



THE FRANKLIN
LONDON

In-Room Luxury Spa & Salon Services at The Franklin Hotel



“Let us help you relax, de-stress and energise in the comfort of your room”



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The Franklin Hotel, offers an unrivalled choice of massage therapies, fitness, salon services and beauty treatments provided by  **Viva Therapies**.

Set in an elegant Victorian building surrounded by the beauty and lushness of the private Egerton Gardens, as perfect counterpoint to bustling Knightsbridge and neighbour of Harrods and the Victoria & Albert Museum, the hotel combines the warmth of a private home, the impeccable service of a luxury hotel and Anouska Hempel's timeless Italian influenced design.

Our therapists will arrive with everything needed for our spa and salon services, with a choice of music and aromatherapy oils to create a relaxing atmosphere in your room.

Our skincare therapists use the latest methods as well as the trusted traditional methods of skincare and grooming. Their holistic approach is complemented by the finest skincare brands available today.

Our hair stylists and makeup artists can also provide services from a simple blow dry to bridal hair and makeup.



Booking Information

To make a booking please dial 0 to contact the concierge.

Services are available 7 days a week from 8.30am to midnight. After-hours appointments can also be arranged on request.

Services and treatments can be charged to your room.

Most of the services can be provided within 30 minutes from time of booking.

Prices are inclusive of VAT.

Services during Christmas Eve, Christmas Day, New Year's Eve and New Year's Day are subject to a surcharge of 50% to 100% on listed prices, please contact concierge for details on rates.

Treatments will be charged from the time of the booked appointment. If you'd like to extend your treatment please let your therapist know as soon as possible as we cannot guarantee they will be available beyond the booked appointment time.

Cancellations less than 60 minutes before the booked appointment time will be charged at the full rate.

Standard rates are applied from 9am to 9.45pm, there is a surcharge for bookings after 10pm, please check with concierge.

Medical Conditions

Some of our treatments may not be suitable for you or may require some adjusting. Please inform the therapist at the time of a booking if you have a medical condition or ailment. Our therapists will provide you with the details of any contra-indications prior to your treatment.

Gift Vouchers

If you would like to buy a gift voucher for someone special to experience the in-room spa services at The Franklin Hotel, please contact the concierge to arrange.

Massage Services

Swedish Massage

Experience the holistic power of a relaxing massage. Comprising of the soothing strokes of Swedish massage, this sensuous treatment will immerse your spirit in untold relaxation and simply take your breath away.

Deep Tissue Massage

Incorporating movements of Swedish massage, this outstanding, relieving and highly popular therapy uses gliding strokes and focused pressure points to slowly penetrate the deeper layers of muscle, releasing chronic patterns of built-up tension, detoxifying the system and enhancing circulation.

Thai Massage

Thai massage uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy systems. Thai massage is both deeply relaxing and energising.

Viva Aroma Relax - *restful and soothing organic aromatherapy blend*

Relaxing aromatherapy full body massage, combining Swedish and deep tissue techniques used to relax and unwind the body and mind. This uses a luxurious blend of essential oils including sesame, jojoba, avocado, bergamot and vitamin E.



Viva Aroma Revive - *detoxing and invigorating organic aromatherapy blend*

An invigorating full body aromatherapy massage designed to leave you full of vitality. The massage movements encourage circulation, muscle tone and whole body stimulation combined with a revitalising aromatherapy blend of essential oils including rosemary, lavender, eucalyptus and juniper berry.

Pregnancy Massage

Pregnancy is a wonderful time in your life that requires treatments specially designed just for you. You will enjoy a full body massage without the need to lie on your stomach. Our specially trained therapists know exactly how to work those sore, tired muscles while you feel completely relaxed and comfortable.

Reflexology

Reflexology works on the pressure points of your feet, helping to relieve tension and congestion in the corresponding parts of the body. This assists in restoring and maintaining the body's natural equilibrium.

Shiatsu

Shiatsu is a Japanese word meaning 'finger pressure'. It is a treatment that uses the power of touch and is a combination of hand pressure and manipulative techniques to adjust the body's physical structure and its natural energies. Please wear loose clothing for your treatment.

Lymphatic Drainage Massage

An active, free flowing lymphatic system is vital for toxin elimination and healthy maintenance of the immune system. Using gentle rhythmic pushing, this highly effective massage encourages lymph to its filtering nodes; improving vitality, circulation and nutrient absorption.

Sports Massage

An excellent programme to enhance performance, aid recovery and prevent injury. A curative therapy to sports injury, physical trauma and soft tissue damage incurred through repetitive or strenuous physical activity. Working essentially on the manipulation of soft tissue, this sophisticated massage may be applied before or after sporting activity or physical exertion. An excellent programme to enhance performance, aid recovery and prevent injury.

Rates

9am to 9.45pm	£120 (per hour)
10pm to 11.45pm	£150 (per hour)
After midnight	£200 (per hour)

Facials



Aromatherapy Facial

Relaxing, indulgent facial for all skin types

There is nothing like stress for lining the skin and there is nothing like relaxation for soothing it out. This indulgent aromatherapy facial treatment, infused with generous anti-inflammatory ingredients, will soothe, calm and nourish a tired, irritated or unhappy complexion.

Executive Facial

Men's facial for all skin types

This macho facial is perfect to revive, refresh and invigorate. Your skin will be revitalised with one of our special scrub masks and aching neck muscles will be massaged, worry lines erased and headaches soothed.

Rates

9am to 9.45pm £120 (60 minutes)

10pm to 8.15am £135 (60 minutes)

Nail Enhancements

For a high gloss or natural buff finish, our nimble fingered technicians will work their magic to produce elegant beautiful looking nails that will catch the eye time after time and seal the perfect impression. In discussing your requirements, your nail technician will advise on the best system for you.

Shellac Nail Manicure or Pedicure

A manicure or pedicure that strengthens and promotes the growth of natural nails.

This treatment can last up to three weeks, depending on your lifestyle. Applied onto a prepared nail, the Bio Sculpture Gel cures under UVA light, leaving nails strong, but flexible. Available in a selection of colours.

Rates

9am to 9.45pm £115 (60 minutes)

10pm to 8.45am £135 (60 minutes)

**if you currently have Shellac-Gel hellac applied, an additional 30 minutes is required for removal before application.*

Hand and Foot Treatments

Luxury Manicure

Using therapeutic products enriched with essential oils, your nails will be groomed and shaped to suit and your cuticles gently treated and tidied. Your hands and lower arms will be exfoliated and your skin deeply conditioned with a nourishing mask followed by a luxurious massage and the colour of your choice applied.

Luxury Pedicure

The ultimate pedicure, a complete therapy to soothe, condition and repair using luxurious products enriched with essential oils.

Your nails will be groomed and shaped to suit and your cuticles gently treated, roughened skin will be exfoliated and a healing balm applied. A nourishing mask is then applied and your feet are placed inside heated pedicure boots. Finally you will receive a soothing foot and lower leg massage and a nail polish of your choice applied.

Manicure and Pedicure Combined

Your nails will be shaped and then your nails will be soaked in skin softening creams and oils, cuticles tidied and trimmed. You will then enjoy a relaxing hand and foot massage prior to having your nails buffed to a high shine and the colour of your choice applied.



Rates

Luxury Manicure or Pedicure

£95 (60 minutes)

Manicure and Pedicure Combined

£140 (90 minutes)

Luxury Manicure and Luxury Pedicure Combined

£190 (120 minutes)

Hairdressing & Make-Up Artists



Hair and make-up is all about accentuating your best features and bringing out the best in you. It is about creating a look that brings out beauty and confidence for that special occasion.

Working with the latest techniques and luxurious products our aim is to achieve your desired look beyond your expectation. A prestige service inspired by exceptional client care and a passion for hair and beauty.

Our stylists and make-up artists will come to you with everything they need to perform anything from simple blow dry to bridal hair and make-up.

Rates

Blow dry	£130
Hair up	£150
Gentlemens haircut	£130
Ladies haircut and blow dry	£180
Make-up	£150

**a surcharge applies for bookings after 10pm*



Personal Training

One-to-One Sessions

Our approach is based on athletic training principles with specific aims; these principles are the key to achieving objective goals as quickly as possible and can be applied to everyone regardless of fitness levels or aims.

The Franklin Hotel has selected expert personal trainers to help you step away from your hectic lifestyle and integrate a fun approach to your workout. Whether you are looking for strength, endurance or aerobic training, your personal trainer will assess your needs to help achieve your desired results. Expect a variety of training methods and techniques, tailor-made to suit your individual needs, whilst adding their personal creative touches.

Yoga

One-to-One Sessions

Not only do one-to-one classes help you gain a more thorough understanding of yoga as an exercise form, they also allow your yoga instructor to personalise your yoga exercise plan to address specific needs, something which is not possible in group classes.

Inspiring tranquility and centredness, clarity and elevation of thought, yoga fosters far reaching health and wellbeing benefits, such as increased flexibility and physical strength, healthy circulation, improved restful sleep, enhanced creativity, increased self-esteem, vitality and enlightenment.

Rates

8.30am to 9.45pm £120 (60 minutes)

10pm to 8.15am £140 (60 minutes)





For information, availability or to book an appointment,
please dial 0 to contact the concierge.



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