



THE RITZ LONDON

## HEALTH AND BEAUTY AT THE RITZ

### **The Ritz Salon**

Situated on the seventh floor of the hotel, the salon provides an extensive range of health and beauty treatments including ladies' and gentlemen's hairdressing, bridal hair and make-up, manicure and pedicure with Jessica products, waxing, reflexology and a separate therapy room for specialised body treatments.

The exclusive Aromatherapy Associates product range is used in the treatment salon, offering a select collection of treatments for both men and women. Aromatherapy Associates present a choice of 100% natural plant oils specifically designed to Relax, De-Stress, Revive and Rescue. The Ritz Salon therapy menu includes treatments using the best massage practices from East and West, aromatherapy facials, hand and foot treatment.

### **Fitness Studio**

A private Gym and Fitness Suite is also located on the seventh floor of the hotel, immediately opposite The Ritz Salon, offering state of the art exercise equipment and personalised training sessions for exclusive use by hotel guests.

The Ritz has recently extended its health and beauty services to include one to one fitness programmes and energy work outs with Emulate Sports Fitness personal trainers. Whether staying at The Ritz for business or leisure, guests can now maintain, or even start, a personal training routine in the Fitness Suite under the expert guidance of Sarah Wright, founder of Emulate.

For appointments with Sarah, or to book a personal training session please contact the Hallporter's Desk at The Ritz or call +44 (0)20 7300 2321.

The Ritz Salon is opened from Monday to Friday from 8:00 am to 7:00 pm, on Saturdays from 8:00am to 4:30pm and Sundays from 11:00 am to 4:00 pm. For hairdressing and beauty treatment appointments please call the salon on +44 (0)20 7300 2345 or email [Salon@theritzlondon.com](mailto:Salon@theritzlondon.com).