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WELLBEING: TREATMENTS AND SPAS

USHVANI

First class Malaysian massage in Chelsea



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The Lowdown

As far as spas go, Ushvani is seriously luxe, but understatedly so. It's tucked away off King's Road in Cadogan Gardens, in Grade II listed building with minimal branding. The thing to book here is massage; it's more a place to come a treatment when you need it than a spa day with your girlfriends. This is a serious spa.



reception, which are said to be a symbol of good luck. Downstairs, they've left tradition behind in favour of world-class spa facilities with a sleek, clean feel.

The Facilities

Pre-treatment, descend the staircase and you'll enter the spa, which has a plunge pool with hydrotherapeutic jets and a steam room to help you unwind. There are only four treatment rooms, so it's unlikely you'll bump into another person unless you're in the pool or sauna, and as per Malaysian custom, men and women are treated separately (there's also a separate couples room, which is huge). The changing area has everything you need: lockers, robes, hairdryers, and huge showers. Post-treatment, take some time out in their relaxation room with one of Ushvani's signature hibiscus teas. The changing area has everything need: lockers, robes, hairdryers, and huge showers.

The Treatment

We were in need of some R&R and so opted for the Malay massage, which is one of the most gentle and relaxing treatments on offer at Ushvani. If you're new to massage, we'd recommend trying this first: there's a big focus on lymphatic drainage, and you'll leave feeling refreshed.

The Price

Okay, so at £180 for their signature Malay massage, Ushvani isn't cheap. But you're getting 90 minutes with a very good therapist, and the surrounding facilities are so good you could happily make a day of it.

Anything Else?

Go for the Balinese massage if you want something that works a little deeper into the muscles. They also do a great (and very reasonable) yoga class here on Tuesdays in one of the most beautiful studios we've seen.

By JS



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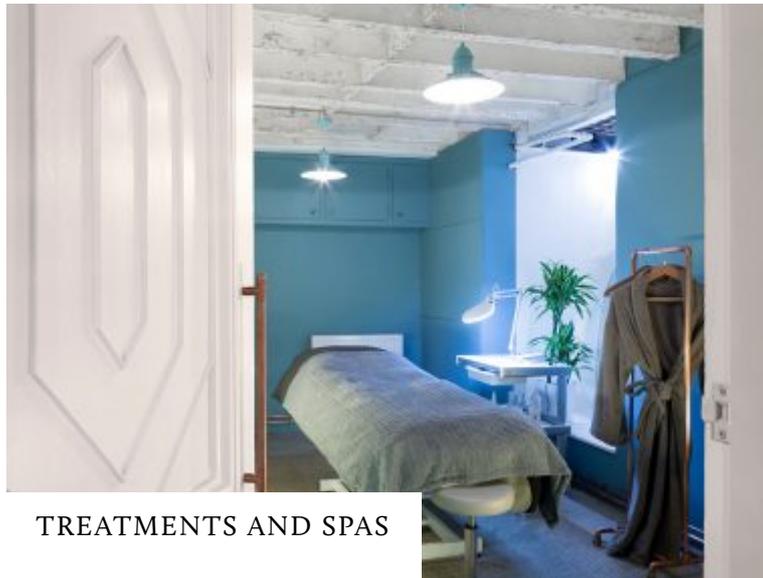
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