



health and fitness

beauty

beauty treatments and alternative therapy

aquilla

Collagen Velvet Facial

The crème de la crème of anti-wrinkle facials. With pure native soluble collagen, protein rich extracts and cream, this treatment softens and smoothes sun damaged skin, fine lines and wrinkles, helping to maintain moisture balance.

Face	
1 hr	£78.00
Face and Eyes	
1 hr 15 min	£82.00
Face, Eyes and Neck	
1 hr 30 min	£88.00

O2 Marine BHA/Replenish

Intensive booster with natural AHA'S and marine BHA'S to brighten the skin and encourage cell renewal. Ideal for pigmentation marks. We recommend courses of 6 -12 sessions for maximum results.

1 hr	£66.00
------	--------

O2 Facial

To eliminate toxin from the skin. We recommend courses of 6-12 sessions for maximum results.

1 hr	£55.00
------	--------

Anti Aging

The unique self-healing properties of the mask work in synergy with specific anti-wrinkle ingredients to give you an amazing wrinkle-smoothing effect.

Wrinkle Control Facial (35-40 year olds)

Perfect Contour Facial (40 year old +)

1 hr 15 mins	£75.00
--------------	--------

Men's Ocean Facial

Algae blue vitale and bamboo extracts combine to give an anti-aging, anti-fatiguing and energising facial especially for men.

1 hr	£61.00
------	--------

Eye Care

New clients will require a tint test 24 hours before the main treatment. Pre-booking is required.

Eye Lash Tint	
20 min	£15.00
Eye Brow Tint	
15 min	£12.00
Eye Brow Shape	
15 min	£15.00
Eye Package	
30 min	£38.00

Fingers and Toes

Mini Manicure	
20 min	£20.00
Manicure Deluxe	
1 hr	£35.00
Pedicure Deluxe	
1 hr 15 min	£45.00
Pedicure and Manicure Deluxe	
2 hrs	£71.00
Hand or Foot Paraffin Wax added to treatment	
20mins	£10.00

For Men

Men-i-cure (Manicure for Men)	
20mins	£21.00
Men-i-cure Deluxe (Manicure for Men)	
1 hr	£35.00



aquilla

beauty treatments and alternative therapy

Waxing

Half Leg 30 min	£25.00
Full Leg 45 min	£35.00
Half Leg and Bikini 45 min	£39.00
Full Leg and Bikini 1 hr	£49.00
Bikini 30 min	£18.00
Extended Bikini 45 min	£29.00
Forearm 30 min	£18.00
Full Arm 45 min	£26.00
Underarm 15 min	£15.00
Lip or Chin 10 min	£9.00
Lip and Chin 15 min	£15.00
Back 30 min	£32.00
Chest 30 min	£30.00

Body Care

All Over Body Scrub

An exfoliation process to remove dead skin cells, followed by a replenishing moisturising massage.

30 mins	45.00
---------	-------

Marine Prelude

Ultra exfoliation combining natural sea salts and marine mud. Eliminates dead skin cells, helps smooth roughness, refines skin texture and invigorates the entire body by activating micro-circulation. An excellent pre-tan treatment before a holiday.

1 hr 15 mins	£70.00
--------------	--------

Rebalancing Back Treatment

Warm and relaxing treatments to relieve aches and pains. Detoxification and deep cleanse using marine mud.

1 hr	£55.00
------	--------

Indocean

A journey through the Orient allowing your body to discover vital relaxation and serenity. An enticing treatment for everyone providing a source of well-being and a sense of escape.

1 hr 15 mins	£95.00
--------------	--------

Hot Stone Therapy

A floating sensation by a complete purifying, re-mineralising and relaxing treatment. The exfoliating and sculpting techniques are carried out with volcanic and marine stones. Recommended for extremely tense clients.

1 hr 15 mins	£90.00
--------------	--------

Swedish Massage

To improve circulation, skin texture, tone and to reduce stress.

50 mins	£60.00
20 mins	£40.00

Sports Massage

A much deeper and effective massage designed for all types of injuries. Promotes muscle recovery, through advance massage and stretching techniques. It also helps avoid recurrence of pain and flare ups.

50 mins	£70.00
20 mins	£50.00

Deep Tissue Massage

Will help prevent injuries, muscle spasm, restore tone to damaged muscle structure and re-establish overall balance and posture. Regular sessions will have a therapeutic effect.

50 mins	£65.00
20 mins	£45.00

Aromatherapy Massage

A massage that incorporates relaxing movements to reduce stress and ease the body while incorporating essential oils blended to suit you.

50 mins	£70.00
20 mins	£50.00

Slimming and Cellulite

MMA Wrap

The original marine algae wrap, rich in minerals, vitamins and micro nutrients. This treatment activates circulation and increases metabolism, relieving aches and pains. Suitable for men and women.

1 hr	£70.00
------	--------

Frigithalgo

A simple cold wrap treatment. Highly effective in eliminating excess fluid from the hip and thigh area. Excellent for the treatment of cellulite and the relief of tired heavy legs.

1 hr	£70.00
Course of 6 (1 Free)	£350.00

Slim and Sculpt

This treatment incorporates active products and massage techniques that synchronise harmoniously to offer a tailor made, double action slimming and firming effect. It fights against fat build up and skin sagging.

2 hr	£110.00
Course of 6 (1 Free)	£550.00

Thalgomince Wrap

The ideal treatment throughout pregnancy, post-pregnancy and after weight loss, to improve the skin's natural elasticity and lessen the appearance of stretch marks.

1 hr	£70.00
Course of 6 (1 Free)	£350.00

Bust Modelling Treatments

An intensive thermal treatment to enhance elasticity and maintain bust firmness and definition.

1 hr	£70.00
Course of 6 (1 Free)	£350.00

Spa Packages

Spoilt Rotten

All over body scrub; deluxe pedicure; relaxing full body massage; deluxe manicure; facial to suit skin type; free use of Aquilla for the day; glass of Champagne and sandwich of your choice (not served in the club)

4 hrs 30 min	£220.00
--------------	---------

Top to Toe

All over body scrub; relaxing full body massage; facial to suit your skin type.

2 hrs 30 min	£150.00
--------------	---------

Express Package

Pure ritual facial; mini manicure; un-winder massage.

1 hr 30 min	£85.00
-------------	--------

aquilla

beauty treatments and alternative therapy

Alternative Therapy

Here at Aquilla, not only can we provide you with treatments that will make you look and feel great, but we also have qualified alternative therapists to help you with deeper medical problems.

Osteopathy

Osteopathy focuses on the diagnosis, treatment, prevention and rehabilitation of musculoskeletal disorders. Treatment is based on mobilising and manipulating techniques, reinforced by guidance, diet and exercise. The osteopath is available every Friday by appointment. Alternative times are available by prior arrangement only.

Consultation

30-45mins £65.00

Treatment

30mins £55.00

Treatment and Acupuncture

30mins £57.00

Osteomassage

60mins £85.00

Osteopathic Course

Course of 6 (1 Free) £275.00

GS Massages

from £67.00

Naturopathic Nutrition Profiling

This treatment will help you lose weight with a proper healthy eating consultation and recommendation on what plan would be suitable for you, your health and your life style. Whether you want to lose weight or you wish to detoxify, the programme gives you a professional structure to help you reach your goals.

Consultation

45min £54.00

Naturopathic Treatment

30min £48.00

Follow up programme

6 x 30min sessions £240.00

Ayurvedic Face and Body Massage

An ancient Indian treatment using warm Ayurvedic oils and massage. Ayurveda is excellent at detoxifying the body and maintaining and promoting good body function.

1 hr £79.00

Manual Lymphatic Drainage

A gentle rhythmic massage designed to encourage the flow of lymph fluids and remove toxins and excess water from the body's tissues.

Body

1 hr £69.00

Face and Body

1 hr 30 mins £90.00

Reflexology

A precise massage that stimulates the pressure points on your feet, each relating to an organ in your body, to restore energy flow and well being.

50 mins £60.00

Botox and Dermal Fillers

Elixir can be used to stop the signs of premature ageing. For more information, please contact Aquilla.

Cosmetic Colour

Get rid of the hassle of re-applying make-up! Permanent make-up is a type of cosmetic tattooing, giving the effect of perfectly applied make-up. For more information, please contact Aquilla.

Acupuncture

Used to stimulate acupoints in the body for circulation, detoxification and relaxation. It is helpful for any kind of pain management, using only sterile, disposable needles.

30mins	£45.00
50mins	£80.00

Dry Needle Consultation Treatment

15-30 mins	£36.00
15 mins	£26.00

Reiki

Reiki can be used to treat mental, physical or emotional problems, alleviate or control pain, accelerate wound healing and aid post-operative recovery. It is also excellent at relieving stress and its associated symptoms, as well as boosting the immune system and reviving energy levels.

1 hr	£60.00
------	--------

Allergy Testing

Includes a full food print of 120 most commonly eaten foods any body can use followed by a full nutritional profile to help resolve food intolerances and the symptoms associated with nutrition.

30mins	£299.00
--------	---------

Jet Lag Package

Lymphatic drainage massage to help with those tired muscles and aroma flex (working through the feet) to relieve the symptoms of jet lag instantly.

1hr	£80.00
-----	--------

Stress Management Package

Deep tissue massage, reflexology, Indian head massage or acupuncture, combing treatments to combat the associated symptoms.

1hr	£80.00
-----	--------

Weight Management Package

Includes a personalised nutrition profile, acupuncture to suppress the appetite, increase metabolism and help lymphatic drainage.

1 hr	£80.00
------	--------

Six Week Ultimate Weight Management Programme

Includes a personalised nutrition profile, acupuncture to suppress the appetite, increase metabolism and help lymphatic drainage.

Duration of treatment: once a week for 6 weeks

1h 30 mins x 6	£500.00
----------------	---------

Sun Tanning

Stand up sun bed for quick effective tanning.

3 mins	£5.00
6 mins	£9.00
9 mins	£13.00
30 min course	£43.00
45 min course + free product	£70.00
60 min course	£80.00

Xen Tan

Consultation is required. Please pick up your pre and post advice for a perfect tan before your treatment.

Spray Tan	£30.00
Spray Tan with Exfoliation	£45.00

Xen Tan uses 98% organic products taken from the sugar cane. The unique pistol grip airbrush disperses the tanning solution with a superb spray pattern, maximising all over body coverage. The result: an even, stunning and safe tan, from head to toe.

aquilla

Travel Information

By Road

Follow M4/A4 (Cromwell Road) into central London.
Aquila Health and Fitness is on the right hand side opposite the Victoria & Albert Museum.

Car parking

2 public car parks nearby (limited number of spaces).
Please contact the reception desk in Aquilla.

By Tube

South Kensington (750m) Circle, District and Piccadilly lines.

By Rail

Victoria 1 mile (1.6km).



Aquila Health and Fitness

11 Thurloe Place
London SW7 2RS
t +44 (0)20 7225 0225
f +44 (0)20 7225 3363
e aquilla@sarova.co.uk
w aquillahealthclub.com