



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 £240

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 £195

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

90 minutes £440

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 your choice of a 60 minute personalised Ultimate Aromatherapy Associates massage or Aromatherapy Associates facial.

Opulent Seclusion

90 minutes £210

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 £150 / 190

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 £195

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 £150

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 £150

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 £155 / £195

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 £195

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 £150 / £190

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)



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 £195

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 £150

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 £150 / £195

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 £205

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 WELLNESS EXPERT TREATMENTS

WE Relax

60 minutes £155

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 £155

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 £155

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 £155

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 £345

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 £170 / £245

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 £245

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 £170 / £245

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

Valmont Purification Facial – Purity of the Alps

45 minutes or 60 minutes £145 / £170

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 £170 / £245

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 £180/ course of 8 £1,260

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

A Hammam treatment is an experience which includes a deep cleansing and exfoliating ritual within the private eucalyptus steam Hammam chamber, created entirely of marble. Your body will be cleansed, purified and revitalised.

23 Carat Gold Signature Hammam

90 minutes or 120 minutes £190 / £245

Create your perfect journey to suit you and your time, combining the Gold Hammam with a choice of a complementing facial and/or massage.

Step one

Luxury Gold Hammam

40 minutes

This ritual begins with a full face and body cleanse combining traditional black olive soap with 23 carat gold minerals. The hands and feet are gently exfoliated followed by a full body top-to-toe exfoliation with a kessa glove. This provides the most invigorating exfoliation with immediate and visible results. To complete the hammam, the purifying Rhassoul lava clay is used to wash, cleanse and condition the hair and scalp. The therapist then guides you to the tranquil relaxation room to relax and hydrate before completing the ritual with a facial and/or massage.

Step two

Treatments included in the Hammam Experience which complement and continue the journey:

23 Carat Gold Facial

40 minutes or 75 minutes

Combining precious, healing gold minerals with luscious caviar, mother of pearl and argan oil for a powerful anti-ageing and nourishing treatment. The rich vitamins, essential amino-acids and trace elements are ideal for smoothing wrinkles and restoring firmness and luminosity and unveil the complexion's genuine beauty.

Gold Shea Butter Massage

40 minutes or 75 minutes

Using 100% pure shea butter with 23 carat gold minerals, melted and combined with an oil of the guests' choice. The massage is an exceptional anti-ageing and nourishing skin treat whilst the deeply relaxing and muscle melting techniques provides the ultimate massage.



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.

Detoxifying Green Tea Vichy Shower Ritual

80 minutes £190

The Detoxifying Vichy Ritual begins by a full body exfoliation with a green tea, ginger and natural sea salt scrub that stimulates, purifies and brightens the skin. The body is then wrapped in a blend of green tea and pure shea butter to detox, balance and nourish. The treatment concludes under the Vichy shower jets, combined with a specific lymphatic draining massage to lighten heavy legs, and is completed with a refreshing, conditioning and hydrating skin spritz for the mind and body.

Vichy Shower Hydro Massage

60 minutes or 90 minutes £165 / £205

An exclusive treatment at Akasha, the Vichy Shower Hydro Massage combines the power of the water jets with the hydro therapist's skilled and personalised touch to create a bespoke massage to suit each guest's needs. Starting with a focused consultation, the hydro therapist will design a massage journey that uses different massage styles depending on the needs and desires of the guest to allow the healing power of touch and water to balance, sooth or revitalise heart, mind and body.



TREATMENT ENHANCEMENTS

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

Skin Nurturing Facial

30 minutes £75

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 £75

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 £75

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 £75

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 £75

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 £75

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.

AGI GWARA

Yoga and Pilates Teacher



Agi is a former model turned fitness professional. Finding the time to achieve a balanced mind, body and spirit can be a challenge in the fast-paced city life. This is where Agi excels in her individual approach to working with clients to find that ‘zone’ both physically and mentally as a platform for growth and self-improvement. Agi understands how to create bespoke programs to match your lifestyle, whether you’re looking to escape the noise of the outside world or develop a stronger, leaner body through powerful techniques using body weight, stretching and conditioning.

“A healthy body is a home of a healthy spirit.”

Classes

Yoga: Hatha, Vinyasa Flow, Ashtanga, Stretching, Pregnancy Yoga, Pranayama, Meditation and Mindfulness.

Mat Pilates: Beginners, Intermediate, Advance, Dynamic, Core, Spine SOS, Ante and Postnatal Pilates.

Yogilates: A combination of Yoga and Pilates which takes the best of two practices, calming the mind, increasing flexibility with yoga and strengthening core with Pilates.

Private Rates	Packages
60 minutes £150	5 hours for £675
90 minutes £225	10 hours for £1312.50
120 minutes £300	20 hours for £2250

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.

STEVE KARLE

Aquatic Bodywork Specialist and Craniosacral Therapist



Operating in London's first Watsu pool at Akasha, Steve and his team practise this form of aquatic bodywork used for deep relaxation and passive aquatic therapy. In the serene surrounding of our private Watsu pool, Steve will join you in chest-deep perfectly temperate water where you will gently be cradled, moved, stretched and massaged. Steve's sessions are bespoke, beginning with a postural and movement assessment in water. Steve's interest in movement and body awareness drove him to study a wide range of holistic methods, finally specialising in aquatic bodywork. He is now director of the British School of Aquatic Bodywork, a certified training institute, leading seminars and practitioner training courses in the UK and internationally. With his knowledge he has developed a unique and integrated approach in water that allows him to work with a wide range of needs, conditions and goals. Excellent for a wide range of needs, Steve's method is a highly innovative approach to movement that allows your body to naturally unwind and re-align and will leave you feeling deeply relaxed.

“The main focus in my work reverses the ‘mind over body’ mindset. In our busy, sedentary, head-driven lifestyles, wellness can't be sought through more control. It's the opposite practice that needs to be honed in order to find equilibrium: how to let go.”

Aquatic Movement Therapy

(60 or 90 minutes £120/£150)

A highly innovative bespoke approach to movement that allows your body to naturally unwind and re-align. As you float, free of gravity, your body will be guided into continuous motions using bodywork techniques according to your natural movement patterns to encourage the release of muscular and joint restrictions. Moving from repetitive into spontaneous movement will improve posture and release stress and trauma in the body.

Craniosacral Therapy

5 hours £675 | 10 hours £1275 | 20 hours £2400

An extremely gentle yet powerful therapy based on osteopathy, which focuses on your body's most subtle motion, the ‘primary respiration’ centred on the ebb and flow of the cerebrospinal fluids. By tuning into these wave-like rhythms, through gentle holding of the cranium, sacrum and other key points, the practitioner encourages your body to re-organise towards greater alignment and vitality. Craniosacral Therapy is traditionally performed in a treatment room but can also be performed in warm water in the Akasha private Watsu pool.

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.

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, Thursday and Fridays

“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 specialties 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)

JAMES HARDY

Personal Trainer



James has 15 years' experience in the industry and has also built several businesses, he is all about dedication, positive attitude and a pro-active mind-set. An ex rugby player, kickboxer and triathlete, with a passion for calisthenics, rock climbing and yoga; James also works as a health psychology researcher in his spare time. He specialises in weight training, bodyweight exercise and movement pattern work to build fully functional athletic bodies and rehab from injuries. James coaches clients to train regularly and to eat well whilst offering quality advice for incremental and permanent success.

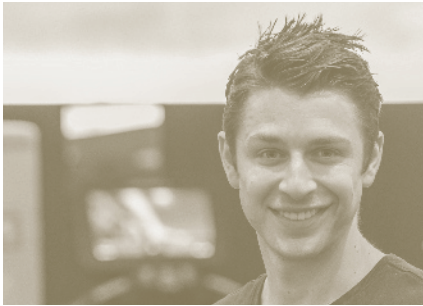
“There is nothing like the feeling that bubbles up when you realise you're reaching your physical best.”

Rates

1 session £150
10 sessions £1400
(All sessions are 60 minutes)

SCOTT ASHLEY

Personal Trainer



Scott specialises in holistic personal training by focusing on muscle development, fat loss, flexibility and cardio conditioning. With a reputation as one of the leading experts in health and fitness, Scott appears on television and in many publications for his proven expertise and methods in transforming his clients' bodies.

“Physical fitness has the ability to transform people's lives. It is the ultimate self-improvement practice to cultivate health mentally and physically that is essential for a positive life with longevity.”

Rates

1 session £150
10 sessions £1400
(All sessions are 60 minutes)

JACK HANRAHAN

Personal Trainer and
Massage Therapist



Jack is a qualified fitness professional with over ten years' experience as both trainer and soft tissue therapist. Jack approaches his clients' goals methodically which starts with an in-depth assessment in order to tailor a truly bespoke plan. His specialties include; massage; deep tissue, neuromuscular and myofascial release. Personal training; strength and conditioning, muscle building, mobility and joint health and rehabilitation.

“Smarter training, superior results.”

Rates

1 session £150
10 sessions £1400
(All sessions are 60 minutes)

ESSENTIAL SPA INFORMATION

Facilities Pass

A facilities pass may be purchased for £95 Monday to Friday or upgrade any 60 minute treatment with a £50 facilities pass. 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.

Opening Hours

Monday to Friday 6.30am to 10pm.

Saturday to Sunday 8am to 10pm.

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 10am to 12pm and 2pm to 4pm.

Saturday to Sunday 10am to 11.30am and 2pm to 3.30pm.

Children are not permitted to enter the gym, Hammam, Sauna or Jacuzzi at any time.

Spa Facilites

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

Hotel Café Royal
50 Regent Street
London W1B 5AS
T +44 (0)20 7406 3360
akasha@hotelcaferoyal.com
hotelcaferoyal.com