

# the spa

AT THE CITY POINT CLUB

One Ropemaker Street London EC2Y 9AW

**020 7920 6200**

[www.thecitypointclub.co.uk](http://www.thecitypointclub.co.uk)

Nearest Tube Station

Moorgate tube station, Liverpool Street Station



the spa

AT THE CITY POINT CLUB



treatmentguide



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# 2

## The Spa



“In the heart of London’s financial district lies a well kept secret; an oasis of calm that will melt away stress and strains”

Let us take you on a journey where you’ll enjoy luxurious, tranquil surroundings, first class treatments and the highest possible attention from our dedicated team. Whether you visit for a one off treatment or a full day spa package, The Spa at The CityPoint Club offers you an unforgettable experience.

**Why not try our Best for Indulgence Recommendations**  
(see green colour coded treatments and packages)

## The Spa at The CityPoint Club

### Spa Experience For 2

Let us tailor make a package for you with the treatments of your choice.

£80

### Retreat Spa Day

Choice of Back massage 25mins or facial 25mins

£80

### A Moment Of Calm Half Day

Choice of 2 treatments: Express facial 25mins OR Back massage 25min + Manicure 25mins OR Pedicure 25mins

£120

### Alpha Male

Choice of Skin Intelligence for men facial, 55 mins OR Muscle-ease Aroma Spa Ocean Wrap – 55 mins

£130

### Pamper Me Mummy Day

Mother to be body treatment, 1 hour 25mins + Express Pedicure 25mins

£150

### Chocolate Indulgence Day

Chocolate body treatment, 55mins and express facial 25mins

£160

### Relax & Escape Spa Day

Prescriptive facial 55mins + choice of a massage, manicure or pedicure 25mins

£160

### Tone Me Up

Body Sculpting Cellulite + Colon Therapy, 55mins + Visible brilliance facial, 25min

£170

### Time Together Spa Day For 2

Full body massage each for 55mins and a glass of champagne for two. 9.30am, to 5.00pm

£180

### Exotic Dream Spa Day

Exotic coconut rub and milk ritual wrap 45mins, + Oxygen Skin Calm Facial, 55mins + Choice of Luxury Manicure OR Pedicure 55 mins

£250

### Upgrade Any Of Our Packages To Experience Our Couples Suite

£30

Please enquire about our corporate and hen party price list.

# 3

## Day Spa Packages

What better way to spend a day! Our spa packages offer the perfect opportunity to treat yourself or a loved one with a special gift. Why not try our Best For Indulgence Recommendations.

All day spa packages enable you to enjoy unlimited use of the facilities including the extensive gymnasium, exercise and spinning studio, squash courts, 20 metre swimming pool and whirlpool spa, sauna, steam, plunge pool and relaxation room. Plus refreshments on arrival, a healthy lunch, use of robes, slippers and towels.



# 4

## Massage

Massage therapy provides numerous therapeutic benefits for health, fitness and mental well-being. Massage helps improve the body's circulation, increases blood and lymph flow, stimulates the nervous system and affects internal organs as well as all of the muscles.



## “STICKS AND STONES WILL HEAL YOUR BONES”

**Inspired by ancient therapies our range of exotic rituals offer an experience like no other.**

**Bamboo Massage 1hr 15 mins** **£80**

This ritual offers exceptional stress relieving, muscle strengthening and smoothing results using Bamboo 'the symbol of youth', ancient massage techniques and a unique oil containing concentrated active bamboo extract. A truly unique and exceptional massage.

**Chakra Stone Massage 1hr 15 mins** **£80**

Rare volcanic lava stones laid on the body's chakra points generate warm energy to alleviate tension infusing a feeling of release and harmony.

**Lava Shell Massage 55 mins** **£80**

Shell massage, a treatment that uses naturally self heating Tiger Clam shells from the sun-kissed shores of the Philippines to release muscle tension.

**Tibet Massage 55 mins** **£80**

Bundles of Himalayan pebbles with mineral salts from the Dead Sea are applied to the body with warm, fragrant sweet almond oil. This deep massage leaves skin wonderfully soft for long after the treatment has finished.

**Pindasweda – Aromatic Massage 55 mins** **£80**

An ayurvedic aromatic massage based on 5,000 year old therapies. Bundles of herbs and essential oils are applied to the body and massaged to dissolve toxins, giving you a true sense of tranquility and energy.

**Shirodhara 25 mins** **£50**

A gentle stream of herbal infused oil is poured on the forehead (third eye) to quiet the mind and sooth the central nervous system. A remarkable sleep inducing treatment

**Thai Massage 1 hr 15mins** **£90**

**Shiatsu Massage 1hr** **£75**

**Shiatsu Massage 1 hr 15mins** **£90**

**Deep Tissue Massage 1hr** **£70**

**Full Body Massage 1 hr** **£60**

**Back Neck and Shoulder 25mins** **£40**

**Indian Head Massage 40mins** **£45**

**Scalp Massage 25mins** **£35**

# “ ROLL BACK THE YEARS ”

## Elemis advanced anti-ageing facials

### **Tri-Enzyme Resurfacing Facial 55 mins** **£75**

Clinically proven to visibly resurface by up to 75%\* and increase skin smoothness by up to 32%\* after just 1 treatment. Targets blemishes, uneven skin tone, superficial scarring and fine lines, for younger looking skin.

*\*Independent Clinical Trials 2006*

### **Visible Brilliance Facial 55 mins** **£80**

With revolutionary results, this anti-ageing treatment instantly firms, rejuvenates and plumps skin, whilst helping to reduce dark circles. Moisturisation levels of the skin are clinically proven to increase by up to 61%\* and elasticity by 40%\* after just 1 treatment.

*\*Independent Clinical Trials 2004*

### **Pro-Collagen Quartz Lift Facial 55 mins** **£80**

Clinically proven, after just 1 treatment, to reduce the number of wrinkles by up to 94%\* and improves skin firmness by up to 57%\*. Uses professional strength formulations for maximum efficacy, leaving a firmer, uplifted, more youthful looking appearance.

*\*Independent Clinical Trials 2007*

### **Booster Facial 25 mins** **£50**

This introductory facial provides a quick and instant pick-me-up for any occasion.

## Elemis skin solutions facials

### **Oxygen SkinCalm Facial 55 mins** **£65**

Calming actives and a restructuring Japanese Silk Mask infused with Absolute SkinCalm Booster Serum, rebalances delicate and sensitive complexions. Relieves redness and comforts to stressed and irritated skin.

### **S.O.S. Purifying Facial 55 mins** **£65**

Regulates and balances the function of the skin. Purifying massage techniques combined with the unique Japanese Sulphur Mask, infused with Absolute Vita-C Booster Serum, absorb sebum, calm irritation and rebalance oil-rich pores.

# 5

## Elemis Spa Therapy

It is a popular myth that male skin requires less nurturing than female skin. Regular exfoliation helps prevent in-growing hairs, whilst daily moisturisation re-energises the skin and challenges the ageing process.



# 6

## Elemis Time For Men

It is a popular myth that male skin requires less nurturing than female skin. Regular exfoliation helps prevent in-growing hairs, whilst daily moisturisation re-energises the skin and challenges the ageing process.



## “IT'S A MANS WORLD”

### Advanced performance facial for men

#### **Skin IQ+ Facial 55 mins**

£65

Clinically proven\*, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin overhaul with maximum anti-ageing results.

*\*Independent Clinical Trials 2006*

#### **Urban Cleanse Facial 55 mins**

£65

Eliminates blocked pores, rapidly accelerate skin repair and neutralise impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

*\*Independent Clinical Trials 2004*

### Elemis body therapy

#### **Face and Body Sensation 55 mins**

£70

Experience the perfect Elemis treatment duo, a sensational massage combined with a prescribed booster anti-ageing facial. Choose from the unique re-energiser, an 'ice-cool thermal' massage to relieve stress tension and ease aching muscles, or Tranquillity, a 'thermal-soothing' massage to induce a deep level of relaxation and calm your mind. You will then be treated to your intensive booster anti-ageing facial, designed to smooth out wrinkles and restore youthful radiance.

#### **Musclease AromaSpa Ocean Wrap 55 mins**

£75

Be cocooned in a comforting foil wrap whilst being treated to a pressure point facial massage and de-stress scalp treatment. Using a warming blend of Essential Oils, this specialised treatment helps ease aching, tense muscles.

“MY BODY IS A TEMPLE,”

## Elemis detox therapy

### **Body Sculpting Cellulite and Colon Therapy 55 mins £70**

Clinically proven to target stubborn cellulite and sagging skin, for visible, rapid results. A peel off body mask is applied and combined with massage to deeply cleanse the body, helping firm and smooth skin, stimulate circulation and reduce fluid retention. Cleansing of the colon through abdominal massage helps to detoxify the body, working from the inside out.

### **Cellutox Aroma Spa Ocean Wrap 1 hr 15 mins £75**

Be cocooned in a foil wrap whilst treated to a pressure point facial Massage and de-stress scalp treatment. This rich therapy helps refine the appearance of cellulite and relieve the discomfort of fluid retention. The body is re-energised and skin is left silky soft and smooth.

## Elemis exotic therapy

### **Exotic Lime and Ginger Salt Glow 25 mins £40**

A body exfoliation to invigorate and revitalise. After light body brushing, warm oil is dripped over the body, before the sublime Elemis Exotic Lime and Ginger Salt Glow is applied. Skin is deeply cleansed and moisturised, leaving it glowing and vibrant, replenished and flawless.

### **Exotic Coconut Rub & Milk Ritual Wrap 55 mins £70**

Warmed Elemis Skin Nourishing Milk Bath is poured all over the body before being cocooned in a foil wrap. This opulent therapy is great for smoothing and softening, combined with a pressure point facial massage and de-stress scalp treatment.

### **Exotic Frangipani Body Nourish Wrap 55 mins £70**

Aromatic Tahitian Coconut and Frangipani flowers are soaked together to produce Monoi which is poured over the body then cocooned in a foil wrap. Drenches skin with moisture and provides ultimate radiance, vitality and all over body glow.

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## Elemis Spa Therapy

The sense of touch can be very powerful. From young babies to the elderly, massage promotes nurturing feelings of warmth, love and intimacy. Massage is a voyage of discovery uniting body and mind. Take time out to relax and have the benefits of this ancient holistic and healing skin treatment.



# 3

## Gerard Spa Therapy

"The secret of pure beauty begins with the joining of the physical and the spiritual, and that the positive, serene and natural feelings of wellbeing are fundamental values for a balanced life." - Dr. Gerardo Barbieri (Gerard's Founder)



# “MAKE ME BEAUTIFUL”

## Gerard's Anti-Ageing Culture Facials

### **Caviar Facial 1 hr 25 mins** £80

"A Concentration of Youth for the Skin".

Precious Caviar increases the development of new tissue growth, combined with a luxurious finger-tip-energising massage. A must for mature skin wanting a new lease of life.

### **Rigenera DNA Facial with Face Gym 1 hr 25 mins** £75

For a younger looking you. Gerard's exclusive manual face lifting facial supplies your skin with vitality, improving its luminosity and minimising lines. Uses pure ACE vitamins and a marine DNA collagen mask.

### **Vitaminic Mask Facial 55 mins** £60

For celebrity quality skin, this treatment will help repair, calm, re-balance and strengthen sensitive areas of your skin. Counteracts signs of ageing and improves the flow of oxygen.

### **Re-Mineralising Peat Facial 55 mins** £60

For clear, pure skin. Peat's antiseptic and healing properties help calm the skin leaving it hydrated and clear.

### **Express Facial 25 mins** £40

For those short on time. A mini prescriptive facial tailored to your skin type.

### **Collagen Eyes 55 mins** £38

A wonderful pick-me-up treatment for tired eyes. Reduces puffiness and signs of ageing.

## Gerard's Prescriptive Facials

### **Sensydra 55mins** £55

Provides moisture, nourishment and protection for dry, sensitive skin

### **Re-Balance 55mins** £55

The perfect balancing facial for oily/combination skin

### **Purity 55mins** £55

Purifying and soothing for problem and acne skin

“ I SMELL GOOD  
ENOUGH TO EAT,”

## Body Treatments

### **Dead Sea Salt Body Scrub 25 mins** £38

Invigorate your senses. Using mineral salts from the Dead Sea this treatment drains and aids circulation leaving your skin smooth and radiant.

### **Green Tea Abdomen Treatment 40 mins** £60

“Next morning my stomach was as flat as a pancake” Metro.

A dual action and very popular treatment to combat tummy problems. Green Tea, Laminara seaweed and Alginate eliminate toxins, reduce excess fluid and helps improve the appearance of cellulite and stretch marks.

### **Seaweed Cellulite Treatment 55 mins** £60

An intense and natural anti-cellulite body treatment. Using seaweed mixed with marine water and essential oils to leave skin smoother and toned.

### **Chocolate Therapy For The Body 55 mins** £70

A most divine and truly unforgettable treatment experience. Starts with an invigorating Dead Sea Salts body scrub followed by a warm sensorial massage and wrap with 100% pure cocoa.

### **Mother To Be Therapy 1 hr 25 mins** £75

A blissful treatment for a pregnant and nursing mother. Includes a relaxing full body massage and calming facial. Recommended from 2 trimester

### **Pepper Aroma Detox Wrap 55 mins** £75

A holistic based treatment using White Mud and Pepper to help stimulate metabolism and overcome all types of cellulite on the body. Comforting themind by correctly positioning the limbs and relax expression lines on the face.

### **Soy Soy Body Treatment 55 mins** £75

Let yourself be surprised by the purity of elements in this stimulating and draining massage as it tones, smoothes and invigorates the body. Let yourself be touched by the intense and evocative scents.

### **Oloil Body Treatment 55 mins** £80

An amazing treatment using the purest olive oil. A revitalizing and relaxing treatment that leaves your skin with a silkiness never felt before.

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Gerards Philosphy

Green Tea Abdomen Treatment, the “natural colonic irrigation” treatment resulted in hundreds of calls from viewers wanting to experience the treatment that showed great results. Channel 4 television - “Super Size Super Skinny”.



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## Finishing Touches

### Eye Treatments

<b>Eyebrow Shape</b>	<b>£14</b>
<b>Eyebrow Tint</b>	<b>£15</b>
<b>Eyelash Tint</b>	<b>£18</b>
<b>Eyebrow &amp; Eyelash Tint</b>	<b>£28</b>
<b>Eyelash Perming 55 mins</b>	<b>£50</b>
<b>Eyelash Perming 55 mins</b>	<b>£50</b>
<b>Eyelash Perming with Eyelash Tint 55 mins</b>	<b>£60</b>
<b>Eyelash Extensions</b>	
<b>Half Set</b>	<b>£70</b>
<b>Full Set</b>	<b>£120</b>

### Hair and Feet

<b>Re-varnish Hands or Feet 15 mins</b>	<b>£18</b>
<b>Express Manicure 25 mins</b>	<b>£32</b>
<b>Express Pedicure 25 mins</b>	<b>£32</b>
<b>Luxury Manicure 55 mins</b>	<b>£45</b>
<b>Luxury Pedicure 55 mins</b>	<b>£45</b>
<b>Luxury Paraffin Manicure 55 mins</b>	<b>£50</b>
<b>Luxury Paraffin Pedicure 55 mins</b>	<b>£50</b>



## “...FINISHING TOUCHES”

### IPL – Permanent Hair Reductions & Skin rejuvenation

Please ask at reception for a separate pricelist

### Crystal Clear

Crystal clear has quickly established itself as one of the worlds leading providers of hi tech beauty treatments, with a string of celebrity fans.

<b>Beauty Flash Treatment 25 mins</b>	<b>£40</b>
<b>Deluxe Microdermabrasion Facial 55 mins</b>	<b>£65</b>

### Spray Tanning- Sun FX

Sunfx gives a natural looking tan instantly that will last up to 5 days with no odour or streaks.

<b>Spray Tan</b>	<b>£30</b>
<b>Spray Tanning with Exfoliation</b>	<b>£48</b>

### Spray Tanning- Sun FX

<b>Waxing Patches</b>	<b>£5</b>
<b>Lip or Chin Wax</b>	<b>£12</b>
<b>Underarm Wax</b>	<b>£14</b>
<b>Bikini Wax (standard)</b>	<b>£15</b>
<b>Lip and Chin Wax</b>	<b>£16</b>
<b>Half Arm Wax</b>	<b>£20</b>
<b>Bikini Wax (high cut)</b>	<b>£24</b>
<b>Half Leg (lower)</b>	<b>£25</b>
<b>Full Arm Wax</b>	<b>£25</b>
<b>Half Leg (upper)</b>	<b>£29</b>
<b>Back Wax</b>	<b>£30</b>
<b>Chest Wax</b>	<b>£30</b>
<b>Full Leg</b>	<b>£32</b>
<b>Full Leg and Bikini Wax (standard)</b>	<b>£40</b>
<b>Half Leg, Bikini (standard) &amp; Underarm</b>	<b>£45</b>
<b>Full Leg, Bikini Wax (standard) &amp; Underarm</b>	<b>£48</b>
<b>Brazilian Wax</b>	<b>£50</b>
<b>Hollywood Wax</b>	<b>£55</b>

# “ HOW TO SPA... ”

## Scheduling

Please note that the times stated are for your experience time. For your comfort, we suggest that you arrive 20 minutes before the scheduled start of your treatment. Regretfully, late arrival may result in reduced treatment time. Lockers, slippers and robes are provided for spa guests. Please be aware pregnancy treatments are not suitable in the first trimester, or those with certain medical conditions. Our staff will be happy to discuss any special needs you may have and advise on which treatments will be most suitable for you. The Spa reserves the right to request medical consent prior to treatment if it is deemed necessary.

## Under 18s

Treatments are not available for clients under 18 years of age.

## Cancellations

Please ensure that 24 hours' cancellation notice is given when cancelling individual treatments, otherwise the full cost of the treatment will be incurred. This policy also applies if you do not attend a booking.

## Day Spa packages

All spa packages are 9.30am – 5.00pm except 'A Moment of Calm half day' which is either 9.30-1.00pm OR 1.00-5.00pm. please enquire for Evening Spa Please note that cancellations with less than 3 days notice will be charged at 50%, those with less than 24 hours notice will be charged full price. Day Packages are non refundable.

## Vouchers

Gift vouchers are available from the spa. Please ask your Therapist for further information. If you are a voucher holder please present on arrival. Gift voucher expiry dates will not be extended. Vouchers are valid for 6 months. Vouchers can be purchased by phone or email

## Smoking

The CityPoint Club operates a no-smoking policy throughout the building.

## Mobile Phones

To minimise disturbance to other visitors, mobile phones, Blackberry's and pagers should be switched off within the spa at all times.

## Gratuities

Are at the guests discretion.

## Amendments

The Spa at The CityPoint Club reserves the right to withdraw or amend any information contained within this menu without prior notification.

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## How to Spa...

## Opening Times

8.15am – 8.00pm weekdays and 9.am – 5.30pm weekend.

The opening times of the treatment rooms may change due to demand.



# 12

## The nearest parking facility is NCP London Finsbury Square

Finsbury Square Ug, Finsbury, London, Ec2a 1Ad  
0845 050 7080

### Distance

Distance: 0.31 km, 0.19 mi

### Opening hours

Monday-Sunday :24 Hours /Open on Bank Holidays



## “HOW TO FIND US?”

### Nearest Tube Station

#### Moorgate tube station

From the northern line – take the Barbican Centre Exit

1. On exiting the station turn right on to Moorfields
2. Walk down to the end of the road
3. Turn left on to Ropemaker Street
4. We are located on the ground floor of CityPoint building.

From Metropolitan, Circle and Hammersmith and City Line –

Take the Barbican Centre Exit

5. On exiting the station turn left on to Moorfields
6. Walk down to the end of the road
7. Turn left on to Ropemaker Street
8. We are located on the ground floor of CityPoint building.

#### Distance

0.2 miles 0.3 km 310 steps

#### Time

2 mins (fast) 3 mins (med) 5 mins (slow)

#### Calories

17 Cal (fast) 15 Cal (med) 14 Cal (slow)

#### Liverpool Street Station

1. Start out along BISHOPSGATE ARCADE, heading west.
2. After 65 metres continue straight onto WESTMALL, heading north.
3. After 100 metres continue onto OCTAGON ARCADE, heading west.
4. After 100 metres continue straight onto ELDON STREET, heading north.
5. You'll soon pass LA TASCA Restaurant and then FITCH RATINGS Bank.
6. After 150 metres continue straight onto SOUTH PLACE, heading north.
7. You'll pass Parking Garage.
8. After 100 metres continue onto ROPEMAKER STREET, heading north.
9. You will reach your destination 150 metres along ROPEMAKER STREET.

#### Distance

0.4 miles 0.7 km 790 steps

#### Time

6 mins (fast) 8 mins (med) 13 mins (slow)

#### Calories

43 Cal (fast) 38 Cal (med) 37 Cal (slow)

