

A close-up photograph of a woman lying on her back on a massage table, receiving a massage. Her eyes are closed, and she has a peaceful expression. Her hands are clasped together under her chin. The background is softly blurred, showing the hands of the masseuse working on her back. The overall atmosphere is calm and relaxing.

Viva Therapies
In-Room Luxury Spa & Salon Services

“Let us help you relax, de-stress and energise in the comfort of your room”

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Viva Therapies, offers an unrivalled choice of massage therapies, beauty treatments, salon and fitness services.

If you feel like relaxing, de-stressing or feeling energised there is no need to leave your room as our services will come to you.

Our therapists will arrive with everything needed for our spa and salon services, a comfortable massage table, a choice of music and our exclusive range of organic aromatherapy oils to create a relaxing atmosphere in your room.

Our beauty therapists use the latest methods as well as the trusted traditional methods of skincare and grooming. Their holistic approach is complemented by the finest skincare brands available today.

Our hairstylists and makeup artists can provide a wide range of services from a blow dry to bridal hair and makeup.

Our fitness experts can boost your health and wellbeing with private one to one personal training or yoga sessions.

Booking Information

You can book by calling us on 020 7138 2777

Most services are provided within 30 minutes from time of booking.

Services are available 7 days a week from 8.30am to midnight. After-hours appointments can also be arranged on request.

Cancellations less than 60 minutes before the booked appointment time will be charged at the full rate.

Standard rates are applied from 8.30am to 10pm, there is a surcharge for bookings after 10pm.

The minimum chargeable time for all treatments is 60 minutes.

Treatments will be charged from the time of the booked appointment.

If your guest would like to extend their treatment they can ask their therapist at any point during their treatments however we cannot guarantee they will be available beyond the booked appointment time.

Service on Christmas Eve, Christmas Day, New Year's Eve and New Year's Day are subject to a surcharge on listed prices.

Gift Vouchers

Guests are also welcome like to buy gift vouchers for someone special to experience our in-room spa services at your hotel, they can purchase them through our website vivatherapies.com or call us on 020 7138 2777.



Massage Services

Holistic Massage – *Swedish full body massage*

Experience the holistic power of a relaxing massage. Comprising of the soothing strokes of Swedish massage, this sensuous treatment will immerse your spirit in untold relaxation and simply take your breath away.

Deep Tissue Massage

Incorporating movements of Swedish massage, this outstanding, relieving and highly popular therapy uses gliding strokes and focused pressure points to slowly penetrate the deeper layers of muscle, releasing chronic patterns of built-up tension, detoxifying the system and enhancing circulation.

Thai Massage

Thai massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy systems. Thai massage is both deeply relaxing and energising.

Viva Therapies Relax – *restful and soothing*

An aromatherapy full body massage, combining Swedish and deep tissue techniques to relax and unwind the body and mind. Using our deeply nourishing and soothing Viva Therapies Relax organic blend.

Essential oils: Organic Lavender, Organic Roman Chamomile, Organic Ylang Ylang and Organic Neroli.

Base oils: Organic Jojoba, Organic Pomegranate, Organic Wheatgerm, Organic Almond and pure vitamin E oil.



Viva Therapies Revive – *detoxing and invigorating*

A full body massage designed to leave you feeling full of vitality. Utilizing special techniques to encourage circulation, muscle tone and whole body stimulation. Using our exclusive organic Viva Therapies Revive blend. Essential oils: Organic Rosemary, Organic Juniper berry, Organic Bergamot, Organic Sweet Marjoram. Base oils: Organic Jojoba, Organic Pomegranate, Organic Wheatgerm, Organic Almond and pure vitamin E oil.

Mum to be Massage

Pregnancy is a wonderful time in your life that requires treatments specially designed just for you. You will enjoy a full body massage without the need to lie on your stomach. Our specially trained therapists know exactly how to work those sore, tired muscles while you feel completely relaxed and comfortable.

Reflexology

Reflexology works on the pressure points of your feet, helping to relieve tension and congestion in the corresponding parts of the body. This assists in restoring and maintaining the body's natural equilibrium.

Shiatsu – *Japanese Massage*

Shiatsu is a Japanese word meaning 'finger pressure'. It is a treatment that uses the power of touch and is a combination of hand pressure and manipulative techniques to adjust the body's physical structure and its natural energies. Please wear loose clothing for your treatment.

Lymphatic Drainage Massage

An active, free flowing lymphatic system is vital for toxin elimination and healthy maintenance of the immune system. Using gentle rhythmic pushing, this highly effective massage encourages lymph to its filtering nodes; improving vitality, circulation and nutrient absorption.

Sports Massage

An excellent programme to enhance performance, aid recovery and prevent injury. A curative therapy to sports injury, physical trauma and soft tissue damage incurred through repetitive or strenuous physical activity. Working essentially on the manipulation of soft tissue, this sophisticated massage may be applied before or after sporting activity or physical exertion. An excellent programme to enhance performance, aid recovery and prevent injury.

Lava Shell Massage

Lava shell massage is a beautiful heat treatment, using heated shells from the Philippines which glide over your body to melt away stress and muscular tension. Each massage stroke with a heated shell is equivalent to ten manual hand strokes.



Facials

Viva Aromatherapy Facial

60min

Relaxing, indulgent facial for all skin types

An indulgent aromatherapy facial treatment, preparing your skin by cleansing and exfoliating, followed by a treatment mask and a facial massage. A nourishing cream combining the finest pure essential oils and plant extracts is applied with specifically designed massage techniques to restore and recondition your skin, leaving your complexion smooth and luminous.

Viva Anti-Aging Facial

90min

Regenerating facial for all skin types

An intensive treatment for those concerned with signs of ageing. Your skin will be deeply cleansed and exfoliated using award-winning products, followed by a unique layer of intensive mask. An anti-aging serum is then applied with specific lifting, plumping and firming massage techniques. This treatment will leave your lips hydrated and your skin feeling soft, supple and rejuvenated.

Viva Executive Facial

60min

Men's facial for all skin types

A treatment designed especially for men where your skin will be revitalised by cleansing and exfoliating with one of our unique scrub masks, followed by a neck, shoulder and head massage to relax muscle tension and refresh your complexion.

Nail Enhancements

For a high gloss or natural buff finish, our nimble fingered technicians will work their magic to produce elegant, beautiful looking nails that will catch the eye time after time and seal the perfect impression. After discussing your requirements, your nail technician will offer advice on the best treatment for you.

Shellac-Gel Nail Manicure or Pedicure

60min

A manicure or pedicure that strengthens and promotes the growth of natural nails.

This treatment can last up to three weeks, depending on your lifestyle. Applied onto a prepared nail, the Bio Sculpture Gel cures under UVA light, leaving nails strong, but still flexible. Available in a selection of colours.

If you currently have Shellac-Gel applied, an additional 30 minutes is required for removal prior to reapplication.

Hand Treatments

Express Manicure *(*combine with another treatment)*

30min

Your nails will be shaped to perfection and the colour of your choice applied.

Manicure *(*combine with another treatment)*

45min

Your nails will be shaped and then your nails will be soaked in skin softening creams and oils, cuticles tidied and trimmed. You will then enjoy a relaxing hand massage prior to having your nails buffed to a high shine and the colour of your choice applied.

Luxury Manicure

60min

Using therapeutic products enriched with essential oils, your nails will be groomed and shaped to suit and your cuticles gently treated and tidied. Your hands and lower arms will be exfoliated and your skin deeply conditioned with a nourishing mask followed by a luxurious massage and the colour of your choice applied.

Foot Treatments

Express Pedicure *(*combine with another treatment)*

30min

Your nails will be shaped to perfection and the colour of your choice applied.

Pedicure *(*combine with another treatment)*

45min

Using luxurious products enriched with essential oils. Your nails will be groomed and shaped to suit and your cuticles gently treated, roughened skin will be exfoliated and a healing balm applied to nourish and soften your skin. Finally you will receive a soothing foot and lower leg massage and a nail polish of your choice applied.

Luxury Pedicure

60min

The ultimate pedicure, a complete therapy to soothe condition and repair using luxurious products enriched with essential oils.

Your nails will be groomed and shaped to suit and your cuticles gently treated, roughened skin will be exfoliated and a healing balm applied. A nourishing mask is then applied and your feet are placed inside heated pedicure boots. Finally you will receive a soothing foot and lower leg massage and a nail polish of your choice applied.

* Please call for options.





Hairdressing and Makeup

Hairdressing and makeup is about accentuating your features, creating your look and style to bring out your natural beauty for that special occasion.

Working with the latest techniques and luxurious products our aim is to exceed your expectations. A prestige service inspired by exceptional client care and a passion for hair and beauty.

Our stylists and makeup artists come to you with everything they need to perform anything from a blow dry to bridal hair and makeup in the comfort of your room.

Some of the services we offer:

Wash & Blow Dry

Ladies' Haircut and Blow Dry

Gentleman's Haircut

Hair Up and Styling

Bridal Hair and Makeup

Day & Evening Makeup



Personal Training

One-to-One Sessions

Viva Therapies has selected expert personal trainers to help you step away from your hectic lifestyle and do a light training session guided by an expert, or training based on athletic principles with specific aims for those who take their training seriously.

All of our trainers are very experienced and are able to provide a variety of personal training sessions from running outside in the park, to training sessions in the gym. Your trainer will help you assess your needs to help you achieve your desired aims.

Your trainer may use a variety of training methods and techniques, tailored to suit your individual needs.

Yoga

One-to-One Sessions

Not only do one-to-one classes help you gain a more thorough understanding of yoga as an exercise form, they also allow your yoga instructor to personalise your yoga session to address specific needs, something which is not possible in group classes.

Inspiring tranquility and centeredness, clarity and elevation of thought, yoga fosters far reaching health and wellbeing benefits, such as increased flexibility and physical strength, healthy circulation, improved restful sleep, enhanced creativity, increased self-esteem, vitality and enlightenment.



Viva Therapies Hotel Rates

Massage Services

Swedish Massage
Deep Tissue Massage
Viva Aroma Relax – *restful and soothing organic aromatherapy blend*
Viva Aroma Revive Massage – *detoxing and invigorating organic aromatherapy blend*
Pregnancy Massage
Reflexology
Shiatsu
Sports Massage
Thai Massage

Rates

9am to 9.45pm £120 (per hour)
10pm to 11.45pm £140 (per hour)
After midnight £200 (per hour)

**Longer treatments are available upon request*

Hairdressing & Makeup

Rates

Blow Dry £120
Ladies' Haircut and Blow Dry £170
Gentleman's Haircut £120
Hair Up and Styling £150
Makeup £140

Bridal Hair & Makeup packages are available upon request

Fitness Services

Personal Training
One-to-One Sessions
Yoga One to One Sessions

**Couples and group sessions are available upon request*

Rates

9am to 9.45pm £120 (60 minutes)
10pm to 8.45am £140 (60 minutes)

Beauty Services

Facials

Viva Aromatherapy Facial – *relaxing, indulgent facial for all skin types*
Viva Executive Facial – *men's facial for all skin types*

Rates

9am to 9.45pm £110 (60 minutes)
10pm to 8.45am £130 (60 minutes)

Nail Enhancement

Shellac - Nails Manicure or Pedicure

Rates

9am to 9.45pm £110 (60 minutes)
10pm to 8.45am £130 (60 minutes)

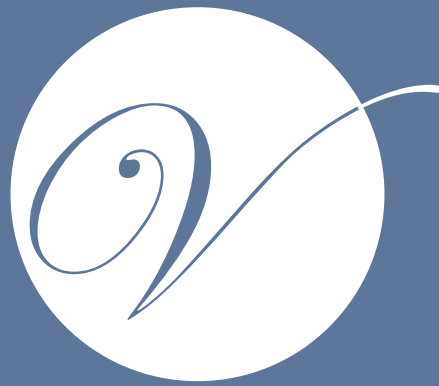
**If you currently have Shellac-Gel applied, an additional 30 minutes is required for removal prior to reapplication.*

Hand & Foot Treatments

Luxury Manicure or Pedicure (60 minutes)
Manicure & Pedicure Combined (90 minutes)
Luxury Manicure & Luxury Pedicure (120 minutes)

Rates

9am to 9.45pm £90 (60 minutes)
10pm to 8.45am £110 (60 minutes)



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For more information please visit our website vivatherapies.com