



# LONDON'S LUXURY SPA

Massages | Beauty Treatments | Manicures and Pedicures | Hair Removal



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Welcome to Adamo Spa: a haven of well-being in the midst of bustling London. The health and beauty menu features award-winning, energising and restorative treatments.

Carefully selected world-leading products enhance the full selection of experiences, from pampering massages to specialist body care therapies, exotic oxygen facials to pampering manicures and pedicures, ensuring a long-lasting, rejuvenated body and soul.

Settle back into the hands of the expert beauticians in the warmth and tranquility of Adamo Spa.

# T R E A T M E N T S

**BODY MASSAGE**

**CAUDALIE TREATMENTS AND FACIALS**

**KARIN HERZOG FACIALS**

**MANICURES AND PEDICURES**

**HAIR REMOVAL TREATMENTS**

**EYES AND EYEBROW TREATMENTS**



## Swedish Massage

25 minutes	£35.00
50 minutes	£65.00
80 minutes	£95.00

This blissfully calming classic Swedish massage improves physical and mental wellbeing, utilising targeted pressure point stimulation tailored to relieve stress throughout the body

## TIYATI Signature Treatment

80 minutes

A complete treatment for the body, The Tiyati Ceremony consists of six parts to enhance the skin from head-to-toe.

Each Tiyati treatment begins with a welcome ceremony, which includes a foot bath, and a chance for you to select which of the four balms you would like incorporated into your treatment.

Relaxing back Massage: The Tiyati Ceremony begins with a deep back massage that releases tension and encourages total relaxation.

Scalp massage & hair treatment: Increase circulation with relaxing strokes and gentle stretching to regenerate scalp and hair. Your expert therapist will invigorate and nourish your hair with Tiyati hair oil.

Foot & leg Massage: Returning to the body, the ceremony continues with a sculpting foot massage, that provides an instant feeling of lightness.

Upon the conclusion of the foot massage, your Tiyati experience moves to the relaxation area where you are invited to refresh with warm spiced tea. Spray a mist of your selected scent for a gentle awakening of your senses.

## Aromatherapy Massage

25 minutes	£45.00
50 minutes	£80.00
80 minutes	£115.00

A choice of natural essential oils are applied to the skin and combined with a Swedish massage technique, to recharge both body and mind

## Hot Stone Massage

55 minutes	£90.00
80 minutes	£120.00

Smooth basalt stones are heated and positioned along the spine and other acupressure areas, followed by a healing massage using varying pressures on the neck, back, arms and legs

## Cranial Massage

25 minutes	£40.00
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Ideal for relieving the muscles affected by postural and eye strain; gentle pressure is applied around the skull to subtly manipulate and relax, promoting a sense of wellbeing

## Foot Massage

25 minutes	£40.00
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Blissfully relaxing for busy feet, this massage promotes circulation and unwinds muscles by stimulating muscles deep in the heels, arches and ankles



## BESPOKE DEEP TISSUE MASSAGE

### Deep Tissue Express Massage

£45.00

*25 minutes*

Designed specifically to permit the time-poor to unwind, this deep tissue massage is renowned for its effectiveness in posture realignment and dissolving stiffness

### Deep Tissue Body Massage

£75.00

*50 minutes*

Slow strokes and pressure points techniques target and release areas of tension from deep inside the muscles, leaving the body rejuvenated and revitalised

### Full Body and Head Massage

£115.00

*1 hour 20 minutes*

Known to reduce chronic pain and harmonise the postural muscles, this deep tissue massage eases the body into a state of calm. The spine feels straighter, knots are unwound, and the mind is peaceful: enabling the feeling of a total renewal

## CAUDALIE TREATMENTS AND FACIALS

Globally recognised as a must-have experience for any true skincare connoisseur, Caudalie's cult-classic products and expert Vinotherapists provide the ultimate luxurious and indulgent treatments to enhance and replenish.

## FACIAL TREATMENTS

### Premier Cru Facial

£90.00

50 minutes

This exceptional anti-ageing facial is delivered using a micro-point roller massage and hydrogel mask, lifting and plumping the skin for a smooth complexion and radiant glow

### Vineactiv Facial

£79.00

50 minutes

A stimulating aromatherapy massage followed by a deeply hydrating and recharging vitamin antioxidant mask to cleanse, reduce the appearance of fine lines, and to protect from environmental stressors

### Vinoperfect Radiance Facial

£79.00

50 minutes

A unique massage using essential oils and small, hot and cold basalt stones is followed by a gentle peeling mask and Vinoperfect serum, restoring the skin's luminosity and an even complexion

### Resveratrol Facial

£79.00

50 minutes

A lifting facial, specially-created for firming, contouring, and restoring vitality. Gentle cleansing is followed by a stimulating massage and warming mask to provide an instant lifted and re-sculpted effect





### **Beauty Elixir Facial**

£79.00

50 minutes

This cult classic facial begins with guided therapeutic breathing, and Caudalie's signature cleansing and exfoliation. The gentle massage finishes with a peel mask, leaving behind an instant healthy glow

### **Vinopure Facial**

£79.00

50 minutes

**Purifying, regulating, and tightening:** this facial is performed with a cryo-massager, perfect for combination or oily skin. The anti-inflammatory action leaves behind a pure and radiant complexion

### **Vinosource Hydrating and Nourishing Facial**

£79.00

50 minutes

Starting with a gentle cleanse, followed by a mask and recovery oil massage, this treatment deeply moisturises and nourishes the skin, restoring radiance for a healthy glow

### **Express D-vine Facial**

£45.00

25 minutes

Designed for men and women who are short of time: this express treatment includes a personalised eye and skin cleansing, deep exfoliation, a mask, and hand massage providing instant comfort and renewal

### **Lift and Firm Eye Treatment**

£35.00

25 minutes

The perfect treatment to contour, lift, and firm the delicate skin around the eyes. Starting with a massage to cleanse, followed by hydrogel patches for smoother, brighter and wide-awake eyes

## BODY TREATMENTS

### The De Vigne Body Massage

50 minutes

£79.00

Caudalie's signature body treatment incorporates a unique, calming and sensual fragrance, De Vignes, and a luxurious fully-body massage to relax both the muscles and the mind

### Fleur De Vigne Candle Massage

50 minutes

£80.00

A relaxing and indulging treatment using Caudalie's delicately scented massage candle that melts into a warm oil; relieving tension and restoring energy to the body

£85.00 / £120.00

### Pre and Post-Natal Massage

50 minutes / 80 minutes

This gentle massage stimulates circulation, improves the skin's elasticity, and helps soothe tensions brought on by pregnancy. Let mothers and mothers-to-be enjoy a moment of wellbeing and relaxation

### D-Vine Back, Face & Scalp Treatment

£140.00

90 minutes

Easing away stress and tension, this treatment comprises a full back cleanse, deep tissue massage, bespoke facial, and a cranial scalp massage to finish

## KARIN HERZOG TREATMENTS AND FACIALS

Lauded around the world for their skin-perfecting results, Karin Herzog's unique oxygen treatments enhance and maintain the skin's youth, while delivering unparalleled hydration and a confidence-forming glow.



## **"Let's Treat" Quick and Beautiful**

£55.00

25 minutes

This speedy yet effective oxygen treatment utilises pressure point massage to nurture and relax the facial muscles, reducing the visibility of expression lines and leaves behind a radiant complexion

## **Traditional Oxygen Face Care**

£80.00

55 minutes

Completely hydrating and detoxifying to ensure the skin is luxuriously smooth, Karin Herzog's traditional oxygen skin treatment is designed by experts to balance, firm, and purify

## **Royal Facial Care**

£90.00

75 minutes

For those seeking immediate results and radiant skin, the gold mask brightens and tones while reducing the appearance of fine lines. Soothingly suitable for all skin types, including sensitive skin

## MANICURES AND PEDICURES

A premium pampering manicure and pedicure experience, performed by expert nail technicians using award-winning OPI ProSpa products. Indulge in a beautiful and long-lasting nail treatment, accompanied by a relaxing hand or foot massage.

## Pamper Manicure

£38.00

45 minutes

The ultimate manicure experience: starting with an exfoliation, moisturise and protective treatment, before nails are perfectly shaped and polished; completed with a relaxing acupressure massage

## Signature Manicure

£25.00

25 minutes

Discover hand perfection with exquisitely shaped and beautifully coloured nails using OPI ProSpa's exotic menu of polish colours, before taking a moment to unwind with a soothing hand massage

## Express Manicure

£17.00

15 minutes

Glossy, polished nails on the go: choose from the selection of quality OPI ProSpa colours in a condensed service that doesn't sacrifice on a premiere and lasting result

## Pamper Pedicure

£50.00

50 minutes

An unmatched softening, exfoliating, and moisturising pedicure treatment that leaves nails looking their best, accompanied by an extended renewing and relieving massage utilising acupressure techniques

## Signature Pedicure

£30.00

30 minutes

Using award-winning products from OPI ProSpa to soak and exfoliate feet, this signature pedicure treatment combines a soothing massage with tailored nail shaping and long-lasting colour

## Express Pedicure

£17.00

15 minutes

The express pedicure provides a premiere spa-quality shape and polish for a personalised nail treatment for the time-constrained

\*Extra Gel Polish £7

\*\*Removal Gel £10



## Luxury Tiyati Manicure with scalp & neck massage

60 minutes

£55.00

The Tiyati manicure consists of two parts to enhance the health of your hands, arms and nails, followed by a relaxing scalp massage.

After you have selected which of the four balms you would like incorporated into your treatment, our expert therapist begins your treatment with a luxurious OPI manicure using your selected Tiyati exfoliator and butter.

Whilst your nail colour dries, enjoy a relaxing scalp and neck massage, designed to relieve pressure and promote circulation.

On completion, you are invited to our relaxation area to enjoy warm spiced tea. Spray a mist of your selected scent for a gentle awakening of your senses

## Luxury Tiyati Pedicure with scalp and neck massage

65 minutes

£65.00

The Tiyati pedicure consists of two parts; to enhance the health of your feet and legs, followed by a relaxing scalp massage.

After you have selected which of the four balms you would like incorporated into your treatment, our expert therapist begins your treatment with a luxurious OPI pedicure using your selected Tiyati exfoliator and butter.

Whilst your nail colour dries, our expert therapist gently massages your scalp and neck.

On completion, you are invited to our relaxation area to enjoy warm spiced tea. Spray a mist of your selected scent for a gentle awakening of your senses.







**Bikini Line Wax** £20.00

15 minutes

A quick tidy the bikini line, ready for any occasion

**Brazilian Wax** £35.00

30 minutes

This Brazillian wax is a premium hair removal treatment that is kind to delicate and sensitive skin, for a result that is wonderfully smooth and non-irritated

**Hollywood Wax** £40.00

40 minutes

Adamo Spa's full Hollywood treatment uses sensitive skin friendly waxes and professional techniques to minimise pain; offering effective and long-lasting results

**Underarm Wax** £15.00

10 minutes

An instant tidy for the underarm area

**Half Leg Wax** £25.00

20 minutes

An express half treatment to tidy up the lower leg, perfect for an on-the-go refresh

**Full Leg Wax** £42.00

40 minutes

A full leg treatment for long-lasting results and perfectly smooth skin, using premium-grade waxes to reduce sensitivity and irritation

**Half Arm Wax** £20.00

20 minutes

An express half treatment to tidy up the forearms

**Full Arm Wax** £29.00

30 minutes

Soft and smooth skin for the entire arm with the use of premium-grade products and professional waxing techniques

### **Lip Wax**

10 minutes

See an instantly neatened upper lip with minimal sensitivity

£10.00

### **Chin Wax**

10 minutes

An instant way to remove unwanted facial hair on the chin

£10.00

### **Full Back Wax**

40 minutes

A thorough tidy of the back, shoulders, and neck followed by a soothing lotion

£45.00

### **Half Back Wax**

30 minutes

A fast and sensitive skin-friendly wax for great results

£25.00

### **Chest Wax**

30 minutes

A combination of premium wax and professional techniques produce long-lasting results and perfectly smooth skin

£30.00







### **Eyebrow Wax Tidy**

£12.00

15 minutes

An express treatment for an instantly sculpted brow shape and brighter-looking eyes

### **Eyebrow Shape**

£20.00

25 minutes

A precise eyebrow tidy with personalised grooming to acquire the perfect desired shape

### **Eyelash Tint**

£20.00

20 minutes

Reveal fuller and longer looking lashes with this express tint that is kind on the delicate area surrounding the eyes

### **Eyebrow Tint and Eyelash Tint**

£35.00

40 minutes

A long-lasting brow and lash tint to illuminate lighter and smaller hairs to achieve fuller, glamorous brows; without the makeup.

### **Eyebrow Tint**

£15.00

15 minutes

A ready to go treatment: see instantly fuller and sculpted brows with this kind-to-eyes express tint





## SPA RECOVERY PACKAGE

This wellness package is designed to revive both body and mind for moments of total tranquility

- A 20 minute de-stress massage for the neck, back, and shoulders
- A 30 minute express pick-me-up facial

50 minutes

£85.00

## PAMPER PACKAGE

The pamper package is a combination of Adamo Spa's most blissful treatments, leaving skin feeling nourished and revived.

- A 50 minute Swedish massage
- A 30 minute Express Divine Facial by Caudalie
- A glass of bubbles with chocolates, strawberries and special treats

1 hour and 20 minutes

£125.00



# DELUXE SPA PACKAGE

£180

*2 hours 15 minutes*

Adamo Spa's deluxe package includes a little taste of the most sought-after treatments for full body rejuvenation and radiant skin head to toe.

A choice of Caudalie's 50 minute hydrating or cleansing facials

A 30 minute de-stress massage for the back, upper shoulders, and scalp

A 55 minute express manicure and pedicure

A glass of bubbles with chocolates, strawberries, and special treats





# RELAX AND UNWIND

£439  
Price for 2  
people

A blissfully relaxing stay in the heart of London; enjoy personal and attentive service from the moment you step through the door.

Overnight stay for two with breakfast at Blue Orchid Hotels' luxury hotel, Tower Suites

A choice of classic full body Swedish massage or deep tissue massage

Complimentary drink on arrival

Dinner for two at Italian inspired restaurant Cento Alla Torre

Complimentary access to London Fitness Studio

A further 20% off food and beverage outlets and additional spa treatments.

# HEN PARTY PACKAGE

£525  
For four people

25 minute aromatherapy massage for the bride  
and three members of the bridal party

Signature manicure treatment for the bride and  
three members of the bridal party

Four luxury gift bags

A luxury stay in a suite for four at Tower Suites

Complimentary bottle of champagne

20% off additional spa treatments

20% off drinks at Sapphire bar

Discounted rates on Blue Orchid Hotels wedding  
venues





# BRIDAL MAKE-UP

£269

Glowing facial for the bride (50mins)

Full bridal makeup

Rooftop photoshoot

20% off additional spa and  
grooming treatments

Services available at an additional cost:

Makeup for the bridal party

Hair for the bride and bridal

# FULL BRIDAL PREPARATION

£529

Glowing bridal facial (50mins)

Gel manicure and pedicure for the bride

Full bridal hair & makeup

A luxury stay for two in a suite at Tower

Suites Complimentary breakfast

Roof top photo shoot

Complimentary bottle of Champagne

20% off additional spa or grooming treatments

Services available at an additional cost:

Hair and makeup for the bridal party



## CONTACT US



100 Minories, London, EC3N 1JY



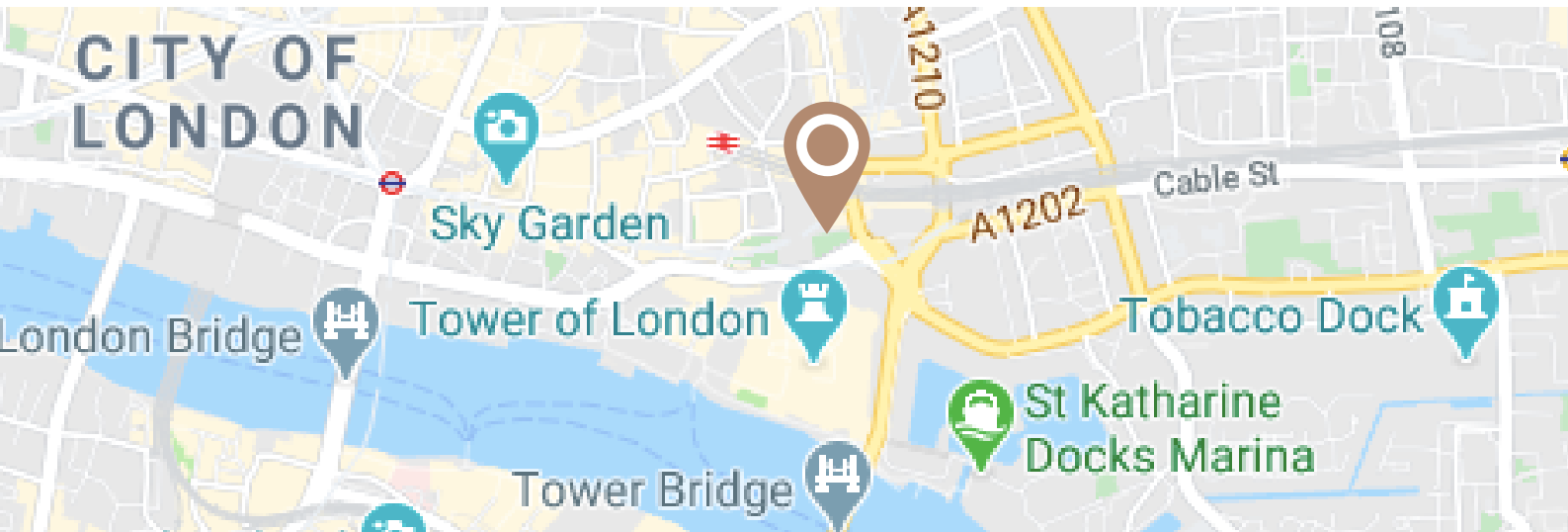
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Opening Hours: Monday - Sunday, 09:00 - 19:00





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