

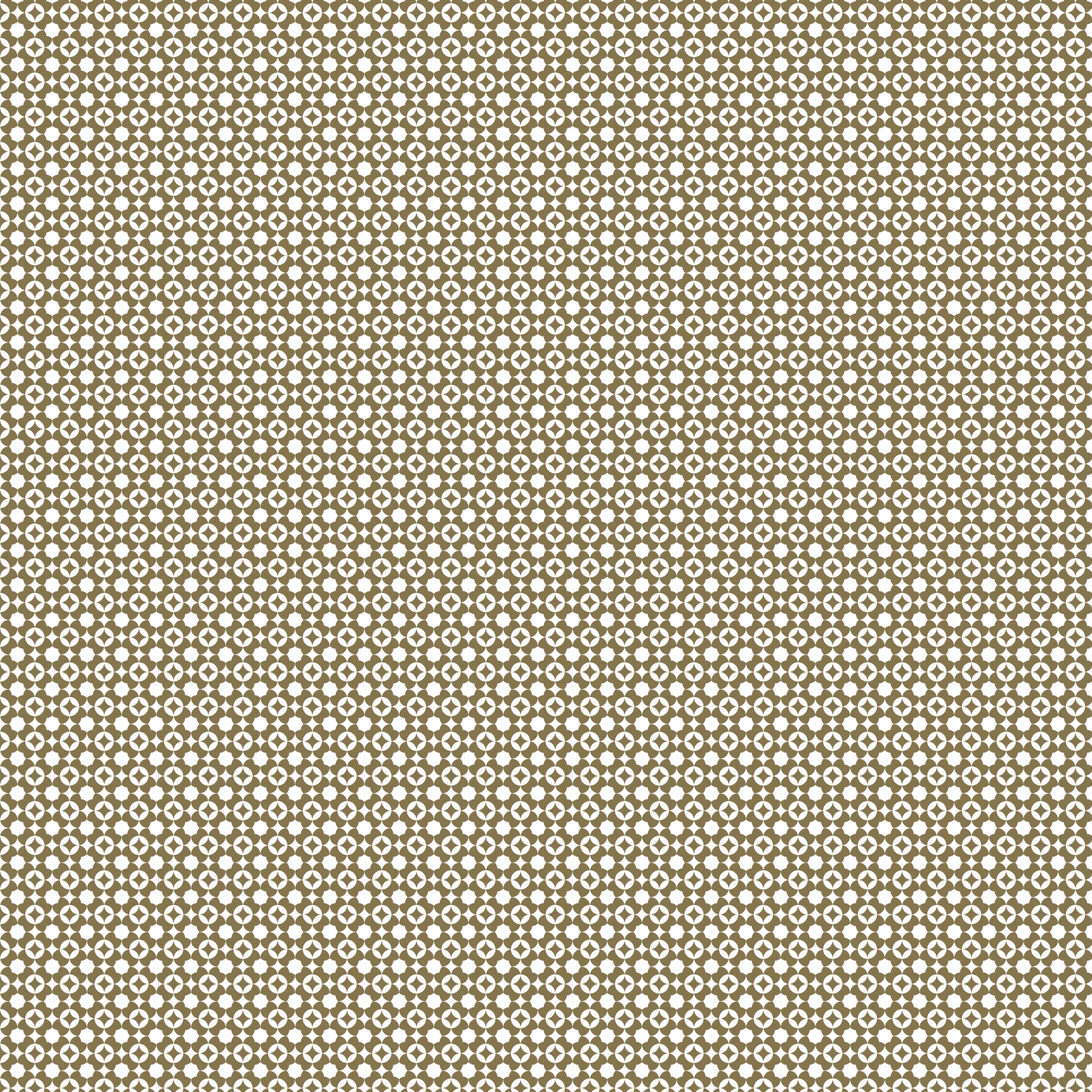


AKASHA

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INSPIRING WELLBEING

## Wellness Treatment Menu





# AKASHA

Beneath the bustling sweep of Regent Street lies Akasha Spa, one of London’s leading wellness destinations. Welcoming a thriving community of members alongside Hotel Café Royal guests, it is as much a members’ wellbeing space as it is a luxury hotel spa. Centered around an 18-metre lap pool, marble-clad hammam, watsu pool, sauna and steam room, Akasha is designed as a place to spend an hour, an afternoon or an entire day devoted to restoration.

Drawing on both ancient healing traditions and the latest advances in evidence-based wellness, Akasha combines time-honoured therapies with cutting-edge technology, advanced skincare and results-driven treatments. Expert practitioners tailor every experience using premium skincare brands and honouring both heritage and innovation.

Wellbeing extends far beyond the treatment room through yoga, breathwork and guided meditation in a dedicated studio, alongside strength training, conditioning and martial arts-inspired movement in the state-of-the-art fitness space.

Whether visiting for a restorative massage, an invigorating workout, or a holistic wellness journey, Akasha offers a hidden retreat where guests and members alike return to restore, reconnect and thrive.

## 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 40 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:

THERAPEUTIC MASSAGE

Therapeutic massage uses targeted techniques to relieve tension, reduce pain, and promote healing.

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 minutes – £169

Full Body Massage with Dual Theragun

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 – £179

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 – £239

Proverb Ultimate Face and Body Performance

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

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 – £309

Proverb Full Body Recovery – Stretch & Align

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

This relaxing ritual begins with a back exfoliation and relieving back massage to alleviate stress and release tension. Following, a purifying mud mask is applied while a bespoke, full body treatment will 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 – £239

Akasha Deep Tissue Massage

Relieves muscular tension and stiffness.

A targeted deep tissue treatment designed to relieve muscle tension and pain by focusing on key trigger points. Using precise pressure and deep strokes, this therapy helps release knots, improve mobility, and restore muscle function. Ideal for those experiencing chronic pain, stiffness, or tension in specific areas.

60 minutes – £209

90 minutes – £289

Pre-Natal Massage

A relaxing treatment for 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. (Not suitable within the first 12 weeks of pregnancy).

60 minutes – £179

90 minutes – £239

U Beauty Body Resurfacing Treatment

A revitalising ritual combining lymphatic massage and deep hydration.

This treatment promotes detoxification, reduces fluid retention, and boosts circulation while delivering 48 hours of sustained moisture and visible skin renewal. Skin is left smooth, radiant, and deeply nourished – revealing your natural glow from the inside out.

60 minutes – £169

MASSAGE THERAPY:

HOLISTIC MASSAGE

Gentle full-body therapy that focuses on balancing the mind, body, and spirit. It uses soothing techniques to promote relaxation, reduce stress, and enhance overall well-being.

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 – £239

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

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. The 90 min option includes 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

ENERGY HEALING

A gentle, restorative therapy that channels natural energy to balance the body, calm the mind, and support deep healing and relaxation.

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 – £169

Traditional Thai Massage

An energising treatment that also relieve 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 – £239

Reiki

Restores balance, clears blockages, and promotes inner wellbeing.

Experience a deeply transformative and personalised Reiki session with our specialized practitioners. Using ancient healing energy, this private treatment restores balance, clears energetic blockages, and promotes deep relaxation—nourishing your mind, and spirit for lasting inner peace and wellbeing.

60 minutes – £159



**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.

**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 – £189*  
*Slimming Course (8 sessions) – £1249*

**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 – £169*

**SUNDĀRI Body Polish**

Choose between: Firming, Healing or Replenishing.

Immerse yourself in a holistic journey for the mind and body with this Ayurvedic-inspired therapy. Begin with a soothing full-body warm oil application and a tension-relieving back massage, followed by a revitalizing full-body exfoliation. Conclude with a luxurious body lotion application and a rejuvenating facial acupressure massage, leaving you refreshed and radiant.

*60 minutes – £169*

**SUNDĀRI Body Envelopment**

Choose between: Firming, Healing or Replenishing.

Indulge yourself in a 90-minute Ayurvedic-inspired journey designed to restore and rejuvenate. Your experience begins with a soothing full-body warm oil application and a tension-relieving back massage, followed by a revitalizing full-body exfoliation. A nourishing body mask and deeply relaxing scalp massage enhance the therapeutic effects, while a luxurious body lotion application and a facial acupressure massage leave you feeling refreshed, radiant, and deeply balanced.

*90 minutes – £249*

FACIAL CARE:

VALMONT

Valmont facial skincare combines advanced Swiss technology with natural ingredients to deeply hydrate, rejuvenate, and restore youthful radiance to the skin.

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 – £289

Valmont The Vitality Ritual – Vitality of the Glaciers

Renews, detoxifies and restores the skin's youthful glow.

Reawaken your skin with the Vitality Spa Ritual, a signature treatment designed to restore vitality, energize and boost the natural radiance of your complexion. This holistic ritual employs targeted massage techniques to promote oxygenation, enhancing circulation and deeply revitalizing the skin.

60 minutes – £239

90 minutes – £309

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 – £239

90 minutes – £299

Valmont Purifying Facial - Purity of the Alps

Cleansing, purifying and balancing beauty routine essentials.

Valmont's gentle Purity collection offers a delicious moment of restorative self-care. Prebiotics and probiotics act to protect the skin's mantle and balance its microbiome, cleanse without stripping and purify without drying for a fresh, glowing complexion.

45 minutes – £159

Valmont Firming - Firmness of the Hills

This advanced protocol helps firm the skin and restore a more youthful, defined facial appearance.

Experience Valmont's powerful Firm-C Boost concentrate in this advanced treatment designed to improve skin firmness and reveal a younger-looking complexion. Clinically proven to enhance skin structure by 10.2% just 30 minutes after one session, this cutting-edge therapy combines high-performance products with expert techniques to deliver visible, lasting results.

60 minutes – £239

90 minutes – £299

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 – £239

90 minutes – £299

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 – £419

FACIAL CARE:

U BEAUTY

U-Beauty facial techniques blend gentle massage, targeted lifting movements, and advanced skincare methods to stimulate circulation, improve skin elasticity, and enhance overall radiance.

U Beauty Siren Glow Facial

De-puffs, detoxifies and encourages softer, smoother skin.

This high-performance facial delivers intense hydration, softens fine lines, and provides a rapid lifting effect. Using advanced stamping techniques, a unique combination of controlled micro-projections and targeted motions gently press into the skin, creating pathways for effective ingredient penetration. Drawing moisture and nutrients to where they're needed most. This facial invigorates your skin, promoting the look of firmness and a youthful glow.

90 minutes – £239

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 – £179

U Beauty 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. Finishing with a soothing hand and arm massage with the Theragun Mini, ensuring radiant skin and overall rejuvenation.

60 minutes – £219

SUNDĀRI

Sundari facial care combines Ayurvedic principles with natural, plant-based ingredients to deeply nourish, balance, and rejuvenate the skin, promoting a healthy, radiant complexion.

The SUNDĀRI Facial

Exfoliates and moisturises for a healthy radiant glow.

Natural active ingredients, 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 – £169

SUNDĀRI Neem Intensive Healing Facial

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

This treatment starts with a back massage and finish with a detoxifying facial. 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.

90 minutes – £209

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 – £209

FACIAL CARE:

PROVERB

Proverb combines the power of fascia massage techniques with organic formulations to naturally lift, tone, and rejuvenate the skin.

Proverb SuperSet Facial

The Skin Workout Facial is a specially designed natural facelift, perfect to ensure you look incredible for a big event.

A high-performance facial treatment that helps to reduce signs of stress, fatigue, and tension headaches. This intensive facial spa treatment combines targeted massage techniques to lift, contour, and tone the skin, giving you an instant boost of radiance and energy. Cryo balls and Black Obsidian sculpt and rejuvenate face. Boost circulation, improve elasticity, and achieve a youthful, plumped complexion with this powerful skin workout using the Theraface tool.

90 minutes – £279

Proverb Natural Facelift

Keep your jowls lifted, face plump, fine lines ironed, and muscles strengthened with this High-performance skin workout.

Lift your jowls, plump your skin, smooth fine lines, and strengthen facial muscles with this high-performance skincare workout. Our expert stretch therapists begin by warming up and prepping your skin for the cardio phase, using potent natural and organic ingredients proteins, antioxidants, and enzymes; clinically proven to deliver visible results.

60 minutes – £199

MAROC MAROC

Harnessing the rare power of Morocco’s prickly pear, Cactea rejuvenates the skin with potent natural antioxidants and essential nutrients. Leaving your skin restored, radiant, deeply hydrated.

Cactéa Signature Ritual From MarocMaroc

A moment of pure indulgence.

This healthy ageing facial starts with a warming eucalyptus compression for the feet and soothing scalp massage. A hydrating cleanse and purifying exfoliation prepares the skin for the powers of Moroccan prickly pear. A Nectar of Precious Oils is combined with facial lifting techniques to leave skin visibly lifted and radiant. Two facial masks one after the other purify and restore radiance while a soothing massage is performed on the arms and lower legs. This signature ritual promises an experience like no other.

90 minutes – £239

HAMMAM EXPERIENCES

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

Akasha 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 – £209

90 minutes – £289

Akasha Hammam with Body Melting

Deeply cleanse and purify with a ritual that includes black soap and exfoliation using a kessa, detoxifying body balm and an argan rich facial scrub.

Begin with a traditional black soap cleanse, followed by kessa exfoliation and a detoxifying body balm to renew the skin. An argan-rich facial scrub nourishes and brightens the complexion. Your hair is treated to a nourishing shampoo and mask, preparing you for an invigorating stretching ritual infused with the scent of orange blossom, promoting total relaxation and renewal. The 90-minute experience concludes with a hydrating body balm application and a soothing 30-minute back massage. For a more indulgent escape, the 120-minute version includes a full-body ceremonial massage, leaving you completely restored from head to toe.

90 minutes – £289

120 minutes – £389

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 the Cactea Prickly Pear facial leaving your skin with a clear and firm complexion.

90 minutes – £289

120 minutes – £389

Akasha Hammam with Orange Blossom 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 30 min hydrating facial for radiant skin while being cocooned.

90 minutes – £259

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## HYDROTHERAPY

### WATSU

Gentle aquatic therapy combining massage, stretching, and relaxation in warm water. Supported by a therapist, you float effortlessly as tension melts away—promoting deep calm, flexibility, and overall well-being.

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### 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.

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### Aquatic Bodywork

A deeply restorative experience in warm water

Also known as Watsu, this gentle one-on-one therapy blends Zen Shiatsu massage with the healing properties of warm water. While effortlessly supported in a heated pool, your body is guided through flowing stretches, gentle massage, and wave-like movements – inviting deep release and meditative calm. This treatment helps relieve chronic pain, reduce stress, improve mobility, and support recovery. Especially beneficial for pregnancy, trauma, and chronic conditions, Aquatic Bodywork offers a gravity-free space to reconnect with your breath, body, and inner stillness.

*60 minutes – £189*

*90 minutes – £279*

*Aquatic Bodywork Taster Sessions at £75*

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### Aquatic Contact Improvisation Dance

A dance of presence, water, and connection

This fluid, improvisational movement practice unfolds in warm water, where gravity fades and new forms of expression emerge. Rooted in contemporary dance, this treatment invites you to explore spontaneous, shared movement—guided by breath, sensation, and intuitive connection.

Whether meditative or playful, solo or partnered, each session offers emotional release, body awareness, and a unique way to reconnect – with yourself, another, and the water that holds you.

*30 minutes – £99*

*60 minutes – £189*

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### Floatation Therapy

A Silent Surrender into Stillness

Floatation Therapy offers deep release; physically, mentally, and emotionally. Gently supported by warm water, therapeutic touch, and floatation aids, you enter a meditative space where tension dissolves, breath deepens, and the nervous system resets.

This is a practice of presence, not movement; an invitation to shift from doing to simply being. As you float, a natural rhythm may emerge, reconnecting you to inner stillness and leaving you feeling held, weightless, and deeply restored.

*60 minutes – £189*

*90 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

Whether you're new to fitness or striving to reach the next level, Akasha offers tailored personal training sessions designed to help you meet your individual goals.

Led by Dogan Yildiz, our Head of Fitness and Elite Personal Trainer, and supported by a team of highly qualified professionals, our personal training programme blends expertise, motivation, and proven results. Dogan has worked with Hollywood stars, VIPs, and CEOs, and is renowned for his deep knowledge across exercise, nutrition, and lifestyle transformation. With accolades including a Japanese Black Belt Master's Degree, a background in boxing, karate, and judo, and elite certifications from both Germany and the UK, Dogan brings a wealth of experience to the Akasha team.

Whether you're training with Dogan or one of our expert personal trainers, you'll benefit from a personalised, results-driven approach in a supportive, energising environment.

60 minutes – £189

Standard Private Yoga

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 – £159

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 – £175

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 – £159

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. Prepayment 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**

Or scan the below QR code to book direct:



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.

ESSENTIAL SPA INFORMATION

Facilities Pass

For any treatment bookings by non-hotel guests, above 90-minutes, guests will benefit of 90-minutes complimentary access to facilities, either prior of after and subject to availability between Monday to Friday only. Full day passes are available for a total of six hours, at £129 per person, available Monday to Sunday.

Facilities include state of the art gym, 18 meters long lap swimming pool, sauna, Jacuzzi, hammam, and relaxation areas.

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 individual treatments, bespoke treatment combinations, full spa days, or a monetary value of your choice. Please note that 60-minute experiences do not include access to the spa facilities, however upgrades are available. Gift vouchers can be ordered online, by email, or over the phone.

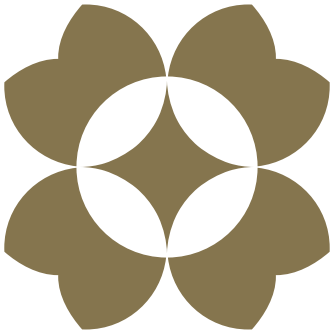
In addition, Akasha offers a curated collection of luxurious skincare and body care products - perfect for continuing the spa experience at home. Monetary vouchers can be easily purchased through our website and make an ideal gift for any occasion.

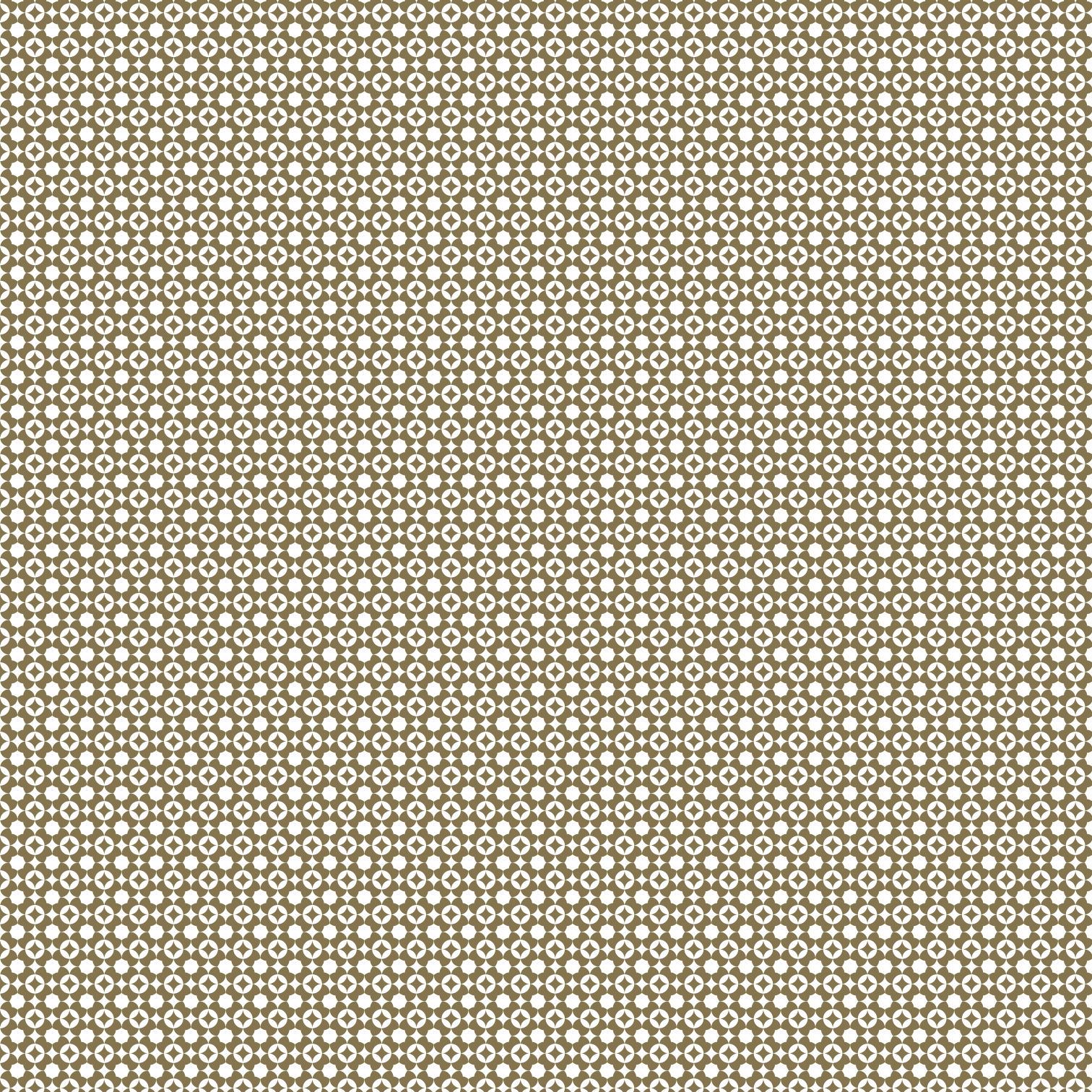
In-room Treatments

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

After your treatment – or as a gentle introduction to our wellness offerings – guests are invited to unwind in our serene relaxation spaces. Here, you can explore a range of innovative wellness tools, including immersive SmartGoggles and Therabody devices, designed to enhance your relaxation and rejuvenation experience. Whether you prefer technology-assisted relaxation or quiet reflection, our spa provides a welcoming environment to support your well-being.





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**Akasha**

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**LONDON**