

spa@thethirdspace

The art of feeling good outside and in





Welcome to spa@thethirdspace

spa@thethirdspace was created for both men and women as a haven of tranquillity within our vibrant city – this is your perfect urban retreat.

Our iconic architecture, in the heart of Marylebone, provides an atmosphere of calmness and fluidity, and invites you to make this luxurious place your own.

Payot Paris, our brand partner, provides exclusive treatments and products.

This quality range is well researched and established, proven to bring results that are visible, restorative and revolutionary.

The treatments involve natural minerals to enrich, aromatic oils to invigorate and a range of gemstones for calming or energising – bringing you the best and most advanced in beauty technology.

You will find a glossary of useful terms at the back of this booklet.

Our Product Partners

Payot Paris - The History

This prestigious brand was founded by Doctor Nadia Payot in the 1920s. As the first female doctor of her generation, she became fascinated by the world of Beauty Salons in New York in the early 1900s. She worked towards the promotion of beauty and well-being of women by focusing on “joie de vivre” and deep breathing to maintain a balance between body and mind.

Meeting the Russian ballerina Anna Pavlova she was struck by the obvious difference between her face and body; her body kept in perfect shape by dance whereas her face betrayed her age and intense fatigue. Over and above maintaining skin tissue, the Doctor realised the importance of muscular exercise; leading rapidly to her creation of facial gymnastics, care products and application methods for consumers in the home.

Doctor Nadia Payot then made beauty therapy a serious discipline derived from medicine. She began working with a herbalist and then started to blend certain Beauty Elixirs and finalise a few unique products such as Golden Rays, Nutricia, Pâte Grise and Crème no. 2.

Doctor Payot’s first beauty salon was a great success, expanding rapidly to a grand salon incorporating the world’s first Beauty Therapy School. Generations of beauticians were taught to ‘read’ and know the skin, and to perfect treatment and massage techniques. Revolutionary treatments were developed here, forming the basis of treatments we use today.

PAYOT
PARIS





About Our Facials

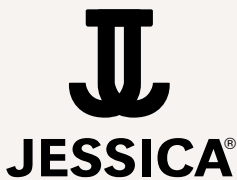
spa@thethirdspace will identify your personal skin type and therapists will recommend a product and treatment that works for you.

Our expert team of therapists use a combination of Microabrasion with Rhyolite and the signature 42-step modellation, founded by Doctor Payot herself.

The Microabrasion technique works deep into your pores to exfoliate your skin and to gently buff away dead surface cells, stimulating cell renewal and encouraging repair.

Our 42-step modellation stimulates the blood circulation, draining of toxins, toning of facial muscles and leaves you feeling totally relaxed and rejuvenated.

Our Product Partners



Jessica

Considered the world's leading authority on natural nail care, Jessica Cosmetics understands what it takes to achieve and maintain naturally beautiful nails.

Jessica Nails was started in the 1970s when Jessica Vartoughian started her own nail salons in the USA. As her reputation as a manicurist grew, celebrities became her clients and referrals poured in. Jessica Cosmetics and the Jessica Nails range are now known around the world.

About Gel Nails

Gel nails are the future of the nail industry. Using a liquid gel over the nail bed, a special LED light hardens the gel in 30 seconds, leaving the nails looking healthy and natural.

Treatment Courses

Courses are available at spa@thethirdspace for certain treatments. When you buy a course of six, the last treatment is offered with a 50% discount. Our Spa reception team can provide you further advice about our courses.

Xen-Tan

Founded in the USA, Xen-Tan is the product of a group of dedicated self-tanners who were unhappy with the dry skin, orange finish, odours and mess associated with fake tanning products. They developed a range that is easy to use, smells fantastic, leaves skin nourished and guarantees the most flawless, healthy-looking tan every time.

XEN-TAN™

GiGi

Since the 1970s, aestheticians in the world's most cosmopolitan cities have relied on GiGi professional products to service even their most demanding clients. It has become the number 1 selling Professional Hair Removal Wax in the industry with a reputation for quality and innovation. Both men and women are welcome to try our waxing treatments.

GiGi®

Our Signature Treatments

Our most favoured and popular treatments can be found at the beginning of each section.

How to Spa

Xen-Tan Tips

We advise that you arrive at the Spa having exfoliated and waxed or shaved 24 hours beforehand. This is to ensure the best quality results. Before entering the Xen-Tan booth, you will be asked to remove all make-up, moisturisers or anything that could act as a barrier between your skin and the tanning product, as this can lead to discolouration.

After your tanning treatment, please wear loose and darker coloured clothing. Bras and shoes can be particularly bad at leaving marks; flip-flops are ideal and we recommend that you leave your bra off for as long as possible. If you can, try and stay clear of light fabrics for up to three hours.

Avoid exercise and swimming whilst your tan develops, or anything that could cause you to perspire. After eight hours your tan should be completely developed, for best results leave on overnight before showering, then pat yourself dry.

Pedicures Tips

It is recommended that you bring flip-flops to wear afterwards in order to avoid unexpected smudging of the polish.

Things to know before your visit

Booking Appointments

You can view all treatments and any special packages on our website. Please call our Spa reception to arrange your appointment.

Your Arrival

Please arrive fifteen minutes prior to your appointment time to complete your consultation form and make use of our changing facilities where appropriate.

Running Late?

If you are late, please understand we will do our best to still accommodate you, however, you may be offered a shorter treatment.

Cancellations

We will take credit card details to secure all bookings. Please let us know if you are unable to keep your appointment. Regrettably cancellations made less than 24 hours before the appointment will be charged in full.

Mobile Phones and Smoking

Phones should be turned off or kept on silent at all times in the Spa. There are no Wi-Fi facilities in the Spa area. Smoking is strictly prohibited.

Health

Please let us know in advance of any health concerns or issues that might be relevant to the treatment.

Age

You must be aged 18 or over to experience treatments or therapies.

Clothing

You will be provided with a robe and slippers for use during your visit. These will be found in your locker in the changing room.

How to find us

The closest underground station is Bond Street. You can find full directions on our website. The nearest NCP car park is located at the bottom of Welbeck Street. Parking meters are available in the area.

Opening Times

Monday – Saturday 10 am until 8 pm
Sunday 10 am until 6 pm

Contact Us

For any enquiries relating to the Spa please call us on **0207 042 6444**.

You can also email us on spaenquiries@thethirdspace.com

www.thethirdspace.com/spa



Treatment Menu



| Treatment | Page |
|--|-------------|
| Facials | 12 |
| Body Wraps, Scrubs & Exfoliation | 14 |
| Body Massage Treatments | 14 |
| Manicures & Pedicures | 17 |
| Gel Nails | 18 |
| Waxing | 18 |
| Xen-Tan Spray Tan | 18 |
| Our Gemstones | 19 |
| Treatment Packages | 20 |
| Glossary of Terms | 22 |

Facials



OUR SIGNATURE TREATMENT

Pure Luxury Facial Delight

(Perfect Experience Ritual)

Enjoy a luxury treatment that has a specific exfoliation ritual leaving your muscles relaxed and skin soft and supple, diminishing signs of aging or loss of radiance. Relax with a scalp massage while Masque Gold, enriched in hibiscus extract and sodium hyaluronate-smoothes, plumps, re-hydrates and revitalises the skin's energy centres. Results are spectacular; wrinkles and fine lines are visibly reduced, facial contours are firmed and the skin is softer, more luminous and radiant.

Bright & Beautiful

(Clear Skin)

This deep cleansing treatment is a perfect introduction to Payot facials and is suitable for all skin types. It includes an enzyme based exfoliation followed by a gentle brightening mask, leaving your skin feeling hydrated, toned and glowing. After a hard work out or a gym class this is a great way to top off your day. Why not treat yourself?

Quenching the Thirst

(Intense Hydrating Ritual)

Walk out feeling radiant and glowing with this thirst-quenching ritual that uses a combination of orange sap water, honey, chestnut and sea algae extracts. Designed to refresh and rejuvenate, this nourishing facial restores elasticity, boosting the skin's natural ability to stimulate collagen. Following a 20 minute 42-step Modellage, your skin is pampered further with a collagen mask that diminishes signs of puffiness, aging and fatigue. A fabulous treat.

Purify, Cleanse & Rebalance

(Purifying Ritual)

This is the ultimate treatment to deep cleanse, purify, regulate and control oil production to leave you with a perfectly clear complexion and to encourage a natural restoration of your skin's balance. The 20 minute 42-step Modellage is performed with an anti-bacterial preparation to treat skin imperfections, purify, and detoxify pores so they can breathe again. Your skin is left feeling matte, velvety and soft with a glow that will leave you feeling happy and beautiful. Blemishes, dilated pores and a shiny nose are things of the past!

Energy Facial

(Energising Ritual)

Wash away stress and fatigue with this energising skin treatment designed to bring extra vitality and life back into your skin. Using rhyolite and luxury mineral oils followed by a rich calcium and magnesium self-warming mask, this treatment provides circulation to relax the skin and works to enhance surface restoration. This essential facial is suitable for all busy people on the go to restore energy and vigour – your skin will regain its vibrancy and glow with health.

Facial Lift

(Absolute Lift Ritual)

This superb treatment is a unique way to regain the resilience and the well-defined contours of younger skin. Using our range of excellent products this facial remodels and re-sculpts skin transforming it with a lasting youthful radiance. Nourishing proteins and omega 3 and 6 are used to give new volume and firmness. Microabrasion is employed to energise, refine and smooth the skin's surface, minimising pigmentation. The 20 minute 42-step Modelling lifts and tones the skin and muscles.

Sit back and enjoy a complimentary hand massage while aloe vera, centalla asiatica and sea lettuce firms and tones. Its super cooling action tightens the skin through vascular contraction, leaving your skin lifted and as good as new.

Roll Back the Years

(Wrinkle Correcting Ritual)

The ultimate anti-aging facial is ideal for those suffering from tired, lacklustre skin or visible signs of aging. Using our fine range of products we re-hydrate neglected skin to leave it looking radiant and fresh, reducing the appearance of fine lines. After the 42-step Modelling, a plumping mask is applied while you sit back and enjoy the relaxation of a hand massage. Your skin feels relaxed, lighter and more radiant.

Gemstone Lift

- add on treatment

Specially created for the spa@thethirdspace by Payot Paris and a gemstone healing expert, this 15-minute massage with either rose or clear quartz can be added to either Roll Back the Years or Facial Lift treatments.

The energy from the crystals enhances the effects of the Payot Paris products and 42-step Modelling, resulting in calmer, radiant and even firmer skin.

FACIALS FOR MEN

Simply Male

(OptiMALE Ritual)

Specially for men, this superb treatment combines our range of products to restore energy and vitality and relax the mind. Rhyolite is used with patchouli and oils to deep cleanse and refine skin whilst lifting in-grown hairs and soothing shaving irritations. This treatment leaves you feeling de-stressed and thoroughly fresh, clean and recharged.

Body Wraps, Scrubs & Exfoliation



OUR SIGNATURE TREATMENT

Exfoliation Minerale

Unwind and de-stress with this ritual for baby-soft, perfectly flawless skin. Following a prelude breathing exercise to encourage relaxation and circulation, your skin is gently yet deeply exfoliated with marine mineral crystals and Rhodochrosite Gemstone Balm, rich in manganese to calm, soothe and relieve stress. After a shower, a fifteen minute massage with mineral-rich cream ensures your skin is re-hydrated and your mind is totally relaxed.

Slim Line Wrap

(Slim Correction)

Support your healthy eating and exercise regime with this purifying and slimming wrap.

A warm mixture of copper-rich Green Clay, Malachite Gemstone Balm and Precious Orange and Grapefruit Oil eliminates toxins and stimulates circulation. You will then unwind with a body massage with Yerba maté extracts to eliminate unsightly shapes, leaving you feeling slender and beautiful.

We recommend a course of six sessions for this treatment.

Lift, Tone, Firm

(Lift Correction)

The ideal treatment when you want to firm and tone; after pregnancy or weight loss, or just as part of your anti-ageing programme.

You will be wrapped in a warm blend of zinc-packed White Clay, Smithsonian Gemstone Balm and Bergamot and Mint Precious Oil to firm, stimulate and energise, then you will enjoy a calcium-enriched massage to fortify the skin.

We recommend a course of six sessions for this treatment.

Beautiful Back

Combine massage with deep cleansing and polishing to ensure a soft and smooth back.

After a purifying exfoliation with a combination of crystals and balms, rich in clarifying copper, a relaxing massage with a blend of patchouli and vanilla essential oils is followed with a warm, deep cleansing Green Clay Mask rich in copper to absorb any remaining impurities as you completely unwind.

Your mind is relieved of any stress and your back is prepared for any occasion.

See the Back of Cellulite

(Celluli Correction)

A quick and effective way to reduce cellulite. Used in conjunction with exercise and a healthy eating plan, this treatment really helps reduce the unsightly 'orange-peel' skin we all dread.

After an exfoliation to stimulate the circulation and strengthen the skin, a professional treatment mask rich in cocoa and guarana, which has twice the level of caffeine of coffee, stimulates fat elimination and circulation. Finally, a gel containing myriceline, caffeine, cocoa and centella asiatica helps prolong the stimulating and water retention-busting effect of the treatment.

We recommend a course of six sessions for this treatment.

Light Legs

Instantly reduce puffy, swollen ankles, feet and legs with this super cooling treatment. A must-have for those on their feet all day.

Using a combination of massage and products featuring hematite, horse chestnut, arnica and menthol extracts to decongest, stimulate the circulation and reduce oedema. This practical treatment relieves all the soreness and heat associated with poor circulation. A cool compress while you relax during a head massage completes the treatment.

We can also offer Hand and Feet Massage Treatments on request.

Body Massage Treatments



OUR SIGNATURE TREATMENT

Energising and Revitalising

(Energising Massage)

This dynamic massage invigorates and revitalises your mind and senses, whilst stimulating your circulation and toning muscles. Using a combination of essential oils and minerals this massage will stimulate, energise, awaken, and restore your natural sparkle.

Available for both men and women

Relaxing

This incredibly slow and rhythmic massage relaxes mental tension, knotted muscles and restores a feeling of peace and serenity, with Precious Harmonising Oil – a blend of patchouli, vanilla and sandalwood essential oils.

Balancing

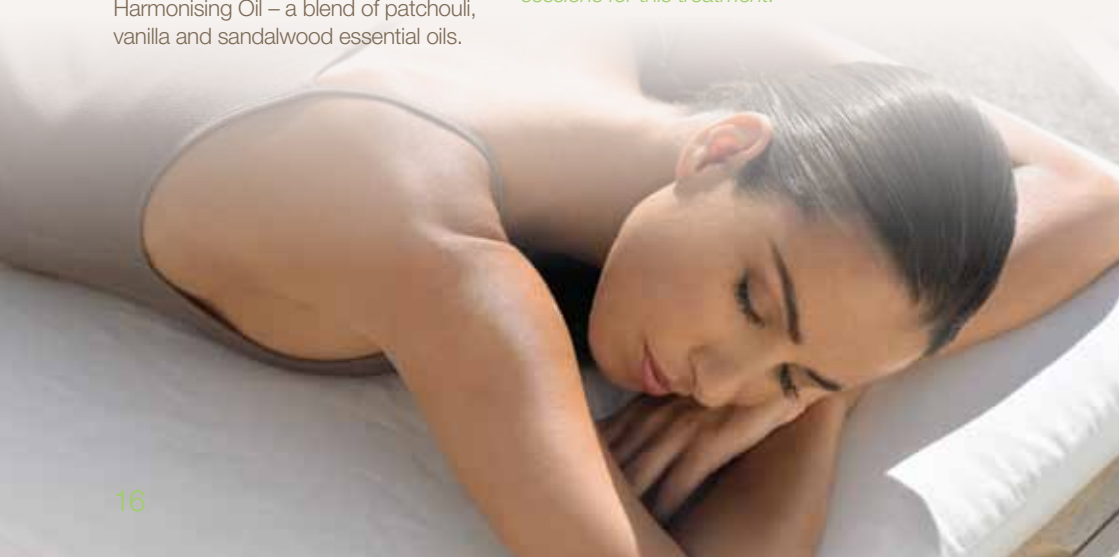
A massage designed to help you breathe deeply, stimulate the circulation, release toxins and unwind, with your choice of Precious Oil: Detoxify, Relax or Energise.

Away with Cellulite

(Celluli-Correction Massage)

Working on specific areas: thighs, buttocks, calves, stomach and arms, this active cellulite-busting massage aids lymphatic drainage and reduces water retention. Precious Detoxifying Oil, blended with orange, grapefruit, petit grain and juniper essential oils purifies, eliminates toxins and reduces the orange-peel appearance of the skin.

We recommend a course of six sessions for this treatment.



Manicures & Pedicures

Express Manicure

A perfect nail fix for someone in a hurry. This is a maintenance treatment including all the essentials from nail shaping to cuticle care and topped off with a gorgeous colour of your choice.

Deluxe Manicure

This treatment combines the Jessica Prescriptive Manicure with the added benefit of Thermal Mittens, massaging oils and creams to penetrate deep into the skin while increasing circulation and relieving stiff, painful joints.

Express Pedicure

A quick 30 minute treatment to take the soles of your feet on a journey. This is a maintenance treatment: nail shaping, cuticle care and a choice of finish.

Deluxe Pedicure

Choose from Calming Green Tea or Energising Ginger for this luxury foot and leg treatment. Hard skin is removed and feet and legs are massaged with deep conditioning creams to leave them soft and smooth. Cuticles are groomed and toenails are beautifully shaped and polished.

Express Manicure & Pedicure package

Get perfect hands and feet in 60 minutes!

Deluxe Manicure & Pedicure package

Enjoy a little extra luxury with an added hand and feet massage with hydrating creams.

NAIL CARE FOR MEN

Executive Hand & Nail Treatment for Men

Hands are exfoliated and relieved of any dryness. This is followed by a relaxing massage, cuticle conditioning and nails are trimmed and shaped.

Executive Foot care for Men

A relaxing foot treatment involving removing hard skin and massaging feet and legs with deep conditioning creams. Cuticles are left clean and tidy, and nails are perfectly shaped.

Gel Nails

Gel Overlay Manicure

Includes hand exfoliation, massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish.

Gel Overlay Manicure including Gel Removal from previous overlay

All of the above including removal of your previous set.

Gel Overlay Pedicure

Includes feet exfoliation, removal of hard skin, reflexology based massage, cuticle care, nail shape and finish with Jessica's GELeration gel polish.

Gel Overlay Pedicure including Gel Removal from previous overlay

All of the above including removal of your previous set.

Gel Overlay Manicure & Pedicure Package

Existing Gel Removal

Waxing

Half Leg Wax

Full Leg Wax

Bikini Wax

Brazilian Wax

Hollywood Wax

Underarm Wax

Other waxing treatments are available on request

WAXING PACKAGES

Full Leg and Bikini Wax

Full Leg and Brazilian Wax

Xen-Tan Spray Tan

Whole body tan

Half body tan

Our Gemstones

Clear Quartz

Is shown to calm nerves and is known for its energising, lifting and healing properties.

Hematite

Is an opaque red coloured gemstone, rich in iron minerals and can improve and strengthen inner peace, helping you to combat stress and anxiety. It is perfect for circulation of the blood promoting good health.

Malachite

Helps to soothe repressed emotions and balances the mind. It can help in gaining insight into the cause of specific conditions such as resentments and anxiety, so you can release them.

Rhodochrosite

Is a calming and soothing crystal that helps to combat stress and anxiety containing natural healing properties.

Rose Quartz

Is soothing, de-stressing, revitalising and is known to protect against pollution.

Smithsonite

Is a mineral ore of zinc. Its extract is used to awaken, invigorate and revitalize skin.

Treatment Packages

One for All

This can be enjoyed by anyone at anytime. Our signature Pure Luxury Facial Delight is followed by our superb Relaxing massage. But what better way to finish than with an Express Manicure and Pedicure to show off!

Beach Envy

Going on holiday? With our Beach Envy package we guarantee you leaving the Spa ready for that beach and to be the envy of everyone. Arrive to enjoy an Express Manicure and Pedicure for those pretty hands and feet. This is followed by a fantastic full body Xen-Tan, a must-have to get those heads turning!

Bride's Grooming

Luxury and pampering sums up this package for all brides to be. Our Quenching the Thirst Facial will soften, hydrate and nourish leaving you with that lasting glow. Light Legs adds an extra spring into your step and a Deluxe Manicure and Pedicure will top it off so you look the part from top to toe.

Travellers Rest

If you have just been on a long journey, feel tired and need rejuvenating then this is the one for you. Light Legs will instantly reduce any puffiness or swollen ankles, including legs and feet, bringing back the circulation and feeling. A Beautiful Back treatment will ease away any stubborn tensions.

Yummy Mummy

Everything a mum deserves to make her feel pampered, gorgeous and radiant. Our Energy Facial is followed with a Lift, Tone and Firm body treatment, designed especially for after pregnancy or weight loss, or just to achieve that confident feeling. An Express Manicure and Pedicure using a Jessica colour of your choice is part of this package to leave you feeling totally yummy.

Business Break

Why not squeeze in a sneaky beauty break and come and relax with us. Escape the hustle and bustle of busy metropolitan life, relieve the tension and benefit from this perfect package that combines a Beautiful Back, followed by a Deluxe Manicure.

Glam Rock

This treatment will remind you of the meaning of glamour. This is one for all of you out there who are getting ready for a date or hitting the town for a party. A Bright & Beautiful facial will illuminate your skin, eliminating signs of fatigue. Our Slim Line Wrap will unwind you and leave you feeling slender for that Little Black Dress. The treatment will finish with an essential Express Manicure.

The Total Detox

Banish feeling of fatigue, anxiety and signs of aging. Facial Lift will transform your skin, decreasing fine lines and dark circles. See the Back of Cellulite is an ideal part of your detox programme and will tighten and stimulate the skin, working on those specific areas we all love to hate.

TREATMENTS FOR MEN

The Gentleman's Treat

For any male in need of a bit of pampering this is the perfect solution. You will enjoy a Simply Male Facial that will revive, cleanse and revitalise your skin. Gentlemen will then enjoy an Executive Hand and Nail Treatment, relieving dryness and tidying up those nails and cuticles. Guaranteed relaxation.



Glossary of Terms

Arnica

The roots of the Arnica plant contain natural healing properties that soothe swelling deep into the skin tissue. It has been medicinally used for many centuries.

Bergamot

It is essential in promoting the body's ability to inner heal. It can be used as an antidepressant, and is calming and refreshing for the nervous system. It's also a good antiseptic and is great with acne and eczema.

Caffeine, Cocoa & Centella Asiatica

They all help prolong the stimulating and water retention-busting effect of the treatment.

Cocoa and Guarana

These two ingredients, which have twice the level of caffeine of coffee, stimulate fat elimination and circulation.

Hibiscus Extract

Hibiscus is a wild plant. Its uses are multiple and the extract contains many antioxidants and antibacterial qualities. It is shown to encourage circulation and has natural properties that act as a cooling relief by dilating pores. It is used in skincare because it has shown to improve elasticity, heal the skin and bring back the skin's luminosity.

Horse Chestnut

An extract that has many beneficial health uses. For example, the leaf is used for eczema, menstrual pain, soft tissue swelling from bone fracture and sprains, cough, arthritis, and joint pain. Horse chestnut branch bark is used for malaria and dysentery. It is used in medicine and therapies of all sorts.

Juniper Oil

Used to protect, purify and stimulate. It's antiseptic, detoxifying, purifying and a tonic.

Manganese

The main role of manganese is to activate enzymes which assist in the formation of bones and to utilize several key nutrients (vitamin B1, B7 and C). It also assists in the metabolism of carbohydrates, dietary fats and proteins and can maintain normal blood glucose levels (this can be particularly beneficial for people suffering with diabetes).

Masque Gold

Is a special treatment that works using different methods of massage and application. The mask works deep into the skin and rejuvenates and removes toxins, assisting with drainage and improving blood circulation. This revolutionary technique encourages both skin regeneration and damage, leaving your skin alive and glowing.

Micro-dermabrasion

Is a non-invasive treatment method used to bring out the best in the skin's natural glow and condition. It is a process of exfoliation or buffing that encourages facial rejuvenation by removing the outermost layer of dead skin cells from the surface and bringing your skin back to life.

Myriceline

An active ingredient that improves the appearance of the skin by reducing fat storage capability, the development of new lipid deposits and activates lipolysis-destruction of accumulated fat. It is therefore best suited for formulations in anti-cellulite, slimming, and skin smoothing treatment products.

Orange Sap water

A refreshing mineral enhanced water.

Patchouli

A plant naturally rich in essential oils that moisturize and re-hydrate the skin. It is proven to induce relaxation and Chinese medicine uses the plant to treat headaches colds nausea and abdominal pains.

Petit Grain oil

Is highly antiseptic and calming, petit grain is also good for digestion and is very soothing to the skin. Its antiseptic qualities will help with acne.

Rhyolite

A natural silica-rich volcanic rock that contains various minerals and a natural texture, perfect for exfoliation and deep-cleansing of the pores. It is a delicate, manual alternative to micro-dermabrasion.

Sea Algae

A natural mineral that contains many vitamins including A, B, B2, B6, niacin and C. A sea algae is super rich in iodine, potassium, iron, magnesium and calcium.

Sea Lettuce

Naturally high in protein and a variety of vitamins and minerals, especially iron. Its properties are beneficial to skin conditioning and firming.

Smithsonite Gemstone Balm

Formulated to awaken, invigorate and revitalize the skin. It contains mineral crystals which are rich in trace elements and mineral salts. Ideal for dull, fatigued skin.

Sodium Hyaluronate

A component used in skin care products because of its natural connective fibres, encouraging the production of collagen, tightening and brightening the skin to achieve that youthful glow. Equally it is shown to produce elastin and to hydrate the skin so that it feels lifted and tight.

Yerba Mate

A tree that contains components rich in magnesium and potassium. It is high in other natural antioxidants, is perfect for detox and is shown to reduce tendency towards obesity.



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www.thethirdspace.com/spa