

For hands or feet

Pampering & maintenance treatments for women & men.

Savana 60mins £55
Nail shape, cuticles, exfoliation, oat soak, foot file, heated wrap, massage, polish/buff, toe/finger wax or extended massage.

Champagne 60mins £60
Treatment as 'Savana' above. Served with a glass of champagne.

Chocolate 60mins £55
Nail shape, cuticles, milk soak, vanilla exfoliation, foot file, cocoa butter wrap, massage & polish/buff. Served with hot chocolate.

For men 40mins £35
Hard skin rasping (feet only), nail shape, fizzy soak, cuticles tidied, exfoliation, nail buffing or conditioning paint, massage.

Spa 40mins £35
Nail shape, cuticles, exfoliation, foot file, massage & polish/buff.

Urban 30mins £25
Nail shape, cuticles & polish/buff.

Shape & Polish 20mins £20

French polish 20mins £15

Polish only 15mins £10

Add to a manicure or pedicure:
Heated wrap 15mins £15
French polish 10mins £5
Finger wax 5mins £5
Toe wax 5mins £5

For the face

100% natural products - Crabtree & Evelyn, Green People, Éminence, REN, Savana.

Sea breeze facial 85mins £120
This luxury facial includes cleansing, exfoliation, 2 marine masques, 3 face massage techniques & a relaxing back massage on water cushions.

Rejuvenating facial 75mins £100
Powerful organic ingredients are used to address puffiness, dullness, hyper-pigmentation, aging, rosacea, sensitivity, dehydration or dryness. Amazing facial. Add: AHA/Fruit & paprika peel £10

Acupuncture rejuvenation 55mins £85

Our qualified acupuncturist uses fine needles to stimulate facial acupressure points to improve tone, reduce lines & signs of aging. Totally relaxing.

Chocolate facial 55mins £85
Deeply nourishing facial including chocolate masque, head massage & cocoa butter heated foot wrap.

Cleansing facial 55mins £80
Nourishing facial with steam, extractions, customised masque & massage of the face, hands & head/feet.

Men's facial 55mins £80
Prescriptive cleansing facial for men. We will deep clean, steam, extract, nourish & massage your skin.

Urban facial 25mins £45
Essential maintenance including cleanse, exfoliation, masque & massage.

Lip rescue plus 25mins £45
Restoring lip cleanse, exfoliation, masque & balm. Plus blueberry soy face massage.

Eye contour 25mins £45
Cool stones temple & eye area massage, hydrating masque & refreshing serum to tighten, smooth & decongest.

For the body

Perfect for women & men of all ages. Using ingredients from Mother Nature.

Sea breeze body wrap 85mins £120
Indulgent treatment including body polishing salt scrub, toning seaweed wrap, marine-rich mini-facial & body massage.

Eastern body ritual 75mins £100
Soothing footbath, body brush & hot Thai compress massage with essential oils. Perfect for muscle pain & skin softening.

Hungarian mud wrap 75mins £100
Conditioning mud wrap & head-to-toe massage help ease muscular & joint tension, & nourish the skin.

Chocolate rub & wrap 75mins £100
Exfoliating & conditioning cocoa butter & sugar wrap, luxurious hot towel cleanse, body massage with warm cocoa butter & finally a chocolate face masque.

Warm ginger rub & wrap 75mins £100
Warming body wrap of essential oils & fresh ginger to aid circulation. Face / head & full body massage to release tension.

Crabtree & Evelyn 55mins £85
Using the Crabtree & Evelyn Naturals range you will be body brushed, polished & massaged using relaxing strokes.

Milk & honey 55mins £85
Body brush, warm oil & honey massage, hot milk cleanse & warm oil massage.

Conditioning back 45mins £65
Thorough cleanse, exfoliation, steam, extractions, conditioning masque & soothing massage. For a perfect back.

Spicy body buff 40mins £60
Full body wash, brush & exfoliation using Crabtree & Evelyn Aromatherapy Distillations products. Finished with hot towels & short invigorating massage. Ultimate exfoliation.

For waxing & tinting

Hollywood/Playboy up to	60mins	£60
High bikini	30mins	£30
Bikini	20mins	£20
Full leg	30mins	£35
Half leg	20mins	£25
Full leg & Hwood or Pboy	90mins	£90
Full leg & High bikini	60mins	£60
Full leg & Bikini	45mins	£50
Half leg & Hwood or Pboy	80mins	£80
Half leg & High bikini	50mins	£50
Half leg & Bikini	35mins	£40
Full arm	25mins	£25
Half arm	15mins	£15
Underarms	15mins	£15
Back	30mins	£30
Shoulders	25mins	£25
Back & shoulders	45mins	£45
Chest	25mins	£25
Stomach	20mins	£20
Chest & stomach	40mins	£40
Eyebrow shape	15mins	£15
Lip, chin or cheeks	10mins	£10
Full face (w / brow shape)	40mins	£40
Eyeshadow tint	20mins	£20
Eyebrow tint	15mins	£15
Eyebrow shape & tint	25mins	£25
Lash & brow tint	25mins	£25
Eyeshadow perm	40mins	£40
Eyeshadow perm & tint	55mins	£55

Add to a waxing:
Hot wax £5
Body brush £5

Course Discount Card

Buy a card for 5 of any treatments on this side of our menu and receive a 6th free.

Happy hour

These are perfect no-nonsense packages when time is short but the desire to look your best is great. At least two therapists coordinate treatments to fit within one hour.

Monthly happy hr
Three therapists - Cleansing facial, Spa pedicure, manicure. £150
OR
Abridged Rejuvenating facial, Spa pedicure, manicure. £160

Painted lady happy hr £140
Three therapists - Lash perm, lash tint, Spa manicure, pedicure, brow shape or tint.

Hands & feet happy hr
Two therapists - Savana pedicure, manicure. £110
OR
Spa pedicure, manicure. £70

Wizzy wax happy hr £75
Two therapists - Full leg, bikini, underarms, brow shape or lip wax.

Men's happy hr
Two therapists - Men's facial, 'For Men' pedicure or manicure. £115
OR
Abridged Rejuvenating facial, pedicure or manicure. £125

Happy lunch hour

Completed in 30mins.

Weekly happy lunch hr £95
Three therapists - Urban facial, Urban pedicure, manicure.

Painted happy lunch hr £85
Three therapists - Lash tint, Urban manicure, pedicure, brow shape or tint.

Waxing happy lunch hr £65
Two therapists - Half leg, bikini, underarms, brow shape or lip wax.

Nails happy lunch hr £50
Two therapists - Urban pedicure, manicure.

Packages

There are times when you want to truly indulge, perhaps before a wedding, as a treat for family & friends, or even as a gift for valued staff or clients. Here are some suggested packages:

Her half day experience 5hrs £290

The crème de la crème of packages. The best of everything, combining the Sea breeze body wrap & facial, Savana manicure, pedicure, eyelash tint or brow tint or brow shape.

His half day experience 5hrs £290

When only the best is good enough we combine our Sea breeze body wrap & facial. Then we look after the hands & feet with a 'For men' manicure, pedicure, heated conditioning wraps & 20 mins hand/feet massage.

Totally chocolate 4 1/4hrs £280
For a chocolate delight without the calories. Indulge in a Chocolate rub & wrap for the body, hydrating Chocolate facial & then a Chocolate manicure & pedicure. All served up with a cup of hot chocolate.

Holiday countdown for her 3 1/2 hrs £205

For sunny days & heady evenings. Start with a Cleansing facial, full leg wax, bikini wax, underarm wax & Spa manicure & pedicure. Guaranteed to leave you ready for the beach.

Holiday countdown for him 3 1/2 hrs £205

Get ready to show off your body. Start with a Men's facial, upper body waxing as needed or a conditioning back treatment. 'For men' manicure & pedicure. Leaving your nails tidy & buffed, & your skin glowing.

Packages for couples

Urban spa ritual 2 3/4 hrs £180
Perfect top-to-toe pampering, includes our luxurious Milk & honey body experience, Cleansing or Men's facial & an Urban manicure or pedicure.

Chocolate indulgence 2 1/2 hrs £150

A decadent combination of our Chocolate rub & wrap for the body & a Chocolate pedicure or manicure. All served up with a cup of hot cocoa.

Jet lag relief 2hrs £140

This package can be uplifting or relaxing, we adjust the essential oils & massage techniques to suit your needs. Lay back & enjoy a back massage to release tension, stomach massage to regulate the system, face & head massage & eye contour treatment to bring new life to a tired face, & finally a Thai foot massage.

Mother nurture 2 1/2 hrs £140

Great for the new mum or mum-to-be. A relaxing Pregnancy or Therapeutic massage, followed by a Spa manicure & pedicure.

Stress relief 1 1/2 hrs £120

Essential oils are used to massage away knots & ease mental tension. You will be massaged from head to toe with special attention paid to key relaxation points on the face, head & feet. All this & a heated foot wrap, great after a busy week.

Gift certificates

A Savana Wellbeing certificate for treatments or packages is a wonderful way to show you care. Each Certificate is personalised & can be ordered online, by phone or in-person.

Champagne for two 3hrs £370
Designed so that you are together for a uniquely relaxing experience. Enjoy a side-by-side 55min massage & urban facial, then a 40min manicure & pedicure. All topped off with a glass of champagne.

Couples on the run 1 3/4 hrs £225

So you want to be together but don't have much time, here is the package for you. Share a side-by-side 25min back massage & urban facial, & finish with a 40min manicure or pedicure. Now that's quality time.

Couples massage 55mins £145
85mins £200

Share a relaxing therapeutic massage experience with a friend or the one you love in our couple's treatment room. You will be massaged simultaneously by two experienced therapists, making this an experience to remember.

Couples massage workshop 3hrs £225

Learn skills that can be used on your whole family to relax, ease stress, aid sleep & gain trust. Each workshop teaches head, neck, shoulders, feet & hand massage, for which you are clothed. The last session shows you how to give a relaxing back massage with oil in private rooms so modesty is respected at all times. There are 10 workshops every year, with up to four couples at each. Check www.savanaspa.com for dates.

45 Hereford Road
Westbourne Grove (Notting Hill)
London W2 5AH
Tel: 020 7229 8300

www.savanaspa.com

Packages for groups

Spa escape (6-12 p) 2 1/2 - 3 1/2 hrs £130pp
Relax together with exclusive use of all treatment rooms & the relaxation area for up to 3.5 hours. Each guest has 2 x 25mins & 1 x 55mins treatments:

25mins foot massage 55mins therapeutic massage
25mins hand massage Milk & Honey body
Urban manicure Cleansing facial
Urban pedicure Savana manicure or pedicure

Chocolate treat (6-12 p) 2 1/2 - 3 1/3 hrs £99pp
Enjoy a Chocolate manicure or pedicure with exclusive use of the Atrium, then a 25min back massage or mini chocolate facial & don't forget the cup of hot chocolate.

Urban spa party (6-12 p) 2 - 3 1/2 hrs £90pp
You have exclusive use of the Atrium to mingle & chat, & each guest has three of the following 25 mins treatments:

Urban manicure Foot massage
Urban pedicure Hand massage

Facial bar (6-12 p) 2 1/2 - 3 1/3 hrs £65pp
Unlike most bars, we will help you look & feel better the next morning. A fun & interactive guide through your own facial by an experienced therapist teaching you facial massage, cleansing, toning, exfoliation & masque application. All in your own exclusive area.

Child friendly spa mornings

These run every Wednesday and Friday. Let us look after you while we also look after the kids.

Kids spa parties

An alternative birthday party for kids 5-6 yrs at Savana. We believe that kids shouldn't grow up too quickly, we want to make sure that everyone feels great about themselves and their friends. At the parties everyone gets to make name badges, massage their friend, have fun mini chocolate facials and nails painted. The birthday girl is also presented with a tiara.
See www.savanaspa.com/services/#skparty

Savana

urban spa

For men

Although most Savana treatments & packages can be taken by everyone we have designed some with men in mind. Facials pay attention to shaven skin (please shave 24 hrs before a facial) & in-growing hairs, body treatments use a firmer pressure, hand & feet treatments use more massage & specific areas of the upper body are targeted for waxing.

See the previous pages for descriptions of these popular packages for men:

His half day experience	5hrs	£290
Holiday countdown for him	3 1/2 hrs	£205
Jet lag relief	2hrs	£140
Stress relief	1 1/2 hrs	£120
Men's happy hour	1hr	£115-£125

Men's facial	1hr	£80
Conditioning back treatment	45mins.	£65
Pedicure or manicure for men	40mins	£35

Waxing:

Back	30mins	£30
Shoulders	25mins	£25
Back & shoulders	45mins	£45
Chest	25mins	£25
Stomach	20mins	£20
Chest & stomach	40mins	£40
Eyebrow shape	15mins	£15

Corporate hospitality & Teambuilding

We host successful events for major investment banks, law firms, architects, media companies etc. Book exclusive use of Savana, treatments & dining for a hospitality event for up to 20 people, teambuilding for up to 50 or a cocktail party for up to 80. From £150 - £275pp.
See www.savanaspa.com/groups/corporate

At Savana urban spa we've created a place where men & women can recover, relax & be pampered.

This card gives a snapshot of what we offer. For full information please visit www.savanaspa.com.

For massage

Therapeutic massage	25, 55, 85 or 110mins
Aromatherapy massage	55, 85 or 110mins
Ayurvedic massage	85 or 110mins
Baby massage	25 or 55mins
Chinese massage	55 or 85mins
Couples massage (priced pp)	55 or 85mins
Hawaiian massage	85mins
Hopi ear candling	
with head & face massage	55mins
Hydrotherm massage	55 or 85mins
Indian head massage	25 or 55mins
La-Stone massage	85mins
Manual lymphatic drainage (MLD)	55 or 85mins
Perpetual massage (unique to Savana)	85 or 110mins
Pregnancy massage	25 or 55mins
Reflexology	25 or 55mins
Rose face massage	25mins
Seated back massage	25mins
Shiatsu massage	55 or 85mins
Sports massage	55 or 85mins
Thai foot massage	25, 55 or 85mins
Thai massage	55 or 85mins

Prices -	
25mins = £45	85mins = £105
55mins = £75	110mins = £135

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Savana

urban spa

For complementary health

Our experienced therapists offer a range of effective natural approaches to balance & heal the mind, body & spirit.

Complementary health consultation (refunded against 1st treatment)	25mins £20
Acupuncture & Chinese Medicine	25 or 55mins
Alexander technique	55mins
Bach flower remedies	55mins
Chiropody / Podiatry	25mins (55mins £95)
Counseling	55 or 85mins
Cranial/Sacral therapy	55mins
Hand analysis & numerology	55mins
Homeopathy	25 or 55mins
Hypnotherapy	55mins £85
Hypnotherapy to stop smoking	55mins £120
Life coaching	55, 85 or 110mins
Naturopathy	25 or 55mins
Nutrition	55 or 85mins
Osteopathy	25 or 55mins
Physiotherapy	25 or 55mins
Reiki & energy work	25 or 55mins

Prices -	
25mins = £45	85mins = £105
55mins = £75	110mins = £140

Private Yoga/Meditation/Personal Training sessions for up to 2 people - 55mins £70, 85mins £100.