

Kallima

THE SPA AT LONDON SYON PARK



HILTON LONDON SYON PARK

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londonsyonpark.com

SPA DAYS

The Butterfly Journey

Experience this blissful journey with a deluxe head to toe body experience.

- 45 minute Detoxifying Body Wrap
- 45 minute De-stress Massage
- 30 minute Kallimini Maintenance Facial
- Light lunch and a glass of Prosecco
- Two hours use of spa facilities

Monday to Thursday
120 minutes | £240

Friday-Sunday & Bank
Holidays
120 minutes | £250

Journey of Tranquillity

Find the perfect state of balance.

- 60 minute De-Stress Massage
- 45 minute Kallimini Maintenance Facial
- A fruit salad & a glass of Prosecco
- Two hours use of spa facilities

Monday to Thursday
105 minutes | £220

Friday to Sunday
& Bank Holidays
105 minutes | £230

Jet Lag Recovery

Whether you're recovering from extensive travel or a hectic lifestyle this ritual will revive you from head to toe.

- 45 minute Hot Stone Back Massage
- 30 minute Kallimini Maintenance Facial
- 15 minute Revival Foot Ritual
- Light lunch
- Two hours use of spa facilities

Monday to Thursday
90 minutes | £195

Friday to Sunday
& Bank Holidays
90 minutes | £205

Rejuvenate Journey

Relax and restore with this dreamy well-rounded treatment.

- 30 minute Back, Neck & Shoulder Massage or 30 minute Kallimini Maintenance Facial
- Glass of Prosecco
- One hour use of spa facilities

Monday to Thursday
60 minutes | £135

Friday to Sunday
& Bank Holidays
60 minutes | £145

Twilight Spa Treat

Available from 5:30pm to 8:30pm.

- A choice of any Kallimini 30 minute treatment
- One course dinner from a set menu
- One hour use of spa facilities

Monday to Thursday
30 minutes | £125

Friday to Sunday
& Bank Holidays
30 minutes | £135

Kallimini Morning Spa Treat

Breakfast served from 7:00am to 9:30am.

- A choice of any Kallimini 30 minute treatment
- Full English breakfast served with tea or coffee in Mood in the Park Restaurant
- One hour use of spa facilities

Monday to Thursday
30 minutes | £125

Friday to Sunday
& Bank Holidays
30 minutes | £135

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FACIAL TREATMENTS

Pinks Boutique Luxury Organic Skincare

There is nothing more beautiful or effective than nature, which is why we use Pinks Boutique eco skincare products in our spa facial treatments. Hand-blended in England from natural and organic ingredients, Pinks Boutique features captivating aromas, opulent textures and long lasting results without synthetic chemicals.

Before beginning your facial, you'll receive a personal skincare consultation and analysis to determine the best facial skincare system for your skin type, selecting from Organic Rose, Ocha or Lemongrass and Mandarin.

Butterfly Kiss Signature Facial

This face and back treatment is a truly luxurious experience. We'll welcome you with a pot of tea handpicked to nourish your skin type and will begin with a foot soak and organic foot scrub. Then your skin will be deep-cleansed, exfoliated, massaged and masked, starting with your back and moving to your face. Each stage of this facial experience is a sensory delight from the aroma-changing water and elixir sprays to the deliciously scented scrubs, masks and moisturisers, all available in fresh, restorative lemongrass and mandarin, the powerful anti-oxidant Japanese Ocha, or skin repairing and calming Organic Rose. You'll leave glowing from your facial and feeling like you had a full body treatment.

Monday to Thursday
105 minutes | £195

Friday to Sunday
& Bank Holidays
105 minutes | £205

Reborn Anti-Aging Facial

Thanks to organic processing, the anti-oxidants, vitamins and minerals within Pinks Boutique products are kept intact, not destroyed – as often occurs in chemical processing. Using supercharged rosehip – scientifically proven to reduce signs of ageing, wrinkles and sun damage – this facial also works on the tell-tale giveaways – the back of the neck and decollate also. Natural facelift massage techniques and pressure points encouraging lymph drainage will leave your complexion visibly smoothed and bright.

Monday to Thursday
75 minutes | £135

Friday to Sunday
& Bank Holidays
75 minutes | £145

Uplifting Eco Chic Facial

Our organic facial combines deep cleansing with our Camellia based melt-exfoliation, a relaxing face, neck and shoulder massage and a mask. The upper back and neck are also included, providing these often-neglected areas with vital moisture. Designed to restore the natural balance of your skin, the Pinks Boutique products use only natural ingredients, such as herbs, essential oils and antioxidants, to promote clear, hydrated and radiant skin.

Monday to Thursday
60 minutes | £120

Friday to Sunday
& Bank Holidays
60 minutes | £130



PINKS BOUTIQUE
COMPLETE. ORGANIC. SKINCARE

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PROVERB SKIN WORKOUT FACE & BODY TREATMENTS

A specially devised high-performance cardio HIIT skin workout for the face to combat tired, dull skin, stress and tension headaches with an instant face lift, contour and tone.

Skin Workout Facial

Get out what you put in with this specially devised high-performance facial. Our stretch therapists will warm-up and prep the skin ready for the cardio section of this facial using active natural and organic ingredients - proteins, antioxidants and enzymes formulated for lab proven results. Cross train, running, skipping and facial push presses are just some of the massage movements used to keep your jowls lifted, face plump, fine lines ironed and muscles strengthened. The treatment will conclude with a stretch and toning cool down.

Monday to Thursday
60 minutes | £135

Friday to Sunday
& Bank Holidays
60 minutes | £145

Skin Super Set Facial & Back Stretch

A Skin Workout Facial with the addition of a back scrub and targeted massage with stretch for the back, traps, neck and pecs. Recommended for those who undertake long hours sitting at a desk, travelling or for extra stress relief.

Monday to Thursday
90 minutes | £175

Friday to Sunday
& Bank Holidays
90 minutes | £185

Skin HIIT Facial

Focusing on the cardio element of the Skin Workout, perfect for those short of time or in need of a pick me up.

Monday to Thursday
30 minutes | £95

Friday to Sunday
& Bank Holidays
30 minutes | £105

Energising Body Scrub & Recharge

Invigorate the entire body with exfoliation, hot towels, and muscle ease venotonic gel to cool & soothe. Flush lactic acid, refresh the body & mind.

Monday to Thursday
45 minutes | £95

Friday to Sunday
& Bank Holidays
45 minutes | £105

MASSAGE TREATMENTS

De-stress Massage

Relax and indulge yourself with this wonderful treatment that combines a specially selected blend of essential oils that relax and restore. This treatment is superb for unwinding and will improve your quality of life physically and emotionally.

Monday to Thursday
60 minutes | £125

Friday to Sunday
& Bank Holidays
60 minutes | £135

Freestyle Deep Tissue Massage

Your therapist will select an aromatic oil according to your concerns, be they muscle pain, stress relief, relaxation or balance. The flowing massage works deeper into the tension, encouraging optimum circulation.

Monday to Thursday
60 minutes | £145

Friday to Sunday
& Bank Holidays
60 minutes | £155

Syon Park Hot Stone Therapy

There's nothing like a touch of warmth to melt away the tensions of the outside world. In this blissful treatment, the heat from the stones will relax and soothe your muscles.

Monday to Thursday
60 minutes | £145

Friday to Sunday
& Bank Holidays
60 minutes | £155

Himalayan Salt Stone Massage

Known for its mineral content, Himalayan Crystal Salt offers a uniquely restorative experience when used on the body. This full body massage ritual will sooth sore muscles and calm the nervous system, while gently exfoliating the skin.

Monday to Thursday
60 minutes | £150

Friday to Sunday
& Bank Holidays
60 minutes | £160

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BODY TREATMENTS

Kallima Botany Exfoliation

Light exfoliation treatment to help brush away dead skin cells, finishing with a deeply hydrating body moisturiser.

Monday to Thursday
45 minutes | £95

Friday to Sunday
& Bank Holidays
45 minutes | £105

Butterfly Cocoon Detox Wrap

Savour yourself with our Signature Butterfly Cocoon Body Wrap, which is botanically based, mineral-rich, and formulated with plant powders, which can help slow down the skin ageing process, draw out toxins, nourish and detoxify the body.

Monday to Thursday
45 minutes | £95

Friday to Sunday
& Bank Holidays
45 minutes | £105

Soulfully Grounded Foot & Lower Leg

Everyone needs a little grounding now and then. Stress can take a toll on the feet and ankles. This invigorating leg and foot treatment is packed with seaweed and peppermint oil, which alleviate stress and pain after a long and tiring day, and its stimulating effect helps increase blood circulation—complemented with a flurry of rose oil, mandarin and bitter orange to increase circulation and ease the impact of water tension.

Monday to Thursday
45 minutes | £95

Friday to Sunday
& Bank Holidays
45 minutes | £105

Speckled Wood Purifying Back

This clarifying back treatment is perfect to help decongest oily or spot-prone skin. Your skin will be deeply cleansed and exfoliated, followed by a hot stone massage to help relax the pores. Includes a deep cleansing mask application that draws toxins from the body, leaving your skin deeply cleansed and refreshed. It is an excellent treatment for all skin types and ages.

Monday to Thursday
60 minutes | £125

Friday to Sunday
& Bank Holidays
60 minutes | £135

PRE & POST NATAL TREATMENTS

Pre-Natal Massage

Full body massage is designed to suit individual concerns, focusing on the areas needed to alleviate muscular aches while helping to relax, restore and revitalise. Please note that this treatment is not suitable for women in their first trimester.

Monday to Thursday
60 minutes | £135

Friday to Sunday
& Bank Holidays
60 minutes | £145

Post Natal Massage

An optional, gentle back exfoliation, if required, is followed by a soothing body massage specially designed to suit individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

Monday to Thursday
60 minutes | £135

Friday to Sunday
& Bank Holidays
60 minutes | £145

Bumps & Daisy Mother-To-Be Massage

Bodies go through a lot in pregnancy, so let this treatment reaffirm your incredible power, strength and life-giving miracle. Allow the gentle scent of neroli from Natural Spa Factory's Bumps and Daisy range to invoke feelings of joy and uplifting the mood, whilst making you feel calm and relaxed.

Monday to Thursday
75 minutes | £155

Friday to Sunday
& Bank Holidays
75 minutes | £165

The Conscious Healer Post-Pregnancy

Bring balance and help the maternal body through the skin with natural products packed with reviving scents, smothering the face and whole body with intense goodness. Feel the stress melt away with this rejuvenating treatment, which includes a mini facial, a gentle body polish and a purifying wrap that envelops the body, infused with nourishing mandarin and neroli oils to help boost circulation and soothe.

Monday to Thursday
90 minutes | £185

Friday to Sunday
& Bank Holidays
90 minutes | £195

OTO CBD SPA RITUALS

OTO CBD Firming & Lifting Facial

Designed to rebalance tired, stressed skin and restore both inside and out. This holistic facial treatment combines the power of CBD with a re-centring sound therapy, a sculpting bamboo massage, lifting geometrical effect, and cleansing properties of clear quartz crystal for a truly restorative experience.

Monday to Thursday
60 minutes | £135

Friday to Sunday
& Bank Holidays
60 minutes | £145

Amplify Massage

Designed for those seeking to release tension and unravel tightness in tired muscles. This full-body treatment uses CBD oil infused with bitter orange, grapefruit and juniper berries and a handcrafted bamboo roller to rejuvenate deeper levels of the muscle. Combined with an OTO signature sound therapy and the placement of red jasper crystal, renowned for strong grounding properties, for a profoundly regenerative experience.

Monday to Thursday
60 minutes | £150

Friday to Sunday
& Bank Holidays
60 minutes | £160

Focus

Designed to calm and focus a busy mind. This full body treatment with stimulating scalp and foot massage uses CBD oil infused with ginger, black pepper and frankincense, renowned for their anti-inflammatory and soothing properties. Combined with an OTO signature sound therapy and the harmonising qualities of aventurine crystal to help reduce feelings of anxiety and improve concentration.

Monday to Thursday
60 minutes | £145

Friday to Sunday
& Bank Holidays
60 minutes | £155

Balance

Designed to be deeply restorative and help with sleep. This full body massage uses CBD oil, infused with jasmine, helichrysum and Roman chamomile, to calm the nervous system, resulting in deep relaxation. Combined with an OTO signature sound therapy and rose quartz crystal, used for its deep inner healing properties, for a powerful balancing and restoring experience.

Monday to Thursday
60 minutes | £145

Friday to Sunday
& Bank Holidays
60 minutes | £155

Sleep Soundly by Kallima

Combining the OTO signature sleep scent of mandarin and ylang ylang with high levels of CBD, the sleep-soundly whole-body massage experience helps reduce inflammation in the soft tissues. Warmed Himalayan salt stones harness the parasympathetic nervous system - responsible for recovery and stress reduction, whilst live sound helps identify imbalances in the body's energy system, releasing emotional heaviness.

Monday to Thursday
120 minutes | £275

Friday to Sunday
& Bank Holidays
120 minutes | £285

KALLIMA SIGNATURE SPA EXPERIENCES

Superbotanical

The experience begins with an invigorating Kallima Botany Exfoliation to eliminate dead cells, whilst bringing to the skin a sensation of purity followed by the De-stress Back Massage and a Kallimini Maintenance Facial. This uplifting experience is bespoke to your needs, ensuring you leave feeling radiant and energised.

Monday to Thursday
90 minutes | £175

Friday to Sunday
& Bank Holidays
90 minutes | £185

Kallima VIP Superbotanical

The ultimate in total luxury. The experience begins with a relaxing de-stress back massage followed by an invigorating Kallima Botany Exfoliation to eliminate dead cells and a detoxifying back mask whilst bringing the skin a sensation of purity. Finish with a luxury Kallimini Maintenance Facial to promote clear, hydrated, radiant skin.

Monday to Thursday
105 minutes | £190

Friday to Sunday
& Bank Holidays
105 minutes | £199

Musumi De-Stress

Combining the best of our facial and body treatments which include a 60 minute Syon Park Hot Stone Therapy and a 60 minute Uplifting Eco Chic Facial. Deeply relaxing at all levels.

Monday to Thursday
120 minutes | £255

Friday to Sunday
& Bank Holidays
120 minutes | £265

Kazumin Couples

Escape the daily grind and unwind side-by-side with a partner or friend with our couple signature experience for two. It could be the perfect date with that special someone or a friend to relax and spend time together. This journey of pure bliss combines 60 minutes of De-stress Massage and a 30 minute Kallimini Maintenance Facial.

Monday to Thursday
90 minutes | £315

Friday to Sunday
& Bank Holidays
90 minutes | £325

Men's Ultimate Recharge

This divine experience is specifically designed for men. It includes a muscle-melting hot stone back massage, a soulfully grounded foot and lower leg ritual for tired, aching feet, and a Kallimini Maintenance Facial. Your skin and body will thank you for this hydrating, soothing, and refreshing ritual, leaving you perfectly groomed and relaxed.

Monday to Thursday
90 minutes | £185

Friday to Sunday
& Bank Holidays
90 minutes | £185

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KALLIMINI TREATS

De-Stress Back, Neck & Shoulder Massage

This deeply relaxing back neck and shoulder massage, formulated with an uplifting blend of aromatic essential oils including lemongrass, lemon, eucalyptus and rosemary, is guaranteed to leave you de-stressed and ready to face the outside.

Monday to Thursday
30 minutes | £85

Friday to Sunday
& Bank Holidays
30 minutes | £95

Indian Head Massage

An ancient relaxing holistic treatment for the head using accupressure to release stress. This treatment will help to relieve tension in the upper back, neck and head leaving you feeling energised and relieved from headaches and migraines.

Monday to Thursday
30 minutes | £75

Friday to Sunday
& Bank Holidays
30 minutes | £85

Skin Renewal Led Therapy

“Lights on, Years off...in 10 minutes “. Thanks to Dr Dennis Gross SpectraLite FaceWare Pro – targeting lines & wrinkles, age spots, discoloration and mild to moderate acne. This treatment can be added to any facial or body treatments.

Monday to Thursday
15 minutes | £15

Friday to Sunday
& Bank Holidays
15 minutes | £20

Radiant Rose Eye Revive

Refresh tired eyes with our cooling rose quartz eye treatment. Soothe puffiness, rehydrate the delicate eye area whilst our exquisite rose oils relieve and relax tension headaches. The anti-inflammatory properties will leave your eye area renewed. This treatment can be added to any facial or body treatments.

Monday to Thursday
15 minutes | £15

Friday to Sunday
& Bank Holidays
15 minutes | £20

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KALLIMA SPA CLUB MEMBERSHIP

More than a membership...

When you become a Kallima Club Member, you will not only be part of our inner circle and receive exclusive member wellness offers and discounts, but you'll also get to workout, chill out, and refresh both mind and body at our adult-only health club to help make your health, fitness and wellbeing a lifestyle.

Facilities include:

- Heated 15-metre indoor pool
- Sauna and steam room
- Hydrotherapy whirlpool
- Relaxation loungers
- Relaxation room
- Gym: Lifetime Fitness state-of-the-art machines – treadmills, cross-trainers, bikes, multi-exercise weight machines and free weights.

Membership Inclusions:

- Access to all facilities
- Complimentary gym induction
- Complimentary Peloton membership subscription
- Complimentary towel service (one per member, per visit)
- Three guest day passes each year
- Full access to all LivingWell Clubs across the UK
- Complimentary WI-FI and parking
- 15% off spa treatments (Monday to Thursday)
- 15% off Food & Beverage (MOOD Bar) – Monday to Thursday
- 10% off Pinks Boutique products

Are you thinking of joining our club?

Let us book you a tour to show you around and discuss your fitness goals so that you are on the ideal membership subscription that suits you.

KALLIMA SPA CLUB MEMBERSHIP

Visit the Kallima Club & Spa for the day, with no contract or sign up fees.

A Kallima Spa day pass, which gives you a half day gym and spa access, is ideal if you are visiting for the day or if you're curious about what it's like to be a Kallima Spa member.

With a half day pass you can access all facilities:

- Heated 15-metre indoor pool
- Sauna and steam room
- Hydrotherapy whirlpool
- Relaxation loungers
- Relaxation room
- Gym: Lifetime Fitness state-of-the-art machines – treadmills, cross-trainers, bikes, multi-exercise weight machines and free weights.

MON-THURS / 240 MINUTES £75
FRI-SUN & BANK HOLIDAY / 240 MINUTES £90

Get 20% off any 60 minute face, massage or body treatment.

Complimentary robe, slippers and one towel is provided each visit.

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PERSONAL TRAINING

Accelerate your results with personal coaching!

Meeting up regularly with your personal trainer has the following benefits:

- Learn new exercises and techniques faster
- Evaluate and monitor fitness levels
- Assess movement patterns and identify limitations
- Maintain progress toward fitness goals through a personalized plan

PICK A PLAN

PLATINUM BODY TRANSFORMATION

6 months @ £569.00 per month (equivalent to £32.82 per session)
Four 1-1 sessions per week

GOLD PREMIUM PLUS

3 months @ £478.00 per month (equivalent to £36.77 per session)
Three 1-1 sessions per week

SILVER STANDARD

2 months @ £353.00 per month (equivalent to £40.73 per session)
Two 1-1 sessions per week

BRONZE ACTIVE

1 month @ £197.00 per month (equivalent to £45.46 per session)
One 1-1 session per week

PAY-AS-YOU-GO

£55.00 per session
1-1 personal training

To reserve your space contact 02083 801590

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SPA ETIQUETTE

Arrival

We ask that you arrive 30 minutes before your appointment to allow time to prepare and fill in a consultation form before your spa experience. If you wish to use the spa facilities before your treatment we recommend that you arrive at least 60 minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience. Arriving late will limit the time of your service, as we complete each experience punctually so the next client will be on time.

Booking Advice

A consultation is required prior to many of the treatments on this menu so that the most effective treatment can be given on the day. Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. Avoid facial and heat treatments 72 hours after any cosmetic procedures including botox, or as advised by your medical practitioner.

Cancellation Policy

Cancellations or rescheduling of appointments made with less than 48 hours notice or 3 days for group bookings of 5 or more guests, and failure to take up an appointment, will result in the full treatment cost being charged to your room or credit card.

Valuables & Electronics

Digital lockers are provided in the changing room, but we advise you not to bring or wear valuables whilst using our facilities. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

We aim to provide a peaceful setting for all spa guests, and so we ask you to please keep your mobile devices on silent. The use of mobile phones within the spa facility is prohibited, except in designated areas.

Gift Certificates / Card Payments

If you are booked through a gift certificate, kindly bring and present a copy of your voucher / certificate at Spa Reception on your arrival. A 50% pre-payment will be required for your booked spa appointment prior to arrival; you will need to present the card you used for payment upon check-in at spa reception for verification and completion to settle the remaining balance on your booking.

SPA ETIQUETTE

(continued)

What to Wear

Robes and slippers are provided to day spa guests. We provide disposable underwear to suit women and men; alternatively you may wear your own underwear, as you wish. Our spa therapists (male/female) are professionally trained in draping techniques to ensure your privacy and comfort at all times.

T-shirts with comfortable trousers or shorts are ideal fitness attire. Trainers must always be worn in the fitness centre.

Age Requirements and Entitlement

No person/s under the age of 18 years are permitted to use the spa facilities or gym. The Kallima Spa is licensed to perform all the services listed within this menu. All prices, treatments and information are current at the time of distribution and are subject to revision without notice.

Dietary Requirements

We will persevere to deliver special dietary requirements; however some specific cuisine may not be available and an alternative item will be offered. Please advise us of any dietary requirements in advance. *Additional charges may apply for specific outsourced items – we will advise if this is the case.*

Please visit londonsyonpark.com for more information on our dining offers.

Additional Charges

Our guests may unwind and enjoy the use of our 15m heated swimming pool, whirlpool, aroma steam room and sauna, the Life Fitness equipped gym facilities, along with our 10 luxurious treatment rooms, including three couples suites. Couples room are not guaranteed for any treatments bookings.

Facilities charges apply. Non-residential guests receiving a treatment of 60 minutes or more will be able to use the facilities complimentary for 2 hours prior to their spa treatments.

Hotel residents may use the spa facilities for a £25 charge for 120 minutes access per visit.

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