

Spa & Salon

Hamam Treatments

A traditional treatment on our heated marble hamam table, incorporating a cleanse and exfoliation with savon noir, followed by a Dead Sea mud wrap.

Signature Hamam treatment	45 mins	£60
Soothing Hamam treatment <i>(a hamam treatment followed by a full body argan oil application and a head massage)</i>	90 mins	£95
The Beaumont Hamam Experience <i>(a hamam treatment followed by a full body massage with argan oil and a face mask)</i>	120 mins	£180

Massage Treatments

Our therapists are trained in various massage techniques and may use a combination in your treatment, as appropriate.

Massage	45 mins	£60
	60 mins	£100
	90 mins	£140
Feet	25 mins	£45
Scalp, head & shoulders	25 mins	£45
Face and head, with meditations	45 mins	£60

Specialist Massages

Hot stones	75 mins	£120
Pregnancy	75 mins	£120
Deep tissue	75 mins	£120
Lymphatic drainage	75 mins	£120

Osteopathy & Medical Acupuncture with Bhart Shemar D.O. N.D.

Available every Tuesday and Wednesday for the treatment of a wide range of conditions, from neck, back, joint & muscle pain to minor sports injuries, postural problems caused by work strain, travel & driving, work-related stress and more. Osteopathic and Chiropractic Medicine are similar disciplines.

To make an appointment with Bhart, please email him directly enquiries@bhartshemar.com.

For more information, please visit www.bhartshemar.com

Initial Consultation with first treatment lasting up to 1hr	£190
Follow up appointments lasting up to 45 mins	£120

Facials

A selection of individually tailored, highly effective and results-focused facials, whether calming, deep cleansing, hydrating or to combat the effects of ageing.

Facial	30 mins	£55
	60 mins	£95

Specialist Facials

Pregnancy	60 mins	£100
Sensitive skin	60 mins	£100
Anti-ageing	75 mins	£115
Deep cleansing	75 mins	£115

Facials with Abigail James

With over 15 years of experience, Abigail James, known as “the skin coach”, has become famous for her massage methods, skincare knowledge and ability to combine natural performance-led products and advanced technology. Abigail provides skin solutions that are tailored to each individual, offering everything from the perfect pre-event face treatment to long term skin health programmes.

To make an appointment with Abigail, please email her directly clinic@abigailjames.com.

For more information, please visit www.abigailjames.com

Bespoke face treatments	<i>from</i> 50 mins - 120mins	<i>from</i> £180 - £450
Peels	30 mins	£90
Clinical skin treatments	30 mins	£200

Spa Packages

Pick Me Up	60 mins	£95
------------	---------	-----

Perfect for combatting jet-lag or as a rapid energy boost. Enjoy a rejuvenating body massage (30 mins), a stress-releasing head massage and a face mask.

The Beaumont Retreat	2 hrs	£185 <i>for 2 people</i> £350
----------------------	-------	----------------------------------

Bow out for a couple of hours. Unwind with a Signature Hamam treatment, followed by a relaxing full body massage (45 mins) and an individually tailored facial. Finish with The Beaumont's indulgent Afternoon Tea, served in the hotel Lobby.

Beautifully Pregnant	2 hrs 15 mins	£200
----------------------	---------------	------

A perfect respite to release the stresses of body and mind for expectant women. Ease up with a comforting massage (60 mins) focusing on the tense areas brought on by pregnancy, followed by a recuperative facial to meet the needs of a changing skin.

Man at The Beaumont	2hrs 30 mins	£210
---------------------	--------------	------

An invigorating and rejuvenating time out, starting with a stress-releasing massage (60 mins), followed by a facial and finishing with a wet shave, beard trim or pedicure.

Beautifully Beaumont	3hrs	£260
----------------------	------	------

For top to toe de-stressing and grooming. The ultimate massage (90 mins) is followed by a personalised hydrating beauty facial and a manicure or pedicure to finish.

Manicures & Pedicures

Full - including massage, exfoliation & cuticle care

Manicure	£50
----------	-----

Pedicure	£50
----------	-----

Express Shape & Colour

Manicure	£35
----------	-----

Pedicure	£35
----------	-----

Hair & Grooming

Our Salon offers hairdressing and grooming services for men and women. Gentlemen's grooming services also include traditional wet shaves.

	<i>from</i>
Gentlemen's cut and finish	£35
Traditional wet shave	£35
Gentlemen's hair trim and wet shave	£70
Ladies' cut and finish (blow dry)	£140
Shampoo and finish (blow dry)	£85
Hair up	£140

The Beaumont Spa's sauna, steam room, cold plunge pool, ice-bar and relaxation area are all available to be used alongside our treatments.

Opening Hours

Monday - Sunday 9am – 9pm (last treatment 8pm).

Please ask at reception for out of hours treatments.

The gymnasium is open 24 hours a day/seven days a week for hotel guests.

To Book

Please call 020 3728 7330

To make an appointment with Bhart Shemar, please email enquiries@bhartshemar.com.

To make an appointment with Abigail James, please email clinic@abigailjames.com

Timing

Please arrive at least ten minutes before your scheduled time.

Cancellation Policy

To avoid any cancellation fees, please cancel a minimum of 24 hours prior to the start of your treatment.

Vouchers

We offer a choice of gift vouchers. Please ask at Reception or order directly online.

www.thebeaumont.com/gift-vouchers

