

C Seen in the CITY



5 Destinations for a Last Minute Spa Break in London

By **Natasha Colyer** - May 7, 2018

**Looking for a last minute spa break in London?
Look no further for the ultimate in rest and
relaxation...**

Whether heading with your Mum, your girlfriends or your other half, there is nothing better than a spa day. As soon as the smell of toasty towels and soothing oils hits your nose and the sight of an infinity pool comes to view you fall into a state of relaxation. Much needed in the city, here are some of our top places for a last minute spa break in London...

SPAMIKA AT THE DORSETT SHEPHERDS BUSH



What: SpaMika is a wellness sanctuary inside the Dorsett Shepherds Bush and offers the ideal sanctuary to relax and rejuvenate. A picture of modernity it features crisp white spa facilities and huge glass windows overlooking the views of West London. Indulge in a massage or simply relax in the thermal spa with saunas, a steam room and relaxation lounge.

Website: <https://www.spamika.co.uk/>

Where: 58 Shepherds Bush Green 8th Floor, London W12 8QE

AKASHA WELLBEING AT THE HOTEL CAFÉ ROYAL



What: The Akasha Holistic Wellbeing centre in the Hotel Cafe Royal is a haven of rejuvenation and luxury in the heart of the city. Designed to indulge each of your senses, the spa is separated into the four elements – earth, water, fire and air. Swim laps in the large pool, revel in the jacuzzi, cleanse your skin and pores in the sauna and steam room and opt for a massage to truly relax your muscles. To round off the day, why not head to their lounge bar for some healthy treats?

Website: <https://www.hotelcaferoyal.com/>

Where: Hotel Café Royal, 50 Regent St, Soho, London W1B 5AS

THE NED SPA



Hailed as one of the coolest spots to be seen in the city, The Ned's subterranean spa Barbour and Parlour is the perfect destination for a last minute spa break in London. Get your nails done in Cheeky nail bar, relax in the sauna and steam room and take a dip in the 20 metre indoor pool. It's an inviting and relaxing space and ideal for popping in for a treatment or to while away the hours and let your stresses melt away.

Website: <https://www.thened.com/spa-and-grooming>

Where: 27 Poultry, London EC2R 8AJ

USHVANI SPA



Ushvani's peaceful nature and instantly soothing atmosphere makes it the perfect respite and ideal last Minute Spa Break in London. Marvel at the feature wall with water cascading down, immerse yourself in the hydrotherapeutic pool and relax in the steam room. After enjoying the facilities visit the relaxation room where you can sink into the deeply cushioned chairs and refresh yourself with a healthy juice, fruit and nuts before heading off for a massage.

Website: <http://www.ushvani.com>

Where: Cadogan Gardens, Chelsea, London SW3 2RJ

ESPA LIFE AT THE CORINTHIA

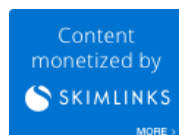


Nestled in the heart of London, ESPA life at Corinthia prides itself on being "The Next Generation of Spa". A pioneering concept they offer a holistic approach to wellbeing, bringing together experts to offer an unrivalled choice of spa, complementary alternative therapies, fitness, beauty treatments and a Daniel Galvin Hair Salon. Be sure to take a dip in the indoor pool and the vitality pool and to make sure of the amphitheatre sauna, ice foundation, heated loungers and private sleep pods.

Website: <https://www.espalifeatcorinthia.com/>

Where: Whitehall Pl, Westminster, London SW1A 2BD

Which is your favourite place to go for a Last Minute Spa Break in London? Let us know in the comments below!



Natasha Colyer

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My name is Natasha and I am the editor in Chief of Seen in the City. I have always loved to express myself creatively, most particularly through my writing, and after working for a number of other companies including

Vogue and My Chic City I decided to head out on my own and Seen in the City was born. You can contact me on natasha@seeninthecity.co.uk

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