



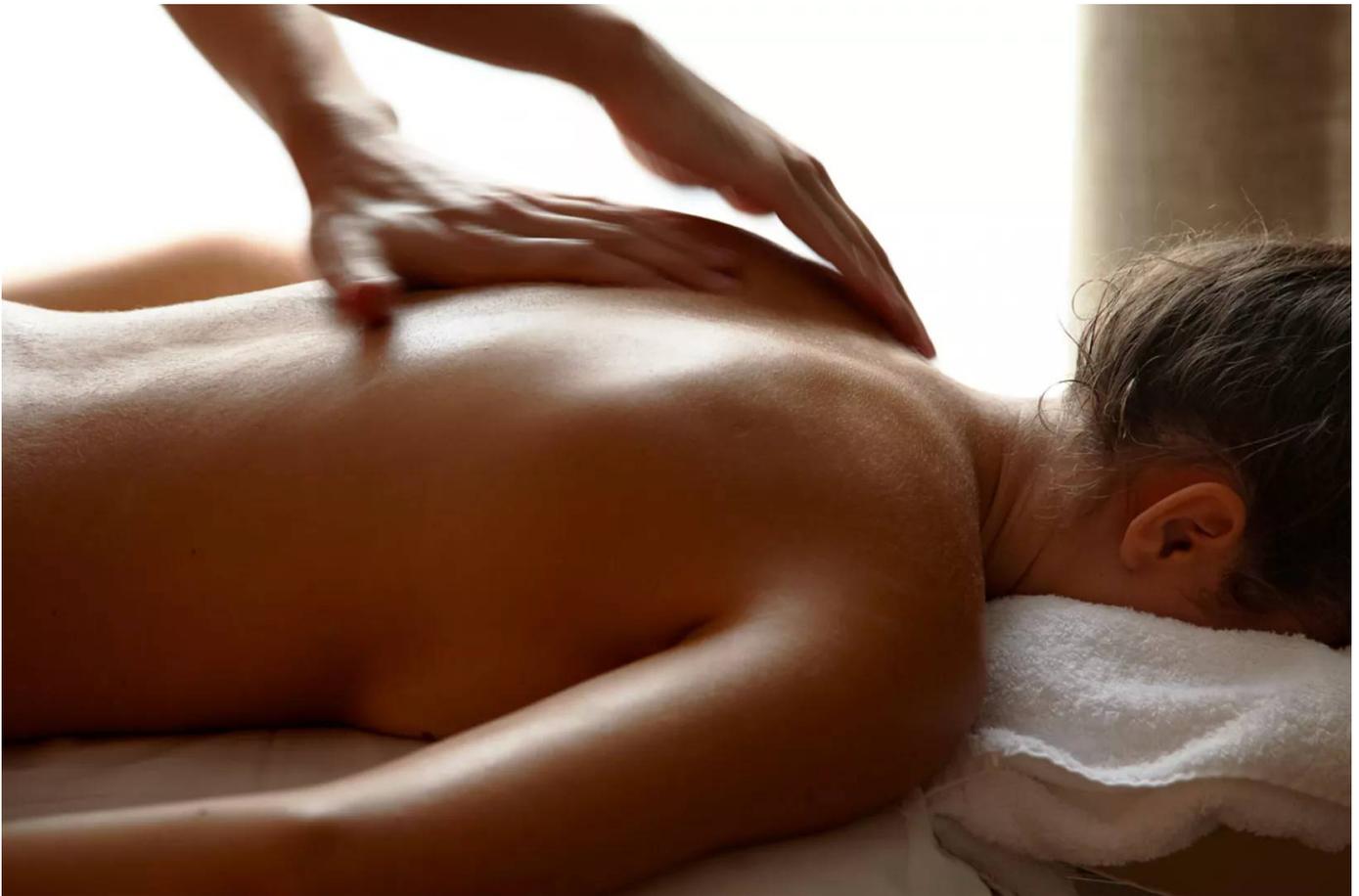
BEAUTY /

# The 6 best day spas in London, for massages, facials and more

Posted by **Alessia Armenise** ♦ 5 months ago

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Hoping to find true relaxation in London? Our comprehensive guide to the best city spas is a good place to start...

Summer is finally here, and, if you can't escape to [Lisbon](#), the [Maldives](#) or some other sunny paradise, then don't despair: you can still escape the daily grind with a couple of hours of pure heaven, right here in the city.

London is teeming with spas promising to pamper every inch of you, making it all too easy to

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With our comprehensive guide, of course!

So close your [social media apps](#) and get ready to focus on [taking care of](#) yourself for (at least) one day. From East to West, [stylist.co.uk](#) helps you navigate the best spas in London. You're welcome.



### The best London spa for... breath-taking interiors



From the very first moment you walk into The Ned, with all its velvet sofas, hand-painted wallpaper and all-round vintage greatness, you will be transported back in time to the roaring Twenties. And yet, despite the retro surroundings, the spa offers some very modern beauty treatments, like the new '[Urban Warrior Pollution Proof Facial](#)'. This new treatment has been designed to alleviate the effects of the everyday's attacks to our skin (UV rays, pollution...) and protect it from future damages - a soothing ritual designed to target emotional toxicity and leave your skin healed. From photo-therapy to pollution-proof facials, a jump into the old times never felt so good.

Book here: [The Ned](#) (The Urban Warrior facial lasts 90 minutes and costs £170 - it's available exclusively at Cowshed in Ned's Club Spa)



## The best London spa for... a facial



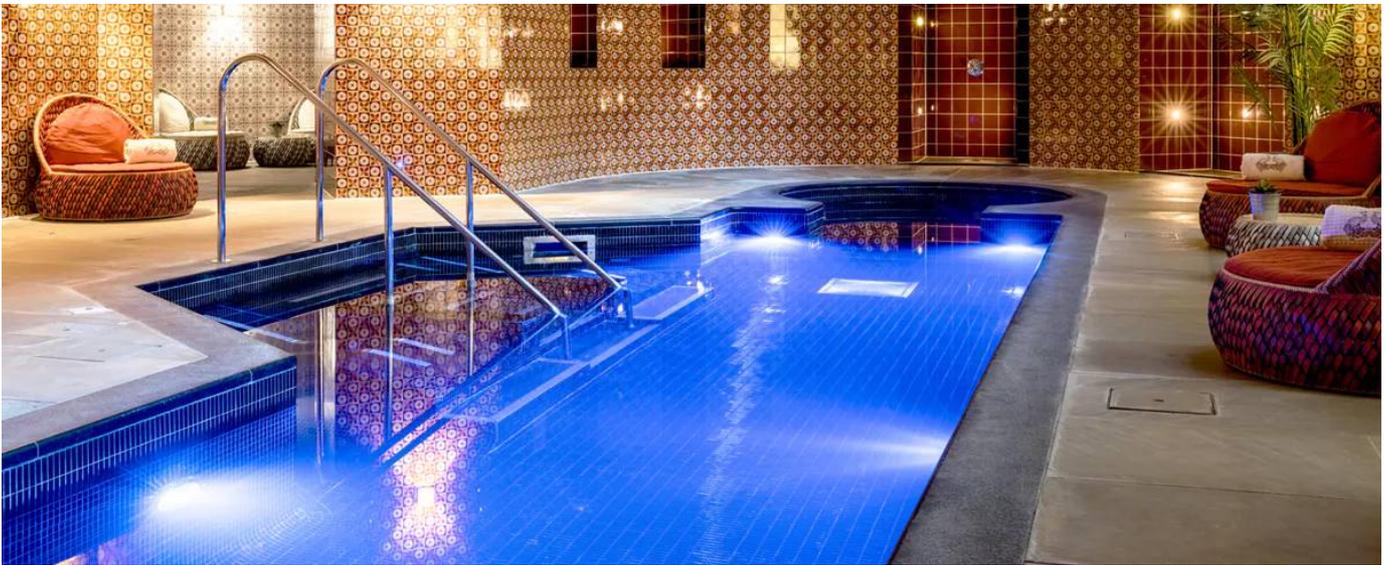
Decléor Boutique Spa is the A&E for your skin. Tucked away in the heart of Notting Hill, it offers a vast range of treatments to accommodate anybody – from the 15-minute “face shots” to the super relaxing 75 minute facials. And, if pollution is your number one enemy, you are in luck: the brand has just launched a new anti-pollution facial, created in collaboration with Nichola Joss, which promises to free your skin from all that city dirt.

Book here: [Decléor](#) (Decléor Hydra Floral Moisture Shield Anti-Pollution Facial, £75 for 75 minutes)



## The best London spa for... aromatherapy treatment





Hidden in amidst the hustle and bustle of King’s Cross, the Renaissance Hotel offers a beautiful oasis for you to explore. If you are in for a day of self-love, indulge in ‘the lunch escape’. The package includes a 60-minute aromatherapy treatment (facial or massage to choose from) along with a healthy lunch to complete this well-deserved break. Smoothie included, of course.

*Book here: [The St Pancras Renaissance Hotel](#) (The lunch escape package from £140)*



**The best London spa for... a detox**

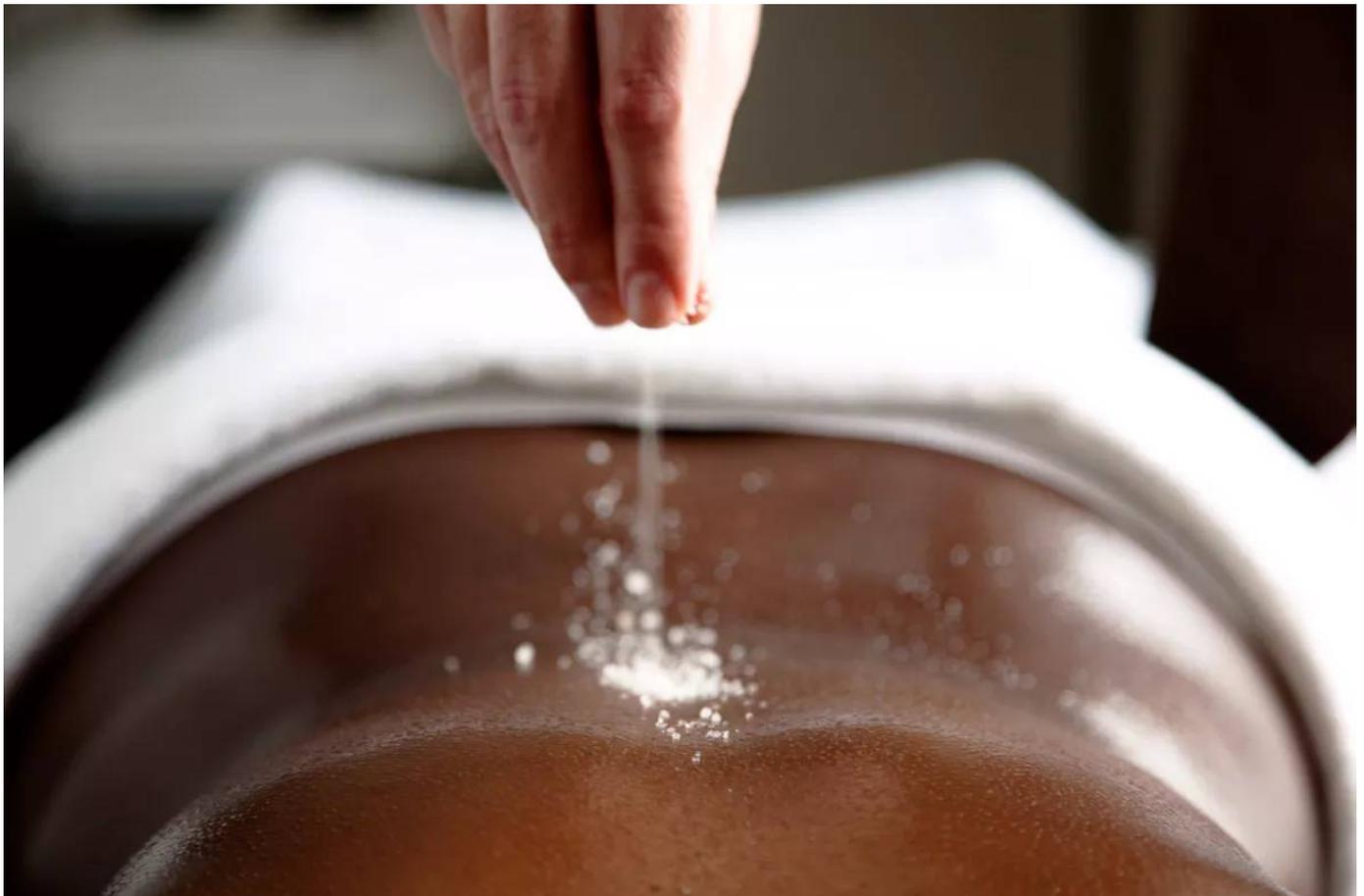


If yoga is your jam, Ushvani is where you should spend your day off. After a private yoga lesson (which promises to reduce mental fatigue), get rid of the remaining toxins in the steam room - before plunging in the pool for some well deserved relaxation time. A total body and mind detox that will make you feel brand new.

Book here: [Ushvani](#) (Private One to One Classes, £85 for 60-75 minutes)



### The best London spa for... a full-body cleanse



Pollution, dead skin and a long and gloomy winter can really give your skin a hard time. So what better way to celebrate the summer sunshine than a deep cleanse? Aman's salt scrub combines the energising effect of essential oils and the detoxifying properties of Himalayan crystal salts to gently awaken your body - the best way to get your natural glow back.

Book here: [Aman Spa at The Connaught](#) (Salt body Scrub, 45 mins for £120)



### The best London spa for... a couple's massage





On the hunt for some couple quality time? The Dorsett Shepherds Bush has got your back. The newly launched SpaMika – situated on the top floor of the hotel – is the perfect place to spend a relaxing day for two. If you're looking for a real treat, the Signature Dorsett Spa Break includes an overnight stay, full English breakfast the following morning, a 50-minute aromatherapy massage and access to the thermal heated spa facilities before your treatments. A mini honeymoon, just a tube journey away.

Book here: [The Dorsett Shepherds Bush](#) (Signature Dorsett Spa Break, £174.50 per person)



*Pictures: provided by PRs*

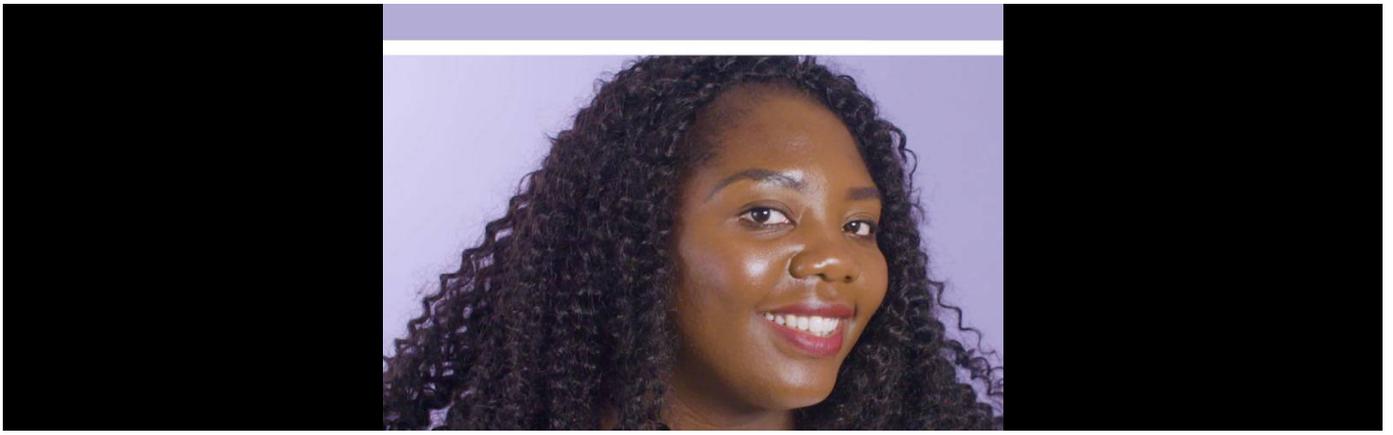
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### **Alessia Armenise**

Alessia Armenise is picture editor of Stylist and Stylist.co.uk. In her free time you'll find her tasting vegan street food around east London and sharing her (many) opinions on London Fields Radio.

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