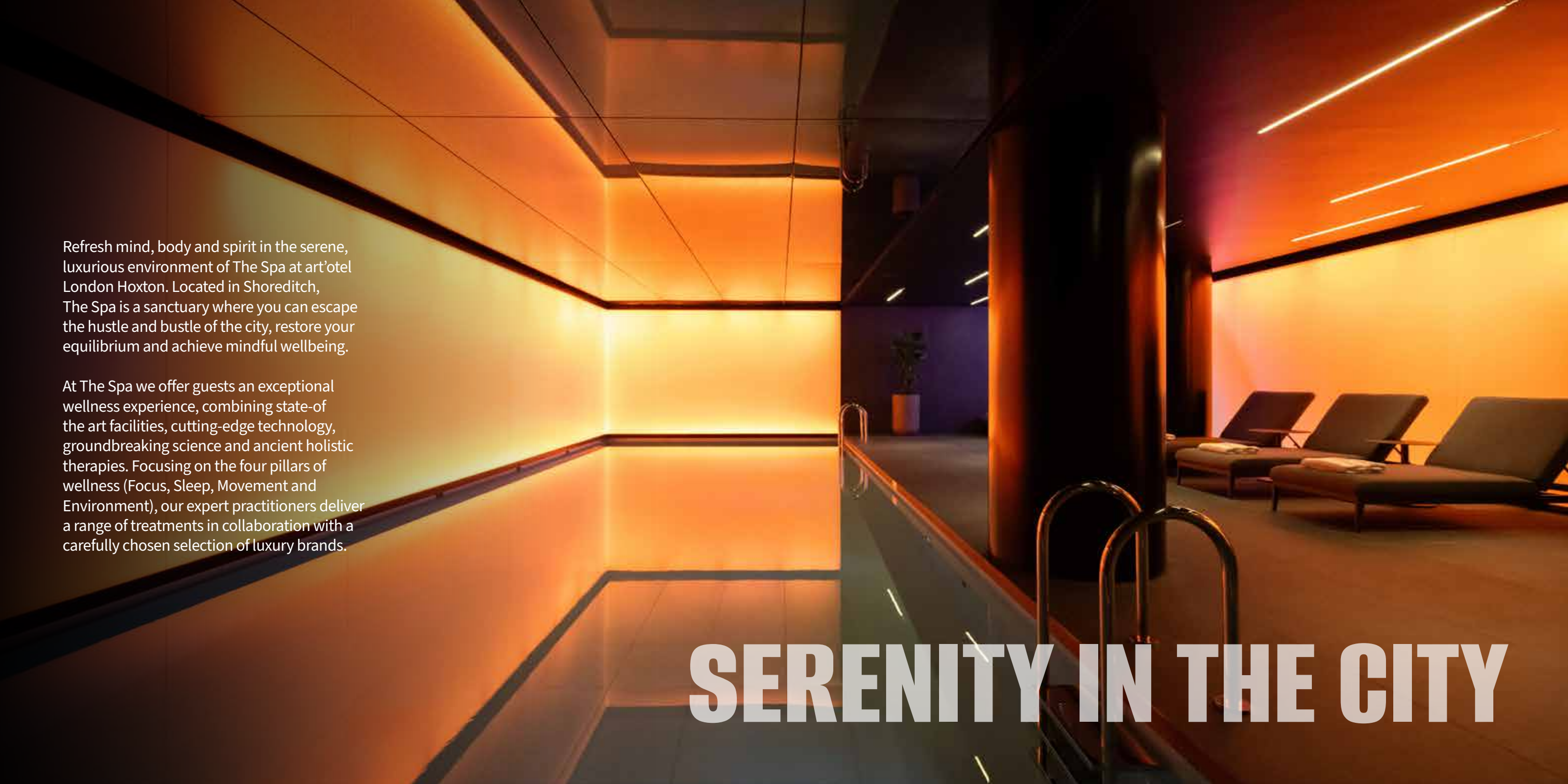


THE SPA

artotel
LONDON HOXTON



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.

SERENITY IN THE CITY



PILLARS OF URBAN WELLNESS

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 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.



FACILITIES

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.

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.

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.

OUR PARTNERS



Natura Bissé
Barcelona

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
LIFE FUELLED SKINCARE

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, so you can

make the most out of every day. 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, anti-oxidants and enzymes, formulated from lab-proven results.



A close-up photograph of a person's back and legs during a hot stone massage. The person is lying on their side on a massage table. A therapist's hands are visible, one resting on the person's lower back and the other holding a smooth, rounded, light-colored hot stone against the person's skin. The scene is warmly lit, emphasizing the texture of the skin and the smooth surface of the stone.

TREATMENTS



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 revitalized skin and a serene state of mind.

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



Mineral Reset Massage

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 Facial

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 Facial

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 Facial

Experience the power of Natura Bissé's Diamond Collection with a 60-minute facial that energizes, 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 Facial

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 Facial

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**

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**

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**

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**

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**

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**

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**



WELLNESS EXPERIENCES

The Spa Retreat

Unwind in pure serenity with our Spa Retreat experience. Begin with an hour of relaxation in our tranquil ground 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

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**

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



GROUP BOOKINGS

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, 1 glass of Champagne per person **plus** 1 cocktail, mocktail **or** soft drink per person.

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.



MAMMA WELLBEING

Beginning summer 2025, immerse yourself in the art of holistic renewal with Mamma Wellbeing. From the gentle alignment of Chakra Energy Healing to the deep release of Sound & Breath sessions, each experience is crafted to restore harmony to body and mind. Every treatment is personally led by an expert practitioner, with their name detailed alongside your chosen therapy.

Ayurvedic Retreat

2 Hour - £300 | Tuesday 10am - 1pm

A two-hour Ayurvedic retreat with nutrition plan and treatment included:

Ayurvedic Nutrition Plan - After assessing your energy levels, metabolism, imbalances, ailments and goals, you'll receive a personalised nutrition plan. This plan includes specific foods, spices, preparation methods, and timing to help you reach your full physical and mental potential. Followed by Abhanga, after a Dosha assessment, your practitioner selects a medicated oil tailored to your needs for a full-body massage, following your lymphatic drainage lines. A Kansa Wand is then used to release deep stress by massaging along the body's energy lines, promoting relaxation and balancing your inner energy.

Reflexology

1 Hour - £175 | Tuesday 10am - 1pm

A deeply relaxing complementary therapy, reflexology has a host of benefits for both body and mind. Reflexology can help to reduce pain, improve circulation, reduce muscular tension, relieve headaches, boost the immune system, improve sleep quality, reduce depression and anxiety and improve fertility.

DEBORAH

Traditional Acupuncture

1 Hour - £175 | Friday 10am - 1pm

Acupuncture can be a powerful, natural way to treat many conditions. This therapy addresses the root cause of the issue and works to bring balance to the entire body, whether that be physically, mentally, or emotionally. Derived from ancient Chinese medicine, fine needles are inserted at certain sites in the body for therapeutic or preventative purposes and to help heal imbalances in your body.

5 Elements Acupuncture

1 Hour - £175 | Friday 10am - 1pm

Element Acupuncture works on balancing your internal systems. Balancing the body internally releases blocks, which helps to smooth and balance emotions, and support your mental health. Releasing these blocks and balancing our emotions can also help to ease pain and physical ailments.

CLARK



HOLISTIC RESIDENCE

Private Sound Meditation

1 Hour - £175/ 1 Person or £230/ 2 People

Tuesday 11am - 2pm

Be gently guided away from your thinking mind using crystal and Tibetan bowls, gong, chimes and shakers. These sessions can help you reset your nervous system, release emotional blocks, and tap into your inner resources while harmonizing your body and mind. An opportunity for self-enquiry where altered states of awareness can inspire insights and resolutions as well as uncover long held limiting beliefs. Highly recommended for anyone struggling with sleep, anxiety, and stress.

Private Sound & Breathe Experience

1 Hour - £175/ 1 Person or £230/ 2 People

Tuesday 11am - 2pm

Using Conscious Connected Breath & Sacred Sound Healing to quiet our minds, release tension, clear stored emotions and to tune into our bodies wisdom. A 1 hour breathwork & sound healing journey dedicated to you, your body and your mind.

Reiki Healing - Launching September 12

1 Hour - £175 | Wednesday 11am - 2pm

Reiki is an ancient Japanese energy healing method which works with all the chakras and energy points in the body to restore balance and flow. Reiki is a beautiful way to travel deep into the seat of your subconscious, releasing any blockages in the body, suppressed emotions, anxiety and stress.

ALI

Chakra Energy Healing with Aromatherapy

1 Hour - £175 | Saturday 11am - 2pm

Chakra Balancing is a deeply restorative treatment designed to bring harmony to the body's energy centres. Using gentle energetic techniques and crystals placed on each chakra point, this treatment helps to release blockages and restore a sense of clarity, calm, and alignment. To complete the experience, you'll receive a bespoke essential oil blend, intuitively crafted to reflect your unique energetic needs uncovered during the session.

JULIE

Book Your Experience

Reserve your chosen treatment by visiting us at the spa or book online by scanning the QR code. Your journey to complete relaxation begins here.



'A curated space for wellbeing discovery where you can infuse your life and the life of others with purpose, inspiration, meaning and joy.'

Mamma
Wellbeing



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