



# BODYSPACE

R E S I D E N C Y

*AT MANDARIN ORIENTAL MAYFAIR, LONDON*

*Hyper-personalised lifestyle performance programmes*



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# BODYSPACE LIFESTYLE PERFORMANCE CLUB

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*Nº1.*

*Bodyspace at The Spa at Mandarin Oriental Mayfair, London is a unison between global leaders in hospitality and London's leading Lifestyle Performance Club.*

*Bodyspace's award-winning club, as used and endorsed by globally renowned figures, brings together medical professionals, high performance coaches and wellbeing practitioners, addressing all aspects of lifestyle, including nutrition, exercise, stress management, sleep and health optimisation.*

BODYSPACE  
RESIDENCY



# BODYSPACE LIFESTYLE PERFORMANCE MEMBERSHIPS

Bodyspace at The Spa at Mandarin Oriental Mayfair offers a strictly limited number of unique subscription session-based memberships and specialised collaborations. These highly effective memberships are for committed individuals who are looking for a comprehensive and hyper-personalised approach to optimising performance and health.

Each member receives a personalised thorough oversight from the Bodyspace team, incorporating tailored wellness interventions, lifestyle adjustments, and preventive measures to address individual needs, preferences, health conditions, and performance objectives.

Commitment is essential for the Bodyspace team to develop precision strategies to realign and optimise every member's health and as such there is a minimum requirement of two, three or four Lifestyle Performance Sessions per week throughout the duration of the membership.

These Lifestyle Performance Sessions can include all aspects of performance coaching and performance therapies. This uniquely collaborative approach delivers a hyper-personalised road map for individuals to take proactive steps to optimise performance and enhance longevity and health span.



*“BODYSPACE IS A TRULY UNIQUE, HOLISTIC COLLABORATION BETWEEN THE INDUSTRIES FINEST FITNESS AND HEALTH SPECIALIST”*

*David Higgins*  
Co-Founder

*Mandarin Oriental Mayfair, London*



## Facilities & Benefits at The Spa at Mandarin Oriental

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The Spa features an indoor 25-metre heated swimming pool, sauna, vitality pools, experience showers and steam room, along with a state-of-the-art gym and an innovative array of bespoke wellness treatments.

Our treatments are customised to your specific needs and provided by hand-selected brands specialising in both science and sustainability. These include results-driven 'Swiss Perfection'; naturally pure, scientifically proven brand 'Seed to Skin Tuscany' and CBD-infused 'OTO'. Two experiences, exclusive to The Spa, have been inspired by the local surroundings – a four-handed 'Tranquillity of Mayfair' massage and a signature 'Elegance of Mayfair' facial.

We offer traditional treatments alongside binaural acoustic and dynamic stimulation techniques, crafted to synchronise with brain waves, inducing a meditative and relaxed state. New to London, these biohacking treatments are available as short 22-minute results-driven biohacks for Stress Release, Mindfulness, Power Nap and Awaken that can be combined with spa treatments.



*Mandarin Oriental Mayfair, London*



# BODYSPACE LIFESTYLE PERFORMANCE *Sessions*

The weekly Lifestyle Performance Sessions can include all aspects of performance coaching, performance therapies and lifestyle spa treatments. This uniquely collaborative approach delivers a hyper-personalised road map for individuals to take proactive steps to optimise performance and enhance longevity and health span.

## Bodyspace Lifestyle Performance Coaching

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Delivered by a highly skilled team with expertise in physiology, biomechanics, performance testing and analysis, psychology, and human behaviour. Our team covers a range of disciplines such as:

- **Personal Training** 1 hour
- **Yoga** 1 hour
- **Pilates** 1 hour
- **Boxing** 1 hour
- **Movement Health** 1 hour
- **Swimming** 45 minutes
- **Electric Muscle Stimulation (EMS)** 30 minutes

## Bodyspace Lifestyle Performance Therapies

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Combining Eastern and Western philosophies for maximal performance in gut health, menopause management, sleep, pain, mobility, human performance and much more. Our team includes experts in:

- **Physiotherapy** 1 hour
- **Osteopathy** 1 hour
- **Traditional Chinese Medicine (TCM)** 1 hour
- **Performance Massage** 1 hour
- **Functional Treatment** 1 hour
- **Nutrition** 1 hour



## Bodyspace Lifestyle Spa Treatments

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A hand-picked combination of spa treatments and therapeutic practices from The Spa at Mandarin Oriental Mayfair team that bridge the gap between human performance, holistic health and wellbeing:

- Elegance of Mayfair\* 2 hours
- Dream Sleep CBD Massage 1 hour
- Intelligent Movement 1 hour
- Energy Flow 1 hour
- Age Defying Facial Time 1 hour
- Mother-to-Be Ritual 1 hour

*\*2 hour treatment is equivalent to 2 sessions*



## BODYSPACE MEMBERSHIPS

12 MONTHS - £3,000

*Excluding two, three or four Lifestyle Performance Sessions a week*

6 MONTHS - £2,000

*Excluding two, three or four Lifestyle Performance Sessions a week*

## LIFESTYLE PERFORMANCE SESSIONS

TWO PER WEEK - £1,440 per month

*£180 per session*

THREE PER WEEK - £1,980 per month

*£165 per session*

FOUR PER WEEK - £2,480 per month

*£155 per session*

## MEMBERS BENEFITS

As a Bodyspace member at Mandarin Oriental Mayfair, you will also benefit from:

- Full use of fitness facilities throughout your Lifestyle Performance Sessions
- 10% discount on spa treatments
- 10% discount on all retail items
- 10% discount at Akira Back restaurant and ABar Lounge





# BODYSPACE LIFESTYLE PERFORMANCE *Services*

## Bodyspace Lifestyle Performance Therapies

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### Mobility and Body Composition

In-depth mobility, stability and flexibility screening, plus body composition analysis, to assess your form and function leading to correctional drills and technical advice to increase performance.

1 hour

£180

### Swimming Analysis

In-depth stroke assessment to include technique, rhythm, control and correctional drills, all leading to increased performance.

45 minutes

£180

*Mandarin Oriental Mayfair, London*



## Bodyspace Lifestyle Performance Therapies

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• Nutrition	1 hour 30 minutes / 1 hour	£280 / £180
• Physiotherapy	1 hour 30 minutes / 1 hour	£280 / £180
• Intelligent Movement	1 hour 30 minutes	£255
• Osteopathy	1 hour	£180
• Traditional Chinese Medicine (TCM)	1 hour	£180
• Sports Massage	1 hour	£180
• Functional Treatment	1 hour	£180
• Compression Therapy	30 minutes	£90

## Bodyspace Lifestyle Performance Coaching

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• Personal Training	1 hour	£180
• Yoga	1 hour	£180
• Pilates	1 hour	£180
• Boxing	1 hour	£180
• Movement Health	1 hour	£180
• Swimming	45 minutes	£180
• Electric Muscle Stimulation (EMS)	30 minutes	£90