

ESPA *life*
AT CORINTHIA

ESPA Life – A revolution in Spa

Set in a space of iconic beauty, ESPA Life at Corinthia London is quite simply the Next Generation of Spa. A pioneering new concept, ESPA Life excels at offering a fully integrated approach to your wellbeing, bringing together a team of the world's top experts to offer an unrivalled choice of spa, complimentary alternative therapies, fitness, beauty treatments and Daniel Galvin Hair Studio.



Spa Lounge

The Gatekeeper is the key to your wellbeing

A highly experienced naturopathic practitioner, your Gatekeeper is the first person we recommend meeting to be expertly assessed through an in-depth medical and lifestyle consultation and Iris diagnosis. Functional Diagnostic Laboratory tests may be suggested which can be performed on site or in the comfort of your own home. This information is then used to tailor your personal path to wellness and oversee each step of the journey.



Spa Corridor with Silver Leaf Sculpture



Spa Reception

Experts in Wellness

ESPA Life has brought together a globally acclaimed team of naturopaths, traditional Chinese Medicine acupuncturists and herbalists, osteopaths, physiotherapists, personal trainers and spa professionals to tailor Lifestyle Programmes for your optimal health and wellbeing, whatever your goals.

Our Lifestyle Programmes help to optimize your wellbeing and vitality and can last a day, a week or run over a period of months. They address everyday health and lifestyle issues such as stress, sleep problems, detox and fertility and are adjusted according to your needs and time available.



Male Changing Rooms



Female Changing Rooms



Pool

Experts in Spa

Handpicked, highly trained therapists provide all the dramatically effective treatments you'd expect from ESPA for men and women. Advanced therapies range from IPL skin rejuvenation and permanent hair removal to potent detox programmes and pregnancy treatments, offered in exclusively designed, richly luxurious treatment pods.

Grooming suites whisper timeless glamour, making them perfect for 'Rush Hour' and beauty treatments for beauty on the go. Hairdresser to the global A-list, Daniel Galvin, is the man behind the stunning hair salon and Movie Makeover Room.

This is the ultimate Day Spa destination.



Rose Crystal Therapy



Movie Make Over Room



Vitality Pool

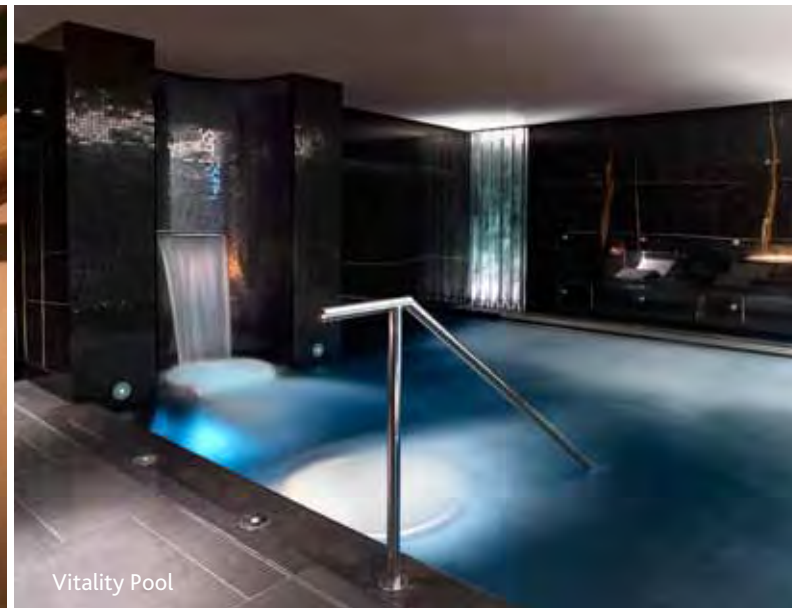
Experts in Fitness

Situated on the dramatic thermal suite floor, leading edge equipment signals an impeccable fitness and rehabilitation offering from personal trainer to the athletic elite, Stephen Price. Staffed by the Stephen Price team of expert personal trainers, the gym is luxurious, discreet and perfectly placed for those seeking unrivalled membership in the heart of Whitehall.

We offer an integrated solution to pre and post operative care, combining complimentary therapies, nutrition and personal training. Our practitioners focus on orthopaedic procedures and sports injury rehabilitation and deliver optimal results to help build strength, balance and coordination.



Bamboo Therapy



Vitality Pool



Thermal Suite

Quartz and Black Membership

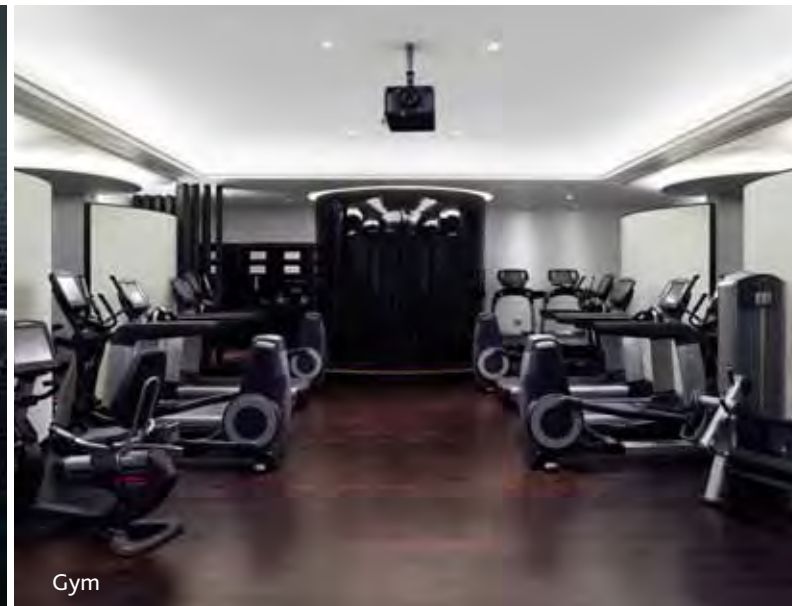
ESPA Life membership at the Corinthia Hotel London is the ultimate membership in the city. With our unique solution to health, fitness and vitality that is accessible, attainable and integrative, ESPA Life can ultimately change your life.

You will have access to all four floors of ESPA Life where you can book your regular acupuncture, physiotherapy, sports massage, luxurious facials and a lot more to either help you prepare for a lifetime sporting event, achieve optimal health or to simply maintain a balanced lifestyle.

A place to socialise and retreat to, at the most convenient time for you.



Hammam



Gym



Amphitheatre Sauna

The Ultimate Spa Destination

Spread over four floors and covering 3,300 square metres, the enormity and grandeur of ESPA Life is simply breathtaking. Soft curved walls throughout, black Tunisian marble and textured leather, ESPA life is a place for men and women to be seen, but undeniably private and exclusive.

A Private Spa Suite, 17 treatment pods, beautiful Spa Lounge for food and drink that's as healthy as it is delicious as well as our Sommelier's pick of fine wine and champagne, nail studio, Daniel Galvin hair studio, stunning stainless steel pool sunk into highly polished black marble, unique amphitheatre sauna, black mosaic steam room are just some of the exceptional spa and fitness facilities available.

To find out more call T +44 (0) 20 7321 3050, dial spa from your room, visit us on the Mezzanine floor or go to www.espalife.london@corinthia.com
To sign up for our mailing list, email espalife@corinthia.com.



OPENING TIMES

Spa and Gym

Monday to Friday	06.30 - 22.00
Saturday and Sunday	07.30 - 21.00

Treatments

Monday to Friday	08.00 - 21.00
Saturday	08.00 - 20.00
Sunday	09.00 - 20.00

ESPA *life*
AT CORINTHIA