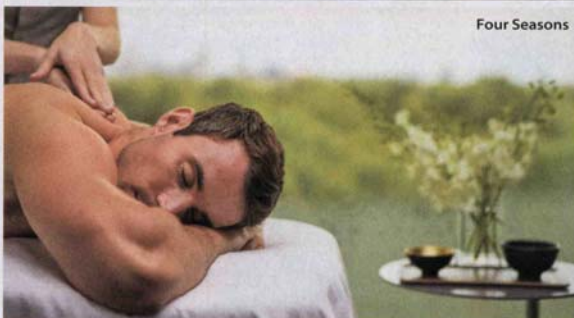


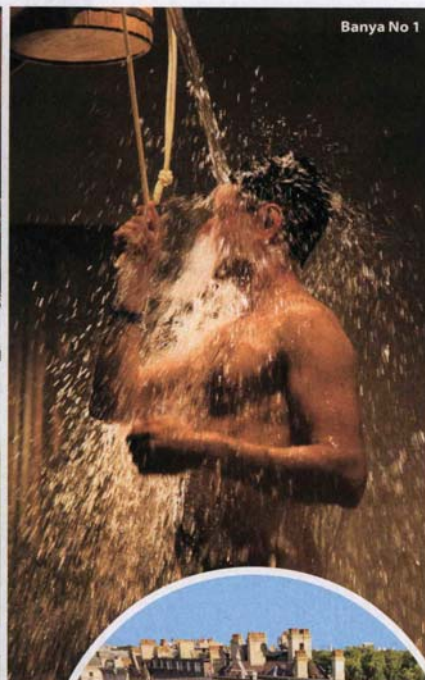
## SPAS & SALONS | THE GUIDE



Truefitt & Hill



Four Seasons



Banya No 1



Bamford Hayburn Spa

### Man in the mirror

If you usually find that a city's spa scene is geared towards women, London has much to offer the modern man, says **Kohinoor Sahota**

**William Shakespeare may have said that the clothes maketh the man, but these days it's fair to say that the grooming does too.**

Over the past decade, more and more spas have opened which are aimed specifically at men. In honour of 'Movember' (the month when moustaches are grown to raise money for men's health charities), we're here to prove that salons aren't just for women.

'At Truefitt's, the excellent hairdressers, they are learning French to beguile their time,' wrote Charles Dickens in *The Uncommercial Traveller*. When you step through the doors at **Truefitt & Hill**, it certainly feels as though you have stepped back in time. Established in 1805, it's the world's oldest barbershop according to Guinness World Records, as well as being a Royal Warrant Holder, which means it serves the British royal family. Previously responsible for making King George II's wigs, these days it takes care of wet shaves for the Duke of Edinburgh.

Located in London's genteel St James's area, Truefitt & Hill has welcomed politicians, actors and writers. When you're in your leather seat, it is hard not to think about the legendary

people who have sat here before you, including Lord Byron, Sir Winston Churchill and Sir Laurence Olivier. If you want to master the art of shaving, try the Traditional Cut Throat Shaving Class, which includes a shave and a lesson on how to use the cut-throat razor (71 St James's St, SW1A 1PH).

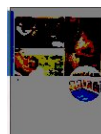
Meanwhile, **Bamford Hayburn Spa** in The Berkeley hotel brings a little piece of the countryside to the capital. The flagship branch is located in the Cotswolds but, while that spa may be loved by Kate Moss, it doesn't boast London's rooftop pool – or spectacular Hyde Park views. Packages for men include the Signature Treatment, which is aimed at the modern, active man. It combines Japanese and Swedish massages, hot stone therapy and an acupressure facial (Wilton Place, SW1X 7RL).

The **Four Seasons Hotel** on Park Lane also has an extensive list for men, including manicures, pedicures and massages. The Fitness Massage is ideal for people who enjoy deep pressure and want to improve their muscle health and flexibility. While most spas have rooms that are underground, what

makes the Four Seasons spa special is its treatment rooms: they offer elevated views of Hyde Park through floor-to-ceiling windows. For extra privacy, the Sky Suite is for couples only and includes a steam shower (Hamilton Place, Park Lane, W1J 7DR).

If you want to be put through your paces, head to **Banya No 1**. This Russian spa club's signature treatment is the venik massage, during which bundles of birch twigs are thrashed against your body. It might sound more like a punishment than a relaxing experience, but it's designed to improve blood circulation and ease tension. Feeling brave? Double the intensity and get thrashed by two members of staff at once. More than a spa, Banya No 1 also serves Russian food and drinks, including caviar and vodkas (17 Micawber St, N1 7TB).

TRUEFITTT & HILL COURTESY OF TRUEFITTT & HILL; BANYA NO. 1 COURTESY OF BANYA NO. 1; BAMFORD HAYBURN SPA COURTESY OF BAMFORD HAYBURN SPA; FOUR SEASONS COURTESY OF FOUR SEASONS



**T:** Telephone number. **Station:** including Underground ('Tube'), railway and Docklands Light Railway. Most spas are open seven days a week, but check for opening hours. References at the end of listings (A1 etc) refer to coordinates on map p. 80-81

## SPAS

### Aveda Institute

This three-storey salon offers cuts, colour, blow dries and botanical treatments using Aveda's plant-based products. The Express Beauty Bar has a range of treatments lasting for 15 or 30 minutes. [www.avedainstitute.co.uk](http://www.avedainstitute.co.uk). 174 High Holborn, WC1V 7AA. **T:** 020-7759 7355. **D8.** Station: Holborn.

### Blue Harbour Health Club & Spa

This members-only spa offers day passes for £25. Swim in the 17m pool, use the fitness equipment or visit the Figaro Hair Salon. There are treatment rooms for disabled visitors. [www.blueharbourspa.co.uk](http://www.blueharbourspa.co.uk). Chelsea Harbour Drive, SW10 0XG. **T:** 020-7300 5011. **Off map.** Station: Imperial Wharf.

### Body Relaxation

High-quality, deep-tissue massage directly in your hotel room, apartment or at the Sloane Street studio. Open until late. **T:** 07941-505982.

### Chuan Spa

Step inside this luxury spa, which uses the principles of Chinese medicine to rebalance your mind, body and spirit. There is a VIP suite for couples. [www.chuanspa.com](http://www.chuanspa.com). The Langham, 1c Portland Place, Regent St, W1B 1JA. **T:** 020-7973 7550. **D6.** Station: Oxford Circus.

### Elemis Day Spa

Situated in Mayfair, the spa specialises in facials that tackle ageing, pigmentation and blemishes. The Penthouse is a private suite that you can share with a guest – upgrade your experience with a bottle of Champagne. The Speed Spa offers treatments in 30 minutes. [www.elemis.com/dayspa](http://www.elemis.com/dayspa). 2 Lancashire Court, W1S 1EX. **T:** 020-7499 4995. **E6.** Station: Bond Street.

### Jurlique

Founded by Dr Jürgen Klein, a biochemist, and his wife Ulrike, a botanist, this spa uses their natural skincare range. Treatments include an anti-stress facial, which eases tension to your face, neck and shoulders. [www.jurlique.co.uk](http://www.jurlique.co.uk). 489 Oxford St, W1C 2AU. **T:** 0800-040 7685. **D8.** Station: Bond Street.

### Mandara Spa

Spa with a contemporary edge and a luxurious Asian touch. The decor features a bamboo forest, Modrian paintings and Japanese shoji screens. Signature treatments include the Warm Bamboo Massage. There is a double treatment room, fitness centre and swimming pool. [www.mandaraspa.com](http://www.mandaraspa.com). Park Plaza, 200 Westminster Bridge Rd, SE1 7UT. **T:** 020-7620 7300. **F8.** Station: Waterloo.

### One Aldwych

This spa offers a range of treatments including massages, manicures and waxing. Brands used are Natura Bissé and Oskia. The health club is excellent, while the pool is chlorine-free and has underwater music. [www.onealdwych.com](http://www.onealdwych.com). One Aldwych, WC2B 4BZ. **T:** 020-7300 0600. **D8.** Station: Covent Garden.

### The Refinery

This men-only spa has treatments ranging from a traditional shave to a sports massage. If you want to master a wet shave, you can book a Principles of Shaving lesson. Also available at Harrods. [www.the-refinery.com](http://www.the-refinery.com). 60 Brook St, W1K 5DU. **T:** 020-7409 2001. **E6.** Station: Bond Street.

### Rocco Forte at Brown's Hotel

An oasis of calm in the West End, boasting a premium selection of treatments and a 24-hour gym. Luxury treatments include a Gold Age Defying Facial and Carat Diamond Face and Body Ritual, and there are also treatments for two. Brands used include Forte Organics and Spiezia Organics. [www.brownshotel.com](http://www.brownshotel.com). Albemarle St, W1S 4BP. **T:** 020-7518 4009. **E7.** Station: Green Park.

### The Spa at Dolphin Square

Moroccan-inspired luxury. Signature massages include the Moroccan Majorelle and Arabian Ceremony. Treatments can be combined with a hammam. There is also a menu for Brides and Hen parties. [www.dolphinsquare.co.uk/spa](http://www.dolphinsquare.co.uk/spa). Chichester St, SW1V 3LX. **T:** 020-7798 6767. **Off map.** Station: Pimlico.

### Spa Illuminata

Enjoy this holistic skin and body-care haven. The menu includes facials, massages and a men's menu. Anti-ageing treatments include anti-wrinkle injections and skin peels. Recently voted the Best Day Spa in London by Condé Nast. [www.spailluminata.com](http://www.spailluminata.com). 63 South Audley St, W1K 2QS. **T:** 020-7499 7777. **E6.** Station: Marble Arch.

### Ushvani

This plush venue was voted the Best Day Spa by *Tatler* in 2012. The philosophy is based on ancient Asian culture, and has a holistic approach to pampering. Treatments include a Malay and Balinese Massage, which incorporate natural herbs, spices and flowers. [www.ushvani.com](http://www.ushvani.com). 1 Cadogan Gardens, SW3 2RJ. **T:** 020-7730 2888. **G5.** Station: Sloane Square.

## SALONS

### Gentlemen's Tonic

This is a stylish, men-only grooming establishment with a barbershop, body and hair treatments and a full range of products. [www.gentlemenstonic.com](http://www.gentlemenstonic.com). 31a Bruton Place, W1J 6NN. **T:** 020-7297 4343. **E6.** Station: Bond Street.

### Geo F Trumper

A traditional barbershop in Mayfair, which offers wet shaves, manicures and haircuts for an elegant result. [www.trumpers.com](http://www.trumpers.com). 9 Curzon St, W1J 5HQ. **T:** 020-7499 1850. **E6.** Station: Green Park.

### Hershesons Blow Dry Bar

At this trendy hairdresser to the stars, you can ask for your favourite fashion-forward look from a menu and a stylist will create it in 30 mins. [www.hershesons.com](http://www.hershesons.com). Selfridges, 400 Oxford St, W1A 1AB. **T:** 020-7493 1600. **E6.** Station: Bond Street.

### Jo Hansford

This hair-colour salon, which is home to top stylists, is renowned for its colour correction work. The salon also has an in-house chef. [www.johansford.com](http://www.johansford.com). 48 South Audley St, W1K 2QB. **T:** 020-7495 7774. **E6.** Station: Marble Arch.

### Windle & Moodie

Award-winning hair salon specialising in catwalk looks for the everyday woman. The 20-minute Speed Styling service offers styles from updos to braids. The salon uses Bumble & Bumble products. [www.windleandmoodie.com](http://www.windleandmoodie.com). 41-45 Shorts Gardens, WC2H 9AP. **T:** 020-7497 2393. **D8.** Station: Covent Garden.

## ESSENTIALS | THE GUIDE



**Concierges in the city use *Where London* for information. Here they share their top tips for your travels**



**Jakub Stefanowicz**  
 Concierge at The Landmark London

**Tell us popular requests.**  
 I'm often asked for restaurant recommendations and tickets to the hottest theatre shows.

**Why is your hotel special?**  
 Our stunning atrium and its palm trees makes our hotel stand out, along with our history – it was built in 1899.

**Any family-friendly ideas?**  
 On a sunny day, ZSL London Zoo is always popular, as well as the National History Museum. Otherwise, a day trip to Windsor Castle and Legoland is great fun.

**Any hidden gems?**  
 The Wallace Collection has a superb range of fine and decorative arts, as well as magnificent paintings by Rembrandt and Rubens.

**What should visitors see outside central London?**  
 The Cotswolds is such an unspoilt region; you can't help but fall in love with it.



**Julie Wilkinson** Concierge at Millennium Gloucester Hotel London Kensington

**Any strange requests?**  
 A guest wanted to know where to get his hairline replaced as it was receding.

**Why is your hotel special?**  
 In 1973, a meeting in the Gloucester Hotel changed tennis forever: Billie Jean King formed the Women's Tennis Association (WTA) here to fight for a better deal for female players.

**Any romantic ideas?**  
 It's a cliché, but a dinner cruise aboard Bateaux London is very romantic.

**Any hidden gems?**  
 Iconic restaurant Bob Bob Ricard in Soho has glamorous booths in its Russian/English dining room.

**What should visitors see outside central London?**  
 Browse shops and cafés in Wimbledon Village, then visit Wimbledon Common and the Windmill Museum.



**Paul Still** Senior concierge at London Hilton on Park Lane

**Why is your hotel special?**  
 Galvin at Windows, our Michelin-starred restaurant on the 28th floor, is amazing.

**What can guests do in a day?**  
 Cruise along the river from Westminster to Greenwich, where they can visit the Cutty Sark and the National Maritime Museum, then have lunch.

**Any family-friendly ideas?**  
 Visit the Warner Bros. Studio Tour, which has something for everyone.

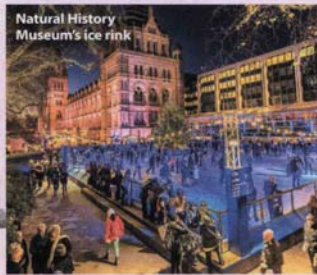
**Any romantic ideas?**  
 Dine at Galvin at Windows!

**Any hidden gems?**  
 The pub, the Ye Olde Mitre in Hatton Garden, was built in 1546. Another gem is London Glassblowing in Bermondsey, with its glassblowing classes.

**Tell us an experience visitors shouldn't miss?**  
 Watch a match at Lord's Cricket Ground.



Legoland Windsor Resort



Natural History Museum's ice rink



Cutty Sark

## TICKET INFORMATION

### Oyster cards & Travelcards

An Oyster card is a pre-paid travel smart card. It's a cheap way to pay for single journeys by bus, Tube, tram, DLR, London Overground and most National Rail train services in London.

You can buy a Visitor Oyster card before you leave home for a £5 fee and pre-load it with credit at [www.visitorshop.tfl.gov.uk](http://www.visitorshop.tfl.gov.uk). The system has nine zones. Zone 1 is in central London.

Visitors can buy Oyster cards and Day Travelcards from stations, Visitor Centres and any Oyster Ticket Shop. UK visitors can also pay for their travel with a UK-issued contactless payment card. See [www.tfl.gov.uk/visitinglondon](http://www.tfl.gov.uk/visitinglondon).

An Oyster card also gives you a 25 per cent discount on London's cable car, the Emirates Air Line, and a 10 per cent discount on single journeys on most MBNA Thames Clippers river buses. For more info, visit [www.visitorshop.tfl.gov.uk](http://www.visitorshop.tfl.gov.uk).

## GETTING AROUND

For 24-hour travel information, visit the Transport for London (TfL) website. [www.tfl.gov.uk/visitinglondon](http://www.tfl.gov.uk/visitinglondon) or call T: 0343-222 1234.

### London Underground (The Tube)

[www.tfl.gov.uk](http://www.tfl.gov.uk) See London Underground map (opposite). Services run Mon-Sat 5am-12.30am and Sun 7.30am-11.30pm on most routes. The Night Tube service runs Fri-Sat on the Victoria, Jubilee, Central, Northern (via Embankment) and Piccadilly lines. Fares vary; a Zone 1 adult fare costs £4.90 (£2.40 with an Oyster card).

### London Buses

London buses run 5am-12.30am. Night buses (midnight-4.30am) operate on main routes (several services are 24-hour). You can't pay for a bus fare with cash, so use a Visitor Oyster card, Oyster card, Travelcard or a UK-issued contactless payment card. Visit [www.tfl.gov.uk/buses](http://www.tfl.gov.uk/buses). A single fare is £1.50 with an Oyster card or a UK-issued contactless payment card.

### London Overground

[www.tfl.gov.uk](http://www.tfl.gov.uk) Trains run Mon-Sat 5am-midnight; Sun 7am-11.30pm on most routes. Please check for 24-hour service at weekends.

### Docklands Light Railway

Trains run approximately every three-and-a-half minutes to 10 minutes. Mon-Sat 5.30am-12.30am; Sun 7am-11pm. T: 0345-222 1234.

### Trains

Paddington serves the West Country, Wales and the South Midlands.

Liverpool Street and Fenchurch Street serve East Anglia and Essex.

Euston King's Cross St Pancras

Marylebone and St Pancras

International (connects to King's Cross

St Pancras) serve north and central Britain, and southeast England. Charing Cross

London Bridge Waterloo

and Victoria serve southern England.

For times and tickets, visit [www.nationalrail.co.uk](http://www.nationalrail.co.uk) or call T: 0345-748 4950.

Eurostar uses St Pancras International. Visit [www.eurostar.com](http://www.eurostar.com) for more information, times and ticket prices. Call T: 0344-822 4777 (from outside the UK, T: 03432-186 186).



MAYOR OF LONDON [tfl.gov.uk](http://tfl.gov.uk) 0343 222 1234 [tfl.gov.uk/emailupdates](http://tfl.gov.uk/emailupdates) @TfLTravelAlerts

© Transport for London Reg. user No. 17/E/3249P Version D 7.20/7 Improvement works may affect your journey, please check before you travel Correct at time of going to print

**Accessible London**  
 Get information for deaf and disabled travellers, including step-free journeys on the Tube, bus and river services at [www.visitlondon.com/access](http://www.visitlondon.com/access) and [www.openbritain.net](http://www.openbritain.net).

**Taxis**  
 You can hail a black cab (taxi) in the street. Fares increase after 8pm. You cannot hail private-hire or minicabs, which you must book. We strongly advise against using any vehicle that approaches you in the street, except for licensed black cabs. [www.tfl.gov.uk](http://www.tfl.gov.uk).

**Car hire**  
 Make sure your driving licence is valid for the UK and see 'Congestion Charge' below. Hertz: T: 0870-844 8844. [www.hertz.co.uk](http://www.hertz.co.uk). Kendall Cars Ltd: T: 0800-770 007. [www.kendallcars.com](http://www.kendallcars.com). Enterprise Rent-A-Car: T: 0800-800 227. [www.enterprise.co.uk](http://www.enterprise.co.uk). Miles & Miles: T: 020-7591 0555. [www.milesandmiles.co.uk](http://www.milesandmiles.co.uk).

**Emirates Air Line cable car**  
 London's only cable car runs across the River Thames between Greenwich Peninsula (The O2) and the Royal Docks (ExCeL London). You can board from either the North Greenwich or Royal Victoria sides of the river (return flights are available). You can buy a combined ticket with MBNA Thames Clippers and London Transport Museum. [www.tfl.gov.uk/emiratesairline](http://www.tfl.gov.uk/emiratesairline).

**On foot**  
 It's often quicker to get around London by walking. Look out for blue and yellow Legible London street maps. [www.tfl.gov.uk/legiblelondon](http://www.tfl.gov.uk/legiblelondon).

**Santander Cycles**  
 There are 11,500 bikes for hire from 750 docking stations throughout central London. £2 to hire a bike for 24 hours, and the first 30 min of travel are free. There's no need to book, but you need a debit or credit card to hire a bike. Visit [www.tfl.gov.uk/santandercycles](http://www.tfl.gov.uk/santandercycles) or call T: 0343-222 6666.



**Congestion Charge**  
 There is a charge to drive in central London, Mon-Fri 7am-6pm. Pay in advance or on the day (£11.50), or after (£14). UK: T: 0343-222 2222. International: T: +44 343 222 2222. [www.cclondon.com](http://www.cclondon.com).

**River services**  
[www.tfl.gov.uk/river](http://www.tfl.gov.uk/river)  
 MBNA Thames Clippers: [www.mbnathamesclippers.com](http://www.mbnathamesclippers.com). MBNA Thames Clippers River Bus serves 22 piers, with departures every 20 minutes. Adult prices start from £4.40. River Roamer ticket (unlimited hop-on/hop-off all day from 9am). Adult £19; child (5-15) £9.50; family (two adults, up to three children) just £38. Children under five travel free. Discounts available on MBNA Thames Clippers with a TfL Travelcard, Oyster, or via the app or online.

**Coaches**  
 London's main coach services use Victoria Coach Station, a central hub which offers travel to destinations around the UK and some parts of Europe, such as France and the Netherlands. SW1W 9TP. T: 0343-222 1234. [www.tfl.gov.uk/coaches](http://www.tfl.gov.uk/coaches) Victoria. Map D4.

**DELIVERY**  
**Mail Boxes Etc.**  
 Worldwide parcel delivery, courier and postal services. There are 1,600 stores worldwide and more than 150 stores in the UK and Ireland. Mail Boxes is a trained certified packer. T: 01608-649230. [www.mbe.co.uk/london](http://www.mbe.co.uk/london).

**24-hour Tube lines**  
 The service runs on Fridays and Saturdays on the following lines.

- **Jubilee line:** Across the entire line.
- **Victoria line:** Across the entire line.
- **Northern line:** Between Morden and Camden Town and between Camden Town and High Barnet/Edgware.
- **Piccadilly line:** Between Cockfosters and Heathrow Terminal 5.
- **Central line:** Between White City and Leytonstone; between Ealing Broadway and White City; and between Leytonstone and Loughton/Hainault.