Please understand that late arrivals will result in the treatment time being shortened accordingly.

ESSENTIAL SPA INFORMATION

What to Bring with You

You will be provided with a robe, towel and flip flops during your time at Akasha. During your treatment you are advised to wear your swimwear. You will be draped with towels during your treatment. For body treatments, we can supply disposable underwear. For Vichy, Hammam or Watsu treatments, please bring your own swimwear. Swimwear is compulsory in our spa facilities. The Sauna and Hammam are mixed facilities so please wear swimwear.

Spa Etiquette

The Akasha spa is a relaxing and tranquil environment. Please respect all spa guests' rights to privacy and serenity. The use of mobile phones, laptops, cameras is permitted only in the Lounge Bar.

Loss or Damage

Lockers are provided during your time at Akasha. We regret that we cannot be held responsible for any loss or damage of personal possession.

Cancellation Policy

A 100% charge will be incurred for any treatment not cancelled at least 24 hours prior to your scheduled treatment time.

Gift Vouchers

Personalised gift vouchers are available for a single treatment, combination of treatments, spa days or for a specific value. Please note when purchasing a gift voucher for a treatment under 90 minutes, this does not include the use of facilities. Gift vouchers may be ordered by telephone or online.

In-room Treatments

If you would prefer to have treatments in the comfort of your room, please call Akasha on 5117 and note that there will be an additional charge.

