



AKASHA

SPA AND FITNESS

HOLISTIC WELLBEING

The moment you relax, you are in the present. Relaxation is going beyond time – no past, no future.



AKASHA SIGNATURE TREATMENTS

The Four Elements

120 minutes £252

An immersing full body journey designed according to the four elements of nature:

Water – A therapeutic treatment performed in warm water, whilst being supported by your therapist

Earth – A soothing foot massage

Fire – A restorative back massage combined with hot stones

Air – A tension relieving scalp massage

Relax and Balance Ayurveda

90 minutes £226

A Traditional Indian treatment using warm oil and long gentle flowing massage movements to promote deep relaxation. This is then followed by a soothing head massage and concludes with the pouring of warm oil onto the 'third eye' (your intuition) to rebalance, calm and re-focus the mind.

A Celebration for Two

2 hours 30 minutes £840

Take time together with a loved one or friend with a luxurious spa experience for two in our exclusive double Akasha Suite, with its own double whirlpool bath. Your retreat starts with a personal consultation, followed by a relaxing aromatic double bath with champagne and the finest seasonal fruit platter. This is followed by a 60 minute personalised Ultimate Aromatherapy Associates massage and Aromatherapy Associates facial.

Opulent Seclusion

90 minutes £236

Should you wish to relax in solitary, experience Akasha's luxury suite for one. Begin in its own marble whirlpool bath with champagne and the finest seasonal fruit platter, followed by a 60 minute Ultimate Aromatherapy Associates massage or Aromatherapy Associates facial.



MASSAGE EXPERIENCES

The Ultimate Aromatherapy Experience

60 minutes or 90 minutes £175 / £220

This hero treatment starts with a consultation to find out what your emotional and physical needs are. With your chosen oil, your therapist will tailor the pressure to your needs to stimulate the nervous system. 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.

Thai Massage

90 minutes £226

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.

Reflexology

60 minutes £175

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.

Reiki

60 minutes £175

Reiki is the perfect healing tool to calm the most stressed and fatigued minds. Guests will learn to control their emotions and manage the constant changes in their lives that lead to stress. Reiki releases mental blocks, and emotional barriers, giving a profound feeling of release and wellbeing. This is a gentle treatment recommended for those feeling fragile or any life event that has made you feel out of balance.

Hot Stones Massage

60 minutes or 90 minutes £180 / £226

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.

Herbal Infused Massage

90 minutes £226

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.

Ultimate Pre and Post Natal Massage

60 minutes or 90 minutes £175 / £220

Choose from a selection of three oils, each safely formulated to be used during pregnancy to nourish and care for your skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy followed by a full scalp and facial massage. Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you.

(Not suitable within the first 12 weeks of pregnancy)

The Ultimate Back Reviver

90 minutes £220

This luxurious treatment begins with a deep cleansing of the back, followed by an exfoliation and a soothing back massage to ease away stress and tension.

Whilst a purifying mud mask is applied, legs, arms and scalp will receive a therapeutic massage leaving you in a deep state of relaxation. The treatment will finish with an application of Revive Body Gel and stretches to recharge and re-energise your body.

Deep Tissue Massage

60 minutes or 90 minutes £200 / £230

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.

Theragun Deep Tissue Percussive Therapy Massage

60 minutes or 90 minutes £200 / £230

Theragun Percussive Therapy is 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.



AROMATHERAPY ASSOCIATES

For more than 30 years Aromatherapy Associates, a truly British brand, has been specialising in harnessing the natural healing powers of the finest natural ingredients, purest extracts and essential oils to include in their products and treatments. Combined with their many years of experience as therapists they have seen first-hand how essential oils have effectively enhanced the state of people's physical, mental and emotional wellbeing. As the leaders of aromatherapy, their passion delivers award-winning luxury bath, body and skincare products that work on a deeper level to allow natural radiance and beauty to shine through.

AROMATHERAPY ASSOCIATES BODY EXPERIENCES

The Ultimate Detox Reviver

90 minutes £226

This invigorating treatment is specifically designed for those looking for an intensive body detox. This is the perfect therapy for when you are dieting, feeling sluggish and lacking energy. The original Revive Morning blend of refreshing grapefruit, stimulating rosemary and diuretic juniper leaves you feeling truly revitalised and your skin will appear bright, smooth and silky. The ultimate trilogy of body brushing, exfoliation and mud mask stimulates the lymphatic system and removes dead skins cells whilst re-mineralising the skin, resulting in a deeply recharged mind and re-energised body.

Intensive Rose Body Hydrator

60 minutes £180

Precious essential oil of damask rose works on renewing the skin whilst the aroma has an expansive quality that soothes and calms the emotions and nurtures the heart. The treatment begins with a gentle exfoliation followed by an intensive hydrating and regenerating blend of rose, evening primrose and shea butter gel, oil and cream to the body. Whilst you are cocooned an Ayurvedic scalp massage with frankincense inhalation works simultaneously on your physical, mental and emotional needs. This treatment leaves your skin radiant, soft and smooth and your spirits bright and uplifted.

AROMATHERAPY ASSOCIATES FACIAL EXPERIENCES

The Ultimate Aromatherapy Facial

60 minutes or 90 minutes £175 / £226

A bespoke facial designed to suit your individual skin needs. A combination of the finest pure essential oils and plant extracts are applied with specifically designed massage techniques to restore and recondition the skin, leaving the complexion smooth and luminous.

Age Repair Facial

90 minutes £220

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract which stimulates collagen to firm and tighten the skin. The anti-inflammatory properties of pomegranate and rosehip seed oil work on slowing down the effects of ageing skin. Your skin is prepared by being cleansed and exfoliated, followed by a massage and the application of two masks to increase cell renewal and to firm and plump the skin. Whilst the masks take effect, the eye area is taken care of with a lymphatic massage to improve skin suppleness and elasticity. For ultimate luxury, your scalp is massaged to release stress and tension.



AROMATHERAPY ASSOCIATES EXPERT TREATMENTS

WE Relax

60 minutes £180

With its centring and grounding techniques, this treatment will bring a sense of calm and serenity. Choose between the Light or Deep Relax blend for the perfect day or evening. Massage movements are focused on the back, scalp, face, neck and shoulders. Your therapist will also share practices to help you truly and mindfully relax.

WE De-Stress

60 minutes £180

Designed with deeply releasing massage techniques that focus on your back, legs, scalp, neck and shoulders, this treatment will clear an overactive mind and relieve physical aches according to the blend you choose: De-Stress Mind or De-Stress Muscle. Your therapist will guide you in maintaining a stress-free mind-set as you return to everyday life.

WE Revive

60 minutes £180

Feel your physical and emotional energy returning with this revitalising treatment, choosing from Revive Morning or Evening blends. Back, legs, neck and shoulders benefit from an energising massage, while gentle, nurturing face and abdomen techniques will regulate digestive and hormonal fluctuations. Your therapist will encourage you in mindfully building your day to day vitality.

WE Strengthen

60 minutes £180

Choose this treatment using the Inner Strength blend for when you need to rebuild the healing and rebalancing powers of your body and spirit. With supportive techniques used on the back, face, neck and shoulders; nurturing abdominal work, and movements to open the foot reflexes, you will feel physically soothed and emotionally more resilient. Your therapist will help you become mindful of your ability to access your own inner strength whenever you wish.



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.

VALMONT FACIAL EXPERIENCES

L'Elixir des Glaciers – Majestic

90 minutes £362

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 moisturise, 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.

Valmont Energy Facial – Vitality of the Glaciers

60 minutes or 90 minutes £220 / £262

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.

Valmont Lines and Volume Facial – Summit of the Cervin

90 minutes £262

Combining five unique but high-tech ingredients, this treatment specifically works to reduce fine and deeper lines, combat tired looking skin, and lift the facial skin thanks to a firming and sculpting massage. The treatments ends with the renowned Valmont's collagen mask to deeply nourishing and regenerate the skin, leaving you with an instant glow. The perfect treatment before a night out.

Valmont Hydration Facial – Source Des Bisses

60 minutes or 90 minutes £220 / £262

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 algae mask re-plumps, energises and smooths the skin whilst the hyaluronic acid helps the skin cells retain water leaving the skin nourished and hydrated.

Valmont Purification Facial – Purity of the Alps

45 minutes or 60 minutes £180 / £220

More than a simple skin cleansing, the new Purity of the Alps treatment offers a true revival for the face.

For those in search of clean skin, freed from the pollution of the city, this treatment cleanses without stripping, and leaves the skin hydrated and incredibly soft.

Designed to purify, balance and unify the complexion, is intended for all, and particularly for those whose skin displays a flawed texture and uneven complexion, and it's the ideal treatment for younger skins with a predisposition to imperfections.

With the longer version you will also benefit from extraction.

Valmont Radiance Facial – Brightness of Ice

60 minutes or 90 minutes £220 / £262

The Brightness of Ice treatment combines targeted action on the cells responsible for pigmentation with overall action on the skin tissue to reveal more uniform, illuminated skin day after day.

Especially recommended for women looking to combat pigmentation disorders, and Inspired by Asian care habits, this treatment is a state-of-the-art program for a complexion as clear as ice and it's perfect to restore youthful purity and freshness to the complexion. Its delicate touch makes it ideal for even the most sensitive skins.

VALMONT BODY EXPERIENCE

Valmont Fit and Tone – Peaks of Slimness

60 minutes £190 / course of 8 £1,330

This is a full body sculpting treatment recommended for slimming down, maintaining one's figure, as a firming program after pregnancy and above all for anyone wanting to control the effects of time on their body. Working in the direction of the body's muscular lines, the invigorating massage techniques helps the body become toned and slender by breaking up stubborn cellulite. Circulation is stimulated and lymphatic drainage is encouraged. The unique formula targets aspects of the process involved in making cellulite, including fat burning and draining to ensure the return of firmness to the skin. For optimum results a course of 8 is recommended.

HAMMAM EXPERIENCES

MarocMaroc

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.

Orange Blossom Signature Hammam with Facial

120 minutes £260

Your treatment consists of a traditional ritual of black soap application to deeply cleanse and purify, followed by a full-body exfoliation with both a kessa glove and Detoxifying & Exfoliating Body Balm. The treatment also consists of exfoliation for the face followed by a scalp massage, hair washing, application of the nourishing hair mask and a full body stretching ritual with orange blossom shower milk. Complete this indulgent Hammam experience with a deeply hydrating facial to boost skin radiance whilst being cocooned in a beautifully rich rose body cream that completes your top to toe treatment.

Includes: Black soap, Kessa, exfoliating body balm, face exfoliation, shampoo and hair mask, stretch and rinse with shower milk, then journey through to the treatment room for a cocooning application of Rose Body Cream then a facial with warm stone massage and mask to rehydrate the skin.

Indulgent Hammam with a body melting Massage

120 minutes £260

A ritual that deeply cleanses and purifies using a black soap application, followed by a full-body exfoliation with both a kessa glove and Detoxifying & Exfoliating Body Balm. An exfoliation for the face is then followed by a scalp massage, hair washing ritual, and application of hair mask. Complete your indulgent Hammam experience with a ceremonial body massage using a combination of stretching, massage and the use of heat and Nourishing Body Balm to warm and melt away muscular tension.

Includes: Black soap, Kessa, exfoliating body balm, face exfoliation, shampoo and hair mask, stretch and rinse with shower milk, then journey through to the treatment room for a full body massage to include traditional stretching techniques, massage, heat packs and nourishing Body Balm to warm away tension.

VICHY EXPERIENCES

The Vichy Shower experience originated in France and here at Akasha we have an exclusive treatment space dedicated to water. The Vichy Shower has six powerful adjustable water jets used whilst performing a full body massage treatment. Vichy Shower treatments have many benefits, they can reduce stress, detoxify, loosen and relax muscular tension, bringing the body and mind to a complete state of balance.

Harmonious Hydro-Massage

60 minutes £200

The ultimate in luxury experiences. A bespoke treatment to relax and reconnect the mind with the body whilst leaving the skin hydrated and luminous. The experience starts with an exfoliation of the body and face under the water droplets to prepare the skin for a hydrating and harmonious four-hand hydro massage to leave the mind deeply relaxed and the skin glowing.

Includes: Face & body exfoliation using Detoxifying and Exfoliating Body Balm and Exfoliating Wax Cream, full body Hydro-Massage using Nourishing Body Balm and Bath Oil completing with a refreshing Perfume Water.

Aquatic Bodywork

60 minutes / 90 minutes £175/£225

"Transform tension into relaxation."

The Aquatic Bodywork combines powerful therapeutic benefits of weightlessness in warm water with fluid movements, gentle stretches, rotations and massage. In water, our body weight is reduced, this allows a skilled bodyworker to float you effortlessly, subtly amplify your movements, assisting in releasing rigidity and stiffness.

Aquatic Bodywork helps with reducing pains of various origins such as back pain relieves the spine, relaxes muscles, mobilises joints, deepens breathing, stress, fears and blockages can be released. Recommended to people suffering from Parkinson's disease, Fibromyalgia, Chronic Fatigue Syndrome and sports rehabilitation, including pregnancy, overweight people or people with reduced mobility.

Floataction Therapy

60 minutes / 90 minutes £175/£225

Imagine floating in warm water, free from the constraints of gravity, bathing in silence. Your body floats unrestricted and expresses what it remembers in a slow and delicate dance. Our thoughts slow down as we float in silence submerged in warm water and supported by the bodyworker's arms. You will experience a form of meditative relaxation, mental wellbeing and regeneration. Your body feels more comfortable and relaxed in warm water and you will enjoy the ideal water temperature of 35°C in our hydrotherapy pool. Your mind will flow into a deeply relaxed state on the basic premise of being with, rather than doing to, allowing your journey to unfold. Enables pregnant women to become aware of their bodies and to release tensions. Helps couples to establish contact with their baby in a womb gently.

Aquatic Contact Improvisation Dance

60 minutes / 90minutes £175/£225

A new form of contemporary dance in the water called Aquatic Contact Improvisation (ACI) can contain many different states, aspects and patterns. It is an improvised dance using aerial reality, freedom, fluid movement and somatic experience in the warm water combined with conscious breathing which can take you into different states and aspects.

The intention of ACI practice is to raise an emotional awareness, opening and expanding our consciousness to experience life more fully, focusing on deepening our sensitivity and perception of our inner and outer environments.

Learn to bring attention to the centre of your body and soft limbs underlying movement principles of the human development process of movement, emotional intelligence, embodied awareness, release physical and emotional stress, buried deep within from early childhood. Your dance can be experimental, playful, embodied, energetic and meditative. You will be supported moving with shared weight, physical sensation and deep listening, which require a special quality of attention. Express your vision and sensitivity to listen to yours and your dance and momentum of the water. The dance form takes a place in the heated pool on 1 to 1 basis and in groups.

TREATMENT ENHANCEMENTS

The perfect treatments to add on to any experience over 60 minutes.

Skin Nurturing Facial

30 minutes £80

For all skin types. To restore hydration and balance, with reparative botanicals, essential oils, tonics, and cell-plumping actives. An acupressure massage relaxes and leaves skin refreshed, dewy and radiant. Perfect to add to any massage.

Focus Massage

30 minutes £80

This tension releasing massage concentrates on specific areas most affected by pressure and stress; making it the perfect add on to any facial.

Shirodhara

30 minutes £80

An Ayurvedic treatment that promotes deep relaxation through a rhythmic flow of warm aromatic oil over the forehead, scalp and specific Chakra points to calm, balance, renew and reinvigorate the mind and body. This treatment is perfect to relive symptoms of anxiety, stress, fatigue and headaches. Perfect to add to any massage or body treatment.

Salt and Oil Scrub

30 minutes £80

This exceptional skin softening body exfoliation uses a combination of mineral salts and essential oils to gently sweep away rough, dry skin, leaving the body nourished and hydrated. Perfect on its own, but also a good preparation for a personalised massage.

Rainstorm Scrub

30 minutes £80

Using the finest natural ingredients teamed with the purifying effect of the water, the Rainstorm Scrub cleanses and invigorates the skin while maintaining a highly relaxing effect. The heat of the water opens and cleanses the pores while the Vichy Shower jets help to eliminate toxins, ease tired muscles and stimulate the nervous system. The Rainstorm Scrub is the perfect way to start a Vichy Shower massage.

Poetry in Water®

30 minutes £80

Eyes closed, ears immersed, body-neutral water will melt your perception of shape and space as you experience a lack of gravity. A series of gentle twists, organic movement patterns and yoga like stretching is performed in the water, these are tailored to fall in sync with your inner rhythms to elongate your spine and unwind your body. As your heart rate drops and your thoughts slow down, you experience deep relaxation.

Our host of external wellness experts are available for private consultations for members and guests of Akasha, to complement the existing holistic wellbeing offering.

JANE ROBERTSON

Yoga Teacher



Jane's love of yoga and meditation shines through every aspect of her teaching which spans over ten years. Jane's teaching style focuses on correct alignment, safety, connecting breath with movement and encouraging students into present moment awareness. She specialises in one-to-one classes and is qualified to teach hatha (slow or dynamic) restorative, yin yoga, meditation, guided relaxation and pranayama (breathing practices).

"The healing power of yoga never ceases to amaze me. It has the capacity to take a student from a state of stress and anxiety to that of wellness and inner peace. It's a truly transformative practice."

Classes

Hatha Yoga (slow or dynamic), Restorative Yoga, Yin Yoga, Meditation, Guided relaxation and Pranayama (breathing practices).

Private Rates

60 minutes £150

90 minutes £225

120 minutes £300

Packages

5 hours for £675

10 hours for £1312.50

20 hours for £2250



JOSEPHINE MCGRAIL

Yoga Teacher



Josephine has a wealth of experience in dance, choreography, yoga and pilates. Naturally upbeat, energetic and positive. Josephine encourages her clients to discover the inner power that comes when uniting the mind, body and soul. Josephine is also an intuitive healer and is a regular feature in Yoga Magazine as a writer.

“Learning from the past, living in the moment and dreaming of tomorrow is all we ever really have to do. All is exactly how it is supposed to be.”

Classes

Yoga: Vinyasa, Yin And Mindfulness, Rocket, Yin And Yang, Yoga Nidra

Barre: Dynamic, Pilates, Ballet

Intuitive Healing

Private Rates

60 minutes £150

75 minutes 187

90 minutes £225

120 minutes £300

Packages

5 hours for £675

10 hours for £1312.50

20 hours for £2250

MARTA SWIEZYNSKA

Yoga and Meditation Teacher



Marta is the founder of The Yoga Project and teaches mindfulness inspired yoga, meditation and relaxation. Her passion is supporting people to overcome the stresses of modern life and navigate their way through life’s challenges. British Wheel of Yoga trained, and specialising in working with stress, anxiety, addiction and cancer. Marta brings a wealth of experience and calming presence to all her classes, workshops and projects. Her teaching style is very much inspired by two decades of exploration of spiritual traditions and informed by the experience she gained in the wellness industry as well as her interest in psychology and alternative therapies.

“Travel light, live light, spread the light, be the light.”

Classes

Dynamic Hatha Yoga, Restorative Yoga, Meditation and Yoga Nidra.

Private Rates

60 minutes £150

75 minutes 187

90 minutes £225

120 minutes £300

Packages

5 hours for £675

10 hours for £1312.50

20 hours for £2250

SINÉAD DE HORA

Intuitive Councillor



Based on her power of intuition, Sinéad gains a clear understanding of your concerns to tailor make a treatment specific to you. She will channel her energy into yours, establishing a connection which allows her to read what you are feeling on both an emotional and physical level. Over ten years Sinéad has studied multiple disciplines including Ayurveda Philosophy, Chinese Philosophy, Reiki, Reflexology and various therapeutic massage techniques; all of which are incorporated into the therapies she practices. An experience with Sinéad helps to establish effective coping techniques for everyday life, by using her visions to deliver strategies to enhance it.

Clarity and Focus

(60 or 90 minutes £125/£190)

For those suffering from stress, anxiety and who often find themselves in high pressure environments, this treatment will help you rationalise thoughts and calm nerves, providing you with alternative ways to manage and balance your lifestyle. After channelling her energy into yours, establishing a synchronisation with your emotional and physical feelings, Sinéad will determine her treatment based on the best possible healing solutions for you and your situation. Targeted massage techniques and effective reflexology will complement the treatment, helping you to instantly relax, realign with your inner self and leave you feeling positive.

“Your focus creates your reality.
Change your focus, you change your life.”

Physical Health and Wellbeing

(60 or 90 minutes £125/£190)

Focusing on the health and movement of the body, muscles and mind, this treatment targets any areas of concern. Sinéad will identify any problem areas and treat these using stimulating massage techniques. Following the treatment you will be provided with guidance and tools to prevent the cause of these tensions and given suggestions for small changes you can make in your life, to improve body balance and encourage natural healing of the body.

Mother and Baby

(60 or 90 minutes £125/£190)

For those looking to start a family, those expecting and in their third trimester, new mothers and their new-borns, this treatment provides you with the comfort and support that you need to manage this new chapter in your life. During the treatment, Sinéad will focus her healing energy to create a sense of harmony between mother and baby, combined with gentle, muscle relaxing massage techniques on the lower back, lower legs, feet, neck and shoulders.

HELENA EFLEROVÁ

Aquatic Bodywork & Aquatic Bodywaves practitioner



Helena Eflerová is a dedicated professional, certified Aquatic Bodywork and Aquatic Bodywaves practitioner, and Aqua Sensory swimming teacher, and a founder of HE AQUATICS.

Her approach to Aquatic Bodywork is rooted in Poetry in Water by Steve Karle – Craniosacral Therapy and Watsu as well as incorporating elements of dance, breath-work and underwater submersions. Her sessions are person-centred led, improvised, following the organic choreography of the body in the water.

She has a proven track record of providing the Aquatic Bodywork, Floatation Therapy, Aquatic Contact Improvisation Dance at leading spa centres, hotels, charities and schools. With her Live Art, Durational Performance and Aquatic Contact Improvisation Dance 18 years experience, she has developed the sensitivity to listen, connect and open up people on a deeper level.

She comes from a background in the aquatic performing arts industry, facilitating education, therapy, live and filmed underwater productions. She has qualified in Padi Scuba and Deep Blue Apnea free diving; STA Aquatic Teaching Baby and Pre-School, STA Teaching Swimming and Aqua Sensory. She has been trained in Aquatic Bodywaves with Manuela Blanchard founder of Earth and Water Dance and in Aquatic Bodywork with Steve Karle founder of Poetry in Water and director of British School of Aquatic Bodywork.

LOUKA LEPPARD

Tulayoga and Meditation in Touch Specialist



Louka's experience in the field of bodywork spans over 20 years during which time he has created two meditative practices of his own, Tulayoga and Meditation in Touch. Focusing on timing, rhythm, melody and movement, the treatments bring together aspects of understanding and practice from yoga, acrobatics and meditation. Louka works from the principle that loving intention, detail of feeling and creativity are more effective for deep healing than robotic repetition. In his spare time, Louka lives in Mallorca where along with performing treatments, he is both a visual artist and writer.

Meditation in Touch

(120 minutes £360)

A slow rhythmic and deep full body massage with oil which releases local points of tension to take distance from the outside world and enter into a trusting and relaxed state. Rhythms and melodies are used in specific pieces of music and playlists to create a fluid, wave-like and hypnotic continuity of movement through the body. Unwavering presence, genuine caring, expression from a calm centre, and the fusion of strength and tenderness are essential components of this meditative practice. The primary focus of Meditation in Touch is on lasting release, both physically and emotionally, and to guide the body back to an open and vibrant symmetry. The slow rhythmic and deep full body massage releases local points of tension and gives you the time and space to take distance from the outside world and enter into a trusting and relaxed state.

"Massage is an art form and a meditation.

It is a communication in direction, sensation, rhythm, melody and devotion. I take people on a journey through the landscape of their body. I re-connect them to their source."

Tulayoga

(120 minutes £360)

Tulayoga begins with Meditation in Touch and a massage where you are gently lifted into the air, balanced effortlessly on Louka's hands and feet. He guides you through a series of postures which flow effortlessly from one directly into another, creating an elegant meditation through movement. During this, the body's heart rate and blood pressure lowers, mobility is increased, the spine is lengthened and a natural alignment is encouraged. The combination of floating whilst being balanced and moved through space allows all sense of responsibility, direction, dimension, and notion of time to be freed.

ANDY MACK AND DURAN MACK

Dissolve Therapy and Qi Setting Specialists



Andy Mack began his healing journey at the age of 15, exploring energy healing while also training in western boxing. His son, Duran, has been immersed in the practice since birth. Learning from root teacher Adam Mizner at his school Heaven Man Earth, both have spent years living in Thailand – from temples to caves and cities alike – where they practiced meditation, qigong, taiji and healing with some of the world's leading spiritual guides.

Bone Setting addresses and realigns the body to loosen and relieve tensions from day to day stress. This is the perfect lunchtime respite for a central city worker as it promotes good health, posture and mental-clarity which can be felt after a single treatment, while a series of three is recommended for longer-term results.

Qi Setting

A traditional way of alleviating joint pain and helping to correct skeletal alignment in the body. Using secret methods passed down from Kung Fu masters in China, we send waves of release through the body, releasing the surrounding tissue and fascia in problematic areas. This method is unseen in the West – there are only 8 practitioners in the world, 2 of them being here at Akasha – the only location in the UK and EU. A truly unique and extremely effective method for 'fixing the unfixable' problems.

We recommend a minimum of 3 sessions for lasting results.

Rates

1 session (20 minutes) – £110

3 sessions – £300

"Whether it's an old injury, bad posture, if you're an athlete looking for the edge or you'd just like to finally be aligned, then to put it simply, this is for you – there is nothing else like it in London, or the rest of Europe for that matter. The results speak for themselves."

Dissolve Therapy

A truly unique method for releasing deep seated habitual contraction patterns in the mind, emotions and body. We work through the problematic areas in the body, guiding you into an open, spacious state of being, and developing a new habit. A habit of release. This powerful new skillset and habit will transform your life, Dissolve is great for anxiety, anger, self doubt, stress, fear, depression, old injuries, releasing constricted organs, allowing the body to self-heal.

Rates

45 Minutes – £125

90 Minutes – £225

DOGAN YILDIZ

Personal Trainer



Dogan is a karate champion, health coach, group fitness instructor, weight loss consultant and motivator who has helped many people to live a better life through exercise, nutrition, a healthy diet, fitness and lifestyle guidance that are highly effective.

Dogan began his training with Boxing, Karate and Judo at a very young age. Throughout his fighting career he achieved the Japanese Black Belt Master's Degree, was awarded with several Gold medals and was a part of the National Karate Team. In 2007 he started working as a Personal Trainer in several selected and exclusive gyms around Germany. Dogan holds the top German and British qualifications in the Personal Training.

"Change is never a matter of ability – it's always a matter of motivation."

Rates

1 session £150

10 sessions £1400

(All sessions are 60 minutes)

ROBERT LYNCH

Personal Trainer



Robert has spent a lifetime in the fighting arts, competing as an amateur and professional in both Boxing and Muaythai. Robert now dedicates himself to coaching where he trains a wide cross section of people ranging from current British and European champions, Team GB members, celebrity clients, TV personalities and keen white collar workers looking to get fit. Robert specialises in improving athletic ability/conditioning and weight management, regularly dropping up to 10kg for fighters before a competition.

Classes

Boxing Classes:

Tuesdays and Thursday

"The question is not who is going to let me; it's who is going to stop me."

Rates

1 session £150

10 sessions £1400

(All sessions are 60 minutes)

MATTHEW DARIUS

Personal Trainer



Matthew Darius is one of London's most exclusive personal trainers and has over fifteen years of experience training clients in London and internationally. Matthew has an in-depth knowledge of how the body can react and subsequently change through exercise. His specialities include; aesthetics and body composition, muscle building, fat loss, strength and conditioning, mobility and flexibility, mental wellbeing, body transformations, pre and post-natal and lifestyle fitness.

"I have acquired over 17 years of experience to guide and motivate you to reach your full physical potential."

Rates

1 session £150

10 sessions £1400

(All sessions are 60 minutes)

ESSENTIAL SPA INFORMATION

Facilities Pass

For any treatment bookings under 2 hours per person a £95 facilities pass may be purchased. This permits access to the gym, swimming pool, aromatic Hammam, sauna, Jacuzzi and surrounding relaxation areas. Please reserve your facilities pass in advance as availability is limited. Treatments over 2 hours included access to the spa facilities.

Opening Hours

Monday to Friday 9am to 9pm.

Saturday to Sunday 9am to 9pm.

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, under the supervision of a parent.

Monday to Friday 9am to 10.30am and 4pm to 5.30pm.

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

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.

Scheduling an Appointment

We advise booking your treatments in advance to avoid disappointment. Credit card details are required at the time of booking.

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.

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.

Akasha Holistic Wellbeing

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