



## Wellness 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 a must for anyone who spends a lot of time sitting at a desk, or generally has a demanding lifestyle. As the most well-known massage therapy, Swedish Massage focuses on full-body relaxation and uses broad strokes followed by specific strokes to address any problem areas

**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**

### **Couples Massage | Share the Serenity**

Enjoy a side-by-side massage experience with a partner, friend, or loved one. Each guest receives a personalised full-body massage by a dedicated therapist in a private treatment suite. A beautiful way to relax and reconnect together.

**60 min | £300 per couple**

### **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**

## 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 | 1-to-1 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 + £10 pp**

### **Yoga | 1-to-1 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 + £10 pp**

## 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 8am to 10pm. £30 surcharge applies for 10pm-midnight. Additional £30 after midnight. In hotel room surcharge of £20/hour applies.

Pregnancy has informed us of how many weeks at booking time (not just at treatment time) as we cannot do pregnancy massage 0-12 weeks.

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

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

### Location

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

### Bookings

Bookings can be made at the hotel reception by emailing [reception@thelaslett.co.uk](mailto:reception@thelaslett.co.uk) or calling us on 020 7792 6688

### 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.

