

Spa

Small but perfectly formed, The Spa at The Beaumont Mayfair is one of London's best-kept secrets. Whether you are looking for a particular treatment or a rejuvenating day of pure indulgence, our spa menu features a myriad of treatments curated to calm the mind and soothe the soul. A haven in which to totally unwind, amenities to explore include a private Hammam, steam room, sauna, plunge pool, ice bar and a gym. Quiet luxury and traditional elegance are mandates here. This pocket-sized spa is the perfect spot to steal away time on your own...

SIGNATURE SPA EXPERIENCES

The Beaumont Mayfair Haven 1 Person / 2 People 150 mins	340 / 620
Start your treatment with a foot ritual, followed by a body scrub and wrap, a relaxing full-body massage and an individually tailored mini facial. Finish with The Beaumont Mayfair's classic Afternoon Tea, accompanied by a glass of Champagne in The Gatsby Room.	
The Beaumont Mayfair Bespoke 150 mins	350
Take time out, starting with a massage (90 mins) to suit your personal preferences and requirements, followed by a tailored facial and a head massage.	
The Beaumont Mayfair Recovery 150 mins	350
Soothe the negative effects of a long trip, jetlag, or just city life. Reset your body clock and combat fatigue with a reviving body brush, a purifying body scrub and mask, followed by a relaxing full-body massage and bespoke hydrating facial.	
Maternity Treat 120 mins	275
A perfect respite to release the stresses of body and mind for expectant women. Ease up with a comforting massage focusing on the tense areas brought on by pregnancy, followed by a recuperative facial.	
Pick-Me-Up 60 mins	170
Perfect for a rapid energy boost. Enjoy a rejuvenating back massage (30 mins) and a stress-releasing head and facial massage, followed by a Pick-Me-Up drink.	

HAMMAM TREATMENTS

The hammam is an ancient Moroccan traditional method of bathing, using special techniques in the warmth of the hammam room to cleanse and exfoliate impurities from the body.

Signature Hammam Treatment 45 mins 130

An authentic, traditional full body cleansing experience. Start in our steam room before moving to the warmed, marble hammam table for a black soap wash, kessa scrub, and Rhassoul body and hair cleanse. Your treatment will finish with the application of precious oil blended with warm, pure shea butter, to leave your skin notably rejuvenated, softened and radiant, while your body is stimulated and rebalanced, and toxins are eliminated.

Soothing Hammam Treatment 90 mins 210

Our Signature Hammam Treatment, followed by a relaxing 45-minute full-body massage with precious oil blended with warm, pure shea butter.

The Beaumont Hammam Experience 120 mins 250

Our Signature Hammam Treatment, followed by a relaxing 60-minute full-body massage with precious oil blended with warm, pure shea butter, and your choice of a scalp or facial massage.

MASSAGE AND BODY TREATMENTS

Full-Body Massage 60 / 90 mins 170 / 215

Back, Neck & Shoulders 30 mins 90

Deep Tissue 60 / 90 mins 190 / 240

Pregnancy Massage 60 / 90 mins 180 / 220

Sensory Foot Massage 30 mins 90

Akwaterra 60 / 90 mins 160 / 200

A blissful, heated massage experience using warm ergonomic pods to deliver a deep, targeted massage to melt away aches, pains and areas of tension.

OSKIA Bespoke Nurturing Warm Oil Massage 60 / 90 mins 190 / 240

A restorative, full-body treatment to release deeply held patterns of stress and tension. Potent warmed oils induce relaxation, while eastern-inspired compression and pressure points reduce muscular aches and pains, leaving you profoundly calm, yet reinvigorated.

MASSAGE AND BODY TREATMENTS (CONTINUED)

OSKIA Deep Sleep Massage 90 mins 230

Using craniosacral therapy, this multi-phase, full-body treatment positively impacts your skin's vitality, immune system, and mentality. This deeply relaxing massage meticulously syncs your circadian rhythm to induce a meditative state of relaxation. OSKIA's aromatic oils and mists make this the quintessential healing experience.

OSKIA Rest & Restore Ritual 75 mins 220

This flowing, full-body treatment with warm, nutrient-rich, super-seed oils combines ancient-inspired sound healing, oil pouring and massage rituals, reflex points and craniosacral therapy to balance the nervous system, restoring a harmonious flow of energy and gently easing muscles.

Salvaterra Body Ritual 60 / 90 mins 200 / 250

A deeply restorative full-body ritual inspired by the sensorial rhythms and powerful botanicals of the Amazon rainforest. Combining grounding breathwork, flowing massage techniques and warm botanical oils, this immersive experience is designed to calm the nervous system, release physical tension and restore body and mind.

Body Scrub and Wrap by La Sultane de Saba 60 mins 170

This body scrub and wrap has benefits for more than your skin, including improved circulation, relaxation, stress relief and general wellbeing, leaving you feeling invigorated, calm and ready for anything.

MASSAGE AND BODY TREATMENT ADD-ONS

Massage (add to body scrub and wrap) 60 mins 130

Facial (add to any massage or body treatment) 60 mins 140

Body Scrub (add to any massage) 30 mins 60

Body Wrap (add to any massage) 30 mins 65

OSKIA High-Spec LED Light Mask (add to any massage or body treatment) 30 mins 85

Revive Compression Suit 30 mins 50

(add to selected massage and body treatments, please ask for more details)
Add a Compression Suit to enhance full-body relaxation and lymphatic drainage. Revive Compression Technology speeds up the recovery process by accelerating the body's natural circulation with precise levels of personalised pressure to improve circulation, promote blood flow, and reduce pain, muscle soreness and fluid buildup in the legs.

FACIALS

OSKIA Signature Nutri Glow 75 mins / 90 mins 190 / 255

A combination of essential skin nutrients, bio-actives and modern and traditional glow-inducing techniques to illuminate the skin and leave it brighter, hydrated and toned. Therapeutic head, hand and back massages are incorporated to soothe residual tension. Our 90-minute treatment includes an extended massage and uses LED techniques to enhance the skin's own cellular processes, providing immediate anti-ageing benefits. Suitable for a deeper cleanse.

OSKIA Revitalising Super-C 60 mins 170

An ultra-hydrating, super-nutrient facial for immediate and lasting anti-ageing benefits, concentrating on toning the face in the short term and delivering collagen-stimulating benefits to maintain a youthful complexion in the long term. Best for hydration and targeting fine lines and wrinkles.

OSKIA Purify & Revive 60 mins 170

Natural, scientifically advanced products are used to enhance this deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive. A reviving facial perfect for all skin types.

OSKIA I-Zone Anti-Fatigue 45 mins 100

A specialised anti-ageing eye treatment designed to soothe over-worked eyes, reduce puffiness and strengthen the eye contour. Combines lymphatic drainage and luxurious massage techniques with cold stone therapy to lift, calm and brighten the eye area.

Salvaterra Facial Ritual 30 / 60 mins 100 / 190

A signature facial ritual designed to visibly revive the complexion and deeply reset the senses. Beginning with grounding breathwork, this facial combines the complete Salvaterra skincare ritual with rare Amazonian botanicals, specialist manual lymphatic drainage, pressure point massage and restorative facial massage, leaving skin nourished, luminous and renewed. The treatment includes a Revive Compression Suit to enhance relaxation and lymphatic drainage, by accelerating the body's natural circulation with precise levels of personalised pressure to improve circulation, promote blood flow, and reduce pain, muscle soreness and fluid buildup.

FACIALS (CONTINUED)

Salvaterra Red Carpet Ritual 90 mins 250

A results-driven facial designed to leave the skin lifted, radiant and event-ready for weddings, celebrations, red carpet appearances and special occasions. The treatment includes a Revive Compression Suit to enhance relaxation and lymphatic drainage, by accelerating the body's natural circulation with precise levels of personalised pressure to improve circulation, promote blood flow, and reduce pain, muscle soreness and fluid buildup.

FACIAL ADD-ONS

OSKIA High-Spec LED Light Mask 30 mins 85

Add high-spec LED Light to any facial to enhance the skin's own cellular processes, alongside a hand rejuvenation treatment to relax and unwind whilst the facial's benefits are boosted.

Back, Neck and Shoulder Massage 30 mins 80

OSKIA Quick Fix Facial 30 mins 90

A rapid cleanse, exfoliation and radiance boost

IV Therapy from 450

Combine your facial with our Signature IV Therapy, to provide a faster path to a glowing complexion and lasting health benefits.

MANICURES & PEDICURES

Full Manicure 75 mins 100

Regular polish or gel polish

Full Pedicure 75 mins 100

Regular polish or gel polish

Gel Removal 30 mins 30

Express Shape & Colour

Manicure (with regular polish) 30 mins 45

Pedicure (with regular polish) 30 mins 45

GENTLEMAN'S TREATMENTS

Akwaterra 1 hr / 90 mins 160 / 200

A blissful, heated massage experience using warm ergonomic pods to deliver a deep, targeted massage to melt away aches, pains and areas of tension.

Salvaterra Body Ritual 60 / 90 mins 200 / 250

A deeply restorative full-body ritual inspired by the sensorial rhythms and powerful botanicals of the Amazon rainforest. Combining grounding breathwork, flowing massage techniques and warm botanical oils, this immersive experience is designed to calm the nervous system, release physical tension and restore body and mind.

OSKIA Purify & Revive 60 mins 170

Natural, scientifically advanced products are used to enhance this deep steam cleanse and stimulating facial massage. Cool eye stones awaken even the most tired eyes, while a focused neck and shoulder massage helps to soothe and revive.

Salvaterra Facial Ritual 30 / 60 mins 100 / 190

A signature facial ritual designed to visibly revive the complexion and deeply reset the senses. Combining rare Amazonian botanicals, lymphatic drainage, pressure point massage, and restorative massage, this treatment leaves skin nourished, luminous and renewed. The treatment includes a Revive Compression Suit to enhance relaxation and lymphatic drainage, by accelerating the body's natural circulation with precise levels of personalised pressure to improve circulation, promote blood flow, and reduce pain, muscle soreness and fluid buildup.

DANIEL GALVIN LONDON

The Galvin name has been synonymous with hairdressing for over a century. A family-owned British hairdressing dynasty headed up by Daniel Galvin, it has played a significant role in creating and revolutionising the modern hairdressing industry across the world. With four salons across London – including a 9,000 square foot flagship salon on George Street – we are thrilled to have partnered with Daniel Galvin to offer a service for our guests that is truly a cut above.

All guests staying at The Beaumont Mayfair are offered an exclusive 20% discount on haircuts and treatments at any of Daniel Galvin's London salons. Guests can choose to go to a Daniel Galvin salon, or a senior stylist will come to your suite in the hotel, for cuts, blow-dries, styling or treatments. Please note colouring services are not available in-room at The Beaumont Mayfair; however, guests can book to go to one of Daniel Galvin's salons, and will require a consultation and skin test prior to making a booking. In all cases, advance booking is essential and should be made via our Concierge team: concierge@thebeaumont.com.

SPECIALIST TREATMENTS

The Beaumont Mayfair is pleased to collaborate with exceptional specialist partners to deliver additional treatments on request.

All specialist treatments must be booked in advance via our Concierge Team. Dial 6230 on your in-room phone, WhatsApp them on +44 (0) 7525 630130, or email concierge@thebeaumont.com

IV Therapy

A discreet collection of physician-formulated infusions, delivered in the privacy of your room, or spa treatment room by a qualified clinician. Each treatment is precisely calibrated to restore, refine and renew — quietly, effortlessly, completely. Sessions last between forty-five and sixty minutes.

THE DRIPS

The Classic 450

Deep cellular hydration to restore balance and lift fatigue. The reset, quietly delivered.

The Centurion 595

An elite longevity infusion working at the deepest cellular level — energy, clarity, vitality, restored.

The Cleanse 495

A restorative drip that flushes cellular toxins and leaves a profound sense of lightness.

The Oracle 550

Mental mastery for high performers. Sharper cognition, faster decisions, effortless focus.

Nootropic & Repair 495

Amplifies mental performance at its source — memory, clarity, sustained sharpness.

Align 475

A single-purpose drip that cuts through mental noise. Calm, clear, completely present.

High-Strength Vitamin C 495

Clinical-grade immune fortification, far beyond what diet can provide.

NAD+ Express 475

A swift, focused boost of NAD+ for cellular energy and longevity.

THE DRIPS (CONTINUED)

Procaine Regeneration A refined, classical protocol supporting circulation, regeneration and graceful ageing.	450
Anti-Ageing Quietly protects cells, calms inflammation and supports the way you age.	475
Immunity Armour Triggers cellular renewal and builds long-term immune resilience, season after season.	475
Myers Cocktail The original physician-formulated IV — energy, mood and a feeling of being thoroughly well.	475
Anti-Inflammatory Calms an overworked system, eases tension and supports recovery at a level felt almost immediately.	450
Sleep Aid Quiets the nervous system and prepares the body for the kind of rest that truly restores.	515
Deluxe Recovery A full-spectrum recovery infusion for body and mind.	475
Athletes Infusion Replenishes amino acids, vitamins and minerals; accelerates muscle repair and restores sustained energy.	695
Jet Lag Reset Recalibrates the body after long-haul travel and restores natural rhythm.	495
Beauty Tonic A concentrated blend of skin-transforming nutrients. Arrive glowing, leave radiant.	525
Glow Getter The most intensive brightening experience on the menu — radiance unlike anything else.	550

BOOSTERS & SHOTS

A selection of focused enhancements — taken alone or paired with any drip.

Glutathione Boost Master antioxidant; supports skin clarity and detoxification.	145
Ultimate Elixir A swift, all-purpose wellness top-up.	110
B12 Energy Shot An immediate lift to energy and metabolism.	95
Vitamin D Quiet support for immunity and mood.	95
NAD+ 50mg An entry-level cellular energy boost.	145
NAD+ 100mg A higher-dose longevity infusion.	225

IV THERAPY PACKAGES

A series of five sessions is offered with a twenty per cent reduction. All treatments are administered by Solice Health clinicians. A confidential consultation precedes every session.

Please note that IV treatments cannot be combined with Spa services during pregnancy or within the hammam.

IN-ROOM TREATMENTS

All in-room treatments for The Beaumont Mayfair guests are subject to a surcharge of £120 per hour, and are only offered in certain room categories due to space considerations. Please ask at Reception for further details.

OSKIA High-Spec LED Light Mask 60 mins

A high-spec LED Light to enhance the skin's own cellular processes.

85

Compression Boots 60 mins

Improve circulation, reduce muscle soreness, and speed up recovery by promoting blood flow and reducing fluid buildup in the legs.

50

SPA FACILITIES

One hour use of the spa facilities is complimentary for all hotel guests, as well as those on a Spa Experience and for treatments of 2 hours or more. Should you wish to use the spa facilities without booking a qualifying treatment, we apply a charge of £50 per person for a duration of one hour.

PERSONAL TRAINING AND DIGITAL CLASSES

We would be delighted to assist in arranging one-off or regular personal training sessions with our nominated Personal Trainer. Additionally, we are able to provide a selection of digital classes on demand via Peloton or Technogym. Please speak with a member of our Spa Team to find out more.

SPA & GYM MEMBERSHIP

The state-of-the-art gym at The Beaumont Mayfair is designed to support every stage of your fitness journey.

Furnished with top-of-the-range equipment, including Technogym treadmills and ellipticals, full dumbbell sets, Peloton bikes and a Peak Pilates reformer, tower and springboard, the space offers everything you need to train as much as you would like, with confidence.

We are delighted to offer a limited number of memberships at a cost of £300 per month, with membership including:

- Full access of our state-of-the-art-gym 24h per day
- Digital classes on demand through Peloton and Technogym
- Use of our spa facilities – Steam Room, Sauna and Plunge pool, depending on availability between the hours of 9am and 9pm
- 15% discount on spa treatments*
- 10% discount when dining in Rosi or The Gatsby Room

For more information, please contact info@beaumont.com

*discount not valid on treatments from Daniel Galvin or IV Therapy

Opening Hours

Monday – Sunday 9am – 9pm. Spa Treatments can be booked 9am – 7pm
Please ask at reception for out of hours treatments.

The gymnasium is open 24 hours a day/seven days a week for hotel guests.

To Book

Please call +44(0)20 7499 1001 or email spa@thebeaumont.com
or visit our website for online bookings: thebeaumont.com/wellness

Timing

Please arrive at least 15 minutes before your scheduled appointment time to complete the necessary forms. Late arrival may result in a reduced treatment time in order not to inconvenience the following guest.

Children

Children under the age of 16 are not permitted in the Spa.
Children between 16-18 must be accompanied by an adult.

Gift Vouchers

We offer a choice of gift vouchers.

Please ask at Reception or order directly online: thebeaumont.com/gift-vouchers

Cancellation Policy

To confirm and secure your reservation, a credit card will be required.

We require 24 hours' notice to cancel or rearrange treatments and 48 hours' notice to cancel or rearrange Spa Experiences. Cancellations made with less than the required notice or failure to arrive for an appointment will incur the full charge. All cancellations must be made with The Beaumont Mayfair Spa directly by calling +44(0)20 3728 7330 or by emailing us (out of hours) at spa@thebeaumont.com.

Payment

Please note that we are cashless.

Retail

Products used during your treatment are available to purchase in the Spa.

OUR BRANDS

La Sultane de Saba

Specialists in hammam experiences, this artisan brand has created a range of holistic journeys inspired by ancient beauty rituals and utilising their exceptionally natural, hand-crafted products. All are made without parabens, silicones or microbeads, nor are any products tested on animals.

OSKIA

OSKIA's award-winning formulations are designed using bio-available nutrients and clinically trialled actives.

OSKIA's unique approach to tailored, sumptuous spa treatments begins with combining traditional knowledge, such as acupressure, specialist natural face therapy massage, reflex and lymph drainage, with modern AHA & BHA exfoliation and microbiome harmonisation.

OSKIA products are free from artificial chemicals, fragrances, preservatives, colorants, petrochemicals, phthalates, silicones, DEA, TEA, sulphates or parabens, and are 98% natural.

Salvaterra

Created to deliver visible results, Salvaterra fuses advanced scientific innovation with rare botanicals nurtured in the heart of the Amazon Rainforest to restore radiance and improve elasticity and tone, while shielding from environmental stressors.

Each product is designed as part of a sensory experience, marrying performance-driven actives, with nutrient-rich botanicals.

Salvaterra sustainably sources its ingredients in collaboration with Brazilian cooperatives, whose knowledge and stewardship of these plants spans generations. In turn, 2.5% of every purchase supports these communities - helping to protect their livelihoods, empower their women, amplify their voices and preserve the rainforest they call home.

