THE DAY SPA
AT THE LABORATORY
SPA & HEALTH CLUB

PROVIDING THE ELEMENTS
OF WELLBEING
WELCOME TO THE LABORATORY DAY SPA

THE LAB DAY SPAS ARE A SANCTUARY OF PEACE AND CALM, A REFUGE FROM THE STRESSES OF DAILY LIFE.

Our luxurious facilities include treatment rooms, twin spa baths, Scandinavian saunas, elegant marble steam rooms and a tranquil pool to relax in.

In these calm, stylish surroundings, members and guests can enjoy an extensive range of day spa treatments in the capable hands of our qualified and experienced therapists.
HOLISTIC THERAPY

MOVE FROM IMBALANCE TO BALANCE WITH A RANGE OF HOLISTIC THERAPIES FOR YOUR MIND, BODY AND SPIRIT.

ACUPRESSURE MASSAGE
Acupressure massage & injury therapy based on the principles of Amma. It incorporates over 100 specific stress release points on the head, neck, shoulders, arms and back.

ACUPUNCTURE
Acupuncture uses fine sterile needles placed at certain “acupuncture points” on the body to adjust the flow of Qi, or vital energy, flowing just beneath the skin. It aims to rebalance the body’s naturally opposite forces of Yin and Yang.

ALEXANDER TECHNIQUE
A practical method created by F.M. Alexander for developing more awareness and control over our bodies in the activities of everyday life.

AROMATHERAPY
Aromatherapy is the use of essential oils, which have been extracted from plants, to heal and balance the mind, body and spirit.

CHIROPRACTIC THERAPY
A drugless & non-surgical approach that treats the causes of aches, pains, strains & injuries, rather than symptoms, using short levers in a precise adjustment of the individual vertebrae.

CHIROPODY & PODIATRY
Treatment of a variety of foot problems, including disorders of the skin, nails and small joints.

INNOVATIVE FACIAL REJUVENATION
Facial acupuncture which stimulates the blood flow and production of collagen, helping to reduce wrinkles and tone facial muscles.

CRANIOSACRAL THERAPY
A hands-on but non-invasive therapy, to assist the body’s natural capacity for self-repair. The therapist will use their hands to listen to the body’s internal rhythms and help to stimulate its self-healing mechanisms.

EAR CANDLING
Good for people who work outdoors or whose ears have been exposed to air pollution and sufferers of chronic sinus problems, headaches, sore throat, hearing loss as a result of ears being filled with old wax, children with earaches etc.

HOT STONE THERAPY
Hot stone therapy uses water heated basalt lava stones, frozen marble stones, traditional massage, aromatherapy and hot oil to warm, work and invigorate the body, resulting in total “mind, body & spirit” benefits.

HYPNOTHERAPY
A relaxed yet focused state of mind in which the creative feeling part of you is drawn on to help resolve emotional, behavioural or psychological problems which can obstruct everyday life.

LIFE COACHING
Life coaching is not counselling and it’s not therapy. Life coaching is a practical, forward-looking way to gain clarity on what you don’t like and what you can do about it.

MEDITATION & REIKI
Guided skills using breath, visualisation and awareness of inner energy, designed to quiet and settle the mind. Reiki is channelled through the palms & works as an invisible energy. It relieves stress & tension and promotes inner peace and wellbeing.

NATUROPATHY
Naturopathy or Nature’s Cure is a philosophy based on the healing power of nature. As a holistic system it aims to promote and restore health by employing various treatment approaches such as naturopathic nutrition, iridology, lifestyle advice, hydrotherapy, massages, vitamin & mineral supplementation and flower remedies.
NEURO-LINGUISTIC PROGRAMMING (NLP)
Understanding why we have fears helps us to address them. As they may not go away on their own we have to take action ourselves! The tools and techniques you will learn in a NLP therapy session will enable you to make dramatic changes in your life.

NUTRITION
A nutrition consultation will look at what your current diet is providing in relation to your needs and will set goals and a plan of how to achieve them. Areas covered will include diet, fitness and lifestyle.

ORTHOPAEDIC ACUPUNCTURE / SPECIALISED MASSAGE
Blending classical Chinese medicine with structural & myofascial techniques for the treatment of chronic or acute pain, soft tissue injuries, postural imbalances & other general disorders. This is combined with appropriate massage techniques for optimum effect.

REFLEXOLOGY
Reflexology uses the principle that congestion in any part of the foot is mirrored in a corresponding part of the body. Thus, when the big toes are treated there is a related effect in the head, and treating the whole foot affects the whole body.

REIKI
A hands-on treatment in which the practitioner acts as a channel through which blocked energies may pass from the client, allowing a feeling of softening for the recipient.
PHYSIOTHERAPY & MASSAGE

CHOOSE FROM A COMPREHENSIVE RANGE OF MASSAGE AND ‘HANDS-ON’ TREATMENTS DESIGNED FOR YOUR ULTIMATE WELLBEING.

PHYSIOTHERAPY
An extensive medical knowledge of the body’s structure, function and mechanics is the basis for accurate assessment, diagnosis and hands on treatment of your problem.

HOLISTIC MASSAGE
A massage which encompasses all elements of the individual: mind, body and spirit. A wonderfully relaxing and calming experience.

EASTERN HEAD MASSAGE (MILL HILL)
This is a combination of Chinese and Indian traditional techniques on the upper back, shoulders, neck, scalp and face using a variety of massage movements.

INDIAN HEAD MASSAGE
Indian head massage is a simple, safe and highly beneficial therapy which involves massage to the scalp, face, neck and shoulders and soothes, comforts and re-balances energy flow.

PREGNANCY MASSAGE
Pregnancy specific massage can help to soothe and calm, helping to alleviate some of the many aches and pains that often accompany pregnancy. Please note - only available after first trimester.

ORIENTAL MASSAGE (MILL HILL)
Oriental massage is an element of Chinese traditional medicine, combining the massage and manipulation of muscles and tendons with acupressure techniques.

REMEDIAL / DEEP TISSUE MASSAGE
This uses a combination of techniques designed to work deeply into the muscles to reach congested areas. The massage also prevents injuries by freeing the muscle fibres, which due to stress, poor posture and over-use, can become knotted.

SPORTS MASSAGE
The manipulation of soft and deep tissues of the body, especially concentrating on muscles, tendons and facia. Deep tissue manipulation will help promote comfort, relaxation and healing.

THAI YOGA MASSAGE
An ancient healing art based on yoga teachings originating in northern India. The treatment combines gentle stretching, applied yoga and acupressure. The therapist uses hands, feet and elbows to apply pressure to important points on the body.

THAI-STYLE HERBAL COMPRESS MASSAGE (MUSWELL HILL)
Herbal compresses with herbs such as lemongrass, ginger, peppermint, turmeric & camphor are wrapped in a muslin compress, steamed and then applied to the body in pressing, circular and rolling movements.

THERAPEUTIC MASSAGE
A stimulating treatment designed to reach the deep portions of muscles using compression, friction and deep finger pressure along the grain of the muscle in order to release toxins and tension.

LYMPHATIC MASSAGE
A gentle facial or body treatment which can help reduce inflammation, promote wound healing, aid sinus problems and encourage the drainage of excess fluids and toxins from the blood.
FACIALS & BODY TREATMENTS

AN ESCAPE FROM THE STRESSES OF EVERYDAY LIFE. AT THE LAB, WE OFFER A FULL RANGE OF INDIVIDUAL FACIAL AND BODY TREATMENTS ALONG WITH PRODUCTS TO COMPLEMENT EVERY SKIN TYPE.

Following close analysis of your skin we will recommend the most effective treatment for your individual skin type for optimum results. Please contact our beauty team for more information.
ESPA AGE DEFYING FACIALS

FOCUSED ON NATURALLY IMPROVING THE CONDITION OF THE SKIN TO PROVIDE OUTSTANDING INSTANT AND LONG-TERM RESULTS.

Every facial begins with a detailed skin analysis and includes specific double cleansing techniques, gentle exfoliation, an acupressure facial massage and a deep cleansing and intensive face mask. Whilst the mask is taking effect, experience a relaxing and therapeutic oriental head massage with pink hair and scalp mud, then enjoy specific moisturising and skin protection to suit your needs.

CELLULAR RENEWAL ENZYME FACIAL
A powerful and highly effective facial to boost cell regeneration and give an instantly smooth, softly glowing complexion.

A deep cleanse incorporating skin brushing, followed by an intense enzyme peel containing botanical extracts and pumpkin enzymes to deeply exfoliate and remove dead skin cells. To finish, we apply a lifting and smoothing mask containing concentrated seaweed extracts, argan oil and menthol, which will give your skin a more plumped and firmer appearance.

AGE-DEFYING FACIAL WITH ACTIVE SERUM
This regenerating facial and firming eye treatment helps minimise fine lines, combat the signs of ageing and visibly improves the appearance of your skin.

Special age-defying massage techniques help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. Skin is left feeling fresh, replenished and nourished.

LIFESTAGE FACIAL
A highly effective age defying facial which delivers immediate visible results, helping to reduce the signs of ageing. The treatment uses ESPA’S new lifestage range which harnesses the latest skin care technology: stage release and natural encapsulation technology.

AROMATHERAPY FACIAL
Suitable for all skin types, this deep cleansing facial purifies, refines & hydrates the skin.

SKIN PURIFYING FACIAL
Decongests stressed/sensitised skin leaving it calm, clear & rebalanced.

REHYDRATOR FACIAL
A nourishing treatment, superb for dry, dehydrated & tired complexions.

SKIN RADIANCE FACIAL
Great for pigmentation & discolouration - the perfect booster facial.

FACIAL CLEANSE
If time is an issue this ½hr facial is perfect! Suitable for all skin types.
ESPÁ DE-STRESS AND RELAX BODY TREATMENTS

WHEN WE LOSE THE ABILITY TO RELAX OUR BODY, FEELINGS OF ANGST AND SLEEPLESSNESS CAN OVERWHELM US.

An ESPÁ anti-stress massage uses effective relaxation techniques and soothing essential oils to offer indulgent stress relief. Nourishing oils soften the skin and relax your mind bringing you back into harmonious balance.

HOLISTIC BACK, FACE & SCALP TREATMENT
A truly holistic experience combining a deep cleansing back exfoliation with a powerful back massage using essential oils to soothe, relax and balance. This is followed by an ESPÁ Intensive Facial tailored to your individual needs and finishes with a therapeutic head massage to help clear the mind, calm the spirit and ease tension.

ENERGY BOOSTER RITUAL
This treatment combines a body wrap and massage to restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

Following a body exfoliation, an algae wrap is applied and the scalp gently massaged. Once you have taken a refreshing shower, a full body massage with energising oil takes place leaving you with a sense of well-being, and feeling energised and revitalised.

ANTI-CELLULITE HIP & THIGH TREATMENT
A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture. Using potent marine extracts, iced mitts and a deep detoxifying massage to achieve great results. Ideal for people concerned by the appearance of cellulite. A course of six treatments is recommended.

LIFESAVING BACK TREATMENT
A stress relieving back treatment which includes deep cleaning, body brushing, exfoliation and a mask to help stimulate circulation and cell renewal. This is followed by a relaxing aromatherapy massage. It is ideal for all skin types, including those with problematic skin.

PRE NATAL TREATMENT
A deeply nourishing body treatment designed to target areas prone to stress and tension during pregnancy.

Gentle body exfoliation is followed by a nourishing massage, then a moisture rich body mask is applied. Finally, truly relax both mind and body whilst your scalp is massaged. A course of six treatments is recommended following the first trimester of pregnancy. Please consult with a beauty therapist prior to booking.

ESPÁ SALT & OIL SCRUB
This exceptional skin softening body exfoliation combines sea salts and nourishing essential oils to leave your skin feeling moisturised, smooth and soft.

BODY POLISH
Complete exfoliation - cleanses & invigorates the skin and body.
GUINOT FACIALS AND TREATMENTS

GUINOT WAS THE FIRST TO CREATE SKINCARE PRODUCTS CONTAINING THE 56 ACTIVE BIOLOGICAL INGREDIENTS FUNDAMENTAL TO CELLULAR LIFE.

Guinot continues to offer top class skin care based on a unique institute approach to beauty, carefully designed cosmetic products delivered by Guinot beauty experts who are attentive to your skin's needs.
GUINOT FACE

HYDRADERMIE²* 
THE STAR TREATMENT.
Hydradermie² is an exclusive Guinot treatment that will make your skin youthful and radiant, from the very first treatment. This unique innovation enables fast and deep penetration of ionised treatment ingredients, resulting in exceptional effectiveness. Seven different treatments are available, depending on your beauty goals and skin type. Your face will appear rested and luminous with a subtle glow. Using this beauty treatment once a month, your face will be radiant all year long. Hydradermie² now achieves double ionisation with double the results.

HYDRADERMIE² AGE LOGIC* 
THE ANTI-AGEING STAR TREATMENT.
A specially designed anti-ageing Hydradermie² facial concentrating on the eyes, face and neck. It includes cleansing, exfoliating, galvanic high frequency, massage and mask.

HYDRADERMIE² LIFT EXPRESS* 
HIGH-TECH LIFTING TREATMENT.
Ideal for clients who want a quick treatment. This treatment includes cleansing, exfoliation and muscle stimulation.

HYDRADERMIE² LIFT* 
THE IMMEDIATE LIFT TREATMENT.
Youthfulness and renewed tone are achieved by stimulating the facial muscles and providing a massage that lifts the facial features. In the same way that body muscles are “sculpted” at the gym, this treatment adds a spectacular “lift effect” to your face after just a few sessions... without injections! In addition to treating and toning the skin, Hydradermie² Lift smooths facial features deep down through muscular exercise. As muscles are toned, they take on new vitality and skin becomes amazingly smoother. From the very first session, your face will look younger.

HYDRADERMIE² LIFT DELUXE* 
THE ‘ULTIMATE LIFT’ TREATMENT.
This hybrid treatment combines the Hydradermie² Age Logic and Hydradermie² Lift express for exceptional results.

HYDRADERMIE² LIFT YEUX* 
THE LIFT TREATMENT FOR EYES.
To add new youth to your eye contour, your beauty therapist has a gentle, effective solution: the Hydradermie² Lift Yeux. The muscles around the eye (the orbicular muscles) will be “exercised” to tone the delicate eye area and add new firmness. From the end of the very first session, small wrinkles are erased, crow’s feet are smoothed and eyes look younger.

LIFTO SOME FACIAL 
REJUVENATING-LIFTING TREATMENT.
The Liftosome facial is a treatment completely dedicated to the firmness and youthfulness of the skin, due to the key active ingredient: Pro Collagen Concentrate, as well as the modelling effect of the Thermolift Mask. After the face is gently cleansed, Pro Collagen Concentrate is applied to the skin, followed by the Thermolift Mask which diffuses a gentle heat facilitating the penetration of the active ingredients. It redefines the skin and tightens the features. The Liftosome treatment recreates the youthfulness and firmness of your face by diminishing signs of ageing. The treatment furthermore restores radiance and vitality.

BEAUTÉ NEUVE 
DOUBLE PEELING FACIAL.
This peeling treatment removes dull skin cells, letting the glow of new cells shine through. The fruit acids in Peel’In gel penetrate between dead cells to break their intracellular links, after which Peel’Out mousse will gently remove them. At the end of the treatment, Clarimasque with pure vitamin C regenerates the elastic fibres, enhancing a natural glow and lightening the skin. One treatment will restore a radiant complexion, while a course of three will reduce pigmentation marks on the skin, eliminating excess dead cells allowing the skin to breathe again. Cellular renewal is accelerated, revealing a more youthful and radiant complexion. Not suitable for very sensitive skin types.

*Electrical Facials
AROMATIC FACIAL BEAUTY CARE WITH ESSENTIAL OILS.
Nature has created medicines which have cared for humanity for over 10,000 years. Guinot thus uses natural sources to provide essential oils and plant concentrates for the aromatic treatment to bring natural beauty to your skin. The unique, personalised treatment method combines the benefits of essential oils with massaging techniques to fill your skin with energy and provide a long-lasting effect. Concluding with an aromatic mask your skin will recover its natural radiance.

GUINOT BODY

AROMATIC BODY MINCEUR
This contouring body treatment uses a massage with essential oils and a mineral clay mask leaving the skin feeling smooth & firm and aiding the body’s natural elimination of toxins.

AROMATIC BODY DOUCEUR
A complete body exfoliation with a sugar-kiwi scrub followed by an energising massage with citrus essential oils. Pure relaxation to leave skin soft and smooth, as well as the body de-stressed. Ideal during pregnancy.

PREGNANCY PAMPER TREATMENT
Extremely relaxing face and body treatment created especially for expectant mothers. Includes full body exfoliation, foot mask, hand & arm massage and facial. Please consult with a beauty therapist prior to booking. Treatment can be carried out after the first trimester and up until the eighth month of pregnancy.

AROMATIC BODY POLISH
A complete body exfoliation treatment to help eliminate dry, flaky skin and refine the skin’s texture. Exfoliation is followed by a body moisturiser leaving the skin feeling firmed.
MEDI SPA TREATMENTS

MEDICAL GRADE TREATMENTS TO GIVE LONG LASTING AND EFFECTIVE RESULTS. AFFORDABLE, PAIN FREE LASER HAIR REMOVAL AND COSMETIC SKIN TREATMENTS.

Intensive Pulsed Light Treatments Laser remove hair permanently with increased comfort. This radio frequency technology is also used for skin rejuvenation, re invigorating the collagen and elastin for firmer, younger looking skin. This gives excellent results for a range of treatments including reduction of spider veins, hair removal, broken capillaries, elimination of pigmentation disorders and the treatment of acne.

LOOKING BEAUTIFUL IN YOUR OWN SKIN

Non Surgical
Non invasive face lift.

Spider & Thread Vein Removal.

Collagen Rejuvenation (no needles required)
Restore and build back natural collagen levels fast for younger healthier skin.

Hair Removal

Pigmentation Removal
Eliminate age spots effectively and quickly.

For further information please book in your free consultation and patch test.
THE LABORATORY OFFERS ME A SUPERB RANGE OF TREATMENTS. THEY ARE MY FIRST CHOICE WHEN CHOOSING A SPA.

Mark Foster.. 5 times Olympic Champion
WAXING

LYCON HOT WAX
Lycon Hot Wax is the market leader in hair removal wax. Famous for preventing hair from breaking, ingrown hairs and skin redness, this is normally less painful than traditional strip wax. It is an exceptional product particularly for sensitive areas. Your therapist will use a combination of hot and strip wax to give you and your skin the best possible hair removal experience.

AUSTRALIAN BODYCARE STRIP WAX
A light dusting of sterile talc is applied to the skin and a thin layer of wax on top, this is removed with a fabric strip. The wax used is Australian body care tea tree oil wax which provides a perfect treatment for the most sensitive of skins. This application is used in all areas. Tea tree after wax lotion or aloe vera gel, is massaged on to the waxed area to soothe and calm the skin.

WAXING TREATMENTS
Full Leg  Full Arm
Bikini    Underarm
Brazilian Lip
Hollywood Eyebrow
Chin      Shoulder

COMBINATION TREATMENTS
Full Leg + Bikini
3/4 Leg + Bikini
1/2 Leg + Bikini

EYEBROW THREADING
By knotting the thread and creating a trap, hairs are caught and forced out by the root. The hair is removed in an efficient manner, leaving the skin clean and smooth.

EYE TREATMENTS

EYELASH & EYEBROW TREATMENTS*
Eyelash Tint
Eyebrow Tint
Eyebrow Shape
Eyelash Tint & Eyebrow Tint
Eyelash Tint & Eyebrow Shape

LASH PERFECT*
Full Set Eyelash Extensions
Eyelash Extension Infill

RELAXATION MASSAGES

FULL BODY MASSAGE
BACK, NECK, SHOULDERS
A full list of all our massages can be found in the Physiotherapy and Massage section.

HANDS & FEET

HAND AND FOOT TREATMENTS
Manicure
French Manicure
Nourishing Hand & Nail Treat
Pedicure
French Pedicure
Nourishing Foot & Nail Treat
Manicure & Pedicure
French Manicure & French Pedicure
French Toe Revarnish
Toe Revarnish
Hand Revarnish
French Hand Revarnish

ARTISTIC NAILS
This treatment lasts up to three times longer than a normal manicure! Instantly drying without chipping or peeling.

SELF-TANNING TREATMENT
Full-body
Half-body

LAB HAIR

Hairdressing of the very highest salon quality is available at The Laboratory. This is your passport to great looking, amazing hair.

BESPOKE HAIRDRESSING FOR MEN AND WOMEN (MILL HILL)

PROFESSIONAL BARBERS EXCLUSIVE TO THE LAB (MILL HILL)

*Please book a patch test 48 hours prior to your first tinting or Lash Perfect appointment. We will be unable to proceed with your appointment without this.
MEN’S TREATMENTS

ESPA TREATMENTS

ESPA DE-SENSITISER FACIAL
A comforting facial for sensitive skins prone to redness and irritation. De-sensitising natural plant extracts and calming aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity and minimise high-colour leaving skin calmed, nourished and comfortable.

GENTLEMAN’S TONIC
After a hard day, this treatment soothes aching muscles and targets the back, neck, legs and feet.

Enjoy a soothing foot soak and scrub followed by a leg and foot massage involving a warming envelopment of paraffin wax to the feet and instant pedicure. The back is then exfoliated and massaged with essential oils – the perfect treatment to restore energy to a weary back, feet and legs.

Includes: Foot soak, exfoliation, foot and leg massage – envelopment of paraffin wax to the feet and essential pedicure – back exfoliation and massage with essential oils.

BACK, FACE AND SCALP TREATMENT
This holistic treatment renowned as ESPA’s ‘Hero’ treatment and loved by all; this experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation – back massage – facial – scalp massage

STRESS RECOVERY DAY
As a Spa Day but with the added extra of a personalised ESPA facial, a nourishing hand & nail treat & an ESPA stress reliever ritual which combines a body wrap & massage using soothing oils to restore equilibrium, peace of mind & bring deep relaxation to the body & spirit.

REVITALISE & ENERGISE SPA DAY
This more invigorating day begins with a fitness assessment with a fully-qualified gym instructor, who will then design a short programme tailored to your aims & level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA fitness massage to soothe tired muscles & revitalise the body promoting a feeling of well-being. The package includes the appropriate ESPA bath oil so that you can continue the relaxation at home with a long relaxing soak!

GROOM’S SPA DAY
The groom needs pampering too! - as a Spa Day but also including a men’s personalised ESPA facial, a hand & foot treat & a relaxing back, neck & shoulder massage.

SPA DAY RETREAT
A Spa Day but with the added extra of a one hour relaxing full body massage.

SPA DAY
Allows full use of the club’s facilities, including the gym, group fitness classes, mind/body classes, wet facilities & relaxation room (Muswell Hill only). A light lunch from our juice bar and light refreshments are also included.
GUINOT TREATMENTS

HYDRADEMI PURIFYING TREATMENT*
This electrical facial will have your skin visibly re-balanced, pores tightened and skin mattified. The combination of three key ingredients - salicylic acid, lipacid and AC-NET - acts to rebalance sebum secretion and bacterial levels, as well as having a cell-renewing action.

AROMATIC BALANCE TREATMENT
This treatment will leave you feeling incredibly relaxed and your skin will regain its purity, radiance and balance. Suitable for oily and combination skins, this treatment will help to re-balance the action of sebaceous glands and to enhance the appearance of your skin.

HYDRADEMI ANTI-WRINKLE TREATMENT*
This electrical facial with clinically proven results will help to smooth wrinkles and aid firmness. We recommend one treatment a week for three weeks for optimum results.

HAIR REMOVAL

HAIR REMOVAL IPL LASER
PERMANENT REMOVAL AND WAXING
Chest
Back
Shoulder

HANDS & FEET

HAND AND FOOT TREATMENTS
Manicure
Nourishing hand and nail treat
Manicure
Pedicure
Nourishing foot and nail treat
Manicure and pedicure
ESPA hand and foot treatment

*Electrical Facials
THE LABORATORY SPA DAYS

RELAX AND INDULGE YOURSELF IN COMPLETE LUXURY IN AN OASIS OF PEACE AND TRANQUILITY.

STRESS RECOVERY DAY
As a Spa Day but with the added extra of a personalised ESPA facial, A Nourishing Hand & nail treat & an ESPA stress reliever ritual which combines a body wrap & massage using soothing oils to restore equilibrium, peace of mind & bring deep relaxation to the body & spirit.

REVITALISE & ENERGISE SPA DAY
This more invigorating day begins with a fitness assessment with a fully-qualified gym instructor, who will then design a short programme tailored to your aims & level of fitness. After an invigorating workout, relax over a light nutritious lunch. This is followed by a warming ESPA fitness massage to soothe tired muscles & revitalise the body promoting a feeling of well-being. The package includes the appropriate ESPA bath oil so that you can continue the relaxation at home with a long relaxing soak!

BRIDAL SPA DAY
The perfect pre-wedding treat, as Spa Day but also including a personalised ESPA facial, a manicure & pedicure & a relaxing back, neck & shoulder massage to ease away any pre-wedding tension.
GROOM’S SPA DAY
The groom needs pampering too! - As a Spa Day but also including a men’s personalised ESPA facial, a Hand & foot treat & a relaxing back, neck & shoulder massage.

PREGNANCY PAMPER DAY
As a Spa Day but with a Guinot pregnancy pamper treatment which is ideal for mums to be & includes a full body exfoliation, foot mask, hand & arm massage & facial. (Please note that this treatment is only available from the second trimester onwards)

SPA DAY
Allows full use of the club’s facilities, including the gym, group fitness classes, mind/body classes, wet facilities & relaxation room (Muswell Hill only) A light lunch from our juice bar and light refreshments are also included.

SPA DAY RETREAT
As a Spa Day but with the added extra of a one hour relaxing full body massage

RELAX IN OUR TRANQUIL GARDENS
THE LABORATORY MUSWELL HILL
GENERAL INFORMATION

NON MEMBERS
Non members are welcome to use the day spa. All treatments must be pre-paid for at the time of booking.

TREATMENT GUIDELINES*
Extremes of hot and cold temperatures and chlorine can make skin ultra sensitive. Please ensure that you do not expose your skin to these conditions for at least 8 hours before or after waxing. The sunbed should not be used on the same day as a waxing treatment.

Waxing is not available for those using Roaccutane or Accutane and it is advisable to refrain from waxing for five months after finishing these drugs.

If you are engaging in any strenuous physical activity please ensure that you shower before arriving for your massage.

*CPlease refer to our full list of contra indications at reception.

CANCELLATION POLICY - TREATMENTS
We require a minimum of 24 hours’ notice for cancellations to avoid 50% of the treatment being charged. For less than 12 hours’ notice, the full session will be charged.

CANCELLATION POLICY - SPA DAYS
We require a minimum of 48 hours’ notice for cancellations to avoid 50% of the spa day being charged. For less than 24 hours’ notice, the full session will be charged.

LATE ARRIVALS
If you arrive late for your appointment, we reserve the right to shorten your treatment time if necessary. The full charge will still apply.

MEDICAL CONDITIONS
Please alert us of any pre-existing medical or allergic conditions before commencing any treatment.

GIFT VOUCHERS
Gift vouchers for the Day Spa make the perfect gift for both members and non members. Vouchers are valid for six months and can be purchased for either a monetary amount or a particular treatment.
HOW TO FIND US

MUSWELL HILL
The Avenue, London, N10 2QE
CALL 020 8482 3000

OPENING HOURS
Monday-Friday  7am - 10pm
Saturday & Sunday  8am - 9pm
Bank Holidays  8am - 9pm

MILL HILL
Hall Lane, London, NW4 4TJ
CALL 020 8457 3300

OPENING HOURS
Monday-Thursday  6.30am - 10.30pm
Friday  6.30am - 10.00pm
Saturday & Sunday  8am - 10pm
Bank Holidays  8am - 10pm
PROVIDING THE ELEMENTS OF WELLBEING

THE LABORATORY SPA & HEALTH CLUB
MUSWELL HILL THE AVENUE N10 2OE CALL 020 8482 3000
MILL HILL HALL LANE NW4 4TJ CALL 020 8457 3300
LABSPA.CO.UK