





















# HEDGEROW TREATMENT MENU

TREATMENT	TIME	OFF PEAK (MON-FRI)	PEAK (SAT-SUN)
<b>AGUA ADVANCED BODYWORK</b>   A customised therapeutic treatment. Let our therapists focus on pain relief, deep tissue or sports therapy with a warming salve of <b>Comfrey, St John's Wort, Peppermint and Rosemary</b> .	60/90 mins	£110/£150	£120/£160
			 
<b>BUST BLOSSOM</b>   This bespoke bust massage works magic with our <b>Marigold, Rosehip and Lemon Balm</b> remedies to release tension in your spine and shoulder girdle.	60 mins	£110	£120
			
<b>MATERNITY MASSAGE</b>   Applying remedies and advanced techniques in pregnancy massage, using <b>Marigold and Lemon Balm</b> , performed on warm hydrothermal water cushions (up to 32 weeks only).	60 mins	£110	£120
			
<b>SPA MANICURE OR PEDICURE</b>   Includes seasonal herbal scrub and massage with nourishing body butter of <b>Rosemary, St John's Wort, Marigold and Lemon Balm</b> .	60 mins	£55	£65
			
<b>HOT OIL MANICURE OR PEDICURE</b>   Restoring treatment using Japanese techniques (no polish applied) with <b>Rosemary, St John's Wort, Marigold and Lemon Balm</b> .	60 mins	£55	£65
			

 Wellness for cancer trained  Organic

Please make appointments for à la carte services and customised packages either in person at the spa reception, by phoning 020 3747 1010 (in-house guests can dial extension 5910), or book online via [seacontainerslondon.com](http://seacontainerslondon.com). Appointments need to be guaranteed with a valid credit card or gift certificate. Cancellations must be made with 24 hours' notice, otherwise you will be charged the full cost of the service. The spa is strictly for use by hotel residents, members and non-residents booked in for spa appointments and aged 16 years or above. The above treatments are contraindicated in the first 3-months of pregnancy.