



ST PANCRAS SPA





ST PANCRAS SPA



111SKIN
HARLEY ST. LONDON



Therabody

ST. PANCRAS SPA IS DEDICATED TO THE REJUVENATION OF BOTH THE BODY AND MIND, OFFERING RITUALS THAT ARE INTENDED TO RESTORE BALANCE AND WELLBEING.

Our exclusive, comprehensive treatments are designed around 'Journeys' which are tailored to reflect your desired experience, using innovative and luxurious products from British brands.

Located within St. Pancras Renaissance Hotel, St. Pancras Spa features a relaxation pool with hydro loungers, traditional saunas, a therapeutic steam room, a relaxation lounge as well as six opulent treatment rooms and a couple's suite.

Our team of highly experienced therapists will guide you through your chosen Journey, ensuring that you leave feeling relaxed, recharged and ready to explore London.



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JOURNEY TO

AROMATHERAPY FOR TWO

AROMATHERAPY ASSOCIATES

🕒 120 minutes

- ◆ 2x 30 mins Aromatherapy Body Scrub
 - ◆ 2x 60 mins Aromatherapy Massage
 - ◆ 2x 30 mins Express Facial
 - ◆ 2x Nourishing Hair Mask
-

A journey tailored to share a deeply nourishing and indulgent experience together, set in the private tranquil couples room. The treatment begins with a thoroughly cleansing and refreshing 30-minute full body exfoliation, followed by a deeply therapeutic 60-minute relaxing Aromatherapy massage with an oil blend tailored to your needs.

The journey continues with a 30-minute express facial which aims to refresh and hydrate the skin, completed with a nourishing and moisturising hair mask. This hero treatment releases the tension held in every part of the body, leaving you feeling deeply relaxed to emerge with silky soft skin and a glowing complexion.



JOURNEY TO
ENGLISH GARDEN

AROMATHERAPY ASSOCIATES

🕒 150 minutes

- ◆ 30 mins Aromatherapy Body Scrub
- ◆ 60 mins Aromatherapy Massage
- ◆ 15 mins Hand & Foot Treatment
- ◆ 30 mins Express Facial
- ◆ 15 mins Scalp Massage

Bring back your radiance with this comforting and restorative Journey in an English Garden. The treatment begins with a full body gentle olive grain exfoliation. Hands and feet are given special care and attention with a freshwater mud mask to truly soften and condition the skin. Feel your tension melt away with a full body relaxing massage using a moisturising and softening mix of oil with evening primrose and passionflower.

The journey continues with an express facial using hydrating and rich in pure regenerating ingredients. After a face mask is applied on your skin, enjoy a calming shoulder and scalp massage. This treatment includes an inhalation opening and closing ritual using a support breath essence to prepare the mind and body for full relaxation.

JOURNEY TO
BLACK DIAMOND CELESTIAL

111 SKIN

🕒 120 mins

- ◆ 60 mins Black Diamond Sculpting
- ◆ 60 mins Black Diamond Facial

The most opulent of 111SKIN's anti-ageing facials is combined with the decadence of the Celestial Black Diamond body ritual. A luxurious experience to promote a youthful, firming and sculpted appearance.

This treatment includes a unique facial peel and uses products enriched with Retinol and Fine Diamond Particles Formula. With a combination of wrinkle minimising wand movements and signature massage techniques, this facial ensures the skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

The journey continues with a contouring precision body treatment aimed to help minimise cellulite. The treatment combines a cryo air-inspired massage that works gently to alleviate stubborn cellulite in difficult areas, whilst relaxing the body using the celestial black diamond sculpting body cream and retinol oil.

JOURNEY TO
HARLEY STREET

111 SKIN

🕒 150 minutes

- ◆ 30 mins Scrub
- ◆ 60 mins Aromatherapy Body Massage
- ◆ 60 mins Signature Harley Street Lifting Facial

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A journey that strengthens and replenishes the reparative process of the skin and balances its natural microbiomes. This treatment begins with deeply purifying and gentle head-to-toe exfoliation, leaving your body feeling soft and smooth, in preparation for the relaxing aromatherapy massage, using fragrant mixture of bespoke aromatherapy oils chosen to suite your needs.

Harnessing the power of exclusive NAC Y²™ complex, the therapist proceeds with the Signature Harley Street Facial. A high-performance facial formulated with powerful antioxidants to neutralize free radical damage and repair irritated skin. This double-cleanse treatment combines exfoliation and an effective lifting face massage, followed by Dramatic Healing Serum formula that allows to restore the skin's lipid barrier and prevent from inflammation.

JOURNEY TO
INNER STRENGTH

AROMATHERAPY ASSOCIATES

🕒 90 minutes

- ◆ 60 mins Inner Strength Massage
- ◆ 30 mins Inner Strength Nourishing Body Wrap

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A comforting treatment combining clary sage, cardamom and frankincense to detangle the spirit and elevate confidence by providing aid in drawing upon your inner strength.

The journey begins with a deeply nurturing and blissful full body massage with an application of Inner Strength Body Oil. The massage uses techniques designed to soothe muscular tension, improve circulation and reduce anxiety whilst uplifting your mental mood. You can then expect an application of nourishing, rich and hydrating inner strength body mask to soothe and soften the skin, followed by a scalp massage that eases tension and helps to clear your mind.

The treatment flows to work on the whole body, including the hands and feet, to truly comfort, nurture and support your wellbeing.

SIGNATURE PACKAGE

TIME TRAVELLER

AROMATHERAPY ASSOCIATES

⌚ 60 minutes

- ◆ 30 mins Aromatherapy Scrub
- ◆ 30 mins Back Massage

This treatment works to help you recover from traveling and adjust to a new environment.

Choose from between the Revive or Relax Aromatherapy oils to benefit from your desired effect.

REVIVE

The perfect pick-me-up for when you're feeling lethargic after a long journey, combining sweet pink grapefruit, fresh rosemary and woody Juniper berry for a strengthening, detoxifying effect.

RELAX

Working on all aspects of physical, mental and emotional stress using vetiver, chamomile and sandalwood, renowned for their intense calming and grounding effects.

SIGNATURE PACKAGE

TICKET TO TRANQUILITY

AROMATHERAPY ASSOCIATES

⌚ 60 minutes

- ◆ 30 mins Mud Wrap
- ◆ 30 mins Express Facial

Travel to tranquility with this luxurious package combining our divine and lavish infusion water-based mud wrap with an Aromatherapy facial. This intensive body treatment has been developed to bring both physical and emotional benefits, whilst natural plant extracts in the mud and facial enhance the skin condition.

After a deeply cleansing and purifying body wrap — a personalised facial, designed to suit your skin type is performed, with special attention given to the scalp and shoulders. Your ticket will transport you to a place of complete contentment.

SIGNATURE PACKAGE

ARRIVE & RESTORE

AROMATHERAPY ASSOCIATES

⌚ 60 minutes

- ◆ 30 mins Aromatherapy Massage
- ◆ 30 mins Express Facial

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Your treatment journey begins with a soothing and relieving 30-minute back & shoulder massage using a special blend of aromatherapy oil chosen by you.

Complete your transformation with an Aromatherapy 30-minute radiance facial, which includes a deep cleanse, an exfoliation mask, and a neck, shoulder & scalp massage.

The treatment ends with the application of a suitable serum, eye cream and moisturiser, leaving your whole face and body awakened and prepared for the rest of the day.

SIGNATURE PACKAGE

REVIVE & RENEW

AROMATHERAPY ASSOCIATES

⌚ 90 minutes

- ◆ 30 mins Aromatherapy Massage
- ◆ 30 mins Aromatherapy Facial
- ◆ 30 mins nourishing Body Wrap
- ◆ Nourishing Hair Mask

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Revive and renew your mind and body with this centering and grounding package.

This luxurious experience includes 2 hours use of our facilities with a 90-minute treatment, starting with a 30- minute soothing, hydrating and nourishing full body wrap.

It follows with a 30-minute back, neck and shoulder massage to ease and melt away the tension accumulated over a period of time.

The experience ends with an express facial, using products chosen specifically for your skin type, leaving you feeling renewed and ready for the week.

SIGNATURE PACKAGE

MID-WEEK INDULGENCE

AROMATHERAPY ASSOCIATES

⌚ 75 minutes

- ◆ Custom made treatment

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Mid-week Indulgence is a package which gives you the opportunity to make your own treatment, just the way you like it. It aims to target the specific areas of concern and work through each layer in a professional, precise and unique way.

A choice of one to three treatments, completing the 75minutes, which can include massages, facials, scrubs and wraps. Create your ideal package from our Aromatherapy Associates range, leaving you feeling well looked after and totally relaxed.

This treatment is available on Tuesdays and Wednesdays and can only be booked directly with one of our receptionists.



FACE & BODY

FACE & BODY

**BLACK DIAMOND
BODY SCULPTING**

111 SKIN

⌚ 60 minutes

- ◆ 60 mins Black Diamond Sculpting Treatment

Opulent and indulgent, this powerful body treatment delivers dramatic results from 111SKIN's Intensive Collection to shape, to smooth and saturate the skin with nourishment. Through signature massage techniques and potent surgically-inspired formulas, this treatment encourages lymphatic drainage to tone, shape and firm the skin. This treatment improves your overall blood circulation but also encourages a sense of well-being lifestyle.

Expect a smoother, sculpted figure with age-defying results a powerful pathway of improving your self-confidence and self-esteem.

FACE & BODY

**ROSE GOLD RADIANCE
TREATMENT**

111 SKIN

⌚ 90 minutes

- ◆ 30 mins Massage
- ◆ 60 mins Rose Quartz Facial

A powerful facial that combines restorative properties with the most innovative formulas to lift, firm and sculpt complexion.

Using a two-level approach facial – including the signature massage techniques and Wrinkle Minimising Wand – this treatment is the epitome of self-love. Designed to relax and soothe the mind whilst alleviating irritation within inflamed skin.

This package also includes a heavenly 30-minute back massage using our serenity oil, a seductive blend of jasmine, tuberose and lime blossom to nurture, comfort and ground.

FACE & BODY

**ELITE FACE & BODY
TREATMENT**

THERABODY

⌚ 90 minutes

- ◆ 30 mins Theragun Massage
- ◆ 60 mins TheraFace Facial
- ◆ 60 mins Air Recovery Boots

An innovative hybrid package focusing on five benefits: recovery, performance, sleep, mobility and stress.

This dynamic journey starts with a back and shoulder massage for 30 minutes, inclusive of percussive massage with Theragun Elite, releasing muscle tension and improving neck and body blood circulation; followed by a full facial treatment, using TheraFace PRO. The facial includes Micro-current Technology for uplifting, LED for toning and hot & cold ring for eye soothing. Meanwhile, the innovative Air Jet Boots circulate and stimulate lymphatic drainage, reducing delayed onset muscle soreness and decreasing swelling and stiffness.



SPA & DINING

LUNCH ESCAPE

AROMATHERAPY ASSOCIATES

⌚ 60 minutes

- ◆ 60 mins Aromatherapy Associates
Massage or Facial
- ◆ Lunch

Enjoy a relaxing spa day discovering your senses in our surroundings with use of the spa facilities for the day, an Aromatherapy Associates 60 minute treatment and two course lunch with a soft drink in our restaurant.

Choose your treatment between a relaxing Aromatherapy Associates Experience Massage or an Aromatherapy Associates Facial.

SPA & DINING

HIGH TIME FOR TEA TIME

AROMATHERAPY ASSOCIATES

⌚ 60 minutes

- ◆ 60 mins Aromatherapy Associates
Massage or Facial
- ◆ Afternoon Tea

Take time, with friends and loved ones, to indulge and replenish with our special afternoon tea ritual. Enjoy these of the spa facilities before indulging in a 60-minute treatment. Choose between a relaxing Aromatherapy Associates Experience Massage or Aromatherapy Associates Facial.

Complete your experience at our restaurant, where you will be served a deliciously prepared classic afternoon tea.

Available Monday—Sunday.

SPA & DINING

DINE & UNWIND

- ◆ Spa Pass
- ◆ Dinner

Treat yourself with a luxurious day at St. Pancras Spa. Enjoy four hours of relaxation using the spa facilities while pampering yourself in the salt-wall sauna, steam room and heated hydro-pool.

Continue your experience with a vibrant two course meal dinner and a soft drink at Booking Office 1869 — the award winning, ultimate dining destination in the heart of King's Cross. Finally, receive a take away spa gift to continue the journey at home.



MASSAGE

**INTENSIVE MUSCLE
RELEASE**

AROMATHERAPY ASSOCIATES

⌚ 60 minutes / 90 minutes

◆ Firm Massage

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This deeply restorative massage is specifically designed for tight, stressed and aching muscles. Whether it's a heavy exercise schedule or too many hours spent sitting at your desk — when your body can easily become stiff, tight and painful. The use of the de-stress muscle oil will help with the recovery you need, as it contains soothing lavender, energising rosemary, warming ginger and black pepper.

MASSAGE

HOT SALT ROCK

SPA FIND

⌚ 60 minutes / 90 minutes

Take time out from a stressful life and indulge yourself with this extraordinary sensory journey. We use two of nature's hydration heroes, coconut oil and Himalayan salt over your entire body, to massage with comforting rhythmical techniques designed to deeply relax your mind and bring a sense of calm. Heated pink Himalayan salt rocks are introduced to demineralise, detoxify and rebalance the mind, body and spirit.

MASSAGE

THE ULTIMATE AROMATHERAPY EXPERIENCE

AROMATHERAPY ASSOCIATES

⌚ 60 minutes / 90 minutes

◀ Relaxing Massage

Aromatherapy is known for its natural and aromatic essential oils that are used to improve the health of the body, mind and spirit. Before the treatment commences, a consultation is given to understand and choose the best massage oil for you. As each oil is created to target different individual needs: relaxation, uplifting, energising or balance.

This hero treatment uses light to medium pressure to release tension and drain held-in toxins from the body, with carefully applied pressure to stimulate and encourage a healthy circulation, allowing you to feel completely renewed.

MASSAGE

ULTIMATE MUM-TO-BE

AROMATHERAPY ASSOCIATES

⌚ 60 minutes / 90 minutes

This massage helps to relieve stress and tension, using the traditional aromatherapy pressure point massage for the upper back, and paying particular attention to tight shoulders.

Extend to 90 minutes and indulge in a luxurious facial with regenerative properties of rose to nourish, soften and hydrate all skin types.



FACIALS

**ULTIMATE AROMATHERAPY
ASSOCIATES FACIAL**

AROMATHERAPY ASSOCIATES

⌚ 60 minutes / 90 minutes

A bespoke facial, designed to suit your skin, choosing what your skin truly needs. From dull to glowing skin, from dry-thirsty to hydrated and nourished complexion and an all-round balancing feel.

A combination of the finest natural products, pure essential oils and plant extracts are applied with specifically designed massage techniques, promoting lymphatic drainage and improving the appearance of the skin. A relaxing shoulder and scalp massage to ease tension is provided at the end of your treatment leaving you restored, vibrant and luminous

FACIALS

THE HARLEY STREET

111 SKIN

⌚ 60 minutes / 90 minutes

A high-performance facial formulated to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis to accelerate the post-surgery healing processes, this facial epitomises the best of 111SKIN's famed, surgically-inspired skincare.

Harnessing the power of our exclusive NAC Y²™ complex, the treatment strengthens the epidermal barrier and prevents further inflammation. This facial magnifies the restorative effects of our Reparative Collection to enhance your complexion. Expect immediate improvement on dryness, dehydration, sensitivity and Rosacea — for a total skin confidence.

FACIALS

DE-PUFFING CRYO

111 SKIN

⌚ 60 minutes / 90 minutes

Using 111SKIN's exclusive cryotherapy facial globes and a signature massage techniques, this facial harnesses cooling technology which helps increase microcirculation in the skin epidermis, refining your complexion and instantly diminish puffiness.

The increase in oxygen flow detoxifies the skin, making it appear visibly brighter, firmer, and more radiant. It's an invigorating facial for city-stressed-out skin in need of rejuvenation.



FACIALS

**CELESTIAL BLACK DIAMOND
LIFTING FACIAL**

111 SKIN

 90 minutes

Our most comprehensive anti-wrinkle facial, this luxurious experience harnesses 111SKIN's most potent products – the Intensive Collection – to encourage a youthful, sculpted and visibly firmer appearance. A series of thoroughly active steps, including the brands accelerated peel and antioxidant-rich formulas are aided through diamond absorption. The multitasking treatment reduces pigmentation for brighter and more balanced-looking skin.

A combination of the smoothing wand and signature massage ensure the skin is taut and deep lines are minimised, sculpting along the natural contours of the face for a lifted, youthful appearance.

EXPERIENCE

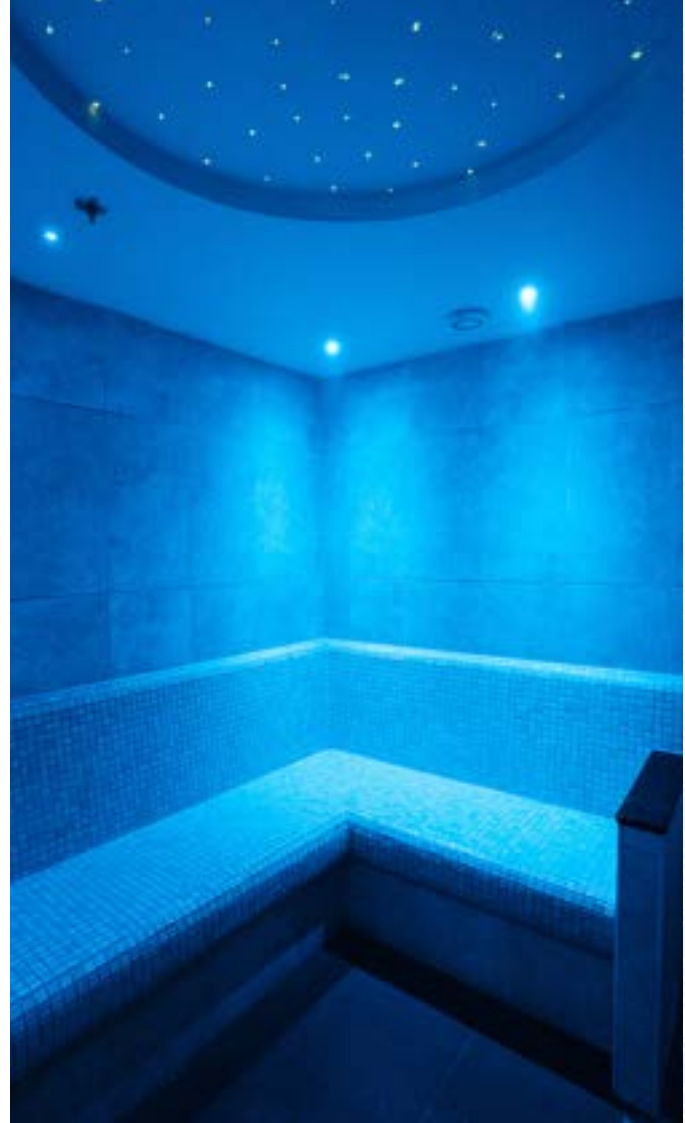
SPA DAY PASS

 240 minutes

London's most distinctive spa offers a revitalisation of mind and body.

Enjoy up to four hours access to the spa facilities, fitness centre and relaxation lounge with our exclusive Spa Day Pass.

Facilities include a fitness centre with all the latest equipment, relaxation pool in a tranquil underground paradise, a eucalyptus steam room and a Himalayan salt-walled sauna. Bathrobes, towels and all amenities are provided at the spa.



THERABODY®

AIR RECOVERY BOOTS

AROMATHERAPY ASSOCIATES

NOURISHING HAIR MASK

**WARMING ROSE REPAIR
HAND/ FOOT MASK**

SKIN111

**CELESTIAL BLACK DIAMOND
LIFTING AND FIRMING FACE MASK**

**CELESTIAL BLACK DIAMOND
EYE MASK**

**CELESTIAL BLACK DIAMOND
NECK MASK**



FACE LIFT-MICRO CURRENT & LED

 30 mins

This treatment firms & tightens the skin, improves muscle tone and contour in the face/neck, with gentle stimulation to plump for a youthful glow. The LED therapy by TheraFace reduces wrinkles around the eyes and can improve mild to moderate acne.

CRYOTHERMAL EYE TREATMENT

 30 mins

A perfect add-on to reduce signs of dark circles, puffiness and tired looking eyes. The ultra-moisture locking hydrogel mask wraps comfortably around the contour of the eye to activate Vitamin E and Seaweed minerals reducing tension, pain and morning inflammation alongside the use of cold ring.

THERAGUN

 30 mins

Harnessing percussive therapy to speed recovery, muscle repair and helps to ease muscle spasms and stiffness. Theragun Elite add-on empowers you to elevate your daily wellness ritual to a natural stress relief.

SPA FIND

MUD SCALP MASSAGE

 30 mins

Restore health and shine to dull, lifeless looking hair. An intensely nourishing hair mud is massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, to release tension and provide a deep sense of relaxation.

INVIGORATING BODY SCRUB

 30 mins

An Aromatherapy body scrub is applied to smooth and soften the skin, increasing blood circulation and brightening the body. This mini treatment uses a gentle olive grain exfoliation to stimulate and remove dead skin cell whilst allowing to speed the skins renewal process. Perfect for a healthier looking you

BACK, NECK & SHOULDER MASSAGE

 30 mins

Medium pressure massage working on the back, neck and shoulders for 30 minutes, helping prompting circulation and promoting muscle relaxation.

EXPRESS ESSENTIAL FACIAL

 30 mins

A bespoke facial for 30 minutes suitable for any skin type. This will leave your skin feeling bright and hydrated. Skin is cleansed and exfoliated and a hydrating mask is applied to beautify the skin. The perfect add-on treatment to your massage.

SPA BOUTIQUE

To continue your spa regime at home, all spa products used in the treatments are available from the spa reception lounge.

GIFT VOUCHERS

Personalised gift vouchers are available to purchase for any treatment or package. Vouchers may be sent directly on your behalf, collected in person or delivered to your room.

TREATMENT RESERVATIONS

For spa reservations please call directly from your room or visit the spa reception. For external spa reservations please email [spa. sp pancras@renaissancehotels.com](mailto:sp pancras@renaissancehotels.com) or telephone +44 (0)20 7841 3578. We highly recommend you book in advance to secure preferred appointment times and treatments. If you are not a guest of St. Pancras Renaissance Hotel, a credit card will be required to hold your reservation.

PERSONAL TRAINING

Personal training sessions in the gym can be arranged in advance at the spa reception.

CHILDREN'S SWIMMING TIMES

Children's swimming times are between 8am—10am and 2pm—4pm. All children under the age of 16 years must be accompanied by an adult at all times.

ARRIVAL

We ask that you arrive at the spa reception 15-minutes before your appointment time to enable you to prepare and complete a consultation form if required. If you wish to use the spa facilities before your treatment we recommend that you arrive at the spa reception at least 60-minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before beginning your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience.

LATE ARRIVAL

We offer our guests a reliable treatment schedule, so please appreciate that late arrivals will not receive an extension of scheduled treatment time to avoid inconvenience to other guests and the same treatment price will apply.

BOOKING ADVICE

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day. Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. Allow 12 hours after any heat treatment before taking a waxing appointment. Avoid facial and heat treatments 72 hours after any cosmetic procedures including botox or as advised by your medical practitioner.

CANCELLATION POLICY

Cancellations or rescheduling of appointments made with less than 24 hours' notice or 3 days for group bookings of 5 guests or more and failure to take up an appointment will result in the full treatment cost being charged to your room or credit card.

DURING YOUR STAY

We aim to provide a peaceful setting for all spa guests, and so we ask you to please keep your mobile devices on silent. The spa team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the spa or surrounding areas.

WHAT TO WEAR

Robes and slippers are provided to day spa guests. We provide disposable underwear, alternatively you may wear your own underwear. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort at all times. T-shirts with comfortable trousers or shorts are ideal fitness attire. Trainers must always be worn in the fitness centre.

VALUABLES

Lockers are provided in the changing rooms, but we advise you not to bring or wear valuables whilst using our facilities. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

AGE REQUIREMENTS AND ENTITLEMENT

No person/s under the age of 16 years are permitted to use the spa facilities or gym without supervision. St. Pancras Spa is licensed to perform all the services listed within this menu.

All prices, treatments and information are current at the time of distribution and are subject to revision without notice.



ST PANCRAS SPA

EXCLUSIVE SPA MEMBERSHIP AT ST. PANCRAS SPA

Indulge all year round as an exclusive member of the St. Pancras spa and make the most of the numerous benefits. With a limited membership, the spa could be your heaven of peace and tranquillity, escaping from the chaos of the city. Become a member of our luxurious spa and relax in our Victorian tiled pool, feel the tensions of the day slip away in the sauna or follow a tailor-made exercise regime. The benefits include discounts on treatments and food and beverage outlets through the hotel.

FOR MORE DETAILS PLEASE CONTACT THE SPA RECEPTION:

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Scan for prices

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