





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.

Therabody

Therabody was created in 2009, when company founder Dr Jason Wersland suffered a debilitating motorcycle accident; he created a makeshift Theragun to rapidly massage away his muscle pain. In 2016, the first Theragun came to market, and immediately became a run-away success, winning countless awards and being used by everyone from top athletes to physiotherapists treating chronic pain. Today, the Therabody range includes products designed to treat a wide range of physical ailments, to relieve stress and tension, to enhance recovery after training or injury, and to improve rest, mindfulness, and sleep.

SUNDĀRI

Ayurvedic-inspired skincare founded on the belief that your skin reflects your inner state. Combining Ayurvedic principles—which state that health and wellbeing are achieved when your mind, body, spirit, senses, and emotions are in perfect balance—with modern technology, this skincare line addresses different Doshas to help you achieve a healthy and balanced skin.

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.

Proverb

Proverb's mission is to make natural and organic products that are better for human health and performance, the planet and its people. Our Proverb facial and massages are performed using Proverb's bioactive and organic oils; rich in nutritional anti-oxidants, omega fatty acids and vitamins, formulated for lab proven results. Designed especially for people with active lifestyles who are looking to release muscle tension and improve range of movement and flexibility.



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.

Full Body Massage with Dual Theraguns

A tension-releasing massage, combining a range of massage techniques with two Theraguns.

A bespoke journey of relaxation and rejuvenation through the Signature Customised Full Body Massage, seamlessly integrating traditional Swedish, Deep Tissue, and Sports massage techniques. Guests will also experience hands-on lymphatic drainage and dual Theraguns for acupressure, stress relief, and jet lag recovery.

60 minutes – £189

Foot, Hand, and Scalp Massage with Theragun Mini

A relaxing treatment with reflexology and massage techniques alongside Therabody products.

Providing a unique sensory experience, this treatment offers a somatic reflexology foot massage, pressure point hand massage using the Theragun Mini, and a hands-on scalp massage to alleviate any built-up tension in the body. Guests will also wear the SmartGoggles, to relieve eye strain and induce a more relaxed state. The RecoveryTherm Hot Wrap will be used for the duration of the treatment to reduce pressure.

60 mins – £179

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



Proverb Ultimate Face and Body Performance

Experience a rejuvenating facial alongside a re-aligning full-body massage.

This tension releasing treatment combines Proverb's renowned full body massage with a deep cleansing facial. Designed to improve flexibility, movement, skin health and overall wellness, your therapist will use a combination of long stretching movements, massage, and re- alignment techniques.

120 minutes – £295

Proverb Full Body Recovery – Stretch & Align

Ease muscular aches and pains with a bespoke full-body massage.

A bespoke, full body treatment designed to release muscle tension. Your therapist will use a combination of long stretching movements, massage, and re- alignment, all improving flexibility, movement and overall wellness.

90 minutes – £225

SUNDĀRI Abhyanga Massage

An energy cleansing massage to deeply relax the mind and body.

This rhythmic and deeply relaxing massage rejuvenates by clearing stagnant energy with warm oils and varying pressure, restoring the flow of 'prana,' the life force that energises your body. The treatment combines traditional Indian techniques with long, gentle, flowing movements to promote deep relaxation. It concludes with a soothing head massage and the pouring of warm oil onto the 'third eye' (your intuition) to rebalance, calm, and refocus the mind.

60 minutes – £189

90 minutes – £239

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



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 deeply grounding massage that relieves muscle tension and promotes deep relaxation.

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 relives 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



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

Pre and Post-Natal Massage

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

Using oils formulated for pregnancy, this massage focuses on relieving stress and tension, particularly in the upper back and shoulders. The legs are massaged to ease the heavy feeling often experienced during pregnancy, followed by a soothing scalp and facial massage. (Not suitable within the first 12 weeks of pregnancy).

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 calming treatment to unwind and revitalise.

This relaxing ritual commences with a back cleanse, exfoliation, and soothing massage to alleviate stress. Simultaneously, a purifying mud mask is applied while therapeutic massages are administered to the legs, arms, and scalp. The experience culminates with invigorating stretches to help the body recharge and re-energise.

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 relief the skin of fluid retention, sagging and crepiness.

60 minutes – £199

U Beauty Body Resurfacing Treatment

A hydrating massage that smoothenes 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

SUNDĀRI Firming Body Polish

A transformative ritual that nurtures radiant, firm skin while soothing the mind to tranquillity.

Polish your skin to a lustrous and silky glow with this nourishing, exfoliating treatment. Infused with Rosehip Seed oil for hydration, Gotu Kola and Cardamom oil for firming and smoothing, it melts away stress for a peaceful mind and radiant complexion.

60 minutes – £179



SUNDĀRI Firming Body Envelopment

Full-body rejuvenation and toning featuring aromatic oils, exfoliation, and a skin-firming mask.

Experience true indulgence as we beautify your entire being. Your spa journey starts with an aromatic warm oil back massage, featuring Triphala or Lotus oils, followed by a full-body exfoliation using a Gotu Kola and Walnut scrub. Finally, luxuriate in a unique skin-firming body mask. You will emerge rejuvenated, refreshed, and toned from head to toe.

90 minutes – £229

SUNDĀRI Replenishing Body Polish

A lavish skincare ritual that deeply nourishes, leaving your skin hydrated, smooth, and irresistibly soft.

Layer upon a layer of body-nourishing ingredients combine in the most indulgent of treatments. The journey: a welcoming back massage; a full-body exfoliation with organic sugar and flaxseed oil; a nourishing soy and mango butter massage; an aromatic mask of vetiver, mimosa and babassu; finished lightly with the Loquat Body Milk, all leaving the skin richly hydrated, smooth and soft.

60 minutes – £179

90 minutes – £229

SUNDĀRI Neem Healing Body Polish

Nourish and protect sensitive skin with gentle exfoliation and antioxidant-rich moisturisation for a refreshed, radiant glow.

Gently exfoliate with this soothing treatment, ideal for sensitive skin. Finely ground date seed and pumpkin enzymes work together to fully polish away surface skin cells. A layer of antioxidant-rich neem and blood orange body lotion moisturises, leaving the body nourished and protected.

60 minutes – £179

SUNDĀRI Neem Healing Body Envelopment

A detoxifying and healing treatment for the mind and body.

Immerse in a holistic detoxifying journey for both mind and body. This Ayurvedic-inspired therapy gently purifies the skin through a series of stages: starting with a welcoming back massage, followed by a full-body exfoliation using our neem and date seed body scrub, an aromatic oil massage, and concluding with a nourishing therapeutic mask.

90 minutes – £229



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-aging 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

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.

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

Enhanced Facial with TheraFace Pro

A relaxing facial combining Therabody products with a soothing massage.

The Enhanced Facial treatment combines the comfort of the RecoveryTherm Hot Wrap with the sophistication of the TheraFace Pro. Expert therapists perform a bespoke facial using premium product lines while guests relax. The TheraFace Pro promotes muscle relaxation and rejuvenation with toning microcurrents, complemented by a hands-on lymphatic drainage facial massage. Guests also enjoy a soothing hand and arm massage with the Theragun Mini, ensuring radiant skin and overall rejuvenation.

60 minutes – £200

The SUNDĀRI Facial

Exfoliates and moisturises for a healthy radiant glow.

Natural active ingredients, custom blended based on a personal dosha assessment, provide intensive exfoliation, nutrient infusion, and renewed moisture balance. Pressure point and lymphatic stimulation for the face and scalp complete the experience, resulting in healthy, radiant skin.

60 minutes – £179

SUNDĀRI Neem Intensive Healing Facial

A balancing facial that heals and hydrates, ideal for irritated or sensitive skin.

Purify delicate skin with the healing benefits of neem, renowned as the 'Pharmacy Tree'. Organic plant extracts and soothing oils combine to hydrate, firm, and restore balance, rejuvenating sensitive or irritated skin for a youthful glow.

60 minutes – £179

90 minutes – £229

SUNDĀRI Age-Defying Firming Facial

A revitalising facial treatment that firms, exfoliates, and restores skin tone and texture for a radiant, youthful glow.

Rediscover your skin's youthful vigour with this advanced treatment harnessing the regenerative power of Gotu Kola. Luxurious yet potent, it instantly exfoliates, firms, and enhances skin tone and texture. Through targeted massage therapies and our potent skin-tightening mask, this facial defies gravity and restores radiant, youthful glow.

90 minutes – £229

SUNDĀRI Beautiful Eyes Treatment

A hydrating soothing treatment for the eyes.

Nourish and firm delicate eye areas with this luxurious treatment. Our signature massage techniques delicately apply our proprietary anti-ageing formula to soothe, hydrate, and alleviate stress. The perfect complement to any massage or facial, it is only bookable as an add-on to a 30 or 60-minute treatment.

30 minutes – £90

HAMMAM EXPERIENCES

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

Traditional Hammam

A cleansing and detoxifying Hammam treatment to completely revitalise.

Experience a revitalising 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

SUNDĀRI Gentlemen's Facial

A focused men's treatment providing cleansing, hydration, and rejuvenation.

A targeted face, eye, and neck treatment for the distinctive needs of men's skin, harnessing the healing power of neem. Keeps skin in top condition with a nutrient infusion and intense enzyme exfoliation; it firms, smooths, and energises.

60 minutes – £179

The Gentlemen's Tonic Facial

A deeply cleansing facial that balances oils, prevents ingrown hairs, soothes irritation, reduces fine lines, and relieves muscle tension.

A bespoke facial tailored to the needs of men's skin. Incorporating a deep cleanse and exfoliation to balance the skin's natural oils and prevent ingrown hairs. A blend of serums enriched with nourishing antioxidants and vitamins will soothe irritation and plump out fine lines. Ease away tense muscles in the face, neck and shoulders with a relaxing massage. The treatment is completed with a mask to suit the skin and a finishing boost of hydration. The perfect skin tonic! The 90 minute ritual starts with a luxurious back massage focusing on key areas of tension to soothe away stress.

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.

Indulge in a tailored men's purification ritual, featuring black soap, kessa exfoliation, detoxifying body balm, and an argan-rich facial scrub. Treat your hair with a nourishing shampoo and hair mask, followed by a rejuvenating full-body stretching ritual using orange blossom shower milk. Wrap up 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 Hamman experience that concludes with a full body massage to release and relieve tension.

Experience a tailored Hammam journey designed for men, where traditional black soap deeply cleanses and purifies in the steam. Followed by kessa exfoliation, detoxifying body balm, and an argan-rich facial scrub specifically formulated for men's skin. Nourish your hair with a shampoo and hair mask, then indulge in 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 personalised training sessions led by our Head of Fitness and Elite Personal Trainer Dogan Yildiz. Let Dogan empower you to achieve your health and wellness goals through tailored workouts and expert guidance.

60 minutes – £185

Private Yoga (all types)

Discover the transformative power of yoga in a personalised 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 – £185

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

WELLBEING EXPERTS

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

DOGAN YILDIZ

Head of Fitness and Elite Personal Trainer

Unlock your full potential with Dogan Yildiz, Akasha's Head of Fitness and Elite Personal Trainer. Dogan has trained Hollywood stars, VIPs, and CEOs, his reputation as a top-tier fitness professional is unmatched. A master in guiding individuals through exercise, nutrition, and lifestyle shifts, Dogan has earned accolades including a Japanese Black Belt Master's Degree and has been a part of the national karate team, showcasing his exceptional skill and dedication to martial arts. Awarded multiple gold medals, his background in boxing, karate, and judo is unparalleled. Since 2007, he's dominated selected German gyms, holding elite certifications in both German and British Personal Training. Fuelled by an unwavering dedication to others' success, Dogan is your key to empowerment on your fitness journey.

Coaching session for Personal Training, Nutrition, Boxing or Karate with Dogan Yildiz.

60 minutes – £185

10 sessions – £1,750

FLORENCE PENNY

Specialist Musculoskeletal Physiotherapist and 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



DAREN FLETCHER

Osteopath

Meet Daren, a seasoned osteopath with a BSc (Hons) from The University College of Osteopathy, formerly the British School of Osteopathy, since 1996. Specialising in holistic body mechanics, Daren focuses on injury prevention and performance enhancement, boasting 28 years of General Osteopathic Council registration and membership in the Institute of Osteopathy. His expertise spans osteopathy, sports massage, orthotic prescription, ergonomic assessments, and a sports performance clinic for athletes. Using sport-specific video analysis, Daren identifies posture vulnerabilities to reduce injury risks, employing techniques like deep tissue massage and joint manipulation. With experience in various sports, from football to golf, Daren collaborates closely with athletes, including aiding international rowers at the Redgrave clinic. Currently, he supports developing professional footballers, drawing from his active lifestyle in running, cycling, gym workouts, pilates, and golf. Experience personalised care and expertise for a healthier, more active life with Daren.

Osteopath Treatment

60 minutes – £229

CAMILLA MURPHY

Osteopath and Women's Health Specialist

Camilla, a highly skilled Osteopath with a BSc (Hons) from The University College of Osteopathy, brings over two decades of experience, specialising in Cranial Osteopathy. She excels in addressing TMJ disorders, Tinnitus, and Post-Operative Treatment, among others, with a holistic approach integrating diet, lifestyle, and exercise considerations. Using Cranial techniques, Camilla corrects mechanical disturbances throughout the body, from joints and muscles to the central nervous system, adeptly navigating common complaints like back and neck pain, as well as complex conditions such as Tinnitus and sleep apnoea. With expertise in post-operative care and a focus on women's health, including conception, pregnancy, and labour preparation, Camilla extends her compassionate care to infants, children, and teens through Cranial Osteopathy. Beyond the clinic, Camilla's passion for nutrition underscores her commitment to holistic well-being, offering personalised dietary plans and high-quality supplements to address deficiencies and food allergies. Choose Camilla for a comprehensive approach to health and healing.

Osteopath Treatment

60 minutes – £229

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 JORDANE

Maturation Coach

Anna, a qualified Maturation Coach trained by Nicky Clinch, combines her expertise as a coach and 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 on

Online sessions with unlimited support between sessions

Six sessions – £2,299

Twelve sessions – £4,199

HELENA EFLEVROVÁ

Aquatic Bodywork and Bodywaves Practitioner

Helena Eflevrová, 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.

Find out more and discover
our other wellness experts by
scanning the QR code below.



Aquatic Bodywork

60 minutes – £179

90 minutes – £229

Aquatic Contact Improvisation Dance

60 minutes – £179

90 minutes – £229

APPOINTMENTS AND DIRECTIONS

Scheduling an Appointment

To schedule an appointment, please contact our team 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 90 minutes, a facilities pass may be purchased for £50 for 2 hours or £95 for a full day. This grants access to the gym, swimming pool, aromatic Hammam, sauna, Jacuzzi, and relaxation areas. Please reserve your facilities pass in advance as availability is limited. Treatments over 90 minutes include access to the spa facilities.

Opening Hours

Monday to Friday 7:15am to 9:00pm.

Saturday to Sunday 7:15am to 9:00pm.

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 9:00am to 10:30am and 4:00pm to 5:30pm.

Saturday to Sunday 9:00am to 11:00am and 4:00pm to 6:00pm.

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.

Spa Relaxation Areas

Each guest will be able to use the innovative SmartGoggles to enhance their wellness experience after their treatment or as an introduction to Therabody devices and Akasha's exclusive treatment offerings.

30 minutes – £35



