



ST PANCRAS SPA



ST PANCRAS SPA

THE ST. PANCRAS SPA IS DEDICATED TO THE REJUVENATION OF BOTH THE BODY AND MIND, OFFERING RITUALS THAT ARE INSPIRED BY THE TRANQUILITY OF AN ENGLISH GARDEN TO RESTORE BALANCE AND WELLBEING

Designed around Journeys, each experience is crafted to transport you through a landscape of floral infusions, herbal essences, and luxurious formulations enriched with nature's finest treasures. Every ritual is an invitation to reconnect with the earth's natural rhythms, restoring balance and radiance from within.

Located within St. Pancras London, the St. Pancras Spa features a relaxation pool with hydro loungers, traditional saunas, a therapeutic steam room, a relaxation lounge as well as six opulent treatment rooms and a couple's suite.

Our team of highly experienced therapists will guide you through your chosen Journey, ensuring that you leave feeling refreshed, revitalized, and enveloped in the soothing embrace of our botanical sanctuary.

SKEYNDOR
SCIENCE creates BEAUTY®

111SKIN
HARLEY ST. LONDON

 **Therabody**



JOURNEYS

Timeless Garden Retreat	3
Garden Serenity For One	6
Garden Of English Bliss	7
Rose Gold Radiance	8

PACKAGES

Citrus Renewal	9
Harmony Tranquility	9
Nourishing Sanctuary	10
Black Diamond Body Sculpting	10

SPA & DINING

High Time For Tea Time	11
Lunch Escape	13
Dine & Unwind	14

MASSAGE

Signature Massage	16
Aromatherapy Massage	17
Ultimate Mum To Be	17
Himalayan Salt Rock Massage	18
Muscle Release Massage	18

FACIALS

Signature Black Diamond Facial	19
De-Puffing Cryo	20
The Harley Street Facial	21
Aquatherm Facial	22
Nature's Essence Facial	22

TREATMENT ADDITIONS

Thermal Salt Body Scrub	23
Body Wrap – Choice of Sapphire Cream Wrap or Green Tea Body Wrap	23
Mud Scalp Massage	24
Theragun	24
Back Neck & Shoulder Massage	25
Express Facial	25
Cryothermal Eye Treatment	26
Face Lift-Micro current & LED	26

TREATMENT ENHANCEMENTS

Therabody – Air Recovery Boots	27
Nourishing Hair Mask	27
Warming Repair Hand/Foot Mask	27
Celestial Black Diamond Lifting and Firming Face Mask	27
Celestial Black Diamond Eye Mask	27
Celestial Black Diamond Neck Mask	27

EXPERIENCE

Spa Day Pass	27
--------------	----

HOW TO SPA

28

SPA MEMBERSHIP

30







TIMELESS GARDEN RETREAT


SKEYNDOR

60 minute Signature Massage
90 minute Timeless Prodigy facial
1 glass of Sparkling tea

Enjoy two hours of spa access, starting with a 60-minute Signature Massage, followed by the Prodigy Luxury Facial, infused with premium skincare actives.

This facial features D-Tic Champagne Jelly, made from French champagne to purify and rejuvenate. A potent blend of Prodrogyan fluid and five active ingredients enhances efficacy, while Damask Rose Stem Cell Concentrate, stabilized in low molecular weight hyaluronic acid and a 3D collagen mesh, revitalizes skin texture. Finish with White Truffle Redensifying Cream for a radiant, firm complexion.

Conclude your experience with a glass of our sparkling tea, elevating your escape into pure luxury.





GARDEN SERENITY

SKEYNDOR

**30 minute Salt Scrub,
60 Signature massage,
30 minute Express Facial & Hair Mask
A glass of Sparkling tea**

This package includes two hours of full access to our spa facilities. Begin with a revitalising salt body scrub designed to detoxify and smooth the skin, followed by a 60-minute Signature Massage using sesame seed oil, rich in Vitamin E for antioxidant support and deep relaxation.

Continue with a 30-minute hydration facial while a nourishing hair mask restores softness and shine. The experience concludes with a chilled glass of sparkling tea.

Available for individuals or couples, with the option to enjoy the treatment together in our private couple's room.





GARDEN OF ENGLISH BLISS

SKEYNDOR

30 minute Orange and Apricot Peel
30 minute Green Tea Body Wrap
60 minute Signature Massage
1 glass of Sparkling tea

Let yourself unwind with a two-hour spa retreat designed to restore balance and well-being. Begin with a brightening exfoliation of orange and apricot to refresh your skin and leave it naturally radiant. Then, sink into a revitalising wrap enriched with green tea and citrus extracts, gently detoxifying while promoting inner harmony.

The journey continues with our signature massage, combining Indian spices, coconut, and sesame oils to ease tension, while black cumin seed oil helps nourish and strengthen the skin. A chilled glass of sparkling tea completes the experience, leaving you refreshed and restored.



ROSE GOLD RADIANCE

111 SKIN

30 minute Massage
60 minute Rose Quartz Facial
1 glass of Sparkling tea

A powerful facial that combines restorative actives with advanced skincare technology to lift, firm, and sculpt the complexion. This two-level treatment includes our signature massage techniques and the Wrinkle Minimising Wand, working together to enhance circulation, improve tone, and visibly smooth the skin.

Designed to calm inflammation and ease tension, it nurtures both skin and mind. To complete the experience, enjoy a deeply relaxing 30-minute back massage using our serenity oil — a warm, aromatic blend that leaves you feeling restored and rebalanced.





CITRUS RENEWAL

SKEYNDOR

30 minute Orange Apricot Peel

**30 minute back & Shoulder massage
with Bamboo & Lotus cream**

Experience the rejuvenating of orange and apricot exfoliation, infusing your skin with antioxidants for a luminous glow. Follow with a 30-minute Back & Shoulder massage using our bamboo and lotus-rich cream. Bamboo extract, lotus flower, and water lily work together to protect, revitalize, and provide long-lasting hydration, all while you relax in the serene ambiance of our English Garden-themed spa.

Perfect for travelers seeking refreshment, radiance, deep hydration, and total body relaxation

HARMONY & TRANQUILITY

SKEYNDOR

**30 minute Back & Shoulder massage
30 minute Express Hydration Facial**

A 30 minute Back & Shoulder massage, designed to melt away tension and promote deep relaxation. This is seamlessly complemented by our express facial, featuring the Expert Cleanse PRO range to reveal your skin's natural radiance.

Conclude your experience with our Power Hyaluronic Intense Hydrating Mask, enriched with essential minerals and pristine Norwegian glacial water, leaving your complexion revitalised and luminous and re-hydrated.



NOURISHING SANCTUARY

SKEYNDOR

30 minute Sesame and Avocado Butter Peel
30 minute Sapphire Cream Wrap
Hydrating Face Mask

Start your nourishing treatment with a sesame and avocado butter body exfoliation. Gentle exfoliating particles and rich creams softly dissolve dead skin cells, revealing a smoother, refreshed complexion. Follow with a sapphire cream wrap and hydrating face mask — perfect for those experiencing insomnia, stress, dehydrated skin, or recovering after a holiday in the sun.

This treatment soothes the skin while minimizing damage caused by sun exposure and environmental pollutants.

BLACK DIAMOND BODY SCULPTING

111 SKIN

60 mins Black Diamond
Sculpting Treatment

This powerful body treatment delivers dramatic results from 111SKIN's Intensive Collection — designed to shape, smooth, and saturate the skin with nourishment. Through signature massage techniques and potent, surgically inspired formulas, the treatment encourages lymphatic drainage to tone, shape, and firm the skin.

It not only improves overall blood circulation but also promotes a deep sense of well-being.

HIGH TIME FOR TEA TIME

SKEYNDOR

**Afternoon Tea and
60 minute Nature's Essence or
60 minute Nature's Essence Facial**

Take time to unwind with friends or loved ones through our special afternoon tea ritual. Begin your experience by enjoying full access to our spa facilities, followed by a 60-minute treatment of your choice — either our relaxing Signature Massage or the Nature's Essence Facial.

Afterwards, complete your visit at The Hansom restaurant, where a beautifully prepared classic afternoon tea will be served.





LUNCH ESCAPE

SKEYNDOR

**Lunch and
60 minute Signature Massage or
60 minute Nature's Essence**

Enjoy a deeply relaxing spa day thoughtfully designed to awaken your senses and restore balance within the calming atmosphere of our serene surroundings. Your experience includes uninterrupted access to our full range of spa facilities, allowing you to unwind at your own pace before indulging in a 60-minute treatment of your choice — either our soothing Signature Massage or the revitalising Nature's Essence Facial.

Following your treatment, continue your journey with a leisurely two-course lunch accompanied by a soft drink, served in the elegant setting of The Hansom restaurant.



DINE & UNWIND


SKEYNDOR

4 hours Day Pass
1 Goodie Bag
Dinner

Treat yourself to a luxurious day at St. Pancras Spa. Enjoy four hours of relaxation with full access to our spa facilities, including the salt-wall sauna, steam room, and heated hydro-pool.

Continue your experience with a vibrant two-course meal and a soft drink at The Hansom — the award-winning dining destination in the heart of King's Cross.

To complete your day, receive a take-home spa gift to continue your wellness journey at home.





SIGNATURE MASSAGE

SKEYNDOR

The St. Pancras Signature Massage is the ultimate treat for travellers seeking to relax. This luxurious treatment targets muscle tension and travel-induced stress, employing a harmonious blend of techniques to purify and restore. Feel the benefits of enhanced circulation and the smooth release of toxins as your muscles melt, guiding you into a state of deep serenity.



AROMATHERAPY MASSAGE

SKEYNDOR

Rebalance your body and mind with a soothing aromatherapy massage tailored to your needs. Start with a personalised consultation to choose your preferred essential oil blend:

Lavender & Cinnamon – Calming and grounding, ideal for deep relaxation and stress relief.

Ginger & Bitter Orange – A revitalising citrus blend that energises and uplifts.

This gentle, medium-pressure massage uses long, flowing movements to ease tension, restore balance, and leave you feeling renewed.

ULTIMATE MUM TO BE

SKEYNDOR

This calming massage is designed to relieve stress and physical tension through traditional aromatherapy pressure point techniques focused on the upper back, with special attention given to tight, overworked shoulders.

You may extend your experience to 90 minutes to include a luxurious facial, featuring the regenerative properties of rose to gently nourish, soften, and hydrate the skin — suitable for all skin types.



HIMALAYAN SALT ROCK MASSAGE

Take time out from a stressful life and indulge in this extraordinary sensory journey. Your entire body is massaged with warm Himalayan salt using comforting, rhythmic techniques designed to deeply relax the mind and restore calm.

Heated pink Himalayan salt rocks are then applied to detoxify, demineralize, and rebalance the mind, body, and spirit. You'll also take the salt rocks home to continue your relaxation—simply add them to your bath for ongoing benefits.

MUSCLE RELEASE MASSAGE

This deeply restorative massage is expertly designed to release tight, stressed, and aching muscles. Perfect for those with active lifestyles, frequent sports activities, or long hours at a desk, it targets deep-seated tension and stiffness to restore comfort and mobility.

The treatment is enhanced with a therapeutic malachite balm, renowned for its muscle-relaxing and skin-soothing properties, leaving you feeling renewed and revitalized.

SIGNATURE BLACK DIAMOND FACIAL

111 SKIN

This advanced and exclusive facial treatment is designed to leave your skin noticeably smoother, more sculpted, and beautifully radiant by incorporating cutting-edge technology throughout every step. The experience begins with a thorough deep cleanse and a gentle exfoliation, enhanced by high-frequency ultrasonic technology and a refreshing citric peel that helps to renew and brighten the skin's surface.

Following this, a combination of dual boosters and the powerful Black Diamond Serum is ultrasonically infused into the skin, allowing for optimal penetration and visible results. The treatment continues with our signature deep lifting massage, designed to enhance circulation and skin elasticity. To complete the experience, 111SKIN's iconic finishing product is applied to lift, firm, and illuminate the complexion — leaving your skin with an intensely radiant and revitalised glow.

DE-PUFFING CRYO

111 SKIN

This invigorating facial treatment combines the benefits of 111SKIN's exclusive cryotherapy facial globes with expertly applied signature massage techniques to deliver immediate skin revitalisation.

By harnessing advanced cooling technology, the treatment stimulates microcirculation within the skin's epidermis, helping to refine the complexion, reduce inflammation, and visibly diminish puffiness from the very first application.

The gentle yet stimulating effect of the cryo-globes helps to improve oxygen flow, which in turn supports the detoxification process — leaving the skin brighter, firmer, and more radiant in appearance. Designed especially for skin affected by environmental stressors, fatigue, or urban pollution, this facial is ideal for those seeking a fresh, lifted, and energised look. It's a refreshing reset for city-stressed skin in need of targeted rejuvenation and glow.

THE HARLEY STREET FACIAL

111 SKIN

This high-performance facial has been expertly formulated to calm, soothe, and restore skin that is damaged, inflamed, or visibly irritated. Originally developed by Dr. Yannis Alexandrides to support and accelerate the skin's healing process following surgery, this treatment embodies the core principles of 111SKIN's renowned surgically inspired skincare approach.

At the heart of this facial is the brand's NAC Y²™ complex — a powerful antioxidant blend that helps to reinforce the skin's natural barrier function while preventing further inflammation and oxidative stress. As part of the Reparative Collection, the products used in this treatment are carefully selected to promote skin recovery, regeneration, and resilience.

This facial delivers targeted relief and immediate improvement in key concerns such as dryness, dehydration, sensitivity, and conditions like rosacea. It leaves the skin visibly calmer, stronger, and more balanced, offering a noticeable boost in skin health and renewed confidence in your complexion.

AQUATHERM FACIAL

SKEYNDOR

The Aquatherm Facial has been specially formulated to care for sensitive skin, making it an ideal treatment for those seeking comfort, calm, and visible skin restoration. It is particularly well-suited as a complementary treatment following aesthetic medicine procedures, offering immediate relief while also addressing visible signs of premature ageing.

Developed using exclusive formulations, this facial works to restore the delicate balance of key factors that influence overall skin health. As part of a specific thermal-based skincare line, it has been carefully designed to respect and care for even the most reactive and delicate skin types.

This four-step facial ritual mineralises, deeply hydrates, and soothes sensitive skin, helping to restore its natural equilibrium and promote a visibly healthier, more balanced complexion.

NATURE'S ESSENCE FACIAL

SKEYNDOR

Experience a truly bespoke facial treatment that begins with a personalised consultation carried out by one of our expert therapists, ensuring the session is tailored precisely to your skin's individual needs. The facial starts with the advanced Expert Cleanse PRO system — a professional-grade skin hygiene solution that deeply purifies, preparing your skin for optimal absorption of the Uniqcure concentrate, which is carefully selected based on your unique skin concerns.

Following this, a soothing and therapeutic facial massage promotes circulation and relaxation, while enhancing the effect of the active ingredients. As the chosen mask is applied to the skin, you will continue to unwind with a comforting shoulder, neck, and scalp massage, designed to ease tension and calm the mind. This experience offers the perfect balance of results-driven skincare and holistic pampering, leaving you feeling refreshed, restored, and radiant.





THERMAL SALT BODY SCRUB

SKEYNDOR

A strong and stimulating exfoliation that leaves the skin feeling smooth and nourished. The scrub has anti-inflammatory properties, remineralising the skin and helping eliminate toxins by osmosis. The exfoliating particles from Salies-de-Béarn feature a concentrated composition rich in minerals, in particular magnesium, which helps restore the skin's barrier and boosts its natural oil secretion. It is especially recommended for those who are looking for an intense skin renewal.

BODY WRAP

SKEYNDOR

**Choice of Sapphire Cream Wrap or
Green Tea Body Wrap**

Sapphire Wrap: It adds luminosity while deeply renewing the skin. It boosts blood circulation by relaxing the muscles and it increases the body's overall relaxation. Perfect for people who suffer from insomnia or stress. In addition, it soothes the skin and minimises the damage caused by the sun and environmental pollutant.

Green Tea Wrap: This effervescent body wrap with a warming effect boasts detoxifying properties that help eliminate liquids, toxins and impurities that accumulate in the skin and tissues. It also boosts cell oxygenation. In addition, this wrap is a powerful antioxidant that helps protect and repair skin damaged by free radicals.



MUD SCALP MASSAGE

Restore vitality, health, and natural shine to dull, dry, and lifeless-looking hair with this deeply restorative ritual. An intensely nourishing hair mud is slowly and thoroughly massaged into the scalp and strands, allowing the rich formulation to penetrate and condition the hair from root to tip.

As part of this treatment, the application is combined with a traditional Ayurvedic head massage, working methodically on the muscles and pressure points across the scalp. This therapeutic technique helps to release built-up tension, improve circulation, and encourage overall scalp health, while also inducing a profound sense of relaxation and mental clarity.

THERAGUN

This treatment harnesses the benefits of advanced percussive therapy to support the body's natural recovery process, promoting faster muscle repair and helping to ease muscular stiffness, tightness, and spasms. Designed to target deep layers of muscle tissue, this technique improves circulation and helps release physical tension that builds up from stress, exertion, or poor posture.

The Theragun Elite device is used as an optional add-on to enhance your experience, delivering precise and rhythmic pulses to specific areas of tension. Integrating this tool into your wellness ritual not only accelerates physical recovery but also offers a powerful and natural method of relieving daily stress, making it an ideal complement to any holistic self-care routine.



BACK, NECK & SHOULDER MASSAGE

SKEYNDOR

This focused 30-minute massage uses medium pressure techniques to work deeply into the back, neck, and shoulder areas — where tension and fatigue most commonly accumulate. By targeting these key zones, the treatment helps to stimulate healthy blood circulation, ease muscular tightness, and release built-up stress.

The massage is designed to promote a sense of physical relief and relaxation while supporting improved mobility and comfort in the upper body. It's an ideal choice for those experiencing postural strain, desk-related stiffness, or general upper-body fatigue, providing a restorative pause in the day.

EXPRESS FACIAL

This calming massage is designed to relieve stress and physical tension through traditional aromatherapy pressure point techniques focused on the upper back, with special attention given to tight, overworked shoulders.

You may extend your experience to 90 minutes to include a luxurious facial, featuring the regenerative properties of rose to gently nourish, soften, and hydrate the skin — suitable for all skin types.



CRYOTHERMAL EYE TREATMENT

THERABODY

A perfect add-on to visibly reduce signs of dark circles, puffiness, and tired-looking eyes. The ultra moisture-locking hydrogel mask comfortably hugs the eye contours to activate Vitamin E and seaweed minerals, helping to ease tension, reduce pain, and calm morning inflammation. The addition of a cold ring enhances the de-puffing effect and leaves the eye area feeling refreshed and revitalised.

FACE LIFT-MICRO CURRENT & LED

THERABODY

Therapro Face

This advanced treatment is designed to firm and tighten the skin while enhancing muscle tone and improving facial and neck contours. Gentle yet effective stimulation helps to plump the skin from within, encouraging a smoother texture and a more youthful, radiant glow.

As part of the experience, LED therapy is delivered through the innovative TheraFace device. This light-based technology helps reduce the appearance of fine lines while also offering visible improvements for those experiencing mild to moderate acne. The combination of toning and rejuvenating benefits makes this a highly effective, non-invasive option for skin revitalisation.

DAY PASS

DAY PASS

London's most distinctive spa offers a revitalisation of both mind and body. With our exclusive Spa Day Pass, guests can enjoy up to four hours of access to the spa facilities, fitness centre, and relaxation lounge.

The facilities include a state-of-the-art fitness centre equipped with the latest technology, a tranquil relaxation pool located in an underground setting, a refreshing eucalyptus steam room, and a Himalayan salt-walled sauna. Bathrobes, towels, and all necessary amenities are provided to ensure a comfortable and seamless experience.

ENHANCEMENTS

NOURISHING HAIR MASK

AIR RECOVERY BOOTS

WARMING ROSE REPAIR HAND / FOOT MASK

CELESTIAL BLACK DIAMONDLIFTING AND
FIRMING FACE MASK

CELESTIAL BLACK DIAMOND EYE MASK

CELESTIAL BLACK DIAMONDNECK MASK

PERSONAL TRAINING

Personal training sessions in the gym can be arranged in advance at the spa reception.

CHILDREN'S SWIMMING TIMES

Children's swimming times are between 8am–10am and 2pm–4pm. All children under the age of 16 years must be accompanied by an adult at all times.

ARRIVAL

We ask that you arrive at the spa reception 15-minutes before your appointment time to enable you to prepare and complete a consultation form if required. If you wish to use the spa facilities before your treatment we recommend that you arrive at the spa reception at least 60-minutes prior to your scheduled appointment. Using the steam room, sauna and pool area before beginning your treatment will allow you to reach optimum relaxation and gain the full benefit of your spa experience.

SPA BOUTIQUE

To continue your spa regime at home, all spa products used in the treatments are available from the spa reception lounge.

GIFT VOUCHERS

Personalised gift vouchers are available to purchase for any treatment or package. Vouchers may be sent directly on your behalf, collected in person or delivered to your room.

TREATMENT RESERVATIONS

For spa reservations please call directly from your room or visit the spa reception. For external spa reservations please email spa.stpancras@autographhotels.com or telephone +44 (0)20 7841 3578. We highly recommend you book in advance to secure preferred appointment times and treatments. If you are not a guest of St. Pancras London, a credit card will be required to hold your reservation.



LATE ARRIVAL

We offer our guests a reliable treatment schedule, so please appreciate that late arrivals will not receive an extension of scheduled treatment time to avoid inconvenience to other guests and the same treatment price will apply.

BOOKING ADVICE

A consultation is required prior to many of the treatments on this menu, so that the most effective treatment can be given on the day. Please inform us at the time of booking if you have any medical conditions, skin allergies or think that you are pregnant. Allow 12 hours after any heat treatment before taking a waxing appointment. Avoid facial and heat treatments 72 hours after any cosmetic procedures including botox or as advised by your medical practitioner.

CANCELLATION POLICY

Cancellations or rescheduling of appointments made with less than 24 hours' notice or 3 days for group bookings of 5 guests or more and failure to take up an appointment will result in the full treatment cost being charged to your room or credit card.

DURING YOUR STAY

We aim to provide a peaceful setting for all spa guests, and so we ask you to please keep your mobile devices on silent. The spa team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the spa or surrounding areas.

WHAT TO WEAR

Robes and slippers are provided to day spa guests. We provide disposable underwear, alternatively you may wear your own underwear. Our spa therapists are professionally trained in draping techniques to ensure your privacy and comfort at all times. T-shirts with comfortable trousers or shorts are ideal fitness attire. Trainers must always be worn in the fitness centre.

VALUABLES

Lockers are provided in the changing rooms, but we advise you not to bring or wear valuables whilst using our facilities. We are unable to accept responsibility for looking after your personal effects and for any loss or damage incurred.

AGE REQUIREMENTS AND ENTITLEMENT

No person/s under the age of 16 years are permitted to use the spa facilities or gym without supervision. St. Pancras Spa is licensed to perform all the services listed within this menu.

All prices, treatments and information are current at the time of distribution and are subject to revision without notice.

**SCAN TO ACCESS
OUR PRICE LIST**





ST PANCRAS SPA

EXCLUSIVE SPA MEMBERSHIP AT ST. PANCRAS SPA

Indulge all year round as an exclusive member of the St. Pancras Spa and make the most of the numerous benefits. With a limited membership, the spa could be your heaven of peace and tranquillity, escaping from the chaos of the city. Become a member of our luxurious spa and relax in our Victorian tiled pool, feel the tensions of the day slip away in the sauna or follow a tailor-made exercise regime. The benefits include discounts on treatments and food and beverage outlets through the hotel.

FOR MORE DETAILS PLEASE CONTACT THE SPA RECEPTION:

+44 (0)20 7841 3578

SPA.STPANCRAS@AUTOGRAPHHOTELS.COM



St Pancras London, Euston Road, London NW1 2AR

Telephone: +44 (0)20 7841 3578

Email: spa.stpancras@autographhotels.com

www.stpancraslondon.com/en/spa/