

BLUE HARBOUR

Spa · Beauty · Fitness



Blue Harbour Spa provides the essential combination of luxury, comfort and relaxation. We have created a warm and inviting spa ambience with an array of therapeutic experiences, holistic treatments and pure pampering. Our range of therapies have been carefully selected for their integrity, therapeutic principles and maximum benefit, all delivered within a culture of expertise and well-being. We also offer a range of Day Spas, which include a package of treatments, gentle exercise and body cleansing, as well as unlimited use of the thermal and wet spa, and a champagne lunch. We look forward to welcoming you to Blue Harbour Spa.

Chelsea Harbour · London SW10 OXG · Tel 020 7300 5011
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www.blueharbourspa.co.uk

skincare treatments

Collagen Facial - £90/75mins

An intensive repairing treatment for dehydrated and sun damaged skin. This facial hydrates with collagen and protein rich extracts, replenishing vital moisture levels, for that youthful look.

Vitamin C Facial - £90/75mins

A high performance face-lifting facial designed to combat the signs of ageing. To rejuvenate and balance your complexion so that it is smooth, vibrant and younger looking. This treatment uses a blend of vitamin A, C, and E, leaving your skin radiating with vibrancy.

Men's Fitness Facial - £55/60mins

A tightening and firming treatment harnessing anti-ageing technology and micro exfoliation. Including an algae masque, vital eye gel and energy rub.

VOYA Facial – Anti-Aging Facial (Nourishing) £75/60mins

Of particular benefit for maturing, dry or dehydrated skins using a combination of anti-oxidant algae complexes, pro collagen extracts and restorative blend of organic ingredients to help fight the signs of ageing, reduce the appearance of fine lines and wrinkles. A double action mask that includes mermaids purse oil, rich face mask and warmed seaweed leaves.

VOYA Facial – Environmental Defence Facial (Detox) £75/60mins

Of particular benefit for oily, congested, and problematic or city skins, this anti-oxidant and anti-ageing facial therapy can eliminate toxins, re-balance and tighten the skin, leaving it calm, cleansed, re-balanced and uplifted with a clearer complexion. Warmed seaweed leaves are included in this facials and also a refresh back cleanse.

body treatments

VOYA Body Wrap - Detoxifying Seaweed Wrap £95/80mins

Our organic hand-harvested Seaweed from the Atlantic Ocean is an ultimate treat for tired and dull skin. This luxurious organic marine alga detoxifies, hydrates, firms and softens skin. Warmed seaweed leaves are wrapped around the body to cocoon and penetrate the wonderful benefits of laminaria digitata seaweed.

VOYA Body Wrap - Tangle Me up Soothing/Nourishing £75/60mins

Tangle Me Up relaxes your tired and lethargic muscles, relieves your stress and fatigue. It tones and firms your skin and helps against the signs of ageing and cellulite. Its anti-oxidant compounds help to protect against cell damage from environment and pollution. The luxurious oils that are released make this a great treat for dry skins.

VOYA Body Exfoliation - Peppermint and Seaweed Sugar Glow £60/60mins

100% certified organic sugar glow. Our organic peppermint leaves and cane sugar gently remove dead skin cells while the seaweed extracts uplift and renew your skin. The fresh, penetrating and invigorating organic peppermint essential oil will bring a new life to your body and senses.

VOYA Muslin Bag Massage - £90/80mins

A real sensory treat! Warm soaked bags of herbs & seaweed are gently massaged into the body; releasing the precious seaweed oils. We use a combination of the finest organic herbs & seaweed to massage your body and gently exfoliate & nourish your skin. Truly a therapeutic treatment that is completely indulgent. Choose between calming chamomile, detoxifying peppermint, or stimulating fennel.

Foot Serenity Therapy - £70/60mins

Do you have tired feet? Indulge in this foot specific treatment that features a mineral soak and exfoliation, hydrating masque and moisturising foot massage. Absolute Bliss!



We have taken care to select the best and most effective skincare brands. Our therapists have a wealth of experience and are passionate about providing unrivalled treatments.

massage treatments

The Blue Harbour Massage - £70/60mins

This Swedish style, light-touch massage which is specifically designed to provide you with a stress relieving, muscle relaxing experience.

Aromatherapy Massage - £75/ 60mins

This full body treatment incorporates the powerful properties of aromatherapy oils and gentle combined massage techniques to help you relax, revive and rejuvenate.

De Stress Muscle Massage - £75/60mins

A full body massage incorporating the powerful properties of aromatherapy oils, with stretching and deep tissue work. Ultimate relaxation!

The Mum to Be - £70/60mins

This treatment will provide a nurturing, muscle easing and leg lightening experience, for pre and post birth relief.

VOYA Seaweed Massage - £70/60mins

This treatment begins with a dry brushing which helps to stimulate blood and lymphatic circulation. This is then followed by a full body massage with organic seaweed oil which attacks cellulite and is specially formulated to tone and firm skin. This is a deep-skin, cell rejuvenating treatment ideal for tackling orange peel dimples on thighs and legs.





After your treatment, drift away in our calming Relaxation Lounge or enjoy a refreshing choice of healthy snacks and smoothies in our light and airy Spa Café.

manicures

Total Decadence Manicure - £70/75mins

A relaxing and luxurious, deep conditioning spa therapy for the hands.

Gentleman's Manicure - £35/30mins

This is for the busy "Man on the Run". Try this for an executive grooming experience.

pedicures

Total Decadence Pedicure - £75/75mins

Taking the steps toward a perfect pedicure with aroma-therapeutic herbs and essential oils to hydrate and soften the feet.

Gentleman's Pedicure - £40/30mins

Maintenance and grooming that will leave the feet smooth, soft and hydrated.

waxing & tinting

Full Leg Wax - £ 35/45mins

Full Leg and Bikini Wax - £45/60mins

Half Leg Wax - £25/30mins

Bikini Wax - £20/15mins

Brazilian Wax - £45/50mins

Lip Wax - £15/15mins

Eyebrow Wax - £20/15mins

Chin Wax - £12/10mins

Underarm Wax - £15/15mins

Chest Wax - £40/50mins

Back Wax - £45/50mins

Arm Wax - £25/40mins

Lash Tint - £20/30mins

Brow Tint - £15/15mins

express menu

A menu specifically designed to give you an experience of what our extensive treatment menu offers. Experience the pleasures of absolute serenity!

Back, Neck and Shoulder Massage - £30/30mins

Solemates - Foot Massage - £30/30mins

Going to Extremities - Scalp, hand and foot massage - £30/30mins

Escale Beaute Facial - £35/30mins

Express Manicure - £30/30mins

Express Pedicure - £30/30mins

appointments

To book an appointment please call 020 7300 5011 or visit www.blueharbourspa.co.uk

GYM AND SPA FACILITIES

Daily 6.30am - 9.00pm

THERAPY SUITE

Mon to Sat 9.30am - 8.00pm

Sun 9.30 - 6.00pm.



Our health club facility, features a 17-metre indoor swimming pool with swan neck waterfalls and body jets, as well as a fitness suite.

Sauna and steam rooms are in each changing room.

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WYNDHAM GRAND

LONDON CHELSEA HARBOUR