

art'otel  
LONDON HOXTON

T H E S P A



# C O N T E N T S

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Refresh mind, body and spirit in the serene, luxurious environment of The Spa at art'otel London Hoxton. Located in Shoreditch, The Spa is a sanctuary where you can escape the hustle and bustle of the city, restore your equilibrium and achieve mindful wellbeing.

At The Spa we offer guests an exceptional wellness experience, combining state-of-the-art facilities, cutting-edge technology, groundbreaking science and ancient holistic therapies. Focusing on the four pillars of wellness (Focus, Sleep, Movement and Environment), our expert practitioners deliver a range of treatments in collaboration with a carefully chosen selection of luxury brands.





In our fast-paced modern world, it's vital to make time to reset your mind, recharge your body and protect your wellbeing. The perfect solution to balance busy city living with relaxation and headspace, our spa treatments are inspired by the four pillars of wellness: Focus, Sleep, Movement and Environment.



## FOCUS

From technology to work and social commitments, we're facing an ever-increasing number of distractions in our lives. The ability to focus is a skill many of us need to re-learn to feel present and make the most of every day.



## SLEEP

A good night's sleep is essential to our health and wellbeing. For many of us the quality of our sleep is being degraded daily by irregular and hectic lifestyles, not to mention digital content and socials which make constant demands on our attention.



## MOVEMENT

As our understanding of wellness develops, one thing is becoming crystal clear: we need to be actively involved in our own wellbeing. That means stimulating our body's natural defences through physical activity and movement.



## ENVIRONMENT

Whether it's how our surroundings impact our health (think pollution in an urban setting) or how we impact the health of the planet with our consumption and behaviours, environment and wellness go hand in hand.



# F A C I L I T I E S

Indulge in the ultimate experience to rejuvenate and reinvigorate your body and spirit. Designed with vision, care and attention to detail, our deluxe spa facilities provide smart, stylish spaces to enjoy revitalising relaxation and sensory healing.

## INDOOR POOL

Experience the time-honoured power of water to make you feel relaxed and refreshed. Our heated 12m pool is the perfect place to soothe away your stresses and experience a restorative sense of calm.

## STEAM ROOM

Refresh your system and clear your head in our sensuous steam room. Take some time to totally decompress as you feel the warmth relaxing your tired muscles and breathe in the cleansing, energising vapours.

## SAUNA

The amazing health benefits of taking a sauna have been appreciated for centuries. Feel the soothing heat melt away your stresses and detox your body, while you simply lie back, relax and enjoy some well-earned quiet time.







# OUR PARTNERS

## NATURA BISSÉ

Natura Bissé blends innovation, pioneering technology and high concentrations of active ingredients with deep emotional sensitivity and the power of touch. They understand the power of touch as a way of connecting with you. It is much more than just physical contact. Touch is about listening, understanding and empathy.





## PROVERB

PROVERB is for people who take their health, performance and the environment seriously. They create natural and organic products that are better for human health and performance, the planet and its people. They're passionate about helping you feel, think and look better.

PROVERB take the understanding and efficacy of elite sports nutrition and apply it to your skin. They harness clean, active, natural and organic ingredients, such as proteins, antioxidants and enzymes, formulated from lab-proven results.



A person wearing a blue short-sleeved shirt is performing a massage on a client's back. The person's hands are placed on the client's back, and their arms are extended. The background is dark with several warm, glowing lights, creating a relaxing atmosphere. The text "T R E A T M E N T S" is overlaid in the center of the image.

# T R E A T M E N T S

# MASSAGES



## DECOMPRESS

Unwind with a relaxing massage, using Natura Bissé products, that eases tension, improves circulation and promotes deep relaxation. Personalise your journey by selecting from our range of nourishing oils for revitalised skin and a serene state of mind.

- 30 minutes **£70**
- 1 hour **£140**
- 1 hour 30 minutes **£180**



## MINERAL RESET

Rebalance and relax with our Himalayan Salt Stone Massage. Warm, mineral-rich stones ease tension, boost circulation, and detoxify the skin, leaving you refreshed and restored.

- 1 hour **£140**
- 1 hour 30 minutes **£180**



## STRETCH & ALIGN

Focusing on removing tension and ironing away stress in the entire body, this massage combining stretching techniques will revive tired and tight muscles, mobilise joints and increase your range of movement.

- 30 minutes **£80**
- 1 hour **£150**
- 1 hour 30 minutes **£195**



## ENERGISE & RECHARGE

A personalised massage with Natura Bissé, including a sea salt and olive seed scrub to brighten, smooth, and soften your skin. This bespoke treatment promotes deep relaxation, grounding you in the present moment.

- 1 hour 30 minutes **£210**



## BUMP & BODY

Enjoy a soothing 60-minute treatment designed for expecting mothers, easing tension, nourishing your bump, and enhancing relaxation. Upgrade to 90 minutes for a refreshing face mask and extra pampering.

- 60 minutes **£140**
- 1 hour 30 minutes **£180**



## LEG REVIVAL

A soothing treatment for expecting mothers, designed to reduce swelling, improve circulation, and ease leg and foot tension. Nourishing oils and cooling techniques leave you feeling refreshed, light, and revitalised.

- 30 minutes **£70**



## BEAUTY BEYOND CANCER

A nurturing massage designed for those who have triumphed over cancer, designed to soothe, hydrate and revitalise your skin, using Natura Bissé Ceutical collection. Celebrate your resilience with a treatment that leaves you glowing and refreshed.

- 1 hour **£130**



# FACIALS

## COLLAGEN BOOST



This advanced facial combines collagen, nourishing ingredients, and expert massage for a lifting, rejuvenating effect. A thermal gel boosts oxygenation, while a silicone veil enhances hydration — perfect for dry, dull skin.

1 hour **£160**

## ANTI-POLLUTION



Revitalise your skin with PROVERB's natural skincare. Packed with antioxidants and hydrating ingredients, using Dermalux LED light, this treatment purifies, hydrates, and protects your complexion, leaving it radiant and resilient against environmental stressors.

1 hour **£140**

## DIAMOND ENERGY



Experience the power of Natura Bissé Diamond Collection with a 60-minute facial that energises, lifts, and enhances radiance using expert massage and Gua Sha. Upgrade to 90 minutes for a gentle Gel Peel to refine and resurface your skin.

1 hour **£150**/ 1 hour 30 minutes **£210**

## HIIT



Keep your jaws lifted, face plump, fine lines ironed and muscles strengthened with this high-performance skin workout, full of proteins and antioxidants.

1 hour **£130**

## BUMP & GLOW



A gentle and nourishing facial designed specifically for expecting mothers. This treatment soothes and hydrates the skin, addressing common pregnancy concerns while leaving you with a radiant, healthy glow.

1 hour **£130**

## BEAUTY BEYOND CANCER



A nurturing facial designed for those who have triumphed over cancer, designed to soothe, hydrate and revitalise your skin, using Natura Bissé Ceutical collection. Celebrate your resilience with a treatment that leaves you glowing and refreshed.

1 hour **£120**









# EXPRESS TREATMENTS

## LED EXPRESS FACIAL

A treatment that uses Dermalux targeted light therapy to boost skin health, reduce inflammation and promote a radiant complexion in a quick, effective session.

30 minutes **£50**

## HIIT FACIAL

Our express HIIT facial delivers a powerful, hands-on face massage for an instant lifted, sculpted, and radiant look—perfect for a red-carpet glow!

30 minutes **£80**

## VITALITY HAIR BOOSTER

A revitalising treatment that uses Dermalux light therapy to stimulate hair follicles, promoting healthier, stronger and more vibrant hair growth.

30 minutes **£40**

## HEAD & SHOULDERS

Reach deep relaxation in our bespoke glass room and let our therapists guide you into a blissful state. It's especially beneficial for insomnia and migraines.

15 minutes **£25** / 30 minutes **£50**

## COLLAGEN BOOST FACIAL

This express Collagen Boost facial delivers a potent dose of collagen to enhance elasticity, firmness, and hydration. Combined with expert massage techniques and revitalising nutrients, it instantly lifts, smooths fine lines, and restores radiance—perfect for a quick yet powerful rejuvenation.

30 minutes **£80**

## HIMALAYAN SALT FOOT RITUAL

A revitalising treatment designed to relieve tension and stress, enhance mobility, and re-energise your legs. This therapy combines stretching techniques with lymphatic drainage to boost circulation, fostering a deep sense of relaxation and tranquillity.

30 minutes **£65**

## ADD-ON TREATMENTS

**15 minutes**

Cryotherapy **£20**  
Hydrating Sheet Mask **£20**  
Facial Peel **£30**  
Gel Peel **£30**  
Gua Sha **£20**  
Head & Shoulders Massage **£25**



# SIGNATURE TREATMENTS



## DREAMSCAPE

Escape into relaxation with our Dreamscape treatment. Enjoy a soothing 1-hour Decompress Massage to melt away tension, followed by a 30-minute Collagen Boost Facial to rejuvenate and refresh your skin.

1 hour 30 minutes **£220**



## RENEWAL JOURNEY

Embark on the Renewal Journey, a rejuvenating experience designed to restore both body and mind. This luxurious treatment begins with the Energise & Recharge Massage, relieving tension and revitalising your energy. It's followed by the Diamond Energy Facial, which illuminates your skin, leaving you refreshed and glowing.

2 hours 30 minutes **£350**



## HIIT & HEAL

The HIIT & Heal treatment combines the best of recovery and radiance. Start with a Stretch & Align session to improve flexibility and balance, followed by a HIIT Facial designed to refresh and energise your skin.

1 hour 30 minutes **£230**



## VITAL DETOX

Refresh and rejuvenate with the Vital Detox treatment. Start with a Mineral Reset Massage using Himalayan Salt Stones to melt tension and detoxify, followed by an anti-pollution facial that deeply cleanses and leaves your skin glowing. A perfect reset for body and skin.

2 hours **£270**



## THE SPA RETREAT

Unwind in pure serenity with our Spa Retreat experience. Begin with an hour of relaxation in our tranquil spa area, where you can reset and recharge. Then enjoy a 30-minute express treatment tailored to refresh and revive. Complete your journey with a specially crafted drinks ritual and a delightful chef’s treat - perfect for indulging your senses.

£220

## INDULGE BODY & SOUL

Reawaken your senses with our Indulge Body and Soul retreat. Begin with an hour in our calming spa area, easing into pure relaxation. Then, refresh with our Energise & Recharge treatment - a 90-minute revitalising journey for mind and body.

£280

## SENSORY VOYAGE

Embark on a blissful journey with our Sensory Voyage experience. Begin with a serene hour in our spa area, setting the tone for deep relaxation. Then, unwind with a 90-minute full-body massage, designed to release tension and rejuvenate your spirit.

£260

## MOVEMENT

Restore, align, and energise with our Movement experience. Begin with a 1-hour Stretch & Align Massage to release tension and enhance flexibility, followed by Pressotherapy for muscle recovery and rejuvenation. Enjoy exclusive access to our tranquil spa area and refuel with a revitalising protein smoothie - crafted to power up your body and mind.

£230

## SOULFUL PAIRING PRIVATE SPA SUITE FOR 2

Contemplate and unwind in the decadence of your private suite with someone special. Begin with a healing ritual and relaxation time, followed by a decompress massage and facial treatment. Includes a one course lunch with a glass of Champagne.

£650



W E L L N E S S  
E X P E R I E N C E S

# G R O U P B O O K I N G S

Elevate your group's spa experience with our exclusive, tailor-made packages at The Spa at art'otel London Hoxton. Indulge in luxurious treatments and savour exquisite canapés, accompanied by Champagne - all in a serene setting reserved just for you. Perfect for any special occasion, our bespoke offerings ensure an unforgettable escape for you and your guests.

**Our group experiences are available:**

Monday-Saturday | 10am-8pm

Mon-Wed £190pp

Thurs-Sat £220pp

**Our exclusive 3-hour packages for 12 guests or more include:**

Access to the treatment rooms.

A selection of canapés, a glass of Champagne per person, plus one cocktail, mocktail or soft drink each.

A 30-minute treatment per person, including facials, massages and LED treatments.

For complete exclusivity, contact us about full hire of the pool, sauna and steam room.





The Spa at art'otel London Hoxton  
1-3 Rivington St, London EC2A 3DT

Contact us  
[wellness.hoxton@artotel.com](mailto:wellness.hoxton@artotel.com)  
[artotellondonhoxton.com](http://artotellondonhoxton.com)  
[@artotellondonhoxton](https://www.instagram.com/artotellondonhoxton) [@artotel](https://www.facebook.com/artotel)