

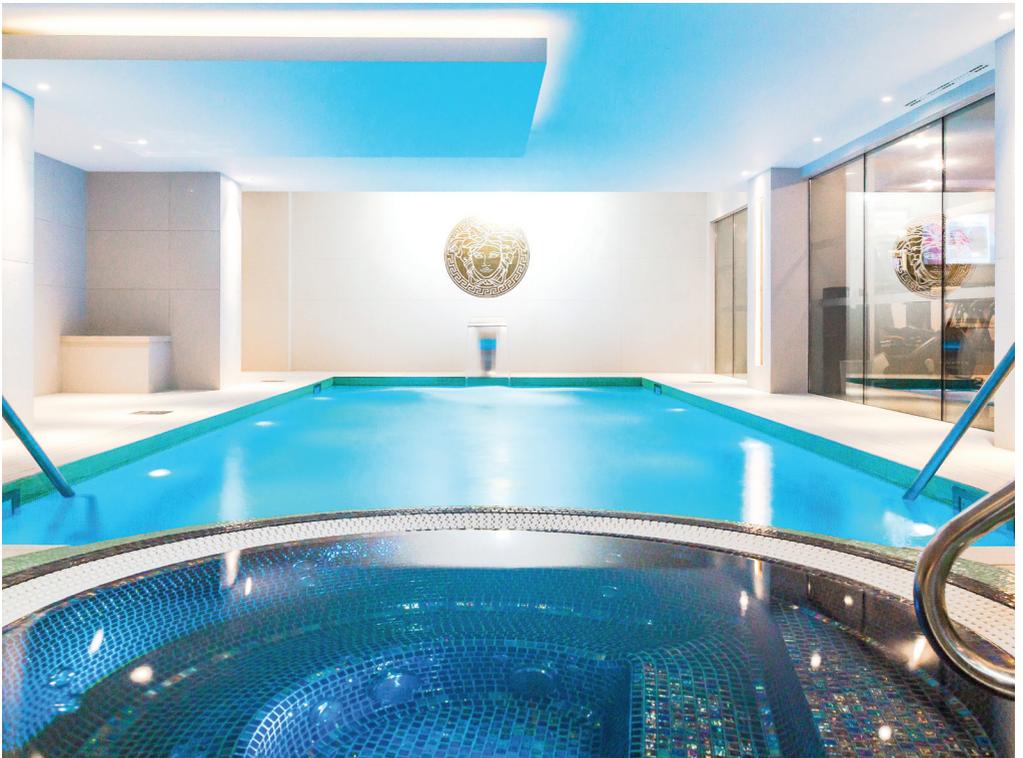
BEAUTY
&
Melody
SPA



THE MONTCALM
ROYAL LONDON HOUSE
FINSBURY SQUARE, CITY OF LONDON

Welcome

Welcome to the Beauty & Melody Spa at the 5 star Montcalm Royal London House Hotel. With every detail designed for blissful relaxation, Beauty & Melody is the ultimate urban escape to leave you feeling utterly indulged. Our signature treatment menu offers the most luxurious spa experience for any guest at our ocean themed spa environment. Beauty & Melody's prestigious Thalgo face and body rituals have been the world leaders of the marine spa and beauty trend for over 50 years. One of London's most luxurious, sought after spas; Beauty & Melody features 3 treatment rooms, an 8 seat sauna, 6 seat steam room, 8 metre swimming pool, Jacuzzi and a fully equipped state-of-the art fitness centre!





Capsule Rituals

Our capsule rituals are little slices of heaven for any visitor to Beauty and Melody Spa. Perfect on their own or you can choose more than one ritual for a divinely indulgent spa experience.

Polynesian Body Scrub, 30 mins £45

A gentle vanilla-scented body scrub blended with pure white sand from Bora Bora, sea salt, coconut shell and Algo-Monoï for a thorough exfoliation of body to leave the skin feeling smooth and soft.

Algae Body Wrap, 30 mins £45

After a relaxing welcome massage to relieve tensions, the body is exfoliated. Then Thalgo's patented seaweed body wrap is applied, infusing its minerals, vitamins and micro-nutrients into the body. This treatment activates circulation, increases metabolism, relieves aches and pains, and improves skin conditions such as eczema and psoriasis. Excellent for detox and general well-being.

Lomi-Lomi Neck Back and Shoulder Massage, 30 mins £45

This rhythmic, wonderfully relaxing Lomi-Lomi massage loosens muscles and nourishes the skin. Polynesian Sacred Oil is swept over the skin, its subtle golden pearls leaving a sun kissed glow and a delicate scent of flowers and Monoï.

Hawaiian Head Massage, 30 mins £45

This reviving ritual is based on ancient traditions of massage and healing that have been practiced on Pacific Islands for hundreds of years. This holistic Massage is a healing treat for mind & body.

South Pacific Hand and Foot Treatment, 30 mins £45



Spa Rituals Body

Thalgo Polynesia Spa Ritual, 1 hour 30 mins £120

This luxurious treatment begins with an azure water foot bath to protect and hydrate the skin, followed by an Exotic Island Full Body Scrub, a divinely relaxing massage incorporating rhythmic Lomi-Lomi techniques and warm sand pouches and finally, Polynesian Sacred Oil is swept over the skin, leaving a sun kissed glow and a delicate scent of flowers and Monoi.

Thalgo Indocéane Spa Ritual, 1 hour 30 mins £120

This wonderfully rejuvenating ritual commences with a soothing Egyptian Precious Milk bath foot ritual, followed by a skin softening Mediterranean influenced body exfoliation, an Ayurvedic-inspired massage that uses warmed oils and an ancient Indian technique, and a silky smooth body wrap, leaving you and your skin will feel intensely reinvigorated.

Thalgo Sea & Senses Hot Stone Body Treatment (including exfoliation), 1 hour 15 mins £95

For deep relaxation, try the Thalgo Sea & Senses body treatment with marine hot stones. After a full body exfoliation, warm volcanic basalt stones are applied to specific points on the body to relax and eliminate toxins, while cool marine stones are applied to re-mineralise the body.

Spa Rituals Face



Illuminating Radiance Facial, 30 mins £55

Reveal your skin's beauty and radiance in just 30 minutes! This treatment awakens tired complexions, leaving the skin fresh and glowing with radiance.

Thalgo 3 Algae Facial, 1 hour £90

Experience true marine beauty with this signature algae facial, suitable for all skin types. This wonderfully relaxing ritual will leave your complexion soft, radiant and beautiful.

Heart of The Ocean Facial, 1 hour £90

- Source Marine Ritua: Normal/dehydrated
- Cold Cream Marine Ritual: Sensitive & dry/very dry
- Pure Balance Ritual: Oily/combination

This personalised to your skin type Thalgo signature facial ritual deep cleanses, tones and helps restore your complexion its natural beauty.

Hyaluronic Smooth and Fill Facial, 1 hour £95

Help correct the signs of ageing as with this smoothing and wrinkle filling facial. Special massage techniques and powerful serums combine for unrivalled anti-ageing results.

Thalgo Exceptional Ultimate Time Solution Ritual, 1 hour 30 mins £130

This manual facelift using Thalgo's revolutionary massage technique, EnergiLift, targets and tightens individual facial muscles and visibly lifts the entire face, providing the ultimate anti-ageing facial to combat all signs of ageing. Skin is left visibly smoother, brighter, lifted and nourished.

Massage Rituals

Swedish Massage

30 minutes £45
50 minutes £75
90 minutes £95

The perfect massage is to relax and rejuvenate the entire body.

Deep Tissue Massage

30 minutes £50
50 minutes £85
90 minutes £105

Deep Tissue Massage focuses on reaching the deeper layers of muscles and tissue and is especially beneficial for tense areas.

Pregnancy Massage

50 minutes £85
90 Minutes £105

Hot Stones Heaven

30 minutes £50
50 minutes £85
90 minutes £105

This indulging massage will send your mind, body and soul into a heavenly state. Your muscles will be totally renewed with the combination of rhythmic massage and the power of the warm volcanic stones. Working with the key energy points of the body leaving you totally relaxed.

Reflexology

25 minutes £45
50 minutes £75



Arrival Time

Please allow sufficient time before your treatment to complete a spa consultation form and / or Health Questionnaire. We recommend you arrive up to 1 hour in advance of your treatment so that you can change, relax and enjoy the spa facilities. Please be advised that late arrivals will result in a reduction of treatment time.

Spa Facilities and Access

The following facilities are available to guests booking a treatment lasting for a minimum 1 hour: sauna, steam room, swimming pool, spa pool, spa changing and relaxation areas. Guests who have reserved nail or grooming treatments will be escorted directly to and from their treatment room and do not have access to the spa changing areas, spa and heat experience facilities, pool or the gym. Spa access and use of facilities up to two hours can be purchased separately for £40. It will include robes, slippers, towels and refreshments.

Gym

A state-of-the-art gym equipped with the Matrix cardiovascular and strength machines and free weights area. Personal trainers are on hand to help you prepare for sporting events, specific goals or assistance with the creation of a life-changing fitness routine.

Swimming Pool and Spa Pool

The 8-meter swimming pool and spa pool with air and water massage jets are available to hotel guests, members and day spa guests only.

Cancelation Policy

A 100% charge will be incurred for any treatment not cancelled at least 48 hours prior to your scheduled time. Late arrival will shorten your treatment time.

Children's Access Guidelines

Pool: Children from age of 8 and 15 must be supervised in the pool by at least one adult aged 16 or above, at a ratio of two children to one adult at all times. The use of the swimming pool by children is restricted to 09:00am to 12:00pm. Children below the age of 8 years are not permitted in the Pool. **Jacuzzi, Steam Room and Sauna Room:** Children from the age of 8 to 15 years must be supervised in the Jacuzzi, steam room or sauna at least one adult aged 16 or above, at a ratio of two children to one adult at all times. Children below the age of 8 years are not permitted in the Jacuzzi, steam room or sauna.

Spa Etiquette

Our spa environment is one of relaxation and tranquility. Please respect all spa guests' right to privacy and serenity. In light of this, the spa is mobile phone, camera and smoke – free zone.

Gift Vouchers

An ideal treat for someone special! Please contact the Spa team for details.

Valuables / Lost Property

The Spa accepts no responsibility for lost of valuables and jewellery at any time. All lost property found on the premises should be handed in at reception.

For safety reason please be informed that glass, china, steel cutlery or any sharp objects are not permitted in the Spa.

Visit our other branches located at:

Beauty & Melody Marble Arch

19-21 Great Cumberland Place,
London, W1H 7AS

Beauty & Melody St John's Wood

(Within Aura Centre)
Charlbert Street,
London, NW8 7BT

Beauty & Melody Angel

(Top floor above Herbal Inn)
47 Upper Street,
London, N1 0PN

Beauty & Melody Knightsbridge

122 Knightsbridge,
London, SW1X 7PF

Beauty & Melody Spa Piccadilly

(The Piccadilly London West End Hotel)
65-73 Shaftesbury Avenue,
London, W1D 6EX

Beauty & Melody Spa Shoreditch

(M by Montcalm Shoreditch Tech City Hotel)
151-157 City Road,
London, EC1V 1JHspa

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T: +44 (0) 020 711 28478



Beauty & Melody Spa Liverpool Street, (The Montcalm Royal London House)

22-25 Finsbury Square, London, EC2A 1DX

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Spa Treatment Opening Times

Monday-Sunday: 10am-7pm

Spa/Gym Opening Times

Monday-Sunday: 6am-10pm

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