

## For hands or feet

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.

Fresh & fruity 60mins £55  
Nail shape, cuticles, exfoliation, lemon soak, foot file, cool yogurt wrap, fruity massage & polish/buff. Served with a fruit smoothie or tea.

GELeration 45mins £55  
Polish - a high gloss finish that lasts approx 3-4 weeks and is dry in seconds. Including cuticles tidied and nails shaped.  
Removal is free with a GELeration polish or £10 on its own (20mins).

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

Polish only 15mins £10

Add to a manicure or pedicure:  
Heated wrap 15mins £15  
French polish 10mins £5  
GELeration polish 15mins £30

## For the face

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

Cleansing facial 55mins £79  
Nourishing facial with steam, extractions, customised masque & massage of the face, hands & head/feet.

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

Rejuvenating facial 75mins £98  
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

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.

Darphin Sensorial Reviver Facial 30 mins £40

A detoxifying and relaxing facial that clarifies and removes every trace of city grit and grime. Recharge the skin from environmental elements and lift the spirit for those clients who are in a hurry and short of time.

Darphin Men's Facial 1 hour £75

High Power Revitalising Facial

A revitalising treatment personalised to suit every individual need and concern, from deep cleansing and age prevention to hydration and ultimate relaxation.

Darphin Customised Facial 1 hour £75

A personalised treatment to suit every individual need and concern. Your therapist will recommend one of the following for you: Kiwi & Pomegranate Hydrating Facial, Chamomile & Honey Soothing Facial, Lemon & Lavender Purifying Deep Cleansing Facial, Gentian & Lemon Perfecting Facial (Anti-Pigmentation treatment), Vitamin & Tangerine Revitalising (First Signs of Ageing), Iris & Jasmine Wrinkle Repairing Facial (Youthful Firming Treatment).

Darphin Stimulskin Facial 1 hour £85

Total Anti-Ageing Treatment

Deeply nourishing anti-ageing treatment will lift, firm and tone the skin as well as help to reduce redness, age spots and the appearance of wrinkles for a rejuvenated complexion.

## 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, face/head and full body massage to help ease muscles, nourish the skin & relax the mind.

Cocoa rub & wrap 75mins £98  
Exfoliating & conditioning cocoa butter & sugar wrap, luxurious hot towel cleanse, chocolate face masque & finally a body massage with warm cocoa butter.

Warm ginger rub & wrap 75mins £98  
Warming body wrap of essential oils & fresh ginger to aid circulation. Face / head & full body massage to release tension.

Crabtree & Evelyn 55mins £85  
Using Crabtree & Evelyn's fruity Naturals range you will be body brushed, polished & massaged using luxurious 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.

Exfoliating body buff 25mins £45  
Full body brush & exfoliation, finished with hot towels. Simple but extremely effective ultimate exfoliation.

## For waxing & tinting

Strip wax prices. If you would like Hot wax please request when booking:

Hollywood/Playboy (hot wax only)	£40
High Bikini	£25
Bikini (basic)	£18
Full Leg	£35
Half Leg	£25
3/4 Leg	£30
Full Leg & Hwood or Playboy	£70
Full Leg & High Bikini	£55
Full Leg & Bikini	£48
Half Leg & Hwood or Playboy	£63
Half Leg & High Bikini	£48
Half Leg & Bikini	£40
Full Arm	£25
Half Arm	£15
Underarms	£13
Back or Chest	£25
Stomach or Shoulders	£18
Back & Shoulders	£35
Eyebrow shape (waxing or threading)	£15
Lip, chin or cheeks	£8
Full face (incl. brow shape)	£40
Eyelash Tint	£18
Eyebrow Tint	£12
Eyebrow shape & Tint	£25
Lash & Brow Tint	£25
Perm	£40
Lash Perm & Tint	£55

Add to a waxing:

Hot wax	£5
Body brush	£5

\*24 hr prior patch test is required for tinting or perming.

## 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 2hrs/3¼hrs £135/£220

For a chocolate delight without the calories indulge in a nourishing Chocolate facial to make your skin glow, followed by a Chocolate manicure or pedicure. All served up with a cup of hot chocolate.

For 'Totally chocolate plus' we add the hydrating Cocoa rub & wrap for the body.

Feeling fruity 2hrs/3¼hrs £135/£220

For when you want to feel fresh the fruit-filled Crabtree & Evelyn Naturals body treatment will make your skin so soft & vibrant you won't want to cover it up with clothes. Finish off with a fresh & fruity manicure or pedicure, & a fruit smoothie or tea to complete the package.

For 'Feeling fruity plus' we add the powerful organic Rejuvenation facial.

## Packages for couples

Her holiday 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.

His holiday 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.

Urban spa ritual 2 ¾ hrs £180  
Perfect top-to-toe pampering, includes our luxurious Milk & honey body experience, Cleansing or Men's facial & an Urban manicure or pedicure.

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.

Couples on the run 1 ¾ 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  
110mins £270

Share a relaxing therapeutic massage experience with a friend or the one you love in our couples 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](http://www.savanaspa.com) for dates.

## 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.

# Savana

urban spa

## 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 £90pp  
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 £75pp  
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.

## Kids spa parties

An alternative birthday party for kids 5-16 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.savanaspaspa.com/services/#skparty](http://www.savanaspaspa.com/services/#skparty)

## 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
His holiday	3 1/2hrs	£205
Jet lag relief	2hrs	£140
Stress relief	1 1/2hrs	£120
Men's happy hour	1hr	£115-£125

Men's facial	55mins	£79
Conditioning back treatment	45mins	£65
Pedicure or manicure for men	40mins	£35

Waxing:

Back or chest	25mins	£25
Stomach or shoulders	20mins	£20
Back & shoulders	40mins	£40
Chest & stomach	40mins	£40
Chest & shoulders	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.savanaspaspa.com/groups/corporate](http://www.savanaspaspa.com/groups/corporate)

Valid from 1.9.10

# Savana

urban spa

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

This menu gives a snapshot of what we offer in our 5 treatment rooms, 5 nail stations, seated back massage area and relaxing chill-out zone. For more information call us on 020 7229 8300 or visit [www.savanaspaspa.com](http://www.savanaspaspa.com).

Join our mailing list at [www.savanaspaspa.com](http://www.savanaspaspa.com) for news of offers & events. Here are other ways to save money and time:

## Rebooking discount

Get 10% off any beauty treatments (excluding massage) when rebooking at Savana for weekday treatments.

## Course discount cards

Buy a card for 5 of any full price beauty treatments (excluding massage) and receive a 6th free.

## Credit crunch menu

Treat yourself more often with our changing selection of shorter treatments for him & her. Pick up a leaflet or visit [www.savanaspaspa.com](http://www.savanaspaspa.com) for details.

## Kids spa mornings

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

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

[www.savanaspaspa.com](http://www.savanaspaspa.com)

## For massage

We are very proud of our award winning massage therapists who are some of the best qualified and most experienced in the business.

Therapeutic massage	25, 55, 85 or 110mins
Aromatherapy massage	55, 85 or 110mins
Ayurvedic massage	85 or 110mins
Chinese massage	55 or 85mins
Couples massage	55, 85 or 110mins
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
Pregnancy massage	25 or 55mins
Pregnancy cushion massage (safe face down massage)	55 or 85mins
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 = £140

## For health

Our experienced therapists offer a range of effective natural approaches to complementary health. For treatments and prices call us on 020 7229 8300.