

EYE ENHANCEMENTS

EYEBROW SHAPE/TINT	10min	£20
EYELASH TINT	10min	£20
EYEBROW TINT	10min	£20
FULL PACKAGE (all above)	25min	£40

Tint test required 24hrs prior to tinting.

MANICURES & PEDICURES

Our natural nail and foot care programmes include unique techniques and exceptional results. Deeply nourishing treatments which include tidying the cuticles, shaping the nails and exfoliation.

A choice of a hydrating masque is applied, and then hands are placed in heated mitts to help the products penetrate into the skin. The hands and forearms are then massaged and the nails are finished with perfectly applied nail colour. Your hands and feet will look and feel delightful

CLASSIC MANICURE	25min	£35
DELUXE MANICURE	55min	£55
CLASSIC PEDICURE	25min	£40
DELUXE PEDICURE	55min	£60
POLISH CHANGE	10min	£20
PRO-COLLAGEN HAND AND NAIL TREATMENT	25mins	£35
SOLE DELIGHT	25mins	£35
FOOT TREATMENT		

WAXING

We offer a superior hot wax and warm wax for our depilatory services. Designed for absolute hygiene, comfort and long lasting results. Your therapist will choose accordingly to your hair type and area. If you have a preference to delight you please inform your therapist.

Half leg	25mins	£35
Full leg	55mins	£55
Underarm	10mins	£20
Full arm	25mins	£35
Bikini line	25mins	£35
Upper lip/chin	10mins	£20
Eye brow	10mins	£20
Men's waxing - Chest	40mins	£45
- Back	40mins	£45

Please allow a minimum of 24hrs between your waxing treatments and other body treatments or use of a heat facility, such as the steam room.

SPRAY TANNING

Why wait for a luscious tan when you get one instantly! The Albany spray tan provides a sun-less, natural and even looking tan all year round.

FULL BODY	25 mins	£55
HALF BODY	10 mins	£30

LIFE AND STYLE EVENTS

The Rooms at The Albany also runs "life and style" events, where you can have a lot of fun, experiment, try new treatments and evolve your own style. As events are arranged, they will be featured on the website, so do check back from time-to-time.

Heralded for their corporate events, parties, team building and group pampering. Events can be accommodated with style and ease, all within the salon or venue of your own choice.

NEXT EVENTS AT THE ALBANY:

R.V.S.P: heather@therooms.co.uk
kevin@thealbanyclub.co.uk

GIFT PACKAGES

Buy five of any treatments and receive 1 treatment of the same free. Gift vouchers offer the perfect way to treat and pamper. Contact club reception for details.

Treatment booking times:

Monday	09.30am - 2.30pm
Tuesday	10.30am - 7.30pm
Wednesday	10.30am - 3.30pm
Thursday	10.30am - 7.30pm
Friday	11.30am - 8.30pm
Saturday	09.30am - 4.30pm
Sunday	09.30am - 4.30pm

For all bookings please contact:

The Rooms at the Albany, The Albany Club,
Saint Bedes Hall, Little Albany St, London NW1 4DY
Tel: 0203 2145 038 / Tel: 01462 730297

Treatment/times/therapists are all subject to availability check prior to booking to avoid disappointment. Our therapists time is precious .we require a 24 hour for all cancellations to avoid a charge of 50% of the treatment price.



The Rooms at The Albany offers you a place to have a little "Me Time". This delightfully tranquil converted church is a wonderful sanctuary in a beautiful building, away from the demands of modern life. As the name suggests, we can create room for you to relax, room to unwind and room to breathe. The Rooms was created 25 years ago built on the philosophy of developing confidence and wellbeing in men and women by helping them to look and feel fabulous.

All our Therapists, Treatments and Products are chosen to provide a full range of first class therapies delivered with care and attention to our clients; these are designed for palpable results and performed to the highest standard of excellence. We will be only too pleased to help you find a little peace and quiet while you indulge yourself. You will come away feeling relaxed and invigorated.

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SWEDISH MASSAGE

By using traditional Northern European techniques to help relax and de-stress and delight the body. Therapists use a variety of movements to help ease the muscles and joints. A completely relaxing full body massage using safe but effective techniques to rebalance and relax your muscles using draining movements for re activating the circulation and lymph, and for moisturising and firming the skin.

FULL BODY MASSAGE	55mins	£95
BACK MASSAGE	25mins	£55

DEEP TISSUE PRESSURE MASSAGE

Alleviate stress, ease aching muscles and revive the senses with this powerful, customised massage. Dynamic blends of Essential Oils are prescribed to target individual needs and reduce specific stress and muscle tension. Specifically targeting areas where you need it most. Maximum tension-relieving results.

FULL BODY MASSAGE	55mins	£95
BACK MASSAGE	25mins	£55

INDIAN HEAD MASSAGE

Our Highly trained therapists' tailor-make the massage experience to suit your needs. A treatment designed to relax and re balance energy levels whilst alleviating muscular tension and stress Each delightful ritual is a fusion of therapeutic elements inspired by ancient traditions of the oriental, Mediterranean, Indian and Arabian cultures.

BACK AND NECK	10mins	£20
BACK AND NECK ARM	25mins	£55
BACK, NECK, ARM, FACE AND SCALP	40mins	£80

HOPI EAR CANDLING

Hopi ear candling, also know as thermo auricular therapy, is an ancient form of therapy practiced by many people on a world wide basis. Its name is taken from the Hopi Indian's of north Arizona, USA and means 'peaceful people'. Hopi candling is a safe therapy and its popularity is growing as more people become aware of its benefits. Hopi Ear Candles are used for a wide range of conditions associated with the ear, nose and throat. This treatment can bring relief from discomfort associated with ear wax build up, sinus congestion, pressure in the ears and much, much more.

40mins £80

REFLEXOLOGY

The origins of modern reflexology evidently reach back to the ancient Egyptians.

Reflexology is a therapy where the practitioner uses the application of pressure to specific points on the foot. All areas of the foot are linked and mirrored to various parts of the body.

A reflexologist uses finger and thumb techniques (a system of foot massage) to the foot area which may disclose and release blockages to any problem areas within the body which may then allow the free flow of energy to circulate the body, encouraging the body to become re-balanced.

Reflexology can help reduce stress levels and induces deep relaxation; it may also help the body heal itself.

FULL TREATMENT	55mins	£95
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REIKI

Reiki evolved in Japan as a healing system from ancient teachings after many years of study, research and meditation.

It was developed into a system of natural healing which the practitioner gently places their hands non-intrusively in a sequence of positions which cover the whole body. The whole person is treated rather than specific symptoms.

During the treatment each position is held for several minutes. Reiki flows to the area of need, soothing pain and supporting the body's natural ability to heal itself. Reiki restores balance to ones life.

Reiki	55mins	£95
Crystal Reiki	55mins	£105

AROMA STONE THERAPY

Deep penetrating heated stones alternating with cool marble are manipulated and placed over the body to impart warmth and energy, an absolutely delightful feeling. Encompassed in this elegant application of hot and cold are unique healing and energizing benefits.

One stroke of massage with a stone is equivalent to 10 European massage strokes so that after 75mins of treatment you will emerge energized and uplifted.

85mins £125

BODY TREATMENTS

The Rooms at the Albany brings you an exciting bodycare concept.

All treatments are uniquely designed to target the ever changing skin and body needs of both men and women.

Powerful formulations are combined for serious results. Herbs, plants and seaweeds are combined with cultural touches from around the world. Pure sensory heaven.

Book in for a complimentary lifestyle consultation and your spa therapist will advise you on the best programme for you.

Exotic rituals

Indulge your body, delight your senses .These body therapies nourish and condition from the soles of the feet to the crown of the head, giving skin a glorious sheen.

EXOTIC LIME AND GINGER SALT GLOW	25min	£55
EXOTIC FRANGIPANI BODY WRAP	55min	£95
EXOTIC COCONUT RUB AND MILK RITUAL	55min	£95

DETOX AND BODY CLEANSING THERAPIES

Deep cleansing massage techniques to firm tone and rid the body of impurities .Results-driven for the ultimate body performance.

CELLUTOX (aroma spa wrap) 70mins £115
Targeting problem areas such as cellulite and water retention to achieve positive results .Also helps ease the pain of rheumatism and arthritis.

MUSCLEASE (aroma spa wrap) 70mins £115
Muscle warming treatments to ease aches and pains, fatigue and muscle spasm.

BODY SCULPTING THERAPY 70mins £115
AND COLON THERAPY
A specialized detoxifying fennel treatment proven to redefine the body's silhouette, reduce the visible signs of cellulite while progressively smoothing and firming the body.

SIGNATURE MESSAGES AT THE ALBANY

Signature massage	55mins	£95
Spa massage	70mins	£115

Each tailor-made to suit your individual needs. Includes a luxuries combination of light dry brushing, body polish, spa bathing and massage. For the ultimate body care experience.

Signature massages / spa massages available.

EXOTIC TRANQUIL TOUCH
Envelop your body in a tranquil touch with exotic sensual aromatics. Uplifts your senses and makes you feel positive about your world.

QUIET MIND

Nurture and soothe your body, while melting away tension and relaxing your mind. Ideal for slowing down the pace at the end of the day

REVITALISE-ME

Energize your body while revitalizing your spirit. Awaken and feel alive, feel refreshed and invigorated ready to start the day.

AGE MAINTENANCE

Pro-collagen technology provides body anti-aging to hands and body with a touch of luxury .an instant feeling of firmness and lift, creating an 'invisible stocking' effect.

RUN THE MARATHON

Perfect as part of a fitness programme this massage prepares muscles for exercise or helps ease muscle pain and stressed joints.

THE DETOX

Using a powerful synergy of herbs and essential oils the perfect detox .can be used as part of a anti-cellulite and body cleansing programme.

MOTHER-TO-BE

Specialised pregnancy massage to relieve tension in the back and alleviate swelling in hands and feet. Enliven your senses and boost your energy level.

FACIAL THERAPY

An experience designed for both men and women in search of a more natural, sustainable and organic approach to skin care.

Seek out the soul, nurture, embrace and escape in this exclusive facial and massage experience.

By offering the highest quality products with results orientated treatments, our facials will promote softer, smoother skin, enhance a delightful silky radiance while at the same time actively tackling premature ageing.

These are wonderful rituals that will restore and awaken your complete being, rejuvenating your soul as well as your skin.

ALBANY SIGNATURE FACIAL	25min	£55
	55min	£95