

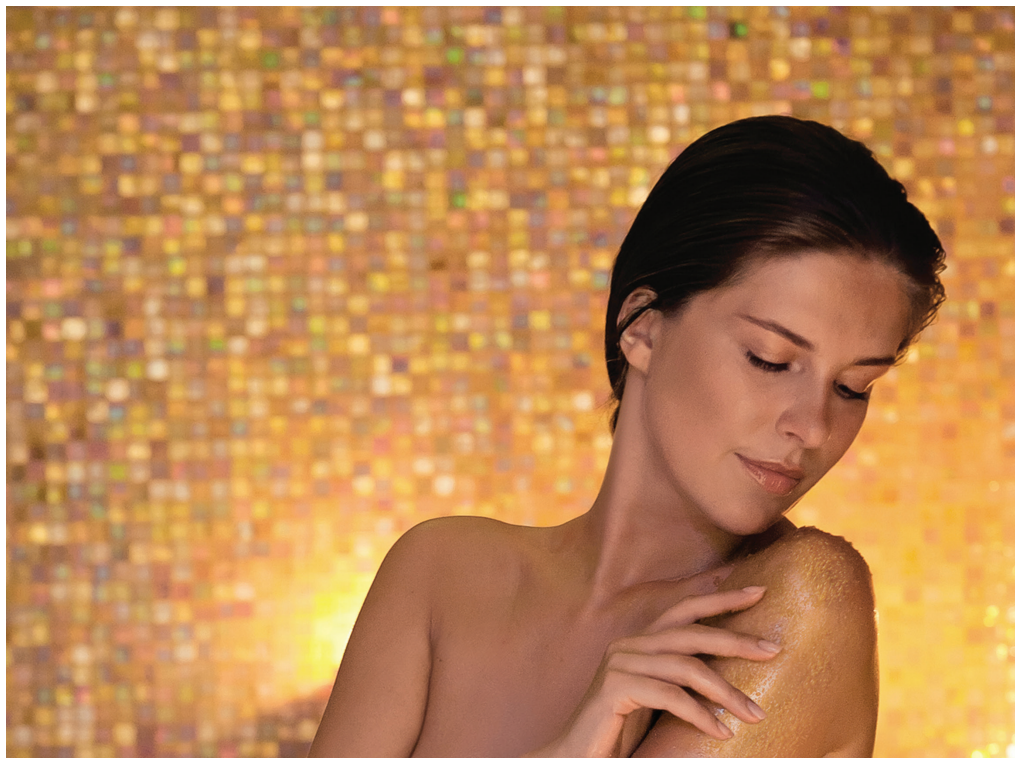
BEAUTY  
&  
*Melody*  
SPA



THE PICCADILLY  
LONDON WEST END

# *Welcome*

Welcome to Beauty and Melody Spa at the Montcalm Piccadilly West End Hotel, an oasis of calm and relaxation in the heart of London. Our expert team of spa therapists offer the finest quality Thalgo body and facial rituals, massage, waxing, brow, lash and nail treatments in a beautiful ocean themed spa environment. Take some time out from your busy schedule and relax in our sauna, steam room and Jacuzzi or stay in shape in our exclusive 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.

### **Thalgo Discovery Facial**, 30 mins £50

The perfect express facial for an instant infusion of marine active ingredients, tailored to your skin type.

### **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 the body to leave the skin feeling smooth and soft.

### **South Pacific Hand & Foot Spa**, 30 mins £40

This luxurious treatment begins with an azure water hand and foot bath to protect and hydrate the skin followed by a gentle vanilla-scented scrub for a thorough exfoliation of hands, feet and lower legs and finishing with a hand, foot and lower leg massage using an exotic Thalgo nourishing balm.

### **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.



## *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 foot bath ritual, followed by a skin softening Mediterranean influenced body exfoliation. Then follows an Ayurvedic inspired massage that uses warmed oils and an ancient Indian technique and finishes with a silky smooth body wrap, leaving you and your skin 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.

### **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.

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

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

### **Hyaluronic Smooth and Fill Facial, 1 hour £95**

Help correct the signs of ageing 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 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.

## 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.

# Brows & Lashes

## Lash Extensions

These high quality individual lashes give you longer and thicker while still natural-looking lashes.

**Full set** (up to 110 individual lashes on both eyes) – £85

**Glam set** (up to 150 individual lashes on both eyes) – £105

**Half set or infills** – £50

**LVL eyelash lift**

50 minutes without tint - £55

60 minutes with tint - £65

## Tinting

(Patch test required).

Eyebrow tint – £15

Eyelash tint – £20





## *Nails*

Treat yourself to a luxurious manicure or pedicure at Beauty and Melody. Choose from our wide range of OPI shades and sit back and let us get your pinkies looking perfect!

### **Thalgo Spa Manicure**

45 minutes £35

Includes shape and buff, cuticle work, hand and arm massage, nourishing balm and polish.

### **Thalgo Spa Pedicure**

60 minutes £45

Includes blue lagoon soak, shape and buff, cuticle work, exotic scrub, foot and lower leg massage, nourishing balm and polish.

### **Shape & Polish - Fingers or Toes**

15 minutes £20

### **OPI Gel Shape & Polish - Fingers or Toes**

30 minutes £30

### **Gel Nail Polish Removal**

15 minutes £10

### **OPI Gel Long Lastin Spa Manicure**

60 minutes £45

Our Thalgo Spa Manicure with the addition of super tough and long lasting OPI Gel nail colour

### **OPI Gel Long Lastin Spa Pedicure**

75 minutes £55

Our Thalgo Spa Pedicure with the addition of super tough and long lasting OPI Gel nail colour

### **Men's Manicure**

30 minutes £30

Includes shape and buff, cuticle work, hand and arm massage

### **Men's Pedicure**

45 minutes £40

Includes shape and buff, cuticle work, foot and ankle massage

We are available for private hire for all your party needs such as hen parties. Please enquire within.

#### Hotel Room Services

Our expert team can also visit your hotel room to administer any of the spa and grooming services we offer. Enquire within.

#### Opening Times

Monday-Friday: 11am-8pm | Saturday: 10am-7pm | Sunday: 10am-6pm

BEAUTY  
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*Melody*

[www.beautyandmelody.co.uk](http://www.beautyandmelody.co.uk)



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