

the spa



The Spa | Roko Health Club Chiswick Bridge | Chiswick Sports Ground | Hartington Road | Chiswick | London | W4 3UH

Massage

Face & Scalp	20 mins	£23	Full Body Massage	60 mins	£62
A relaxing massage using luxury Elemis oils.			Pamper yourself from head to toe with our therapeutic massage.		
Back, Neck & Shoulder	30 mins	£38	Nuturing Mother To Be	75 mins	£69
Perfect for relieving tension, aches and pains.			Tried and tested safe massage techniques are combined and adapted to each stage of pregnancy.		
Thai Massage	30 mins	£36	Aromastone Full Body	90 mins	£88
	60 mins	£58	A full body massage using hot stones to relax the mind and balance the chakras.		
	90 mins	£76			
Traditional: A full body massage using unique yoga techniques to help relieve tension and stress.					
Modern: A traditional Thai massage with a modern twist which combines both Thai and Swedish massage.					

Elemis Body Therapy

Exotic Lime & Ginger Salt Glow	30 mins	£40	Body Sculpting & Colon Therapy	60 mins	£69
A luxury full body scrub.			Smooth your silhouette with this fennel mask incorporating stimulating massage movements to combat cellulite.		
Coconut Rub & Milk Wrap Ritual	45 mins	£45	Hot Stones Face & Body Sensation	60 mins	£79
A gentle body exfoliation followed by a milk wrap.			A treatment sensation from Elemis incorporating a back massage using hot stones followed by a facial.		
Aromaspa Ocean Wrap	75 mins	£60	Absolute Spa Ritual	120 mins	£108
This seaweed mask combined with essential oils and relaxing massage moves is the most luxurious way to detox.			Combine one of our Elemis facials including a scalp massage with a full body massage for ultimate pampering from head to toe.		
<ul style="list-style-type: none">• Cellutox (Detoxify and stimulate)• Musclease (For muscle relaxation)					

Wellbeing For Men

Express Purifying Facial	30 mins	£35	Skin IQ+ Facial	75 mins	£85
A great introduction to male facials.			Anti-ageing and super boosting for tired, stressed skin.		
Urban Cleanse Facial	75 mins	£69	Total Timeout	120 mins	£108
Deep cleansing for a complete skin detox.			Combine one of our skin intelligence facials with our powerful full body massage to achieve dramatic results.		

Elemis Facials

Taster Facial 30 mins **£38**

Skin Specific Facials 60 mins **£59**

- Herbal Lavender Repair: for combination skin.
- Fruit Active Glow: for normal skin.
- Exotic Cream Moisture Dew: for dry skin.

Modern Skin Facial 60 mins **£69**

For remineralised, rebalanced and renewed skin.

Eye Treatments

Eyebrow Tint **£14**

Eyelash Tint **£19**

Eyelash and Brow Tint **£27**

(24 hour skin test needed before all tinting treatments)

Jessica Hand & Nail Treatment

Hands:

File and Varnish 30 mins **£23**

Standard Manicure 60 mins **£33**

Deluxe Manicure 75 mins **£38**

Gents Custom Manicure 45 mins **£25**

Geleration Manicure 90 mins **£50**

Nail Repair per nail 20 mins **£8**

Gel Soak Off 30 mins **£8**

Feet:

File and Varnish 30 mins **£23**

Standard Pedicure 60 mins **£39**

Deluxe Pedicure 75 mins **£44**

Gents Custom Pedicure 30 mins **£32**

Geleration Pedicure 90 mins **£55**

Gel Soak Off 30 mins **£8**

Skin Solution Facials 75mins **£69**

- Oxygen Skin Calm Facial: pure soothing heaven for sensitive skin.
- SOS Purifying Facial: a purifying treatment for congested skin.

Advanced Anti-Ageing Facials 75 mins **£85**

- Pro-Collagen Quartz Lift Facial: younger, firmer skin instantly.
- Visible Brilliance Facial: to combat ageing, stressed and slackened skin.
- Tri-Enzyme Resurfacing Facial: peel away the years for smoother, more radiant skin.

Tanning

Total Glow Self Tanning Treatment **£44**

A lightly coloured cream to enhance your natural glow.

XEN Full Body Spray Tan **£25**

A deeper tan for those who like a darker colour.

Waxing

Eyebrows **£15**

Lip or Chin **£12**

Under Arm **£14**

Standard Bikini **£17**

Brazilian **£30**

Hollywood **£35**

Half Leg **£21**

¾ Leg **£25**

Full Leg **£31**

Full Leg & Bikini **£37**

Top Leg **£24**

Top leg and Bikini **£29**

Forearm **£19**

Male Waxing 15 mins **£21**

Male Waxing 30 mins **£31**

Spa Days at Roko

Mini Spa Day

£42

Includes: a 30 minute treatment from the selection below, half a days use of all the club facilities and tea or coffee on arrival.

- Exotic lime and ginger salt glow 30 mins
- Back and neck massage 30 mins
- Elemis taster facial 30mins
- File and polish 30mins

Half Spa Day

£87

Includes: up to 90 minutes of treatments from the selection below, half a days use of all the club facilities, tea or coffee on arrival and refreshing fruit smoothie at the end of your day.

- Exotic lime and ginger salt glow 30 mins
- Therapeutic body massage 60 mins
- Back and neck massage 30 mins
- Elemis Skin specific facial 60 mins
- Elemis taster facial 30 mins
- File and polish 30 mins

Full Spa Day

£130

Includes: up to 180 minutes of treatments from the selection below, a full days use of the club facilities, tea or coffee on arrival and lunch including a hot drink. For parties of 4 or more enjoy a bottle of bubbly to really indulge in your day of pampering.

- Exotic lime and ginger salt glow 30 mins
- Therapeutic body massage 60 mins
- Back and neck massage 30 mins
- Elemis skin specific facial 60 mins
- Manicure 60 mins
- Pedicure 60 mins

Club Facilities Included:

- Indoor pool with luxury hydro spa
- Sauna and steam room
- Superb fitness arena
- 3 dedicated group exercise studios
- Luxury changing rooms
- Costa coffee club lounge
- Free parking

General Information

To book please call: **0208 747 5756** or **0208 747 5757**

Roko non-members welcome

Gift Vouchers can be purchased from the Spa or main club reception

A cancellation fee of 50% is chargeable if 24hrs notice is not given. On the day cancellations will be charged at full price.

For more information visit www.thespa.roko.co.uk

Opening Times

Monday:	closed
Tuesday:	9am – 9pm
Wednesday:	9am – 9pm
Thursday:	9am – 9pm
Friday:	9am – 6pm
Saturday:	9am – 6pm
Sunday:	9am – 6pm

ROKO MEMBERS RECEIVE A 10% DISCOUNT ON ALL LISTED PRICES