

TRANSFORMATIVE MESSAGES

Swedish Massage 25mins £35
50mins £55
80mins £70

Lymphatic Manual Drainage 25mins £35
50mins £50

Freestyle Deep Tissue Massage 25mins £40
50mins £70
80mins £90

Hot Stones Massage 25mins £45
50mins £75
80mins £85

Anti-Cellulite Massage 45mins £70

Traditional Foot Massage 25mins £45
50mins £65

This massage involves a lower leg, foot, arms and hand massage, incorporated with hot stones and traditional Malaysian bamboo sticks, to reduce symptoms such as mental and physical fatigue.

Malaysian Bamboo Massage 60mins £70
80min £95

Bamboo massage encompasses various techniques, entities, versatility and ability to concentrate on client's needs. Bamboo massage can be combined with hot stones, lymphatic drainage, deep tissue and Swedish massage. The chosen body work philosophy is used in conjunction with the bamboo sticks. Bamboo has the capability to release tension in the major muscles through intensive kneading, rolling, stretching and pressurising techniques. Sculpting the muscles by stretching and elongating helps postural balance.

Malaysian Bamboo Face Massage 25mins £30

A bamboo face massage is an innovative way to provide a firm but gentle tissue massage on the face using lightly heated bamboo rollers, which are molded and shaped around the contour of the face. Bamboo rollers combined with a hands on massage help your skin to absorb minerals to leave your skin nourished and hydrated.

SAUNA & STEAM

Black Cleanse Soap, Scrub and Wash 25mins £26
Soap with eucalyptus is used for a traditional deep cleanse exfoliation, enriched with vitamins, to nourish the skin whilst the antiseptic properties of the eucalyptus clear the pores.

Sauna & Steam 20mins £15

Nourish Your Mind 50mins £55
This therapy incorporates a face, shoulder and scalp massage with sauna and steam to comfort the mind and body. Pure rassoul lava clay mask, known for its powerful purifying properties, is warmed with pure shea butter and massaged into the scalp and hair.

Cleanse, Relax and Rejuvenate 70mins £75
Black cleanse soap, scrub and wash/sauna and steam. Mind and Beauty 25mins back massage.

Essence of Wellbeing 90mins £99
Black cleanse soap, scrub and wash/sauna and steam. Mind and Beauty 50mins wellbeing massage.



To make an appointment:

Tel: +44 (0)203 489 5050
Email: spa@lansburyhotel.com
@afshan_mind_and_beauty

Lansbury Heritage Hotel
The Lansbury Spa
117 Poplar High Street
London, E14 0AE

www.lansburyhotel.com

ELEMIS
SPA THERAPY

La Sultane de Saba


LANSBURY
HERITAGE HOTEL

www.lansburyhotel.com



The LANSBURY SPA

afshán
mind & beauty

