

Massage Treatments

Our massage treatments are crafted to restore balance, relieve tension, and nurture the body. Each session is tailored to your individual needs by our highly trained therapists, drawing on both modern therapeutic techniques and time-honoured healing traditions.

Aromatherapy Massage Ritual | Deep Restoration Ritual

A full-body massage using botanical oils to calm the nervous system and nourish the skin. Expert techniques ease tension in the back, shoulders, neck, legs, arms, and hands, while the oils absorb into the skin to support deep cellular renewal. An immersive ritual for complete mind-and-body restoration.

60 min | £160

Holistic Massage

Wonderfully relaxing, Swedish massage is ideal for anyone who spends a lot of time sitting at a desk or leads a demanding lifestyle. This full-body treatment promotes deep relaxation through flowing massage techniques, helping to release tension and restore a sense of balance.

60 min | £150

Deep Tissue Massage | Release & Restore

An intensive massage targeting the deeper layers of muscle tissue. Sustained pressure and slow, deliberate strokes release adhesions and chronic tension, improve circulation, and support faster recovery. Ideal for muscular tightness or those who prefer a firmer touch.

60 min | £160

Prenatal Massage | Nurture & Support

A gentle massage designed for expectant mothers. Using specially selected oils and positioning techniques, our therapists ease the physical stresses of pregnancy, relieving back pain, swollen ankles, and fatigue, while promoting deep relaxation and connection. Suitable from the second trimester onwards.

60 min | £160

Sports & Recovery Massage | Perform at Your Best

Designed for the active body, this treatment combines deep tissue work with stretching, myofascial release, and trigger point therapy to enhance performance, speed recovery, and reduce injury risk. Suitable for pre- or post-event.

60 min | £165

Lymphatic Massage

A rhythmic treatment designed to stimulate the lymphatic system and encourage the body's natural detoxification process. Each precise movement helps to reduce fluid retention and boost circulation, leaving you feeling lighter and refreshed.

60 min | £160

Couples Massage available | 60 min (price per person applies)

Facials

OSKIA's award-winning formulations are designed using bioavailable nutrients and clinically trialled actives. Specialising in cellular nutrition through patented micro-encapsulation and liposome technology, vitamins, minerals, proteins, and omegas work together to promote healthier, happier, glowing skin from within.

Signature Nutri-Glow Facial | Radiance Ritual

A combination of essential nutrients, bio-actives, and glow-enhancing techniques to leave skin radiant and rejuvenated. Fragrant steam and compresses gently unblock pores, while enzyme and AHA masks boost renewal and a warm oil mask hydrates and smooths. Facial massage, lymphatic drainage, and acupressure lift and contour, with head, hand, and back massage to ease tension.

75 / 90 min | £170 / £250

Cryo Sculpting Facial | Lift & Tone

A non-surgical facelift treatment delivering instant lifting and contouring results. Designed for the eyes, face, and neck, it restores elasticity and definition using cryotherapy globes and advanced massage techniques to sculpt, tone, and brighten the complexion.

90 min | £180

Revitalising Super-C Facial | Vitamin Renewal

An ultra-hydrating, nutrient-rich facial delivering immediate anti-ageing benefits. This treatment targets fine lines, loss of firmness, and uneven tone, combining advanced sculpting techniques with a breakthrough biomimetic serum and smart Vitamin C to support long-term skin vitality.

60 min | £170

Lymphatic Detox Facial | Refresh & Refine

A detoxifying facial using manual lymphatic drainage techniques to boost circulation, reduce inflammation, and de-puff the skin. The complexion is refined and refreshed, while tension is released with a soothing shoulder and scalp massage.

60 min | £180

Gentlemen's Purify & Revive Facial | Cleanse & Revitalise

Ideal for younger complexions, oilier skin types, and gentlemen alike. Natural, science-led products support a deep steam cleanse and stimulating facial massage. Cool gua sha stones awaken the skin, while a focused neck and shoulder massage relieves tension and revitalises both mind and body, leaving skin clearer and more refined.

60 min | £170

Fitness & Movement

Our expert coaches bring a personalised approach to every session, whether you are working towards specific goals or simply seeking a mindful movement practice. All disciplines are available as private one-to-one sessions or in small group formats.

Personal Training | One-to-One Training

A fully bespoke training session designed around your fitness goals, current level, and lifestyle. Whether you are looking to build strength, improve conditioning, manage weight, or enhance athletic performance, each session is tailored entirely to you.

60 min | £160

Group Personal Training | Shared Energy With Expert Guidance

Train alongside others in a small group setting with full coaching support. Motivating, social, and highly effective, this format combines the energy of group training with expert programme design.

60 min | £160 base fee + £10 per person

Yoga | One-to-One Practice

A private yoga session tailored to your body, goals, and experience level. Whether you are a complete beginner or an experienced practitioner, your teacher will create a practice uniquely suited to you.

60 min | £160

Group Yoga | Flow Together

Join a small group session led by experienced yoga teachers. A supportive and energising space to explore breath, movement, and stillness together.

60 min | £160 base fee + £10 per person

General Information

From facials to massages, our boutique Wellness Room offers a tranquil space for advanced skin, mind, and body treatments designed to restore balance, boost energy, and leave you feeling your very best.

Please arrive 10 minutes before your appointment to complete a consultation form. Please inform your therapist of any health conditions, allergies, or pregnancy before your treatment.

We recommend avoiding heavy meals for two hours prior to any body treatment.

These prices are valid from 8:00 am to 10:00 pm. A £30 surcharge applies from 10:00 pm to midnight, with an additional £30 surcharge after midnight. An in-room service surcharge of £20 per hour applies.

Please inform us of how many weeks pregnant you are at the time of booking, as pregnancy massage is not available during weeks 0-12.

Gift vouchers are available for purchase at Hotel Reception or by calling us directly.

All prices include VAT and are subject to change without prior notice.

Location

The Wellness Room at The Laslett, 8 Pembridge Gardens, W2 4DU, is located on the lower ground floor.

Bookings

Book your wellness treatment via the Serenity booking platform using the QR code below. Alternatively, you can book through Hotel Reception by emailing reception@thelaslett.co.uk or calling 020 7792 6688.

Couples Massage: To book a couples experience, please select two therapists when booking your massage.



Cancellation policy

Guests wishing to cancel or amend an appointment are kindly asked to provide at least 24 hours' notice. Cancellations made within 24 hours will incur a 100% charge.