

# Kallima

THE SPA AT LONDON SYON PARK



**HILTON LONDON SYON PARK**

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[londonsyonpark.com](http://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 Express Dr Dennis Facial
- Light lunch and a glass of Prosecco
- Two hours use of spa facilities

Monday to Thursday  
120 minutes | £230

Friday to Sunday  
(& Bank Holidays)  
120 minutes | £240

### Journey of Tranquility

Find the perfect state of balance.

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

Monday to Thursday  
105 minutes | £210

Friday to Sunday  
(& Bank Holidays)  
105 minutes | £220

### 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 Express Dr Dennis Facial
- 15 minute Revival Foot Ritual
- Light lunch
- Two hours use of spa facilities

Monday to Thursday  
90 minutes | £185

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £195

### Rejuvenate

Relax and restore with this dreamy well-rounded treatment.

- 30 minute Back, Neck & Shoulder Massage and 30 minute Express Dr Dennis Facial
- Glass of Prosecco
- One hour use of spa facilities

Monday to Thursday  
60 minutes | £125

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £135

### Twilight Spa Treat

Available Monday to Thursday 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 | £110

Friday to Sunday  
(& Bank Holidays)  
30 minutes | £120

### Kallimini Morning Spa Treat

Breakfast served between 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 | £110

Friday to Sunday  
(& Bank Holidays)  
30 minutes | £120

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# FACIAL TREATMENTS

## 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 | £120

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £130

## Elemis Biotec Facial

Revolutionary, non-invasive, anti-aging facial treatment using the latest innovation of the BIOTEC machine works to switch on the skin's natural cellular energy. Choose from seven personalised facials to suit your needs and end the facial with a 15-minute energising light therapy that will further boost collagen production.

Monday to Thursday  
90 minutes | £180

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £190

## DR DENNIS GROSS SKINCARE FACIALS

### Hyaluronic Marine Hydrating Facial

Replenish hydration with this ultra-hydrating facial that gives skin an instantly plumped, smoother appearance. Includes Dr Dennis Gross's best-selling Alpha Beta® Professional Peel.

Monday to Thursday  
60 minutes | £125

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £135

### Pore Perfecting Facial

Banish enlarged pores and texture for good with this deep cleansing facial, featuring the flagship Alpha Beta® collection. This facial treats and prevents breakouts, while addressing the root of enlarged pores by balancing oil chemistry and firming skin for an overall clearer, healthier complexion.

Monday to Thursday  
60 minutes | £145

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £155

### Syon Park Ultimate Red Carpet Facial

The Syon Park Ultimate Red Carpet Facial is a complexion-perfecting powerhouse facial by Dr Gross. This signature Alpha Beta® Professional Peel immediately delivers smoother, more flawless skin and restores a youthful glow with just one treatment. Fine lines, enlarged pores and discolouration are no match for this coveted treatment and will have you red carpet ready in next to no time. In addition, this facial includes an anti-ageing, imperfection-fighting light therapy treatment.

Monday to Thursday  
90 minutes | £195

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £205

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# BODY TREATMENTS

## De-stress Massage

This flowing medium-pressure massage synergy, relaxes and harmonises the body, using hand-selected pure essential oils.

Monday to Thursday  
60 minutes | £120

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £130

## 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 whilst gently dissolving away your knots and stresses.

Monday to Thursday  
60 minutes | £145

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £155

## Freestyle Deep Tissue Massage

Your technician will select an aromatic oil according to your concerns, including muscle pain, stress relief, relaxation or balance.

Monday to Thursday  
60 minutes | £145

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £155

## Precious Moments Pregnancy Massage

A gently nurturing, specially formulated massage for mothers-to-be (over 12 weeks). Deeply relaxing, this treatment can also help improve muscle tone and skin texture.

Monday to Thursday  
60 minutes | £145

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £155

## Butterfly Cocoon Detox Wrap

Savour yourself with our Signature Butterfly Cocoon Body Wraps, which are 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. Invigorating and helps skin glow.

Monday to Thursday  
45 minutes | £95

Friday to Sunday  
(& Bank Holidays)  
45 minutes | £105

## Kallima Botany Exfoliation

Invigorating and nourishing exfoliator that tones and boosts metabolism.

Monday to Thursday  
45 minutes | £95

Friday to Sunday  
(& Bank Holidays)  
45 minutes | £105

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## BODY TREATMENTS

(continued)

### Speckled Wood Purifying Back

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

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Monday to Thursday  
60 minutes | £125

Friday to Sunday  
(& Bank Holidays)  
60 minutes | £135

### Soulfully Grounded Foot & Lower Leg

Everyone needs a little grounding every now and then. Stress can take a toll on the feet and ankles. This invigorating treatment is packed with bladder wrack seaweed and peppermint oil, this can 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 effects of water retention.

Monday to Thursday  
45 minutes | £95

Friday to Sunday  
(& Bank Holidays)  
45 minutes | £105

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# 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 mini Express Dr Dennis Gross Facial. This uplifting experience is bespoke to your needs, ensuring you leave feeling radiant and energised.

Monday to Thursday  
90 minutes | £160

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £170

## Musumi De-Stress

Combining the best of our facial and body treatments which includes a 60 minute Syon Park Hot Stone Therapy and a 60 minute Dr Dennis Gross Facial. Deeply relaxing at all levels.

Monday to Thursday  
120 minutes | £245

Friday to Sunday  
(& Bank Holidays)  
120 minutes | £255

## 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 an Express Dr Dennis Gross Facial.

Monday to Thursday  
90 minutes | £305

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £315

## Mother-To-Be Indulgence

Melt away fatigue with this pregnancy-supporting ritual. This 90 minutes of pure indulgence includes prenatal massage, full body exfoliation and an Express Dr Dennis Gross Facial.

Monday to Thursday  
90 minutes | £205

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £215

## Men's Ultimate

This divine ritual is designed specifically for men. Includes a muscle melting hot stone back massage, Soulfully Grounded Foot & Lower Leg Ritual for tired, aching feet and an Express Dr Dennis Gross, Marine Hyaluronic Facial. Your skin and body will thank you for this hydrating, soothing and refreshing ritual, which will leave you perfectly groomed and relaxed.

Monday to Thursday  
90 minutes | £205

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £215

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# OTO CBD SPA RITUALS

## 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, coupled with 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

## Kallima Signature Renewal Therapy

Reset & transform your energy with the ultimate body and face therapy using the anti-inflammatory & anti-oxidant properties of CBD. A full body bespoke massage, followed by a tailored facial including bamboo sculpting and neck stretching is sure to remove muscle restrictions and leave you feeling free to spread your wings again.

Monday to Thursday  
90 minutes | £245

Friday to Sunday  
(& Bank Holidays)  
90 minutes | £255

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## KALLIMINI TREATS

### Dr Dennis Gross Facial

Monday to Thursday  
30 minutes | £80

Friday to Sunday  
(& Bank Holidays)  
30 minutes | £90

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### De-Stress Back, Neck & Shoulder Massage

Monday to Thursday  
30 minutes | £80

Friday to Sunday  
(& Bank Holidays)  
30 minutes | £90

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### Indian Head Massage

Monday to Thursday  
30 minutes | £80

Friday to Sunday  
(& Bank Holidays)  
30 minutes | £90

## KALLIMA HEALTH & LIFESTYLE

Personal Training

Private Pilates

Private Yoga

## GROUP EXPERIENCES AT KALLIMA SPA

Invite your group for an unforgettable day of pampering. Allow us to curate the perfect day spa getaway with our rejuvenating treatments, a healthy lunch and nibbles, plus access to our luxurious spa amenities. We can create customised group spa packages for six or more people that are perfect for hen parties, birthday celebrations, a friend's getaway or even an employee celebration.

Contact us at 02083 801590 or [hiltonsyonguestservices@hilton.com](mailto:hiltonsyonguestservices@hilton.com) to discuss a bespoke group spa package.

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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

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## 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 cuisines 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](http://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 rooms are not guaranteed for any treatment 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 of access per visit.

We offer day spa packages and day spa passes for hotel guests. Day Pass for use of spa facilities is £80 for the weekend, £100 for a 3-day bank holiday weekend, £60 for a single weekday and £80 for a bank holiday weekday; the prices are per person for 4 hours.