

---

One > Gym

Two > Spa & Wellness

Three > Massages à la Carte

Four > The Club

Floor-to-ceiling windows and mirrored walls create an energy boosting, motivational work-out environment in our wellness area, complete with gym, sauna and steam room. To complement the facilities we can arrange for a fully dedicated personal trainer to work with you on site, or a map to guide you on a fitness circuit around The City, **if you're an outdoor** exerciser.

We also have a fleet of canary-coloured South Place Pashley bicycles if two wheels are more your thing.

# SPA & GYM

## GYM

South Place Hotel has a spacious gym open 24 hours a day featuring state-of-the-art equipment. Fully kitted out with the finest facilities, **there's TechnoGym resistance** apparatus and cardiovascular machines with touch screen TV displays, a broad range of free weights and a stretch area. The gym is available for hotel guests and members and towels, water and earphones are all complimentary.

## SPA & WELLNESS

**Open from 6am to 10pm, there's a** little corner of peace and indulgence on the first floor of the hotel. Male and female steam, sauna and experience showers with three types of rainfall to soothe and revive. To get you ready after your **workout or treatment there's** plenty of space for primping and preening with well-lit mirrors and hairdryers. To book a treatment with us, please call 2005

# Massages

## Tranquility Aromatherapy:

A relaxing full body massage performed with a range of essential oils that offer relief for insomnia, anxiety, depression, and many other ailments as well as reducing physical and emotional stress.

## Deep Tissue:

Perfect after a tough workout to release muscle tension and soreness. This treatment can also put you back on track if you suffer from aches and pains in your shoulders from too much desk time and office tension. You'll leave feeling bright and uplifted.

## Neck, Back & Shoulder:

A soothing massage focusing on accumulated stress and muscle tension across the back and around the shoulders and neck. This massage relaxes muscles, improves circulation and posture, relieves stress and can help reduce depression.

60 min massage > £120

90 min massage > £180

## Sports:

A most effective therapy for releasing muscle tension and preventing injury. Many athletes use sports massage regularly as an integral part of their regime as it has been proven to enhance performance.

## Thai:

Conducted with a firm hand, this traditional treatment uses stretching and activation of pressure points to release tension, increase vitality and balance mind, body and spirit.

## Holistic:

This therapeutic massage can be compared to Swedish massage – think gentle strokes and relaxing, nurturing treatment to relax your whole being.

## Reflexology:

This massage is performed by applying pressure to the feet with special hand and finger techniques. Trigger points corresponding to major organs are stimulated to send signals to the brain and balance the nervous system. Used sometimes as an alternative to Western medicinal treatment, reflexology works wonders to heal mind and body.

We have a *dedicated treatment room in the hotel's wellness wing, on the first floor.*  
Please ask one of our Lifestyle Team to book a treatment for you.

## The Club

The club at south place hotel is a gym membership with a social spirit. With fitness and wellness at its core, the club also includes unrivalled access throughout south place hotel.

Here, membership is an invitation to flex your muscles with weights or a G&T at the bar, nourish your body with restorative yoga or British dishes in the chop house and get your pulse racing on the treadmill or in the bedroom. Our wellness area includes a fully equipped gym and changing facilities with everything to get you spruced after your work out. For a **little indulgence** there's our sauna and steam room.

## MEMBER BENEFITS AND PERKS:

- Access to the wellness area
- Welcome gift
- Introductory PT session and £5 saving on further sessions booked with Oitoo
- £10 yoga classes with ROOTED London
- 20% off classes from our partners, 1Rebel
- 50% saving on the total bill in South Place Chop House (terms and conditions apply)
- 10% off weekend bedroom rates, VIP amenities and complimentary upgrade (terms and conditions apply)
- Membership to Club D&D
- Four guest passes to be used throughout the year
- Invitations to private views and launches
- Priority to book special menus and events

By becoming a member of The Club at South Place Hotel you agree to our house rules, these are provided with your membership pack or available in advance on request. All benefits are subject to terms and conditions

