

Savana

urban spa





Take a deep breath

When was the last time you made a few hours for yourself?

At Savana urban spa we've created a place where men and women can recover, relax and be pampered. We believe that wellbeing is about feeling good inside and out. To help achieve this balance we've combined the healing benefits of complementary therapies and massage with the indulgence of pampering body and beauty treatments. We even offer workshops and private instruction in yoga, pilates, tai chi and meditation, to enhance your sense of inner wellbeing.

With so many complementary health, massage and beauty treatments on offer, you may like some advice when choosing a combination that's right for you. At Savana, one of our personal consultants is available to talk through your health, lifestyle and personal goals, and help you decide which treatments will best achieve them.

It is widely accepted that approximately 60% of what you put on your skin gets absorbed into your body, and that's why our outside-in approach to wellbeing extends to our products as well. All Savana skincare products are completely natural and effective, containing ingredients like honey, aloe and essential oils. We even have therapeutic mud all the way from Hungary.

We hope that you find what you are looking for in this brochure, but please let us know if you have any questions or would like to request something a little different. We're happy to talk to you about alternatives to the alternatives.

We look forward to welcoming you to Savana.

For the body - massage

The range of massage therapies and experienced therapists are a source of pride for us at Savana. All of our massage therapists are experts in their field, but using their broad knowledge of other therapies are happy to adapt treatments and suggest alternatives if needed.

Full body therapeutic massage

55 mins	£60
85 mins	£90
110 mins	£115

Using a variety of techniques and the pressure you choose, your therapist will help work out those knots, release muscular tension, relax the body and calm the mind.

25 minute massage

25 mins	£30
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Your therapist will work on a specific area of tension as needed. For example:

Face & head - stimulate, soothe and relax the head, face, neck and shoulders.

Hands & feet - increase blood flow and flexibility while stimulating the pressure points.

Back, neck & shoulders - target aches and knots caused by tension, stress and posture.

Legs - increase circulation and relieve muscular tension and exhaustion.

Aromatherapy massage

55 mins	£60
85 mins	£90

The healing benefits of a flowing massage, combined with a tailored blend of pure essential oils to refresh and balance your body and spirit. Aromatherapy can help to improve specific conditions such as sluggish circulation, insomnia, digestive complaints, as well as ease muscular aches and pain.

Balinese massage

55 mins	£60
85 mins	£90

Using techniques that have been handed down through generations to balance the body and restore vitality, this powerful massage works on clearing the energy lines and relieving stress. The massage starts dry and then a warming oil is applied, leaving you uplifted and recharged.

Chavutti-Thai bare foot massage

55 mins	£60
85 mins	£90

A deep body therapy which has evolved from the Ayurvedic bare foot and Thai massages.

It starts with a series of gentle twists and stretches designed to open and prepare the body. Oil is then applied with the therapist's bare foot using long rhythmical strokes. The pressure is firm but controlled, stimulating individual chakra points of energy thus relieving muscular pain and discomfort. This is a firm pressure massage that leaves you feeling stretched and aligned.

Chinese massage

55 mins	£60
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When your Chi (energy) is blocked you can feel rundown, moody or achy. Chinese massage works to restore your natural balance.

This treatment incorporates slow passive joint movements, gentle massage and the stimulation of acupressure points using heat. Leaving you feeling focused, rested and balanced.

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For the body - massage

Esalen massage

85 mins £90

Developed in the early 60's in California, this extremely relaxing technique uses long flowing strokes, gentle rocking, stretching and passive joint movement.

Benefits include deep relaxation, stretching and a feeling of tranquillity and self-awareness.

Hawaiian massage

85 mins £90

Also known as Lomi Lomi or Ka Huna, this technique originated in the South Pacific and uses flowing movements and soft and deep pressures to help balance the mind and body.

Excellent if you are feeling out of kilter or lack lustre, but also helpful for stress, depression, exhaustion and worry.

Hydrotherm massage

55 mins £60
85 mins £90

Imagine the sensation of floating on your back on a cushion of warm water, while receiving a deep and relaxing full body massage without having to turn over.

Great if you have back problems, are pregnant or just want to remain undisturbed throughout.

La-Stone therapy massage

85 mins £90

The original hot and cold stone massage is based on the traditional healing practices of Native Americans. Water heated basalt stones and frozen marble stones are combined with warm oil, placed along the body and used in the massage to release tension, stimulate and soothe.

Manual lymphatic drainage (MLD)

55 mins £60
85 mins £90

A course of this subtle treatment will help to stimulate the lymphatic system, reduce water retention and boost your immune system.

Pregnancy massage

25 mins £30
55 mins £60

A gentle soothing massage to relax the mind, help alleviate pain and discomfort, improve circulation and ease water retention.

Suitable at all stages of pregnancy.

Reflexology

25 mins £30
55 mins £60

Pressure points in your feet align to your body's internal organs and energy centres. These are stimulated and massaged to energise, relax and restore the body's balance. If you would like more of a massage try a 'Thai foot massage'.

Seated back massage

10 mins £15
20 mins £25
30 mins £35

A seated massage that works on the head, neck, shoulders and back to relieve tension and stress, and leave a deep feeling of relaxation.

You should wear a t-shirt for this massage. No oil is used.

Shiatsu massage

55 mins £60
85 mins £90

Originating in Japan, this treatment uses thumb, finger and palm pressure along the meridians to stimulate the free flow of Ki (energy) - easing aches, pains, fatigue and tension. The massage takes place clothed on a cushioned floor, so you should bring loose clothing. No oil is used.

For an alternative

Our experienced therapists offer a wide range of the most effective natural approaches to balance and heal mind, body and spirit. Some of these therapies may be covered by your private medical insurance.

Complementary health consultation

20 mins £20

If you aren't sure which therapies are best for you, please book a 20-minute consultation to discuss your needs in more detail with an experienced member of our wellbeing team. We will talk to you about your health, lifestyle and personal goals, and recommend treatments, therapies and maybe even exercises. The cost of this consultation will be credited to your first recommended treatment.

Acupuncture and Chinese Medicine

Initial consultation 55 mins
25 mins £40
55 mins £70

Acupuncture is an important part of traditional Chinese medicine which also includes herbalism, dietary therapy, moxibustion and tai chi. A wide range of conditions can be treated using fine needles to stimulate acupressure points and the body's flow of energy (Chi) along meridian lines. Depending on the symptoms, herbal remedies and other traditional Chinese healing therapies may also be prescribed.

Alexander technique

55 mins £70

Developed by an Australian actor who was fascinated with the impact of posture on his performance, this technique seeks to change postural and movement habits to improve ease of movement, balance, support and coordination. Rather than a series of treatments or exercises, your therapist will guide you to move in a freer, more integrated way to release unnecessary tension and help you restore your natural balance and poise.

Bach flower remedies

55 mins £70

A natural but powerful system utilising flower essences to help rebalance your emotions and state of mind and, therefore, stimulate healing in your body. During your consultation remedies will be selected and bottled and, if appropriate, hands-on therapies such as reflexology may be suggested. Flower remedies have also proven particularly beneficial for children.

Bowen technique

55 mins £70

A powerful hands-on therapy where the therapist uses their fingers and thumbs to move gently over muscle, ligaments and tendons. The work is very subtle, relaxing and gentle involving no hard or prolonged pressure. As well as back and neck strain, Bowen can be extremely effective on more complex problems such as asthma, IBS, headaches and other stress related conditions.

Chiropody / Podiatry

Initial consultation 55 mins
25 mins £40
45 mins £60
55 mins £70

Problems in the feet can affect overall health and wellbeing. Chiropody treats and helps prevent potentially painful surface problems such as corns, calluses, in-growing toe nails, and other skin and nail conditions. Podiatry works with the assessment, diagnosis and treatment of the foot and its structure, from simple nail care to nail surgery, mechanical correction of posture to more complex surgical techniques.

Colour light therapy

55 mins	£70
85 mins	£100

Light affects us at a cellular level. If you work under artificial light, at night or suffer from SAD, you may have emotional, mental, immunity and physical imbalances which can be helped by this treatment. Other benefits include anti-aging, collagen stimulation, increased scar repair, hormone balancing and arthritis relief. The therapist uses directional light energy on the chakras and energy points of your body. A relaxing Indian head massage is also included.

Hand analysis and numerology

55 mins	£60
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The shapes, sizes, mounds and lines of the hand can reveal unique characteristics, gifts, skills and potential. Hand analysis is often used by businesses such as banks, law firms and media to help understand individuals needs and potential. Numerology is also used to supplement and reinforce findings.

Counselling

Initial consultation	55 mins
55 mins	£70
85 mins	£100

Sometimes we all need a little help with unfamiliar emotions or circumstances. Therapy can help us find inner resources to fulfil our potential in all areas of life, no matter what obstacles, challenges and events we come across. Our highly experienced and qualified counsellor offers a totally confidential service.

Homeopathy

Initial consultation	55 mins
25 mins	£40
55 mins	£70

Homeopathy has been used to treat ailments for over 200 years. It uses natural medicines and is based on the principle that 'like treats like'. Following a detailed consultation, remedies in a variety of dilutions may be prescribed to stimulate the body to heal itself. Homeopathy has proven successful in treating a wide range of conditions, often after conventional medicine has failed.

CranialSacral therapy

55 mins	£70
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This therapy was originally developed by an osteopath in the early 1900's and concentrates on manipulation and stimulation from the head (cranium) to the lower back (sacrum). Although subtle, craniosacral therapy can have dramatic effects. It is useful for adults and children of all ages, in treating various traumas, medical conditions, migraines, stress and learning difficulties.

Hypnotherapy

Initial consultation	85 mins
55 mins	£70
85 mins	£100
110 mins	£115

This safe and relaxing therapy will help access the abilities of your subconscious mind and explore the root causes of your specific concerns. Hypnosis is often used to stop smoking (2 to 3 110mins sessions may be needed), aid weight loss, relieve stress and insomnia, ease panic attacks and stage fright, eliminate phobias and ease pain.

Life coaching

Initial consultation	110 mins
55 mins	£70
85 mins	£100
110 mins	£115

Sometimes we can benefit from a fresh view on the direction our life is taking and become more focused on our goals. Whether they are related to career, lifestyle, relationships, finances or any area we could be living to greater potential. A professional coach could be just the thing to help you get from where you are in your life to where you want to be.

Naturopathy

Initial consultation	55 mins
25 mins	£40
45 mins	£60
55 mins	£70

Naturopathy is a truly holistic approach to health which takes the best from a variety of complementary health therapies. Treatment may include herbs, homoeopathic remedies, nutritional supplements, diet and lifestyle changes, to help remove the causes of disease and encourage the body's natural healing powers.

Nutrition

Initial consultation	110 mins
55 mins	£70
85 mins	£100
110 mins	£115

Most of us have heard the saying 'you are what you eat', but do you really pay attention to your food and how it affects your physical and emotional wellbeing? After taking some time to understand your concerns, eating habits, allergies and intolerances advice will be given and a nutritional plan developed specifically for you. Whether you are concerned about your energy levels, weight, fertility, immune system, behavior or stress levels our qualified therapist can help. This treatment is also recommended for children.

Osteopathy

Initial consultation	45 mins
25 mins	£40
45 mins	£60

Focusing on physical and mechanical problems, osteopathy uses manipulation techniques to reduce tension and strain, and allow the correct alignment of the spinal and peripheral joints. In addition, diet, lifestyle and overall health are considered when treating common conditions including neck and back pain, repetitive strain injury, postural problems, the pain of arthritis and sports injuries

Physiotherapy

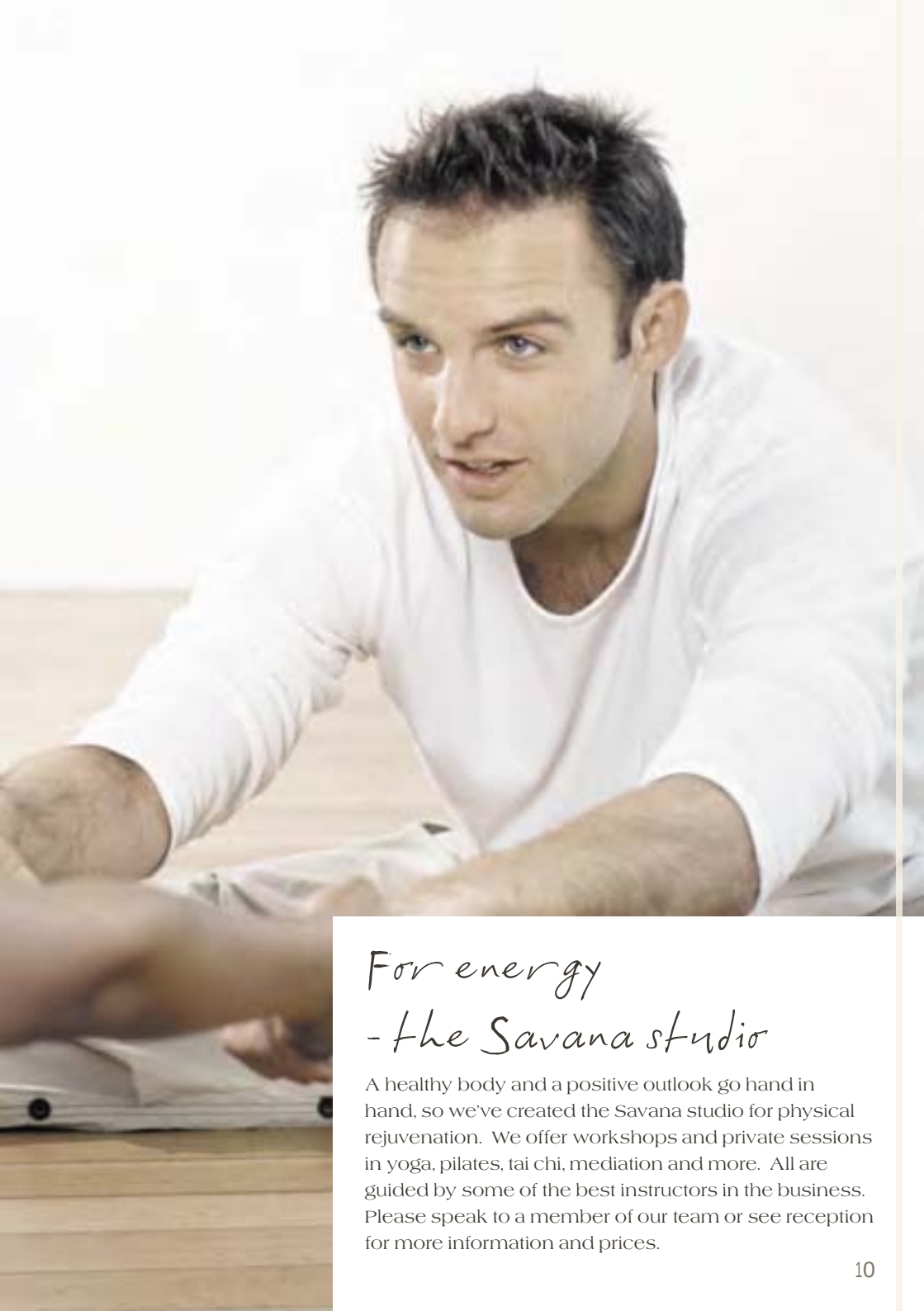
Initial consultation	45 mins
25 mins	£40
45 mins	£60

After a thorough assessment to identify the exact nature of the injury or post-operative needs, the affected area may be manipulated and a programme of exercises and treatment recommended. Physio is particularly good for back, neck and joint pain, running and other sports injuries, RSI, headaches, and pre and post-operation.

Reiki

25 mins	£30
55 mins	£60

Developed in Japan, Reiki is a system of natural healing whereby the practitioner uses the energy (Ki) flowing through his or her hands in a sequence of positions over the body to address areas of need, soothe pain and support the body's natural ability to heal itself. Reiki can help to restore your physical, mental, emotional and spiritual balance.



For energy - the Savana studio

A healthy body and a positive outlook go hand in hand, so we've created the Savana studio for physical rejuvenation. We offer workshops and private sessions in yoga, pilates, tai chi, mediation and more. All are guided by some of the best instructors in the business. Please speak to a member of our team or see reception for more information and prices.



For the body

All Savana body treatments are perfect for women and men of all ages. Your preferences and needs make the experience unique to you.

Sea breeze body wrap

85 mins £105

Our signature body wrap is inspired by the sea and is a treat for the body and face. The extravagant combination of a full body massage using essential oils, polishing salt scrub, deeply hydrating seaweed wrap and hands, feet and head massage will send you into a deep state of relaxation and leave your skin feeling fresh, toned and firm. But we don't want to forget your face, so while your body is rehydrating in the seaweed wrap you will be pampered with a mini-facial, including a deep cleansing masque with marine extracts. Heaven for the senses.

Aromatic Balinese body polish

75 mins £85

Honouring the ancient Asian rituals of balancing the body and beautifying the skin, your journey starts with a soothing footbath followed by a delicious coconut and vanilla body polish, which is removed with relaxing hot towels. Then our exclusive blend of vanilla and mandarin hydrating lotion is massaged in, leaving your skin moisture rich and glowing.

Chocolate rub & wrap

75 mins £85

This luxurious skin conditioning wrap features the exfoliating qualities of brown sugar, the antioxidant properties of pure cocoa and includes a relaxing head massage to help you melt into the experience. After showering a relaxing body massage with our exclusive chocolate body oil will leave your spirit soothed and your skin smooth and smelling yummy.



Warm ginger rub & wrap

75 mins £85

Increase circulation, soften the skin and calm the nerves by being cocooned in warm essential oils, fresh ginger and blankets on a heated cushion. While you relax you will receive a soothing face and head massage before unwrapping the cocoon and cleansing your body with luxurious hot towels. But there is more, a full body massage and rehydrating drink leave you feeling relaxed and refreshed both inside and out.

Hungarian mud wrap

60 mins £75

Classified as curative by the Hungarian Ministry of Health, our wellness mud eases muscular tension, soothes the nervous system and conditions the skin. Your body is layered in warm restorative mud and any specific aches or pains are 'packed' for maximum therapeutic benefit. While you rest, your face & head are massaged. After a warm shower, a relaxing body massage complements the therapeutic effects of the mud.

Milk & honey body experience

60 mins £70

Have you ever wanted a body that glows with health and is silky smooth to the touch? This body experience could be just what you are looking for.

It starts with a gentle body brush followed by a warm oil and honey massage, and nourishing hot milk cleanse. Finally another deeply relaxing warm oil massage leaves your muscles relaxed, your skin soft and rehydrated, and your spirit soothed.

Conditioning back treatment

45 mins £55

This relaxing treatment is designed to decongest and deeply cleanse the back, leaving the skin nourished and smooth. After a thorough cleanse, exfoliation and extractions, a conditioning masque works on the skin while your head is massaged. You are then left totally relaxed after a deeply soothing back massage.

For the face

Like the body treatments, our facials are perfect for women and men of all ages. Our therapists will evaluate your skin and customise your treatment using Savana's natural and environmentally friendly products.

During all of our facials you will enjoy a considerable amount of body and face massage while floating on a cushion of warm water, taking the pressure off of your back and relaxing your muscles.

A totally sensory experience awaits.

Sea breeze facial experience

85 mins £105

Designed to pamper and uplift the senses, our signature facial hydrates, stimulates and energises the skin, leaving you with a glowing, radiant and rejuvenated complexion. The facial element includes thorough cleansing, toning, exfoliation, a cleansing masque with marine extracts and a deeply nourishing masque. Three different massages techniques are used in this facial; a pressure point sequence helps to release tension, a deep tissue massage lifts the muscles of the face, neck and décolleté, and finally drainage movements are used to stimulate circulation and reduce puffiness. And don't forget the head and body massage.

Cleansing facial

55 mins £65

A thoroughly cleansing and nourishing facial including exfoliation, steam, extractions and customised masque all complemented with extensive massage of the face, upper body, hands and head/feet for a deeply relaxing experience.

Urban facial

25 mins £35

An essential maintenance facial that includes cleansing, exfoliation, masque and a balancing facial massage, leaving the skin with a healthy glow. Great if you have little time or want a quick lift before going out.

Rose facial massage

25 mins £30

Using our specially blended facial oil or cream, this soothing and uplifting facial massage is designed to tone and balance. Pressure point, deep tissue and draining movements help to soothe puffiness, tension and tightness around the temples, eyes and sinuses.

Acupuncture facial rejuvenation

55 mins £70

Using fine needles to stimulate acupressure points, the qualified acupuncturist will work to improve skin and muscle tone, and reduce lines and signs of aging. Regular treatments are recommended to maintain the beneficial effects.

For hands & feet

All of our manicures and pedicures include massage and feature our own unique touches. For men, we substitute the polish for a gentle buff.

Manicures

Savana manicure

Nail shape, cuticle tidy, exfoliation, massage, conditioning masque, moisturise and polish or buff.

55mins £40

Spa manicure

Nail shape, cuticle tidy, exfoliation, massage, moisturise and polish or buff.

40mins £30

Urban manicure

Nail shape, moisturising massage and polish or buff.

25mins £20

French polish only

20mins £15

Pedicures

Savana pedicure

Buffing of hard skin, nail shape, cuticle tidy, exfoliation, massage, conditioning masque, moisturise and polish or buff.

55 mins £40

Spa pedicure

Buffing of hard skin, nail shape, cuticle tidy, exfoliation, massage, moisturise and polish or buff.

40 mins £30

Urban pedicure

Nail shape, moisturising massage and polish or buff.

25mins £20

Repolish only

15mins £10





Added extras

Ask to have extras added when booking hands or feet treatments.

For super relaxation, hydration and softness try our exclusive warmed African shea butter conditioning wrap.

15 mins £10

Nail art can add a unique touch to your hands and feet. Choose from gemstones, hand painting and pre-designs.

From £1 per nail

French polish

10 mins £5

Add a Thai foot massage or reflexology before a pedicure.

55 mins £60

25 mins £30

For hair removal & tinting

Waxing

We use a hygienic wax application system proven to reduce redness and ingrown hairs, and give a smooth and long lasting result. Warm wax is spread thinly over the skin and a paper strip is applied, pressed and removed using a quick, smooth movement. Any stubborn stray hairs are tweezered to leave a clean finish. Our therapists are also trained in the Savana technique to reduce discomfort.

Brazilian	30 mins	£30
Bikini	15 mins	£15
Full leg	30 mins	£30
Half leg	20 mins	£20
Full leg and Brazilian	60 mins	£55
Full leg and Bikini	45 mins	£40
Half leg and Brazilian	60 mins	£55
Half leg and Bikini	35 mins	£30
Full arm	25 mins	£25
Half arms or underarms	15 mins	£15
Back and shoulders	45 mins	£45
Chest or stomach	30 mins	£30
Eyebrow shape	15 mins	£15
Eyebrow tidy	10 mins	£10
Lip, chin, cheeks	10 mins	£10
Full face with eyebrow shape	40 mins	£40
Full face with eyebrow tidy	30 mins	£30
Eyelash tint	20 mins	£20
Eyebrow tint	15 mins	£15
Lash and brow tint	25 mins	£25
Facial bleaching	25 mins	£25
Eyelash perm	40 mins	£40

For a special occasion

There are times when you want to truly indulge, perhaps before a wedding, as a treat for you and your friends, or even as a gift for someone you love.

Here are some suggestions, but feel free to use your imagination and together we can create something especially for you.

The Savana half day experience *- the crème de la crème of treatments*

3.5 hours £250

The best of everything. This experience combines our signature Sea breeze body wrap and facial, Savana manicure or pedicure. Plus for her, an eyelash and brow tint, or brow shape. Plus for him, a 25 minute Thai foot massage. All in your own private treatment room with complimentary refreshments. Stress will be massaged away and you'll leave looking and feeling like a million dollars.

Holiday countdown *- for those sunny days and heady evenings*

For her, a Cleansing facial, full leg and bikini wax, and Spa manicure and pedicure. Guaranteed to leave you ready for the beach.

2.5 hours £150

For him, a Cleansing facial, upper body waxing as needed or a back massage, and Spa manicure and pedicure. Leaving your nails tidy and buffed, and your skin glowing.

2.5 hours £150

Mother nurture *- great for the new mum or mum-to-be*

2.5 hours £110

A relaxing Hydrotherm, Pregnancy or Therapeutic massage, followed by a Spa manicure and pedicure.

Stress relief *- relaxing away mental and physical tension*

1.5 hours £100

Forget the outside world as our exclusive blend of Savana essential oils is used to massage away the knots in your body, balance your energy using pressure points technics, ease mental and facial tension with a face and head massage, and finally banish stress with a sensory foot massage. All this and a heated foot wrap, you won't want to leave. Great after a busy week or long flight.

Urban renewal *- great for those in a hurry*

1.5 hours £80

An Urban facial, eyebrow tidy or head massage, and Urban manicure and pedicure. The no-nonsense approach to being well-groomed.

For information

Booking

Due to the high demand for our therapists, we require credit card details to secure your booking. If you need to change or cancel an appointment, we kindly request 24 hours notice or the full cost of the treatment will be charged.

Course discounts

The Savana wellbeing card offers you a sixth treatment on us when you prepay for five of any treatment. This offer excludes massage and alternative therapies.

Patch testing & allergies

If you have not had a lash or brow tint with us before, please drop by at least 24 hours before your appointment for a quick patch test. If you have any allergies or sensitivities please let us know so we can tailor your treatment

Arrival

Please allow a minimum of 15 minutes to check in, complete a consultation form and unwind. The consultation form is designed to help your therapist identify any needs or preferences so that your experience can be specifically tailored.

Please note that if you are late for an appointment we will need to complete your consultation and treatment in the allotted time in consideration of the next guest.

Savana is a mobile-free zone so, upon arrival, we kindly request that you turn off your phone.

Gratuities & feedback

Your personal recommendation is valued above all else, so please tell your friends if you enjoyed your Savana experience. Feel free to thank your therapist however you see fit as gratuities are appreciated but not expected.

Spa parties & corporate events

Getting married, celebrating a big win or just fancy a break with some friends? We love to throw spa parties and our experienced event planners can tailor-make a package to suit most occasions.

Gift ideas & certificates

A Savana wellbeing certificate for one of our fabulous treatments or packages is a wonderful way of showing someone that you care. All gift certificates are personalised, smartly presented and can be sent directly to the lucky recipient if you wish.

If you need help finding that perfect gift we'd be delighted to help. Our range of natural skincare, spa products and accessories can be mixed and matched, and gift-wrapped to create a unique at-home Savana experience.



Opening times

We are open 7 days a week and most Bank holidays, from early til late:

Monday: 12am-9pm

Tuesday - Friday: 8am-9pm

Saturday - Sunday: 10am-7pm

How to find us

45 Hereford Road

Westbourne Grove

London W2 5AH

Tel: 020 7229 8300

Fax: 020 7229 8320

Email: info@savanaspa.com

www.savanaspa.com

For forthcoming events, promotions and special offers please visit our website at www.savanaspa.com.

Savana urban spa is a proud member of the Spa Business Association.

