



AN URBAN SANCTUARY FOR HOLISTIC WELLNESS

The Guerlain Spa at Raffles London at The OWO is an unmatched new wellbeing destination for London, where a serenely restorative spa is coupled with contemporary fitness spaces that complete the transformation of this historic address.

Our spa's holistic wellness offering combines the prized treatment expertise of Guerlain, the pioneering Parisian beauty brand founded in 1828, with the insights and movement expertise of game-changing newcomers Pillar Wellbeing.

A highly personalised approach to guests' needs unites the offering, with today's technology complemented by the timelessly beautifying effects of natural ingredients – all delivered with an expert touch and Raffles's impeccable hospitality, at every stage of your wellness journey.

Spanning 27,000 sq ft across four floors of The OWO, the Guerlain Spa and Pillar Wellbeing was conceived by the interior design studio Goddard Littlefair to offer profoundly calming and secluded spaces in which to escape from the demands of a busy modern life. Step out restored and renewed after luxuriating in the pools or sauna; hone your yoga or swimming technique with one-on-one coaching; or indulge yourself with a spa treatment in one of our VIP Suites.



OUR FACILITIES



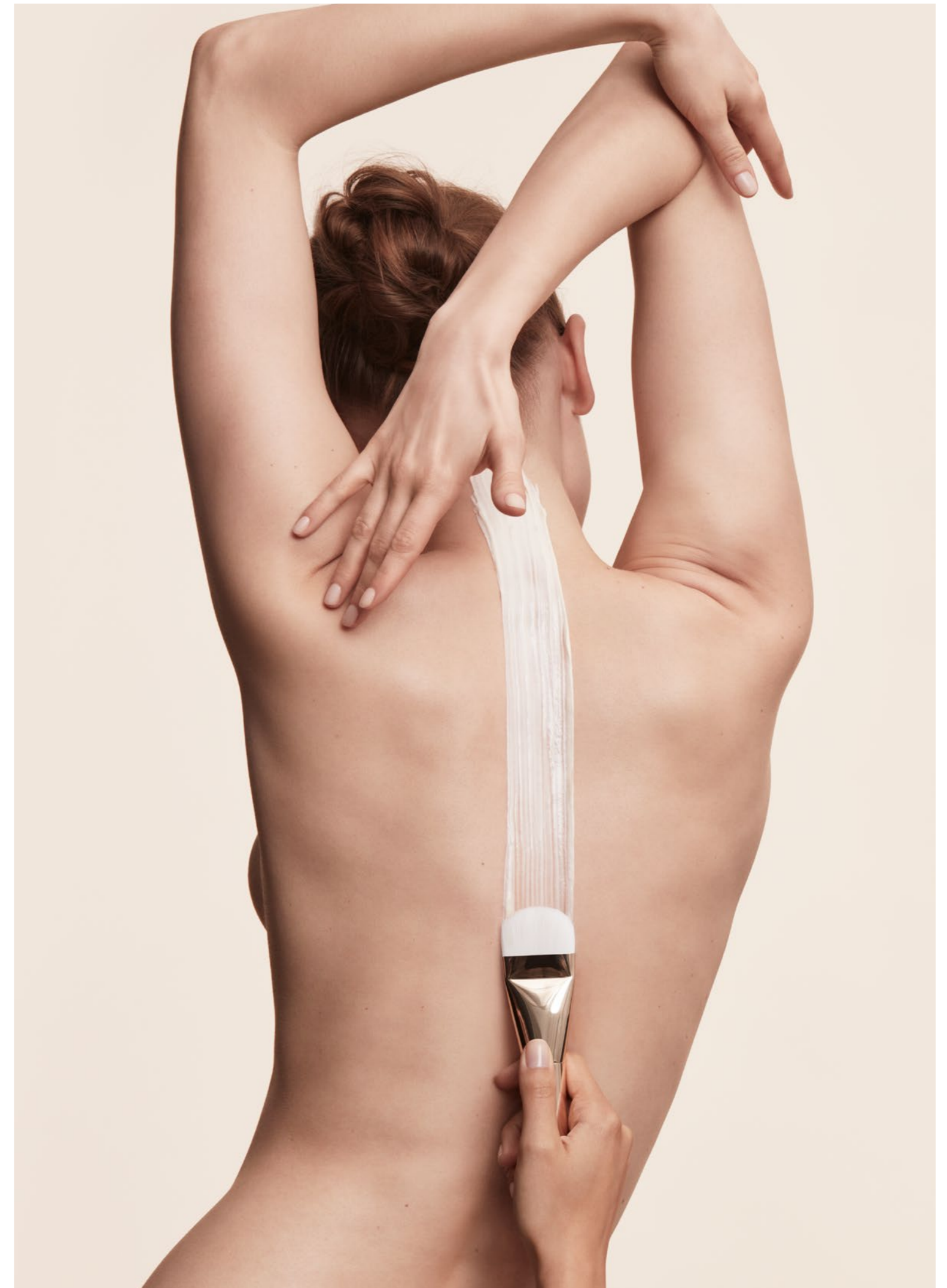
- Swim in our elegant 20m pool, set under double-height ceilings – the crowning glory of our wellness destination.
- Feel transformed by time spent in our thermal spa suite, with vitality pool, sauna, steam room and experience showers.
- Work out in our cutting-edge gym and movement studio, which offers a tailored, data-led approach to fitness alongside Pillar Wellbeing’s coaching.
- Emerge rejuvenated from luxurious treatment suites with private bathrooms, including three spacious VIP Spa Suites featuring private soaking bathtubs and a Couture Suite that delivers Guerlain’s high-tech facials.
- Enjoy the luxury of the convenient ground-floor Atelier, offering targeted spa and beauty treatments, as well as Guerlain make-up and perfume experiences that are personalised to you.
- Look and feel your best for any occasion with the help of the trusted professionals in our private hair and beauty treatment spaces.
- Hungry? The delicious and healthy meals, snacks and cold-pressed juices developed by the experts at Pillar Kitchen will give you a nutritional boost.



GUERLAIN SPA

Established in 1828, Guerlain is one of the world's leading beauty houses. And for more than 80 years, the celebrated Parisian brand has developed industry-leading spa treatments that combine traditional skills with new techniques and technological innovations. In this pioneering spirit, Guerlain has designed a suite of unique spa experiences for Raffles London at The OWO, which is home to the first exclusive Guerlain branded spa in the capital.

Combining expert know-how with the benefits of fine natural ingredients, including rare orchids with outstanding longevity properties and healing bee products, our attentive Beauty Experts deliver uniquely effective face and body treatments.







PRIVÉ SPA SUITE EXPERIENCE

SPA SUITE JOURNEY

180 MIN

Shaped by The OWO's iconic towers, the two spacious Cupola Spa Suites are exceptional wellbeing retreats designed for two, while the Royal Spa Suite is a sumptuous self-care sanctuary for one. Connect with a loved one or just reconnect with yourself.

Your spa suite journey begins with a glass of Champagne and a Guerlain therapeutic bath ritual, followed by a two-hour tailor-made treatment of your choice. Enjoy relaxation time in your suite after your treatment, with some light refreshments. Your spa suite journey also includes two hours' use of the pool and thermal facilities.

EXCLUSIVE TREATMENTS



UNIQUE EXPERIENCES

ROYAL GLOW TECH FACIAL

90 MIN

Developed especially for Raffles London, this delightful treatment combines the power of microdermabrasion and the healing action of photobiomodulation light therapy with Guerlain's exceptional facial techniques. Step out with a beautifully smooth complexion and majestically royal glow.

SPIRIT OF LONDON

90 MIN

Created to bring harmony to body, mind and spirit, this massage is exclusive to Raffles London at The OWO. With the enhancement of LED light therapy, it targets tensions related to travel, environmental stressors and a busy lifestyle, leaving you with a sense of lightness and peace, your energy centres rebalanced and your mind reset.

COASTAL ESCAPE

60 MIN

This invigorating massage will transport you to the coast, with original music created to offer a rousing, emotional escape. Feel the intrigue of the crashing waves and the heady heights of the rugged coastal paths.

THE ART OF TAILOR-MADE

TAILOR-MADE TREATMENT*

60 / 90 / 120 MIN

Infinite personalisation makes for an extraordinary, highly specialised experience, with the perfect combination of Guerlain products and innovative rituals derived from the know-how of Eastern and Western masters. A global consultation allows your expert Guerlain therapist to meet your specific needs, choosing perfect pairings for face and body.



SEE YOUR FACE LIGHT UP



EXCEPTIONAL
REJUVENATION RITUALS

IMPERIAL FACE SCULPT

60 MIN

This cutting-edge aesthetic sculpting massage restores firmness and a youthful glow. With its deep muscular action, it shapes the facial contours, emphasises the cheekbones, opens up the eyes and reduces the appearance of wrinkles. A revolutionary lifting effect.

**ULTIMATE BLACK ORCHID
AGE REVERSE**

60 MIN / 90 MIN

This luxurious masterpiece treatment targets the cells that support the skin's natural defence system, helping your skin to become more resistant to external aggressions. The ultimate talisman against time, for extended youthfulness and long-lasting results.

IMPERIAL AGE REVERSE

90 MIN

The most complete anti-ageing treatment, highly regenerating and re-densifying to boost radiance and tone muscles. The skin regains a perfect finish: supple and velvety, with a natural glow.

YOUTH REPAIRING RITUALS

HONEY REPAIR AND RENEW

60 MIN

A catalyst for youth, combining warm purifying herbal pouches, facial massage techniques and the most powerful bee products to oxygenate and repair the skin, smooth out wrinkles and firm up tissue.

ROYAL HEAD RITUAL*

60 MIN / 30 MIN

This holistic massage soothes the scalp, eases muscle tension and invites you to let go. After a precise hair diagnosis, Abeille Royale Scalp and Hair Youth Oil-in-Serum is applied to protect, repair and enhance the hair. A serene ritual for silky softness and infinite shine.

*The 30-minute treatment can only be reserved in combination with another treatment of 60 minutes or more.

HIGH-TECH RITUALS

MICRODERMABRASION*

30 MIN

The exfoliating and healing action of microdermabrasion leaves the skin with a gorgeous glow. This treatment improves skin texture and radiance while helping to regenerate its elasticity by stimulating collagen and elastin production.

LED FACIAL*

30 MIN

This cutting-edge photobiomodulation therapy emits monochromatic light, which supports the skin healing process. It activates the natural production of collagen and elastin, and inhibits the enzymes responsible for breaking down hyaluronic acid.

*These treatments can only be reserved in combination with another treatment of 60 minutes or more.



ENHANCE YOUR BODY



RELAXATION AND ENERGY

IMPERIAL RELAXING MASSAGE

60 MIN / 90 MIN

Paying tribute to Eau de Cologne Impériale, this signature Guerlain massage is a treat for the senses. It stimulates circulation, promotes oxygenation and promises irresistible relaxation.

DEEP MUSCULAR MASSAGE

60 MIN / 90 MIN

This powerful ritual is based on five of the most effective ancestral methods in the world. It sculpts, strengthens and tones the muscles, releasing tension, for deep relaxation.

**FOUR-HAND IMPERIAL
RELAXING MASSAGE**

60 MIN / 90 MIN

This ballet of expert techniques, developed from the Imperial Relaxing Massage, delivers a wonderfully uplifting sensation of wellbeing.

SECRETS OF INDIA

60 MIN

The Shalimar Legend is the inspiration for a unique massage that takes you to the heart of India. Your Guerlain Expert's hands are guided by the rhythm of music throughout this sensory journey, which is divided into four sections – meditation, sensuality, joy and energy. A rebirth for body and mind.

VITAL ENERGY

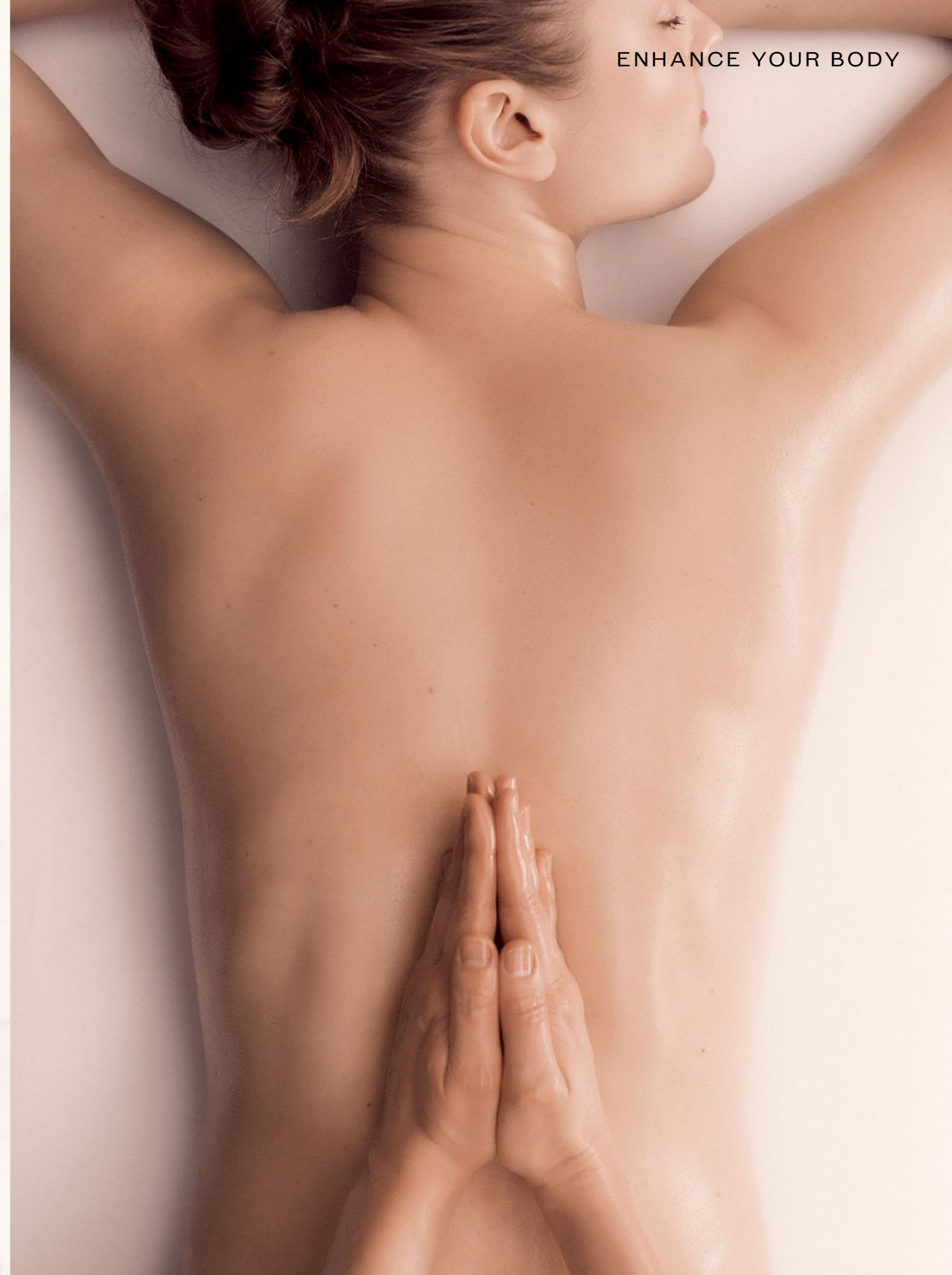
60 MIN / 90 MIN


Rebalance body and mind with this unique treatment, which works on the ligaments and tendons as if they were strings on a musical instrument. The joints are released, tissue oxygenation is improved and flexibility is restored.

PRE/POST NATAL MASSAGE

60 MIN / 90 MIN

Designed to improve the skin's elasticity and stimulate the circulation, this delightful massage can be enjoyed after the first trimester of pregnancy or postnatally.





ENHANCE
YOUR BODY

INTENSE BODY
ENHANCEMENT

IMPERIAL BODY SCULPT

60 MIN / 90 MIN

A new generation of slimming massage that sculpts the silhouette, eliminates excess fluids and reduces cellulite. Kneading and drainage stimulate the metabolism for long-lasting effects.

INTENSIVE BODY THERAPY

120 MIN

Combining a scrub, wrap and personalised massage, this treatment is an exceptional experience that enhances the whole body.

BODY POLISH

60 MIN

The relaxing experience is an invitation to wellbeing. Skin appears more clear and is left silky soft.

EXCEPTIONAL PAMPERING

HEAD TO TOE PAMPER

180 MIN

- Tailor-made treatment 120 MIN
- Complete Foot Treatment 60 MIN

NATURAL GLOW

150 MIN

- Body Polish 60 MIN
- Royal Glow Tech Facial 90 MIN

SCULPT TO PERFECTION

120 MIN

- Imperial Body Sculpt 60 MIN
- Imperial Face Sculpt 60 MIN

These packages also include two hours' use of the pool and thermal facilities.

HALF DAY EXPERIENCES



HAND AND FOOT TREATMENTS

COMPLETE HAND OR FOOT TREATMENT

60 MIN

A gentle scrub, cuticle treatment, moisturising massage, paraffin bath and nail polish application come together in this treatment, leaving hands or feet looking flawless.

INTENSIVE HAND OR FOOT TREATMENT

90 MIN

A concentrate and mask are applied as part of this luxurious restorative treatment, completed by nail polish or a French manicure.

INTENSIVE HAND AND FOOT TREATMENT

120 MIN

Indulge neglected hands and feet with a complete treatment to repair, soften and enhance.

GLAMOUR EXPERIENCE*

90 MIN

Three Guerlain Therapists perform simultaneous treatments, with options including a manicure, pedicure, massage, facial and make-up application. Ideal for looking your best for a special occasion.

ROYAL RENEWAL*

90 MIN

Working in harmony, two Beauty Experts and a Hairdresser will transform you, combining treatment options of a manicure, pedicure, massage, facial make-up application and a blow dry.

BARBER RITUAL

60 MIN

Depending on your needs, this ritual will trim, restructure and nourish your beard. It includes a gentle scrub, hot towels and face massage.

ROYAL BARBER RITUAL

90 MIN

A multisensory experience including face and beard diagnosis, in-depth cleansing, precise shaving, nourishing of the beard and a rejuvenating facial treatment.

*Duration, number of experts and options can be adapted to your needs.
Full hairdressing and barbering services available on request.



L'ATELIER GUERLAIN

Step into the vibrant world of Guerlain beauty at L'Atelier Guerlain. In this charming new retail and treatment destination, conveniently located on the ground floor, visitors will find Guerlain's celebrated family of perfumes, irresistible make-up and luxurious skincare collections.

Unique to Guerlain & Raffles London, enjoy express beauty treatments to suit the time you have available, from a sculpting facial treatment to a make-up masterclass.



THE GUERLAIN SPA AT RAFFLES LONDON

FOCUS RITUALS

Performed in L'Atelier Guerlain, these chair treatments will focus on meeting your needs, sculpting and contouring to restore firmness and a youthful glow.

FACE LIFT

30 MIN

Restore firmness and a youthful glow with Guerlain's revolutionary lifting effect, with a feel-good facial treatment that will leave skin refreshed and younger looking.

EYE FOCUS

30 MIN

The eye contour looks smoother, more sculpted and feels revived.

LIP CONTOUR

30 MIN

Reveal your best-ever smile with lips are hydrated, plump lips that are silky smooth.

NECK LIFT

30 MIN

Perfect to lift and smooth neck and décolleté, opening the shoulders and adding poise.

SCALP RITUAL

30 MIN

Protect, repair and enhance your hair, with new softness and infinite shine.

THE ART OF MAKE-UP

MAKE-UP APPLICATION

60 MIN

MAKE-UP LESSON

90 MIN

Guerlain's most effective beauty secrets are revealed in this one-to-one workshop.

BRIDAL MAKE-UP

60 MIN + 90 MIN

For the most important day of your life, opt for tailored make-up in two stages, including initial trials, in the safe hands of a Guerlain Make-Up Artist.

L'ATELIER GUERLAIN



PILLAR WELLBEING

The wellness specialists Pillar Wellbeing oversee training and health programming throughout the active wellness spaces, which include a state-of-the-art gym, a movement studio and a juice bar.

Pillar takes a holistic, preventative approach to the pursuit of good health as a lifelong journey, from the pleasure of nutritious food and juices to supporting better practices for movement and recovery, as well as mental fitness.

From one-to-one coaching opportunities to the latest sports technology, Pillar's performance coaches will tailor your training session at every visit. This high standard of data-led, personalised training helps to set the wellness offering at Raffles London at The OWO apart. Pillar Wellbeing services are available exclusively to hotel guests, residents and members.

PILLAR TAKES A HOLISTIC,
PREVENTATIVE APPROACH TO
THE PURSUIT OF GOOD HEALTH
AS A LIFELONG JOURNEY.



ASSESSMENTS

PERSONAL WELLBEING ASSESSMENT

60 MIN

This unique assessment uses cutting-edge technology to measure key physical results. Testing includes 3D movement screening, objective markers of stress, cardiovascular fitness and fat-burning capacity, as well as body fat and muscle mass analysis.

METABOLIC ANALYSIS

60 MIN

This breath analysis session gives objective data on the number of calories an individual burns daily, plus dietary insights into blood sugar control, fasting effectiveness and possible overtraining. A personalised approach to improving metabolism is the outcome of the session.

PERSONAL COACHING

60 MIN

A highly effective training methodology based on scientific principles and an understanding that each session needs to be adapted to the clients physical and mental needs, preferences and energy levels.

PRIVATE YOGA

60 MIN

A one-to-one yoga session tailored to your needs. Improve your body awareness, breathing and meditation, or focus on strength and flexibility. Working closely with your teacher, you will learn more about your body and mind, enhancing your inner calm.

SHAW METHOD SWIM COACHING

60 MIN

One-to-one swim coaching for all levels, from beginners to performance swimmers. Using the unique Shaw method, learn to relax your body and mind when swimming and adjust your technique to become more efficient in the water.





RECOVERY AND NUTRITION

RECOVERY SESSION

60 MIN

If you are not fully recovered, there will be a diminishing return for the hard work you put into your training. We advocate an active recovery session every five workouts to optimise outcomes. Our recovery experts curate a blend of mobility, assisted stretching, percussion therapy, breathwork and compression to optimise your development.

PHYSIOTHERAPY

90 MIN / 60 MIN

Experienced physiotherapists perform a full body assessment, then put together a treatment plan to enable pain-free movement. Includes hands-on myofascial treatment and corrective exercise to reduce pain, improve movement and help prevent future injury.

SPORTS MASSAGE

60 MIN

Sports massage can assist in correcting problems and imbalances in soft tissue caused by repetitive and strenuous physical activity. Its application prior to or after exercise can enhance performance, aid recovery and help to prevent injury.

PSYCHOLOGICAL FITNESS COACHING

60 MIN

A unique opportunity to understand how to proactively improve and maintain a psychological fit mind. Goals for psychological fitness coaching can be geared to changing performance, or simply to improve one's overall psychological wellbeing. Chartered psychologist Dr Vanessa Moulton brings this to life within a science-backed framework, tailored to your personal or professional goals.

NUTRITION COACHING

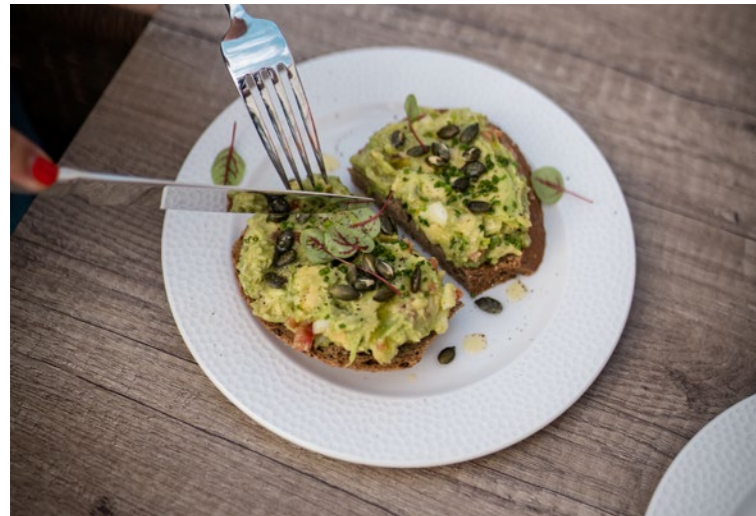
60 MIN / 30 MIN

This nutritionist-led session seeks to deepen an individual's understanding of diet and supplements and drive a highly personalised nutritional strategy. Pillar clinical nutritionists will seek to use the power of food as an intervention tool, helping you to achieve an agreed goal.

PILLAR KITCHEN

At the Pillar Kitchen & Juice Bar, conveniently located on the hotel's ground floor, you can enjoy refreshing cold-pressed juices and seasonally inspired dishes from a chef-led, nutritionist-backed menu, available to eat in or take away.

High-quality protein, wholegrain fibre and fermented foods for digestive health all complement Pillar Wellbeing's "vegcentric" approach to delicious nourishment.



ENJOY REFRESHING
COLD-PRESSED JUICES
AND SEASONALLY INSPIRED
DISHERS FROM A CHEF-LED,
NUTRITIONIST-BACKED MENU,
AVAILABLE TO EAT IN OR
TAKE AWAY.



THE GUERLAIN SPA AT RAFFLES LONDON



EXCLUSIVE MEMBERSHIP

Raffles London at The OWO offers a limited number of wellbeing-focused memberships for those who want to feel at their best, day in, day out.

Members have access to the gym, complimentary group exercise classes, swimming pool, vitality pool, sauna, steam room and experience showers. Additional benefits include exclusive member discounts on Guerlain Spa treatments and skincare collections, hotel dining and valet parking.

A highly limited number of memberships are available. For more information, or to apply, please email membership.london@raffles.com



ESSENTIAL INFORMATION

BOOKING

To avoid disappointment and ensure that your preferred time and service is available, we recommend booking in advance. Please visit the website to book online or email spa.london@raffles.com.

CANCELLATION POLICY

If you are not able to attend, please cancel your appointment with at least 24 hours' notice. Cancellations within 24 hours will incur a 100% charge.

Late arrivals may find that a treatment is not possible or is cut short.

SPA FACILITIES AND ACCESS

The following facilities are available to spa guests booking treatments lasting a minimum of two hours: use of the swimming pool, vitality pool, sauna, steam room, experience showers and relaxation lounge up to one hour prior to, and one hour following, the treatment. Please note that a bathing suit is required to use the facilities. The gym and movement studio are exclusively for the use of hotel guests and members. To maintain a serene spa environment and to respect all guests' privacy, use of mobile phones, electronic devices and cameras is prohibited.

SPA ARRIVAL

We recommend that you check in at the Spa Reception 15 minutes prior to your appointment for treatments of less than two hours, and up to one hour in advance for treatments of two hours and longer, so that you have time to change and enjoy the spa facilities. Please be aware that late arrivals will not receive an extension of treatment time.

CHILDREN

The minimum age requirement for access to the swimming pool, thermal facilities and gym is 16 years. Children of hotel guests and residents who are under the age of 16 are only permitted to use the swimming pool during the dedicated family swimming hours, and must be supervised by an adult at all times.

The minimum age for spa treatments is 16 years. Guests under the age of 18 require parental consent.

HOURS

- Gym:
 - weekdays 06:30-21:00,
 - weekend 08:00-20:00
 - (24 hours for hotel guests)
- Swimming Pool:
 - weekdays 06:30-21:00,
 - weekend 08:00-20:00
- Family Swim Hours:
 - 08:00-10:00 and 15:00-17:00
 - (for resident and hotel guest children only)
- Spa Treatments: 10:00-19:00

HEALTH CONDITIONS

Please advise us of any health conditions, allergies or injuries when making your spa reservation.

PREGNANCY

Please inform us if you are expecting or nursing, as we have specially designed treatments that we can recommend for you.

VALUABLES

Please do not bring valuables into the spa premises. We accept no responsibility for loss of valuables and jewellery at any time.

PRICES

All prices are quoted in GBP and are subject to change at any time.



