



THE SPA AT BROWN'S
LONDON

A ROCCO FORTE SPA

Rocco Forte Wellness addresses complete enrichment and unity of physical, mental, emotional and spiritual health – together, a Forte Life – fusing proven, pioneering science and technology with inherited wisdom and an affinity with nature across Rocco Forte Spas, Nourish, Fitness, Mind, Community and Sustainability.

Inspired by the Mediterranean, Rocco Forte Spas merge Sicilian design with multi-sensory healing techniques and signature spa treatments for a truly restorative, transformative experience.

Nourish: an expert approach to nutrition, bringing together contemporary thinking, education and seasonal, locally sourced ingredients for tailored Nourish menus in all restaurants, rooms and events.

Fitness: combining innovative Technogym equipment with one-to-one training and group city or nature fitness tours that offer a true sense of place.

Mind: a dedication to mental restoration and relaxation; sleep kits, meditation, mindfulness, and considered, restful design.

Community and Sustainability: deepening guests' connection with their world through group retreats, talks, workshops, local charitable projects, and sustainable, ecologically aware practices.

Collectively, Rocco Forte Wellness: giving guests an enhanced Forte Life

THE SPA AT BROWN'S

The Spa at Brown's is the perfect place to escape the city's hustle and bustle and balance your mind, body and soul. Walking into this secret haven induces instant relaxation and serenity. Floral scents infuse the air and nourishing Sicilian botanicals- picked from Verdura's Organic Farm in Sicily- enrich Irene Forte Skincare. Our high-tech and advanced facials and body treatments are combined with relaxing and indulgent therapies, carried out by our expert team of therapists and specialists.

Our facilities include:

- 3 treatment rooms
- Reception area
- 24-hour state-of-the-art gym

THE SPA AT BROWN'S PRODUCTS

Irene Forte Skincare

The proprietary Irene Forte Skincare range achieves outstanding results with natural ingredients in formulations shaped by 35 years of skincare research and development. With her Scientific Director Dr. Francesca Ferria pioneer in the medical use of plant extracts to treat skin conditions- Irene has introduced novel ingredients in products which have shown outstanding activity in independent clinical and user trials. Irene Forte Skincare products are suitable for all skin types and have been clinically approved for sensitive skin.

The core ingredients come from Verdura's Organic Farm in Sicily, and alongside these Irene Forte has integrated zero-waste upcycled ingredients, made from nutrient-rich plant-based leftovers. Her insistence on plant-based sources means all of the ingredients are certified vegan.

Irene Forte's approach is distinguished by her high ethical standards. In recognition of those standards, Irene Forte Skincare has already achieved B-Corp status and has been awarded the Butterfly Mark by Positive Luxury for sustainable excellence.

BeauBronz

The luxurious BeauBronz tanning products are made with natural and organic ingredients, free from harsh chemicals, parabens and drying alcohol. They will help you maintain a beautiful healthy-looking tan all year round or prepare for any last-minute events or nights out.

Made For Life

Made for Life Organics is hand blended in Cornwall from 100% organic herbs and flowers using an artisan "maceration" process capturing solar and lunar energy. The formulations, rich in natural botanicals, are designed to treat all skin types including sensitive and sensitised skin. They are also designed to balance mind and body.

Committed to the highest standards, Made for Life is proud to be certified cruelty-free and to be the first UK Bcorp certified spa and wellbeing brand.

A series of exceptional treatments and rituals have been created for the face, body, mind and spirit, each designed to deliver highly effective skincare solutions.

OPI

OPI has revolutionised the nail care industry since its inception in 1981, combining cutting edge technology with an unerring sense of style, whilst maintaining an incomparable reputation for excellence and innovation around the world. We offer iconic shades in lacquer and GelColor.

IRENE FORTE FACIALS

Etna Age-Defying Facial

A powerful facial using hot and cold volcanic stones from Mount Etna to rebalance, revitalise and relax. A double mask application promotes skin firmness, hydration and radiance. Our signature triple facial massage technique stimulates circulation, oxygen and nutrient flow to the skin, enhancing natural collagen production. This active facial reveals a fresher, firmer and glowing complexion.

90 Minutes

Phytomelatonin Rejuvenating Facial

A rejuvenating facial integrating Phytomelatonin, Dr Ferri’s patented extract of Alpine Plant Melatonin, with highly efficacious hands-on facial techniques. This indulgent facial integrates our signature quadruple massage technique, including buccal massage; working from inside the mouth enhances massage results, relieving tension, toxin build-up and awakening facial contours. This facial also includes a double cleanse and a peptide-infused Hyaluronic Acid sheet mask, revealing a visibly more hydrated and younger-looking complexion.

90 Minutes

Forte Facial

Following an in-depth skin analysis, this facial is tailored to you. It can be one of our specialised facials below, or a combination of them:

- Forte Purifier: designed for combination skin to deeply cleanse and refine the skin’s texture. Includes extraction.
- Forte Brightener: perfect for dull and tired skin, helps skin regain its radiance and luminosity.
- Forte Hydrator: for dry and dehydrated skin, helps nourish the skin and leave it silky smooth and hydrated.

60 Minutes

Forte Boost

A quick-fix facial designed for those that are short of time. Expect an instant boost of hydration and luminosity. It is the perfect add-on to body treatments or massages.

30 Minutes

Forte Signature Facial Massage

Our signature triple facial massage technique includes facial pressure-points followed by a face workout using our Rose Face Oil. Expect a workout with knuckling, skin rolling and much more, to stimulate circulation and enhance natural collagen production. It leaves skin tighter, lifted and facial muscles sculpted. It is the perfect add-on to body treatments or massages.

30 Minutes

IRENE FORTE ZEMITS MACHINE FACIALS

Rigenerante Zemits Facial

A highly effective and regenerating facial, which integrates quadruple machine technology. A double cleanse, along with the use of an Ultrasonic Spatula, prepare the skin for what is to come. The use of Oxygen, Radiofrequency and LED, combined with a mask application and our signature facial massage, stimulate circulation, lift and plump the skin.

90 Minutes

Purificante Zemits Facial

A facial designed to gently exfoliate, refine and clarify the skin, integrating four machine technologies. This facial begins with a deep cleanse, which includes two cleansers, a face peel, the use of an Ultrasonic Spatula, followed by steam, extraction and Vacuum Suction. LED and Oxygen, along with specific products and manual massage, help soothe and brighten the skin. This facial reveals a purified, smooth and glowing complexion.

90 Minutes

Calmante Zemits Facial

A facial designed to soothe and calm sensitive skin, which integrates five machine technologies. This facial begins with the use of the Ultrasonic Spatula and Vacuum Suction to gently cleanse the skin. The Cooling Hammer, LED and Oxygen, combined with our gentle products, replenish the skin’s barrier, protect and nourish the skin.

90 Minutes

Booster Zemits Facial

A booster facial designed for those who are already having regular Zemits facials or who are short on time. It is designed to target specific areas of concern using any of the Zemits eight machine technologies.

60 Minutes or a Course of Six

Add on

Cooling Hammer, LED, or Radiofrequency

15 Minutes



IRENE FORTE BODY TREATMENTS

Sicilian Earth & Sea Toning Treatment

A luxurious and toning full body treatment. Start with our Trapani Sea Salt Body Scrub to stimulate the detoxification process and leave skin silky smooth. Follow with our nutrient-rich algae and clay mud wrap to extract impurities and start the toning process. During the wrap, enjoy a scalp massage using cold volcanic stones from Mount Etna. Finish with a toning massage using our sculpting Sicilian oils.

90 Minutes

Mediterranean Nourishing Treatment

A deeply nourishing full body treatment. Start with a double scrub with our Apricot Creamy Body Scrub and Trapani Sea Salt Body Scrub to remove impurities and leave your skin twice as smooth. Enjoy a full body massage using our nourishing Sicilian oils, followed by the application of our White Wine Body Cream, leaving you relaxed and moisturised to perfection.

90 Minutes

Regenerating Leg & Foot Treatment

A luxurious and deeply revitalising full leg and foot treatment. Start with a sea salt leg scrub to remove impurities, followed by a draining massage to stimulate circulation, tighten and tone the legs. Enjoy the application of a vasoactive mask to enhance the detoxification process and improve the skin's texture. Finish with a relaxing reflex point foot massage to boost circulation, restore balance and leave you with the ultimate feeling of lightness from hip-to-toe.

60 Minutes

Sicilian Scrub

Refreshes skin and removes unwanted skin cells, leaving skin silky smooth. It is the perfect add-on to another treatment.

30 Minutes

MADE FOR LIFE BODY TREATMENTS

Made for Life Head in Heaven Ritual

A beautiful mindful experience to bring you into tranquillity. Working on the upper back, head, scalp and face, rhythmic movements are performed to soothe, calm and restore peace. This treatment also includes facial cleansing, exfoliation, the application of face moisturising balm and an intense head massage.

90 Minutes

Mindfulness Ritual

This therapeutic ritual encourages you to focus on the present moment, bringing awareness to your thoughts and slowing down automatic, habitual reactions to everyday stressors. The treatment begins with relaxation breathing techniques and is followed by a back, face and scalp massage to help you disconnect from the outside world and enjoy a moment of mindfulness.

60 Minutes

Body Exfoliation

Sugar and essential oils have been carefully combined to exfoliate and moisturise the body, leaving skin hydrated and glowing.

30 Minutes

IRENE FORTE THERAPIES FOR THOSE LIVING WITH & RECOVERING FROM CANCER

These therapies are designed for those living and recovering from cancer. They have been created in partnership with The Amethyst Trust, a Standards Authority for Touch in Cancer Care (SATCC) approved provider. Starting with guided breathwork, your SATCC accredited Therapist will personalise the experience to suit your individual needs, relaxing both mind and body, while promoting a deep sense of peace.

Restorative Facial

A replenishing facial, perfect for sensitive or fragile skin. Start with a gentle cleansing, followed by our signature facial massage that has been specifically adapted, and the application of a mask, serum and moisturiser. A soothing hand and foot and optional scalp massage release tension and slowly unwinds a busy mind.

60 Minutes

Nurturing Massage

A soothing massage designed to nurture and rebalance. Gently warmed Sicilian oils nourish and comfort the body, enabling inner calm and encouraging total relaxation. Side lying massage is used when massaging a client who is unable to lie on their front

60/90 Minutes

MASSAGES

Aromatherapy Massage

A deeply therapeutic massage, using blends of essential oils personalised to individual needs to calm, stimulate or re-balance.

30/60/90 Minutes

Hot Stone Massage

Warm volcanic stones are combined with aromatic oils to gently relax the body, soothing muscle tension and inducing deep relaxation.

60/90 Minutes

Deep Muscle Relax Massage

Ideal for those with deep seated muscle tension, this massage combines advanced massage techniques, elbows and forearms to achieve deep muscle relaxation.

30/60/90 Minutes

Ayurvedic Inspired Massage

Inspired by Ayurvedic medicine, this treatment integrates tailored massage techniques to balance your dosha (energy). Using the specially selected oil, your therapist will help balance mind and body, leaving you with a new sense of wellbeing.

60 Minutes

Aromatic Compress Massage

This muscle relaxing body massage combines hot aromatic compresses containing organic Lavender with our especially blended essential oil with Bergamot to uplift the mind.

60 Minutes

Reflex Foot Zone Massage

Focused on the feet and lower legs, this treatment helps to relax mind and body with massage techniques to specific energy zones and points.

60 Minutes

Massages can be carried out in the comfort of your hotel room with a 30% supplementary charge.

MOTHER-TO-BE

Maternal Bliss

This all-encompassing treatment begins with a skin smoothing gentle body exfoliation, followed by a soothing body massage and is completed with a skin brightening facial.

120 Minutes

Maternity Massage

Gentle yet effective massage techniques using nourishing oils focus on relieving tension in areas tending to be under stress during pregnancy, such as the lower back, hips, shoulders and feet.

60 Minutes

Soothing Legs

A gentle lymphatic drainage massage ideal to lighten and uplift tired, heavy or swollen legs.

30 Minutes

These treatments are especially designed for mothers-to-be after their first trimester.

LITTLE ONES

Funky Fingers

Includes nail tidy, hand massage and polish of their choice.

30 Minutes

Twinkle Toes

Includes nail tidy, foot massage and polish of their choice.

30 Minutes

Softening Facial

This facial begins with gentle cleansing followed by a soothing and rhythmic facial massage and is completed with comforting moisturiser.

30 Minutes

Soothing Massage

A gentle and soothing massage for the back, face and scalp.

30 Minutes

Mummy and Me Time

Designed for an adult and little one, this one-hour pampering spa experience can be enjoyed together at The Spa at Brown's, and is followed by an extra-special treat of Afternoon Tea for two in the Drawing Room.

Choose from two spa treatments:

* Twinkle Toes and Softening Facial for the child; Get Glam Express Pedicure and Forte Boost Facial for the adult.

OR

*Soothing Massage and Funky Fingers for the child; Brown's Bespoke Massage and Get Glam Manicure for the adult.

Up to 3 Hours

**Treatments are designed for children 4-16 years of age; however, Mummy and Me Time is designed for children ages 4-12.*



IRENE FORTE RITUALS

Mediterranean Skin Diet

Facial Ritual Following a foot soak, awaken your senses with a rhythmic mini back massage accompanied by Sicilian music. The facial follows with a flowing application of Verdura's organic olive oil to pre-cleanse and nourish the skin. Enjoy an indulgent triple mask application, along with our triple signature facial massage technique, to promote hydration and radiance. The multiple layering of active ingredients in this ritual will rebalance, revitalise and deeply renew the skin, whilst the Sicilian music will leave you in a state of complete relaxation.

105 Minutes

Olive Oil Body Ritual

Filled with Sicilian scents and natural remedies, this indulgent head-to-toe treatment will nurture, nourish and revitalise. Following a relaxing foot soak, our full-body Trapani sea salt scrub will leave skin silky smooth. Verdura's organic olive oil will then be applied all over your body before you are wrapped up to let the oil's nutrients absorb deeply into your skin. Our signature facial pressure point massage and an invigorating scalp massage follows, before finishing with a full-body massage using Irene Forte Skincare's Sicilian ingredients.

120 Minutes

Forte Face & Body Ritual

Following a relaxing foot soak, enjoy a full body scrub to smooth your skin. An invigorating full body massage follows using our Sicilian oils, as well as the application of our rich herbal body mask. Finish with a facial to leave your skin radiant and luminous. This luxurious ritual nourishes the skin from head-to-toe and ensures profound relaxation.

120 Minutes

THE SPA AT BROWN'S EXPERIENCES

Deep Sleep

This sleep-inducing treatment begins with a welcoming foot cleanse, followed by a skin smoothing body exfoliation and is completed with a deeply relaxing hot stone massage, helping you drift away into deep, restful sleep.

120 Minutes

De-Stress

Completely de-stress with this calming treatment, beginning with a welcoming foot cleanse and skin smoothing body exfoliation, followed by a deep muscle relaxation massage.

120 Minutes

Gentleman's MOT

This ultimate treat for a gentleman includes a de-stressing back, neck and shoulder massage, as well as a pick-me-up facial and express manicure.

90 Minutes

Together

Relax together in our treatment suite with an aromatherapy massage and a Forte Boost Facial, before enjoying a glass of Champagne.

90 Minutes

Me Time & Tea Time

Enjoy an afternoon of indulgence at Brown's Hotel with a one hour Aromatherapy Massage or Forte Facial in the spa, followed by champagne afternoon tea in The Drawing Room.

Up to 3 Hours

All of the above rituals can be carried out for a couple in our double treatment suite.

BEAUTY SERVICES

Get Glam Express Manicure

This is the perfect treatment if your nails are already in great shape and need a quick file and polish.

30 Minutes

Vital Manicure

Includes nail shaping and buffing, cuticle care, a hand massage and finishes with a polish of your choice.

60 Minutes

Get Glam Express Pedicure

This is the perfect treatment if your toes are already in great shape and need a quick file and polish.

30 Minutes

Vital Pedicure

Includes hard skin removal and foot exfoliation, nail shaping and buffing, cuticle tidy, a foot massage and finishes with a polish of your choice.

60 Minutes

Gel Polish Application

Finish your nail treatment with long-lasting OPI Gel Colour application.

15 Minutes

Gel Polish Removal

Removal of Gel Colour/Shellac.

20 Minutes

BeauBronz Natural Tan

A three step spray tan treatment that exfoliates, tans and moisturises the skin for a natural glow.

30 Minutes

Wax treatments are available on request



ROCCO FORTE FITNESS

Gym

Our gym is equipped with the latest gym gadgets, free weights and Technogym weight machines, along with a full range of Technogym cardiovascular equipment. The gym is open 24 hours a day for hotel guests, allowing you to enjoy your workout around the clock.

Personal Training

We will help you achieve your personal goals. Our personal trainer uses an array of training techniques, from endurance and strength to weight loss and flexibility, in order to help clients and guests get the most out of their sessions.

60-Minute Single Personal Training Session

60-Minute Double Personal Training Session

Course of Four 60-Minute Personal Training Sessions

Trainers are compulsory in the gym.

Private Yoga

Our yoga expert specialises in a variety of yoga practises, such as morning dynamic flow, slow flow yoga, core strength Vinyasa flow yoga, yoga for sport and yoga for spine health. Whatever your requirements, our yoga practitioner will personalise each session to your needs, helping you gain inner balance, strength and flexibility. Sessions take place in the comfort of your room or suite.

Private Pilates



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Reservations

To schedule an appointment for your spa treatment, please contact the spa directly on +4420 7518 4009 or alternatively email thespa.browns@roccofortehotels.com. If staying in-house, please contact us on extension 4009.

To ensure that you are able to receive your preferred spa treatment and time we recommend that you book in advance. If you are not staying with us, a credit card is required to secure your reservation when booking.

Please advise us of any health concerns, injuries or allergies that may affect your spa treatment when booking.

A 100% charge will be incurred for spa treatments not cancelled within 24 hours of the scheduled treatment time. Guests arriving late for spa treatments will receive a shortened treatment time and will be charged the full price of the scheduled treatment.

Spa etiquette

Please arrive 10 minutes before your appointment time to complete a spa consultation form. All treatments start and end on time to avoid any inconvenience for subsequent guests.

Please respect the private and serene atmosphere and refrain from using mobile phones within The Spa at Brown's Hotel.

We recommend refraining from consuming alcohol prior to a spa treatment. We kindly advise our male guests to shave one day prior to a facial treatment so we can achieve the best results. It is advisable for female guests not to shave legs immediately before a body treatment or scrub in order to avoid possible irritations or redness of the skin.

Therapists will provide you with disposable slips for treatments.

Changing Facilities are fully equipped with shampoo, conditioner, body wash and lotion. Changing area, equipped with bathrobes, flip-flops and towels.

The Spa at Brown's Hotel is not responsible for loss of personal items. We recommend that all jewellery and valuables are stored safely in your room.

ROCCO FORTE SPAS

THE BALMORAL SPA
EDINBURGH

THE SPA AT BROWN'S
LONDON

THE CHARLES SPA
MUNICH

DE RUSSIE SPA
ROME

IRENE FORTE SPAS

BERLIN
PALERMO
PUGLIA
ROME
VERDURA