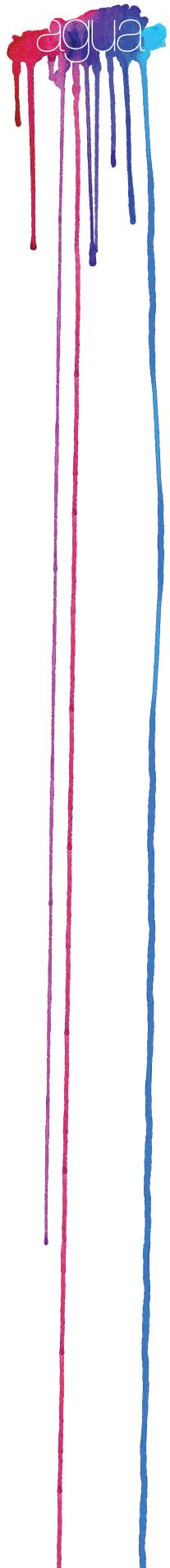


agua Essence

Transformational and integrative health experiences enhanced with medical grade protocols and delivered by beautiful humans. Our menu of core holistic spa treatments is the essence of what our team and guests love from aqua.

EXPERIENCE	BRAND	TIME	MON-THURS	FRI-SUN	KEY
agua massage					
AGUA ADVANCED BODYWORK A personalised therapeutic treatment. Let our therapists focus on pain relief, deep tissue or sports therapy.	HEDGEROW	60/90 MINS	£140/£195	£150/£205	
CUSTOM HOT STONE Clinical aromatherapy blend combined with hot stone technique work promoting deep relaxation. Treatment includes legs, back, shoulders, neck and scalp using a personalised blend of essential oils.	SOVERAL	60 MINS	£140	£150	
MATERNITY MASSAGE Applying remedies and advanced techniques in pregnancy massage, using Marigold and Lemon Balm, performed on warm hydrothermal water cushions (13 - 32 weeks only).	HEDGEROW	60 MINS	£140	£150	
AGUA THAI EXPERIENCE A deeply grounding treatment, which combines, stretching/movement, breathwork and energy flow to restore balance.	AGUA	90 MINS	£215	£225	
Please note that we perform a maximum of 90 minutes of massage per guest per day.					
agua face					
REPARATIVE FACIAL 111SKIN signature reparative facial delivers the ultimate results, using the NAC Y2 formula for instant results, skin is rejuvenated, soothed, and plumped.	111SKIN	60 MINS	£170	£180	
CRYOTHERAPY FACIAL A cooling facial that calms; detoxifies energises the skin through a Cryo-inspired treatment using cooling globes to encourage lymphatic drainage to detoxify and reduce puffiness, sculpting and stimulate microcirculation which brighten. It is an energising treatment that leaves skin firmer and luminescent. Ideal for travel or city-stressed skin. rejuvenated, soothed, and plumped.	111SKIN	60/90 MINS	£170/£205	£180/£215	
SOVERAL FACIAL FOR AGUA Detoxifies, stimulates and is anti inflammatory. This facial relieves locked muscle tension, clears stagnant lymph pathways and soothes the appearance of fine line and wrinkles using bioactive skin nutrients.	SOVERAL	60/90 MINS	£135/£185	£145/£195	
PREBIOTIC FACIAL TREATMENT A results-driven and balancing treatment aimed at stabilising skin's natural microflora, calming irritated skin and reducing inflammation	SOVERAL	60 MINS	£130	£140	
DIAMOND LUMINOUS FACIAL Brightening facial, corrects uneven pigmentation and signs of aging to restore a natural glow.	NATURA BISSÉ	60 MINS	£170	£180	
DEEP CLEANSE Hydration, rejuvenation, purification; include glycolic peel and extractions in the longer treatment.	NATURA BISSÉ	60/90 MINS	£160/£200	£170/£210	
agua body					
CRYO BODY TREATMENT This treatment helps to ease and soothe tired legs and achy muscles, while contouring the silhouette. Using our Cryo Globes to effectively target areas that require invigoration and drainage - It stimulates circulation, detoxifies and nourishes the area whilst firming the skin.	111SKIN	60 MINS	£160	£170	
BUST BLOSSOM This bespoke bust massage works magic with our Marigold, Rosehip and Lemon Balm remedies to release tension in your spine and shoulder girdle.	HEDGEROW	60 MINS	£140	£150	



EXPERIENCE	BRAND	TIME	MON-THURS	FRI-SUN	KEY
agua body continued					
BODY FLAX This divine Soveral body facial works bringing balance from the inside out; transforming the skin with support & nourishment to create super soft, firm skin, a lightness of body and mind, topped with a renewed boost of energy.	SOVERAL	60 MINS	£130	£140	
HEDGEROW SCRUB & BACK MASSAGE The Hedgerow Scrub & Back Massage begins with a full body exfoliation richly infused with bentonite clay, peppermint, lavender and dead sea salt, followed by an oil application and mini back massage.	HEDGEROW	60 MINS	£150	£160	
agua adventures					
AROMATHERAPY PLAYGROUND Pair a 60 minute Custom Hot Stone Aromatherapy massage with a 30 minute Soveral Express facial OR a 60 minute Soveral Signature facial with a 30 minute back, neck & shoulder aromatherapy massage.	SOVERAL	90 MINS	£190	£210	
SIGNATURE COUPLES PACKAGE agua Advanced Bodywork massages, side by side +plus a glass of Laurent-Perrier La Cuvée champagne +plus strawberries and cream Please note this signature couples package can be enjoyed individually as a solo package	HEDGEROW	60/90 MINS	£170/£220 PER PERSON	£180/£230 PER PERSON	
MATERNITY EXPERIENCE Rejuvenate with a 60-minute bespoke facial treatment and a 30-minute massage tailored to where you need it most - back, neck, shoulders and legs - all supported by a hydrothermal water cushion (13 to 32 weeks only). +plus mixed berries	NATURA BISSÉ	90 MINS	£190	£210	
agua classes					
DYNAMIC YOGA Inspired by the 5 yoga elements and their inner landscape, attune your body through fluid flow, blending Yin yoga, Vinyasa with myofascial alignment.		DAY OF WEEK WEDNESDAY	TIME 7:30 AM & 6:45 PM	DURATION 60 MINS	PRICE £25
SLOW FLOW YOGA Alignment-based yoga that integrates breath-work, sustained poses and mindful flowing movement. The class encourages students to explore yoga as a holistic practice that nurtures both body and mind.		THURSDAY	6:00 PM	60 MINS	£25
SOUND HEALING The sound therapy works on the part of the brain that encourages your brain to switch off. A relaxing experience that will help body to repair, restore and regulate your nervous system.		SATURDAY	10:00 AM	60 MINS	£25
Please note access to the steam room and spa facilities is not included in this package. These may be added at an additional cost, subject to availability.					
champagne					
LAURENT-PERRIER La Cuvée	GLASS	BOTTLE			
	£17	£92			

key



Please make appointments for a la carte services and customised packages either in person at the spa reception, by phoning 0203 747 1010 (in-house guests can dial extension 5910) or booking online via aguaspaseacontainerslondon.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 booking in for spa appointments. When you are making your reservation, please let us know if you have any major health concerns, including pregnancy.