

menu

wellness spa





We want to look after you throughout your journey with us. From treatments in the Wellness spa to meditation, relaxing music and exercise workouts on board our aircraft. Look out for our wellness symbols for products and content that are beneficial to your mental or physical wellness.

At the wellness spa we care about you and the environment which is why we chose to partner with companies that are:

- Clean** free from known harmful chemicals
- Green** sustainably sourced products and environmentally friendly
- Natural** use naturally derived ingredients

Dr. Hauschka



de Mamiel

## skin care

**Express**  
**Radiant You facial**      **10 mins**      **Complimentary\* or £16**      **3000 miles**

Cleanse, support and nourish the skin helping to restore natural radiance.

**Radiant You facial**      **25 mins**      **£35**      **7000 miles**

A customised facial focusing on your skins specific needs. Includes skin consultation, cleanse, gentle exfoliation, mask and rhythmical décolleté massage.

**For the ultimate hydrating, anti-aging experience add a 10 minute A lift facial to your treatment**      **£20**      **4000 miles**

Thanks to the innovative science behind A-Lift, the effects of ageing can be reversed in this non-invasive, non-surgical treatment.

**A-lift express treatment\*\*** **25 mins**      **£35**      **7000 miles**

A-Lift promotes skin hydration, circulation, lymphatic drainage aids in the production of collagen which helps combat fine lines and wrinkles by supporting the structure of the skin The results are firmer, healthier, rejuvenated skin with a fresh and visibly improved complexion.

## de Mamiel

Annee de Mamiel is a leading authority on high performance natural skincare. Her work has been praised by beauty insiders and featured in some of the world's most revered beauty and lifestyle publications. Each product is meticulously handmade to ensure purity and performance, immersing the senses for a truly holistic result.

**Unwind**      **10 mins**      **Complimentary\* or £16**      **3000 miles**

A chance to let go and begin to unwind. This treatment works on the head, face and legs releasing the tension we hold. Altitude oil is used for protection, a dewy facial mist for hydration, along with a selection of sleep blends to prepare you for the journey ahead.

**Rest Easy\*\***      **25 mins**      **£35**      **7000 miles**

A whole body treatment designed to prepare you for a long journey with restful sleep. Altitude oil and a sleep blend oil of your choice is used for inhalation and pressure points on the face and body, followed by gentle stretches on the legs with a deep facial cleanse and hydrating mask preparing the skin and body for travel.

## gents grooming

<b>Shave treatment**</b>	<b>25 mins</b>	<b>£20</b>	<b>4000 miles</b>
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Cleanse, hot towel, shave, moisturise, and aftercare

<b>Express file and buff</b>	<b>10 mins</b>	<b>Complimentary* or £16</b>	<b>3000 miles</b>
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Revive dehydrated hands and nails. Includes a nail file, application of hand cream and nail oil. Finished with a nail buff for a healthy shine. Excludes polish.

<b>Wellness hand treatment</b>	<b>10 mins</b>	<b>Complimentary* or £16</b>	<b>3000 miles</b>
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Relax the senses whilst nourishing and nurturing your hands. Includes an oil infused compress, gentle exfoliation and soothing hand massage.

<b>Wellness pedicure</b>	<b>25 mins</b>	<b>£30</b>	<b>6000 miles</b>
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Relaxing foot soak salt scrub, removal of hard skin, nail and cuticle work and a foot and leg massage.

<b>Hot stone foot and leg treatment**</b>	<b>25 mins</b>	<b>£35</b>	<b>7000 miles</b>
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A massage using hot volcanic basalt stones, allowing your therapist to work deeper into the muscles, releasing and relaxing areas of tension in the foot and leg, whilst helping to calm the mind. With your choice of natural essential oil blends to enhance your experience.

### Essentials\*\*

<b>Eye Brow Wax/Shape</b>	<b>£10</b>	<b>2000 miles</b>
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<b>Lip Wax</b>	<b>£10</b>	<b>2000 miles</b>
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Other waxing services are available upon request.

Please avoid any heat treatments such as sunbeds, steam saunas for 48 hrs before or after any waxing treatments.

All services in the menu are suitable for men and women.

“The body benefits from movement and the mind benefits from stillness.”

Sakyong Mipham, Buddhist





“The secret of living well and longer is: eat half, walk double, laugh triple and love without measure.”

Tibetan proverb

## body & soul

### **Dr Hauschka hot stone back treatment\*\***

25 mins

£30

7000 miles

Using a combination of hands-on massage and hot volcanic basalt stones. This treatment warms the muscles, relaxes and destresses the body while calming the mind, using your choice of Dr. Hauschka natural body oils to enhance the treatments benefits.

### **Therapeutic oil back massage\*\***

25 mins

£35

7000 miles

You'll choose a blend of natural essential oils to enhance this therapeutic massage which targets areas of tension in the shoulders, lower back, neck, helping to relieve stresses put on the body from our daily lives.

### **Seated back neck and shoulder massage\*\***

10|25 mins

£16|£32 3000|6000 miles

This massage is a combination of hands and hot stones massage. Performed over clothes on a massage chair, working on specific trigger points around your back, neck, scalp and shoulders to relieve tension and relax muscles.

### **Head massage**

10 mins

£16

3000 miles

Deep massage around the head, scalp and neck to ease tension headaches, whilst allowing your mind some peace and calm.

## hands & feet

**Express file and buff**    **10 mins**    **Complimentary\* or £16**    **3000 miles**

Revive dehydrated hands and nails. Includes a nail file, application of hand cream and nail oil. Finished with a nail buff for a healthy shine. Excludes polish.

**Wellness hand treatment**    **10 mins**    **Complimentary\* or £16**    **3000 miles**

Relax the senses whilst nourishing and nurturing your hands. Includes an oil infused compress, gentle exfoliation and soothing hand massage.

**Wellness manicure**    **25 mins**    **£30**    **6000 miles**

Revive tired, dehydrated hands and nails. Nailfile/shape, cuticle work, application of hand cream and strengthening nail oil. Finished with a polish application of your choice. Perfect!

**File and polish**    **10|25 mins**    **£16|£18**    **3000 miles**

Your choice of colour or French.

**Shellac nail colour  
- hands or feet**    **40 mins**    **£35**    **7000 miles**

**(Colour or French)**

Applied like polish, wears like gel. Shellac has a high shine mirror finish. Zero dry time and lasts for up to 14 days.

**Shellac Creative**    **40 mins**    **£35**    **7000 miles**

Keep your Shellac nails on trend with our selection of Lecente glitters and foils

**Wellness pedicure**    **25 mins**    **£30**    **6000 miles**

Relaxing foot soak salt scrub, removal of hard skin, nail and cuticle work and a foot and leg massage.

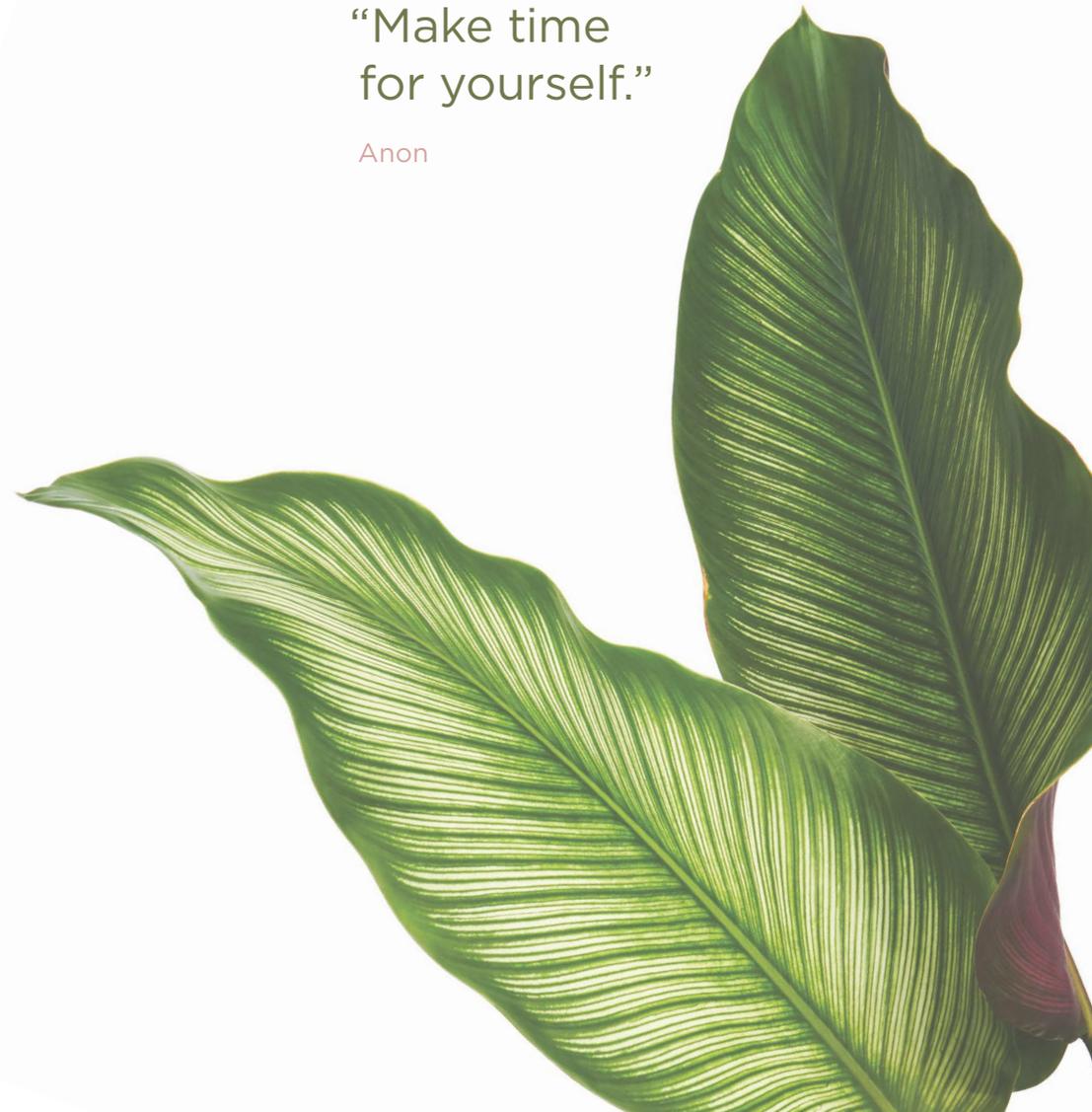
**add a polish application**    **40 mins**    **£45**    **9000 miles**

**Thai foot massage\*\***    **25 mins**    **£35**    **7000 miles**

Gentle application of traditional Thai wooden massage sticks applied to specific pressure points on your feet. With a soothing massage, invigorating stretches to release tension on tired, aching feet.

“Make time  
for yourself.”

Anon



<b>Hot stone foot and leg treatment**</b>	<b>25 mins</b>	<b>£35</b>	<b>7000 miles</b>
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A massage using hot volcanic basalt stones, allowing your therapist to work deeper into the muscles, releasing and relaxing areas of tension in the foot and leg, whilst helping to calm the mind. With your choice of natural essential oil blends to enhance your experience.

#### **Essentials\*\***

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Other waxing services are available upon request.

Please avoid any heat treatments such as sunbeds, steam saunas for 48 hrs before or after any waxing treatments.

\*Complimentary treatments are available for Virgin Atlantic and Delta Air Lines® only. Only one complimentary treatment per person per visit to the spa. **A charge of £16 will be applied to these treatments if taken as an additional service.**

\*\*Not suitable for children under the age of 16, all other services are suitable for children between the ages of 12-16 if accompanied by an adult.

Treatments are not guaranteed and shall be booked on a first come first serve basis. Payment by debit/credit card or miles only.



#### **Health & Safety and Data Security**

All treatments are carried out subject to completion of a medical consultation form. Some health conditions may prevent you having your chosen service. If you have any concerns please advise prior to making your booking.

All personal information taken from or discussed with clients during any consultations or treatments will be kept in the strictest confidence.

#### **Wellness Spa opening hours:**

London Heathrow	6.30am - 10.00pm
London Gatwick	7.00am - 12.30pm
New York JFK	3.00pm - 9.45pm