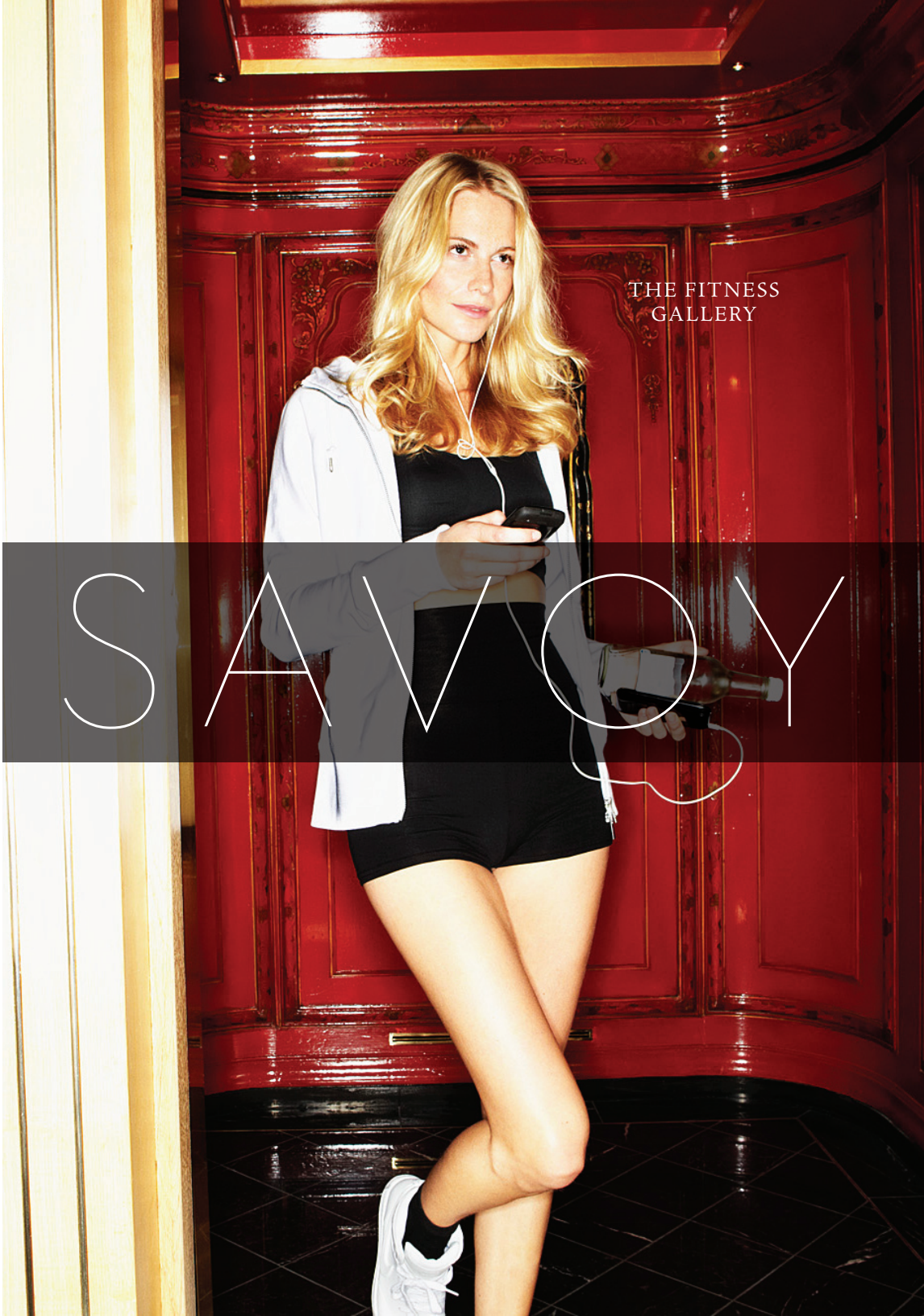
THE FITNESS
GALLERY
SAVOY

The Fitness Gallery at The Savoy is a private retreat in the heart of London for health, relaxation and well-being. Reached from the third floor of the hotel, guests and members may take advantage of the full complement of fitness and beauty facilities.

The centrepiece is the magnificent swimming pool situated in its own atrium with natural light. The pool has a body rinse section and is equipped with its own jet-stream – for the more energetic to swim against the current.

Fitness enthusiasts will also appreciate the state-of-the art facilities with weights and cardiovascular equipment, TV monitoring, warm-up and work-out rooms. Expert staff provide personal training and fitness assessments.

Gentler moments may be spent in the separate male and female sauna, steam rooms and lounges. The Fitness Gallery offers a full range of massage, facial and beauty treatments.

Access to the Fitness Gallery is complimentary for registered guests of The Savoy.

FACILITIES

Heated 9 x 5 m (30 x 15 ft) swimming pool, 1.2 m (4 ft) deep, with jet-stream. Open year-round.

Large separate ladies' and gentlemen's changing rooms and lounges, with saunas and steam rooms, locker facilities and towel service.

Treatment room.

Cardiovascular facilities featuring the latest Technogym equipment, with individual flat-screen TV monitors.

Free weights and variable resistance machines.

Gym instructors and personal trainers available on request.

Personal Trainers
One-to-one 1 hr personal training £75.00

One-to-one 30 minutes personal training £45.00

TREATMENTS

MASSAGE TREATMENTS

by Aromatherapy Associates

Opulence at The Savoy *90 minutes £125*
Designed to target specific areas of tension, this bespoke treatment uses an essential oil blend that matches your mood and works top-to-toe. It covers the whole face and body depending on where your concerns are and leaves you feeling relaxed yet rejuvenated.

Ultimate Aromatherapy Associates experience *60 minutes £95*
Stresses and strains are dissolved away, releasing tensions held in every part of the body. Carefully applied pressures stimulate the nervous system, Swedish and neuromuscular techniques relieve muscular tension, and lymphatic drainage helps encourage a healthy circulation. The treatment leaves you feeling deeply relaxed and re-charged.

De-stress muscle release 60 *minutes £90*
This intensive massage works deep into stiff, tight, aching muscles, instantly releasing pain and tension. When you push yourself to your limit – whether exercising or sitting at your desk – your body can easily become stiff, tight and painful, and this highly restorative deep treatment works to relieve those tight, stressed and aching muscles. Finishes with Thai-style stretches.

Jet-lag cure *90 minutes £115*
When you're feeling fuzzy, tired and sluggish from travelling, this treatment will get you back on track. First, take a breather with our invigorating inhalation. Then lie back, relax and let deep yet stimulating massage techniques mobilise tissue and encourage effective circulation. Experience an uplifting and balancing Ayurvedic scalp massage, ending with a facial massage to clear and release any unwanted toxins.

MASSAGE TREATMENTS

Immune recovery *60 minutes £90*
This purifying, fortifying upper body treatment helps keep your respiratory tract and sinuses clear and your immune system strong. Inhalation and pressure-point massage open up airways and maximise effective breathing – perfect for those recovering from seasonal allergies, or anyone who spends too much time in polluted or stuffy environments.

Relax & sleep deeply *60 minutes £90*
This deeply sedating full body massage harnesses rich earthy essential oils of vetivert, camomile and sandalwood, renowned for their intense calming and grounding effects. Acupressure-point face and scalp massage help to clear any congestion and ease an overactive mind, a treatment for those who can't sleep properly or just need a deep sense of tranquility.

For hotel guests, all massage treatments also available in your room.

FACIAL TREATMENTS

by Aromatherapy Associates

Ultimate Aromatherapy Associates facial *90 minutes £130*
This bespoke facial is designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with massage techniques specifically developed to restore and recondition the skin, leaving the complexion smooth and luminous.

Age repair facial *90 minutes £135*
This intensive treatment for ageing skin includes a unique dual layering of intensive masks, with specific lifting, plumping and firming massage. Natural oils of inca inchi and larch extract stimulate the formation of collagen for firm and tightened skin, whilst the anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing.

Essential rose facial *60 minutes £95, with back massage 90 minutes £120*
A facial that harnesses the regenerative properties of luxurious rose oils to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. The treatment helps to boost your circulation and promote cell renewal and regeneration, leaving your skin radiant, dewy and delicately scented. The result is a smooth, radiant complexion and a relaxed state of mind.

Deep cleanse facial *60 minutes £95*
This intensive, purifying treatment for oily and combination skin uses essential oils of lavender, ylang ylang and tea tree. With their natural antibacterial properties, they penetrate deep into the skin, helping to regulate sebum production. The treatment involves steaming,

FACIAL TREATMENTS

extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, to leave your skin super-clean and fresh.

Instant eye repair *30 minutes £55*
Refresh and brighten your eyes with this revitalizing eye treatment, the perfect addition to any facial. Specialised massage techniques improve micro-circulation and drainage, helping to reduce puffiness, whilst the natural plant extracts and oils work to leave the eyes bright and youthful.

Enriching scalp & hair repair *30minutes £50*
Richly scented essential oils are massaged into the hair and scalp as part of an Ayurvedic head massage. Working on the muscles and pressure points of the head, the massage releases tension resulting in a deep state of relaxation, whilst the scalp conditioning leaves hair super-shiny, glossy and nourished.

HAND AND FOOT TREATMENTS

By Nails inc.

Classic manicure *25 minutes £50*
This is in effect a mini-hand massage that will leave you feeling recharged and re-energised. It includes shaping of the nails and painting to the colour of your choice with a fast-drying top coat.

Luxury hot hands manicure *50 minutes £65*
This luxury manicure is a complete experience for the hands, including skin care and hand massage. The full manicure involves removal of cuticles, oil slick treatment, shaping of the nails and colour painting plus treatment base coat and caviar top coat. Products by Nails inc are used to promote strength and growth of the nails.

Classic pedicure *25 minutes £50*
Enjoy this relaxing grooming of the feet with shaping and trimming of the nails and painting to the colour of your choice with a fast-drying top coat.

Luxury foot care pedicure *50 minutes £70*
A unique buffing process brings a brilliant shine to the nail plate whilst a foot massage leaves you feeling almost weightless! A treatment to give you a new awareness of your feet, it includes exfoliation with foot massage, removal of cuticles, heel balm treatment and finally painting to the colour of your choice with a fast-drying top coat.

MEN'S MASSAGE TREATMENTS

by Osmium Signature

Deep tissue energy massage
60 minutes £85, 90 minutes £115
Energising techniques awaken your senses and relieve muscle tension. This relaxing deep tissue treatment includes heated hot volcanic stones and ancient Indian scalp massage, together with Osmium's exclusive blend of uplifting oils from soya bean, lemon, rosemary, wheat-germ, peppermint and eucalyptus blue gum.

Soothing back massage
30 minutes £50
Releasing tension in the back, neck and shoulder area, deep tissue techniques are combined with relaxation movements using Osmium's exclusive blend of oils from soya bean, bergamot, patchouli, wheatgerm, as well as grapefruit white oil and ylang ylang 3rd oil. A special body-brushing technique increases circulation whilst Osmium's peppermint revive gel instantly refreshes the mind.

MEN'S FACIAL TREATMENTS

By Osmium Signature

Purify & de-stress men's facial
60 minutes £80
A detoxifying facial cleanse that smoothes and clarifies the skin using Osmium's purifying ginger and turmeric cleanser and bentonite clay mask with exfoliating walnut. The treatment includes a soothing shoulders, neck, scalp and facial massage to boost circulation, leaving you feeling energised and refreshed.

Advanced collagen facial
60 minutes £90
Innovative pure collagen eye patches and an anti-ageing nourishing gel mask help to reduce dark circles, puffiness and wrinkle lines. The gel mask is rich in blue algae extracts, concentrated proteins and vitamins A, E, F, K, and C, which help calm and soothe the skin whilst boosting its natural strength and ability to repair itself.

WAXING

WAXING

Half leg, 30 minutes £35.00

Full leg, 60 minutes £60.00

Underarm, 20 minutes £30.00

Half arm, 25 minutes £35.00

Full arm, 40 minutes £60.00

Bikini line, 20 minutes £35.00

Upper lip/chin, 20 minutes £25.00

Eyebrow shape, 20 minutes £25.00

MEN'S WAXING

Chest, 35 minutes £55.00

Back, 35 minutes £55.00

Back & shoulders, 45 minutes £60.00

Please allow a minimum of 24 hours between your waxing treatment and any other body treatment or use of a heat facility, such as the steam room.

CONDITIONS

The Fitness Gallery opening hours
Monday to Friday: 6:30 am to 9:00 pm
Saturday, Sunday and public holidays: 8:00 am to 8:00 pm

Spa and beauty treatment appointments
Monday to Friday: 8:00 am to 8:00 pm
Saturday and Sunday: 10:00 am to 7:00 pm

The swimming pool is unsupervised. An adult must accompany children under 16. Children under 16 may not use the gymnasium, exercise equipment, sauna or steam room.

Availability and bookings
All treatment details and prices are subject to change and availability.

We do not provide a treatment service to children under the age of 16 years.

Cancellation with more than 24 hours notice, no charge is made.

Cancellation with less than 24 hours notice, 50% of the service price will be charged.

Failure to keep appointments without notice or same day cancellations, 100% of the service price will be charged.

Late arrival will shorten your treatment time so please endeavour to arrive 15 minutes prior to your appointment to allow time to change and relax.

Personal information
Facial and massage treatment durations include a few minutes for you to discuss any health concerns or potential contraindications with your therapist that she/he should be aware of prior to the commencement of the treatment.

You will also be asked to sign a brief consultation form. This is treated in the strictest confidence and held for six months.

CONDITIONS

Annual Membership
£1,500.00 individual membership

Annual Membership
£2,500.00 joint membership

Annual Swimming-only Membership
£495.00

Annual Weekend-only Membership
£450.00

Day passes
9.00 am to 6.00 pm £40

For further information, a membership form or a tour of our facilities, please call: +44 (0)20 7420 2455. Access to the Fitness Gallery is complimentary for registered guests of The Savoy.

Membership entitlements
Access to gymnasium and pool from 9.00 am to 6.00 pm

Unlimited access to sauna and steam rooms

Fresh towels and headphone usage

Complimentary water and fresh fruit

2 one-hour personal training sessions per year

1 complimentary massage or facial treatment
(60 minutes) per year

10% discount on all spa treatments

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