



WELLBEING  
FROM THE  
INSIDE OUT



**A spa is not a luxury, it's a necessary retreat. We all need a place to restore, re-balance + unwind. It's about total wellbeing, from the inside out.**

MARLIN ARMSTRONG, FOUNDING PARTNER OF HEAVENLY SPA

**Heavenly Spa's approach is holistic + gentle. We understand that enduring beauty is more than just skin deep. Harnessing natural elements alongside the most advanced medically inspired technology, we aim to provide the least invasive, most clearly apparent + longest lasting results.**

Our philosophy is centred on the belief that beauty works best from the inside out. We are leaders in the field of colon hydrotherapy + offer tailor-made solutions for health + well-being that can include expert nutritional therapy, personal training + fitness programmes alongside massage + the latest rejuvenating skin + body treatments.



**Colon hydrotherapy promotes total well-being, from the inside out.**

A whole lot easier than previous experiences.

JENNY DICKINSON, BEAUTY DIRECTOR AT ELLE MAGAZINE

Our aim is to provide the most unobtrusive, discreet + comfortable colon hydrotherapy treatment possible. Heavenly Spa's Angel of Water® is the most advanced, medically approved colonics system from the USA. Using warm, filtered water, colon hydrotherapy gently loosens + stimulates the release of accumulated fecal matter, allowing the bowel to hydrate, cleanse, detoxify + tone internally. This can strengthen your immune system, as well as sculpt your stomach area by reducing bloat- edness + provides a natural high, leaving you refreshed, invigorated + clear-headed.

**Massage is a natural method of relieving tension + reducing stress or pain.**

Heavenly Spa's extensive range of massage treatments are ideal for improving circulation + releasing tension in a gentle + non-invasive way. Hot Stone Therapy, Heavenly Poultice Massage, Lymphatic + Deep Tissue Massage are available. We also offer Thermal Auricular Therapy, the expert use of ear candles – best used in conjunction with massage to relieve tension + blockages in the head area.

If you are recovering from a sports injury or operation, we suggest physiotherapy, designed to work alongside a personal fitness rehabilitation programme.

**Good all-over skin care is the first step to realising your body's true potential.**

Dazzle, Glimmer + Glow body care packages have been designed to minimise cellulite, even out skin tone + smooth skin texture. Our proven regimes combine the benefits of sauna, massage, natural products + nutrition, to perfect the overall condition of your skin. All three packages include dry skin brushing + G5 massage, which are both excellent for increasing circulation + toning, aiding in the breakdown of cellulite + fatty deposits.

**Heavenly Spa is dedicated to providing nature-based therapies in bespoke surroundings. The architecture of our day spa has been specifically designed to amplify natural light + uses natural materials – limestone, sparkling white granite, oak + clear glass throughout – providing the ultimate contemporary retreat for mind + body. Along with an exercise pool + gym, there is also a secluded relaxation area, infrared deep-heat absorption sauna + seven private treatment rooms.**

Our Fastlane® swimming pool produces a gentle non-turbulent water flow that can be regulated to suit any swimming or exercise ability. Fastlane® is a swim current generator, similar to a treadmill, that allows you to swim for miles without stopping, reversing or changing lanes, avoiding awkward flip-turns. It creates a smooth tide that is wider than your body + deeper than your stroke, making it ideal for aquatic exercise + rehabilitation.



**Featuring one of the few private membership gyms in the area + a swimming pool bathed in natural light, Heavenly Spa is a luxurious urban retreat. Freshly laundered towels + robes are provided, with complimentary herbal teas + light meals on request. There are showers, hairdryers + personal lockers in the male + female changing areas. Beauty essentials, including hand + body creams, are also laid out for guests + members to use.**

Our private gym has been designed for one to one tuition + small group classes. We offer sports-specific exercise + body conditioning, alongside stress-relieving combat sports such as kick boxing + mixed martial arts. Equipment includes free weights, treadmill, cable machine, the latest TRX® suspension trainer + kettle weights. Sessions can be booked from early morning to late evening + our personal trainers make full use of nearby Hyde Park as part of any training routine.



## **Beauty harvested from nature.**

Heavenly Spa offers professional CoffeeBerry® Eminence + Caci products for rejuvenating face, eye, hand, foot + body. The anti-ageing properties of the coffee berry were recently identified when it was noticed that the faces of coffee pickers seemed to age far more quickly than their hands. CoffeeBerry® extract is one of nature's most potent antioxidants to fight free radicals + the causes of skin ageing. Priori's CoffeeBerry® products + treatments have been endorsed by physicians worldwide as the next, great anti-ageing skincare breakthrough.

## **Bare beauty is more than just a look.**

Alongside all-natural therapies, Heavenly Spa also offers a range of beauty treatments, which includes facials, waxing, manicures, pedicures, eyelash + eyebrow tinting. All the treatments use natural ingredients wherever possible as part of the procedures – aloe vera gel to soothe after waxing + herbal-based products for skin-care + facials.



**Heavenly Spa's approach is to treat the individual with a clear system of choices – from active therapies to holistic remedies, bespoke fitness regimes to individual nutrition plans. All of these choices are used as part of a life-changing new regime, tailor-made to help you achieve your ultimate goals + maintain optimum health for the future.**

## **Free your mind, balance your emotions.**

Naturopathic Nutritional Therapy allows you to plan a core system + approach to healthy eating. Our therapist will work with you to create an individual eating plan, recommending vitamins + supplements where necessary, with follow up sessions to monitor + assess your progress.

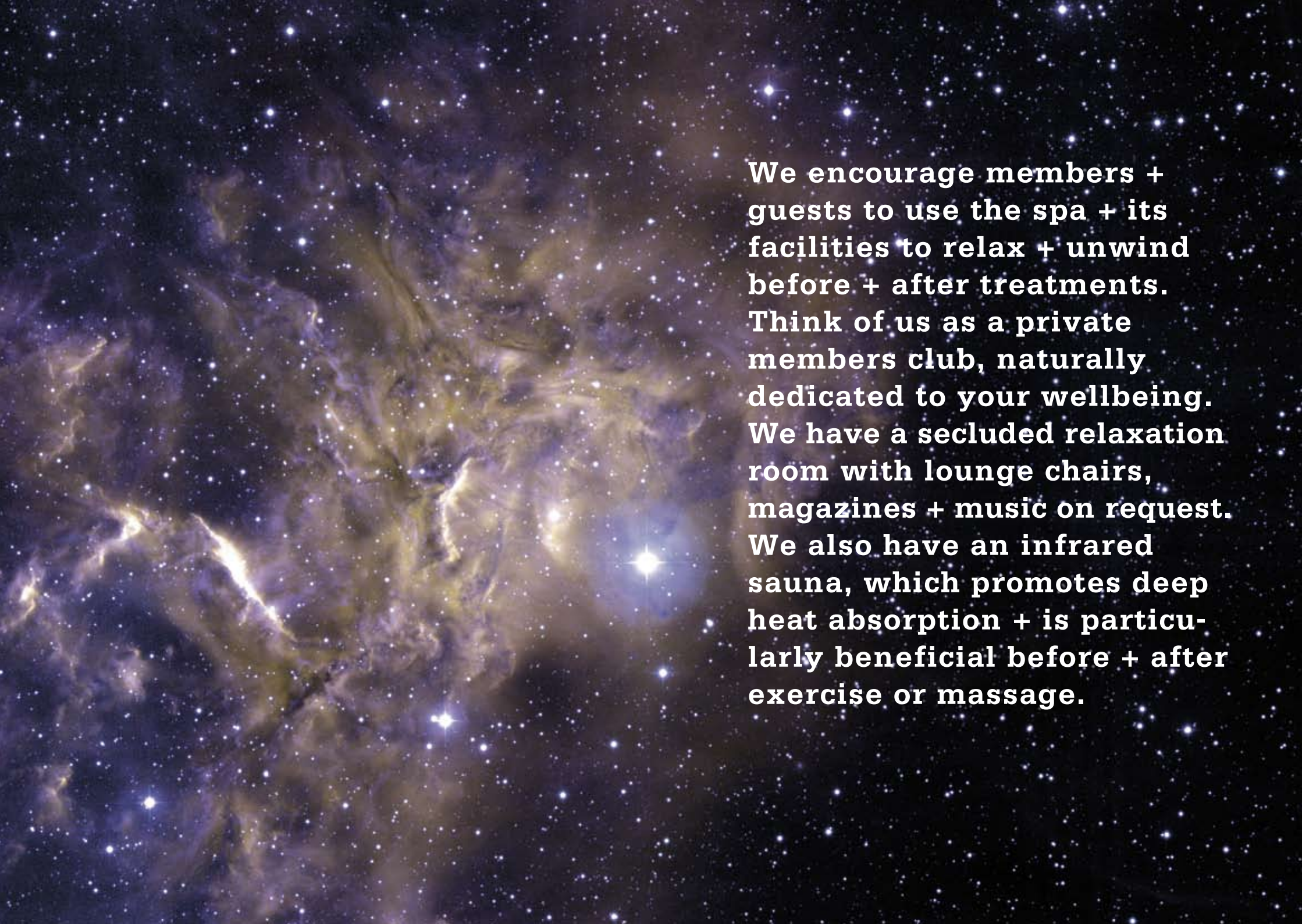
In the 1930s, Dr Bach identified 38 basic negative states of mind + created a flower or plant based remedy for each one. Essentially herbal remedies in liquid form, Bach Flower Remedies help clarify your mind, working on your emotions to promote healing + happiness.

More than simply a means of pain relief, the ancient system of acupuncture focusses on improving overall health by balancing the body's motivating energy through a series of meridians, or channels beneath the skin. By inserting fine needles, the body's own healing response is stimulated, helping to restore its natural balance.

## **Nature has its own solutions.**

Iridology is both a holistic health assessment + diagnostic technique based on the microscopic reading of the iris of the eye. A high-resolution image of the iris allows the iridologist to focus on inherited constitutional risk factors, acquired problems + future health prognosis, providing self-help suggestions for lifestyle reform + preventive measures.

Herbal medicines are far more than a simple replacement for drugs. Herbs can be indicated for a variety of common health problems, going direct to the cause of the problem as well as addressing the discomfort of symptoms. Prescribed to support your system as comprehensively + gently as possible, follow-up treatments are arranged to monitor progress.



**We encourage members + guests to use the spa + its facilities to relax + unwind before + after treatments. Think of us as a private members club, naturally dedicated to your wellbeing. We have a secluded relaxation room with lounge chairs, magazines + music on request. We also have an infrared sauna, which promotes deep heat absorption + is particularly beneficial before + after exercise or massage.**

**Live for the moment, stay for a while.**

Our Heavenly Spa day membership packages include the Heavenly Experience, Heavenly Mini, Heavenly Body + Heavenly Star – ideal before a big occasion, wedding or party.

We offer annual memberships for our fitness facilities, which include the swimming pool, gym, sauna + personal training, as well as walk-in day passes and gift vouchers.



**We are constantly striving to provide the most up-to-date + technically relevant therapies + are often the first in this country to introduce new procedures from around the world. Please call us, or visit our website to find out more.**



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