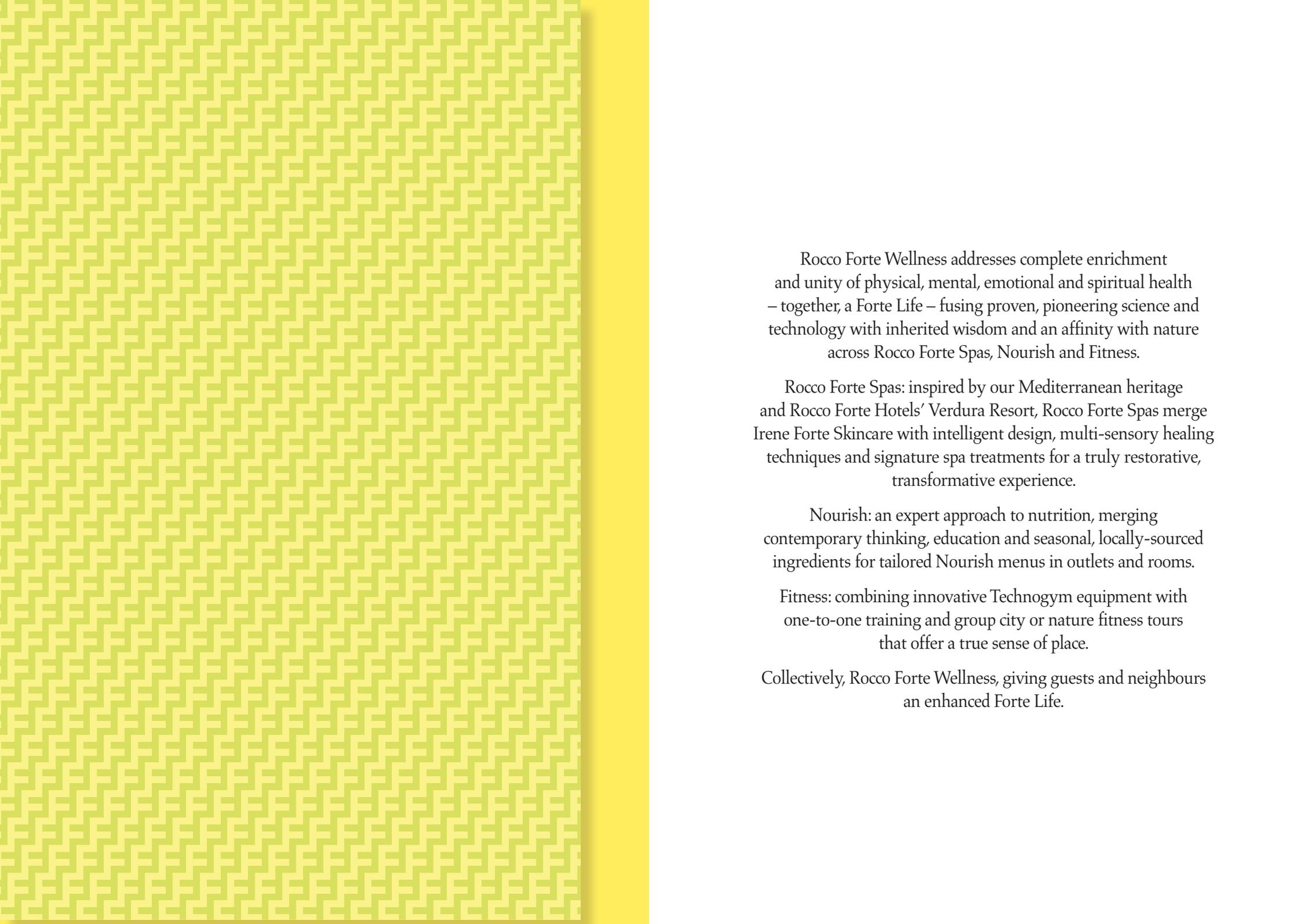




THE SPA AT BROWN'S
LONDON

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 and Fitness.

Rocco Forte Spas: inspired by our Mediterranean heritage and Rocco Forte Hotels' Verdura Resort, Rocco Forte Spas merge Irene Forte Skincare with intelligent design, multi-sensory healing techniques and signature spa treatments for a truly restorative, transformative experience.

Nourish: an expert approach to nutrition, merging contemporary thinking, education and seasonal, locally-sourced ingredients for tailored Nourish menus in outlets and rooms.

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

Collectively, Rocco Forte Wellness, giving guests and neighbours an enhanced Forte Life.

The Spa at Brown's is the perfect place to escape the city's hustle and bustle.

Walking into this secret haven induces instant relaxation and serenity. Our team of highly qualified therapists provide effective and luxurious face and body treatments.

Our facilities include:

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

Opening hours:

Monday to Wednesday, 9:00 to 20:00
Thursday and Friday, 9:00 to 21:00
Saturday and Sunday, 9:00 to 18:00

Irene Forte Skincare

Inspired by Sicily and made by hand in Italy, Irene Forte Skincare is the Mediterranean diet for your skin. Each product has been carefully formulated with a matrix of natural active ingredients that are 100% recognised by the body and create a decisive chain of benefits on the skin. The brand is sustainable from production to packaging, clean and highly effective.

Carita

Encapsulating the unique beauty of every woman, Carita was founded by the 'artisans of beauty,' the Carita sisters over 60 years ago. Their specialist anti-ageing treatments use cutting-edge technology to achieve unbeatable results.

Made For Life

All of Made for Life Organics skin and body care products are handmade in Cornwall using only 100% Organic Ingredients, accredited by the Soil Association. Made for Life has carefully thought about the right ingredients and their specific properties, which not only beautify but also improve the health and wellbeing of your skin. The treatments connect mind with body. All products are naturally balancing for the skin.

BeauBronz

Maintain a beautiful healthy-looking tan all year round or prepare for any last minute events and nights out with the BeauBronz at Brown's treatment. The BeauBronz tanning products are natural and organic.

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 RITUALS

SIGNATURE RITUALS

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

Forte Body Ritual

Start with a relaxing foot soak, followed by a full-body scrub to leave your skin feeling silky smooth. A massage follows using oils from the sun-drenched flora of Sicily to restore the body's physical and emotional balance. A rich herbal body mask is then applied to feed the body with the nutrients it deserves and to promote healthy skin. Finish with an invigorating scalp massage, leaving you completely relaxed and rejuvenated.

90 Minutes

Made for Life Head in Heaven Ritual

A mindful experience to bring you into tranquility. 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, moisturising of the face and an intensive head massage.

90 Minutes

Milk & Honey Pedicure

The ultimate treat for your feet. After a warm milk foot soak, the feet are exfoliated with a blend of sugar and honey to soften and smooth the skin. Nail shaping, buffing and cuticle tidying are followed by a foot and leg massage and completed with polish application.

80 Minutes



FACIALS

IRENE FORTE SKINCARE

Etna Age-Defying Facial

A powerful, highly effective and luxurious facial using hot and cold volcanic stones from Mount Etna that is designed to rebalance, revitalise and relax. A double mask application promotes skin firmness, hydration and radiance. Our Forte signature triple facial massage techniques stimulate circulation, oxygen and nutrient flow to the skin, enhancing natural collagen production. This active facial will reveal a fresher, firmer and glowing complexion.

90 Minutes

Forte Facial

Following an in-depth skin analysis by one of our expert Therapists, we'll tailor your Forte Facial to suit your skin's needs. Your personalised facial 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

CARITA

Carita Gold Age Defying Facial

This Carita CINETIC™ LIFT EXPERT facial stimulates and rejuvenates the skin tissue. After cleansing and exfoliation, a deep, activating hands-on lifting facial massage is followed by the application of the professional Trio of Gold Mask. The Cinetic Lift Expert massage gloves sculpt and re-contour the face which is enhanced by products infused with Mineral Gold to rejuvenate the skin.

105 Minutes

Genesis Toning Facial

This Carita CINETIC™ LIFT EXPERT facial uses a unique combination of micro-currents, ultrasound and LED technology to give immediate results, leaving the skin visibly firmer and radiant with youth. After cleansing and exfoliation, a relaxing facial massage is followed by the Cinetic Lift Expert massage gloves and is enriched with Carita Genesis of Youth Serum.

90 Minutes

Restoring & Firming Peel Facial

This Carita CINETIC™ LIFT EXPERT facial uses a unique combination of micro-currents, ultrasound and LED technology with powerful ingredients in the Neomorphose formula and power-packed Carita peel. This advanced skin peel exfoliates and hydrates for firmer, smoother and beautifully hydrated skin.

90 Minutes

Lagoon Hydration Facial

Specially designed for dry, dehydrated and tired skin, this treatment immerses the skin in a bath of freshness, leaving it radiant and hydrated.

60 Minutes

Purifying Papaya Facial

Ideal for combination to oily skin, this balancing and mattifying facial deep cleanses and refines pores using Papaya extract. It evens skin texture and clears the complexion.

60 Minutes

Resurfacing Peel & Reveal Facial

This Carita peel facial delivers pure and potent ingredients into the skin precisely where it needs it the most. Focusing on specific areas of concern with Carita CINETIC™ LIFT EXPERT the skin is left feeling revitalised with a refined flawless texture.

60 Minutes

Genesis Booster Facial

This booster treatment is ideal for those short on time or already having regular Carita Genesis Facials, focusing more on the specific Cinetic Lift Expert glove massage.

60 Minutes or a course of six

Sculpting Eyelift

A powerful and luxurious eye treatment using the Carita CINETIC™ LIFT EXPERT massage gloves and precision pens to visibly smooth the appearance of fine lines and wrinkles and reduce the appearance of dark circles and puffiness. Eyes will immediately appear refreshed and soothed.

40 Minutes

MADE FOR LIFE

Delicate Skin Facial

Ideal for delicate or sensitive skin, this facial includes gentle cleansing and exfoliation, followed by a soothing and rhythmic facial massage, a calming face mask and the application of a comforting moisturiser.

60 Minutes

Lifting Facial

Precise and intricate hands-on acupressure massage techniques stimulate key facial muscles to achieve an incredible lifting, firming and intensively moisturising treatment for the face, neck and scalp.

60 Minutes

BODY TREATMENTS

IRENE FORTE SKINCARE

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 nourishing Sicilian oils.

90 Minutes

Mediterranean Nourishing Treatment

A deeply nourishing full-body treatment. Start with a double scrub with our creamy Apricot 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.

60 Minutes

Regenerating Hip-to-Toe 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 compress cream 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

CARITA

Contouring Body Treatment

This Carita CINETIC™ LIFT EXPERT body treatment focuses on the hip, thighs and abdomen. The treatment begins with a preparing contour scrub followed by a specific LED ultrasound massage and toning micro-current glove massage. The application of a firming body cream completes the treatment, leaving the skin smoother and firmer.

90 Minutes

Refining Body Treatment

This Carita CINETIC™ LIFT EXPERT body treatment targets specific areas of concern. Choose between hip and thighs or abdomen and arms. A unique combination of micro-currents, ultrasound or LED technology, refines the body, leaving the skin renewed, smoother and firmer.

60 Minutes

Or a course of five

MADE FOR LIFE

Rose Indulgence Body Treatment

This luxurious treatment tones and softens the body with a gentle skin exfoliation, while it hydrates and nourishes the skin with a rich body oil massage. The treatment is completed with the application of a restoring body balm.

60 Minutes

Detox Body Treatment

This detoxifying treatment begins with stimulating body brushing, followed by a skin smoothing body exfoliation and an invigorating body massage.

60 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, bringing clarity to complex situations. 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.

20 Minutes

MADE FOR LIFE*Catch the Breath® Back & Head Treatment*

This nurturing gentle treatment for the head, back and shoulders has been created to help you drift into a meditative state of relaxation. Slow Tui Na Chinese massage techniques rebalance and calm the upper body. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity.

30 Minutes

Soothe & Nurture™ Organic Facial

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. Organic balms and oils will nourish and cleanse, eliminating congestion and returning natural balance to the skin, whilst a deeply relaxing face and scalp massage calms the mind and soothes the soul.

30 Minutes

Hand on Heart™ Back, Face & Scalp Treatment

This nurturing and calming treatment for the head, face, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow Tui Na Chinese movements rebalance and calm the upper body while the facial will replenish, nourish and revive the skin and ease tension. The ritual uses slow, soothing and rhythmic techniques providing complete tranquillity and deep relaxation.

90 Minutes

These Made for Life™ treatments are suitable for people living with and recovering from cancer.

Aromatic Compress Massage

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

60 Minutes

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 Massage

This traditional inspired massage begins with warm oil being poured on the body followed by deep, flowing strokes and an energy point massage, releasing tension and improving energy levels.

60 Minutes

Reflex Foot Zone Massage

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

60 Minutes



BEAUTY SERVICES

Get Glam Express Manicure

Includes nail shaping, buffing and polish.

30 Minutes

Vital Manicure

Includes nail shaping and buffing, cuticle tidy, hand massage and polish.

60 Minutes

Opulent Manicure

Includes nail shaping and buffing, cuticle tidy, luxurious hand massage with hot stones and polish.

65 Minutes

Get Glam Express Pedicure

Includes nail shaping, buffing and polish.

30 Minutes

Vital Pedicure

Includes hard skin removal and foot exfoliation, nail shaping and buffing, cuticle tidy, foot massage and polish.

60 Minutes

Opulent Pedicure

Includes hard skin removal and foot exfoliation, nail shaping and buffing, cuticle tidy, luxurious foot massage with hot stones and polish.

65 Minutes

Gel Polish Application

Application of long lasting OPI GelColor.

15 Minutes

GelColor/ Shellac Removal

Removal of GelColor/Shellac.

15 Minutes

Beau Bronz Natural Tan

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

30 Minutes

Beau Bronz Tantouring

By using a combination of darker and lighter shades your Therapist will sculpt and shape the body, creating the illusion of a more defined and toned physique

45 Minutes

*Eyelash Tint**

30 Minutes

*Eyebrow Tint**

15 Minutes

*A patch test is required 24 hours prior to all tinting treatments.

Waxing

Eyebrow Shape	Hollywood
Lip	Brazilian
Chin	Under Arm
Half Leg	Half Arm
Full Leg	Full Arm
Bikini	Back



SPA FOR HIM

Gentleman's MOT

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

90 Minutes

Carita Deep Cleansing Facial

This Carita facial deep cleans and refines pores with Papaya extract, evening skin texture and clearing the complexion, preparing the skin for a smoother, closer shave.

60 Minutes

Forte Facial

Take care of your skin the Sicilian way with this facial treatment created using Irene Forte Skincare. This treatment deeply cleanses, brightens and hydrates the skin, leaving you refreshed and ready to face the city.

60 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

Manicure

Includes nail shaping and buffing, cuticle tidy and hand massage.

30 Minutes

Pedicure

Includes hard skin removal and foot exfoliation, nail shaping and buffing, cuticle tidy and foot massage.

45 Minutes

MOTHER TO BE

Maternal Bliss

This all-encompassing treatment begins with a skin smoothing Irene Forte Skincare Apricot Creamy Body Scrub, followed by a soothing Rosehip Body Mask massage. Finish with a skin brightening facial.

110 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 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.

20 Minutes

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



SPA EXPERIENCES

Deep Sleep

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

125 Minutes

De-Stress

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

125 Minutes

Feeling Fabulous

A complete top-to-toe treatment to leave you feeling fabulous. After a welcome foot cleanse, a therapeutic aromatherapy massage soothes mind and body. A Carita Lagoon Hydration Facial is then performed to refresh and revitalise the skin.

125 Minutes

Feeling Glamorous

The perfect treat to leave you looking and feeling glamorous. A personalised facial is followed by a Get Glam Manicure and Get Glam Pedicure.

120 Minutes

Jet Lag Recovery

Banish the signs of long haul travel with this balancing and reviving treatment. A welcome foot cleanse is followed by a stimulating reflex zone foot massage and completed with a muscle relaxing back, neck and shoulder massage.

90 Minutes

Together

Relax together in our treatment suite with an aromatherapy massage and skin radiance 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 treatment in the spa, followed by afternoon tea in The English Tea Room.

Up to 3 hours

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 allowing you to enjoy your workout around the clock.

Personal Training

Our personal trainer provides personalised one-to-one training sessions to help you to achieve your fitness goals whether you are looking to improve stamina, develop muscle tone or increase flexibility.

60 Minute Single Personal Training Session
60 Minute Double Personal Training Session
Course of four 60 Minute Personal Training Sessions





Brown's Hotel

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T +44 (0)20 7493 6020
reservations.browns@roccofortehotels.com

The Spa at Brown's +44 (0)20 7518 4009
thespa.browns@roccofortehotels.com

Opening Hours

Monday to Wednesday 9:00 to 20:00

Thursday and Friday 9:00 to 21:00

Saturday and Sunday 9:00 to 18:00

Fitness facilities open daily 24 hours

Reservations

To schedule an appointment for your spa treatment, please contact the spa directly on +44 (0)20 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're not a guest staying in-house, your spa treatments will need to be guaranteed with a credit card when booking. Please advise us of any health concerns, injuries or allergies that may affect your spa treatment when booking.

Please arrive 10 minutes before your appointment time to complete a spa consultation form.

We kindly ask all spa guests to switch off mobile phones whilst enjoying the spa.

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.

ROCCO FORTE SPAS

DE ROME SPA

BERLIN

THE BALMORAL SPA

EDINBURGH

VILLA SPA

FRANKFURT

ASSILA SPA

JEDDAH

THE SPA AT BROWN'S

LONDON

THE CHARLES SPA

MUNICH

DE RUSSIE SPA

ROME

VERDURA SPA

SICILY

DE LA VILLE SPA

ROME

TORRE MAIZZA SPA

PUGLIA

FUTURE OPENING:

THE WESTBUND SPA

SHANGHAI