



# RUBEN TABARES

## WELLBEING FITNESS LIFESTYLE

WE WOULD LIKE TO TAKE THIS OPPORTUNITY TO INTRODUCE  
OUR NEW YOGA STUDIO AT THE FITNESS & WELLBEING CENTRE.

THE FOLLOWING CLASSES ARE NOW AVAILABLE:

### YOGALATES

60MIN - £200

### YOGA

60MIN - £200

### PILATES

60MIN - £200

### OUTDOOR WALKING YOGA

60MIN - £220

### GUIDED MEDITATION

60MIN - £200

CLASSES ARE AVAILABLE EVERY DAY ON REQUEST.

PLEASE CALL OUR FITNESS CONCIERGE ON  
EXTENSION NUMBER 3808 FROM YOUR ROOM OR

**+44 (0) 20 7201 3808**

TO BOOK AN ACTIVITY



During our renovation the following treatments are available to you either in your room or in our new relaxation suite at the Fitness & Wellbeing Centre.

### Therapeutic Massage

(available in-room)

50min - £145 or 80min - £175

### Oriental Essence massage

(available in-room)

50 min - £135 or 80min - £165

### Customised Aromatherapy Associates Facial

50min - £135

### Aromatherapy Associates Age Repair Facial

80min - £165

### Express Facial

add on 30min - £65

Treatments are available on request from 10 am to 8 pm every day.

Please call our Fitness Concierge on extension number 3808 from your room or +44 (0) 20 7201 3808 to make an appointment.