

A photograph of a spa treatment room. In the foreground, a massage table is covered with a green towel. Behind it, a white sink with a chrome faucet sits on a wooden counter. To the right of the sink is a small wooden table with a black ceramic bowl and a white lamp. In the background, a wooden shelving unit holds several stacks of rolled white towels and small yellow flowers. The entire scene is framed by a thin, dotted black border.

# SPA TREATMENTS

Members & Non-members

# KX

# MASSAGE THERAPY

## Classic Massage

Each massage is unique and will depend on each guests' individual requirements. Our expert therapists will take time to discuss treatment options in order to ensure maximum results.

Aromatherapy | Reflexology | Swedish | Deep Tissue | Sports | Pregnancy | Manual Lymphatic

Duration (mins)	Member	Non-member
25	80	95
55	130	150
55 incl. cupping	140	155
85	165	190
85 incl. cupping	180	200

## Signature Massage

### Tania's Signature Massage

Tania combines massage skills and Osteopathic knowledge to deliver a signature massage incorporating deep/firm pressure, trigger-point therapy, stretching, joint articulation, lymphatic drainage, cranial techniques, cupping, kinesio taping and dry needling (medical acupuncture).

### Tania's Pregnancy Massage

Tania combines massage skills and Osteopathic knowledge to deliver a signature massage incorporating deep/firm pressure, trigger-point therapy, stretching, joint articulation, lymphatic drainage, cranial techniques, cupping, kinesio taping and dry needling (medical acupuncture).

Duration (mins)	Member	Non-member
25 (N/A for pregnancy)	115	130
55	155	170
85	200	220

### Fernando's Signature Massage

Fernando provides you with his trademark signature treatment, which incorporates Thai Yoga, Aromatherapy, Deep Tissue, Lymphatic Drainage, and Sports Massage.

Duration (mins)	Member	Non-member
25	95	105
55	145	160
85	180	200

## Sports Massage Therapy

A unique form of clinical massage with a specific and scientific approach to effective pain relief. A combination of medical acupuncture, fascial abrasion, joint mobilisation, PNF stretching and deep tissue massage.

Duration (mins)	Member	Non-member
55	150	160
85	205	215

## FACIAL THERAPIES

### KX Advanced

Our 4 super advanced facials have been designed by KX in-house experts. Combining therapies, techniques, sophisticated new technologies and superior ingredients, they are guaranteed to deliver super-charged results. Expect HydraFacial, Intraceuticals Oxygen, Nano Needling and LED light, through to Sculpting Facial Massage, Advanced Exfoliation Methods, Vitamin C Treatment and Hyaluronic Masks.

	Duration (mins)	Member	Non-member
Anti-aging	85	285	300
Hydrating	85	285	300
Clarifying	85	265	290
Brightening	85	265	290

### KX Bespoke

Our bespoke range of facial treatments, suitable for both male and female clients, include the use of renowned scientifically advanced products, which target your skin's needs in order to achieve optimum results. Incorporating either Lightwave LED lights or Dermalux into your facial - the most two most sophisticated systems in the industry - will deliver the most superior results.

	Duration (mins)	Member	Non-member
LED Light	30	80	95
Signature Express	40	110	130
Signature	55	155	170
Signature with LED	55	165	175
Oxygen	55	165	175
Oxygen with LED	55	180	195
Add Oxygen		65	75
Add Milia Removal		30	35

### LPG Face

LPG Face offers cellular stimulation which drains toxins, lightens the complexion and refines the texture of the skin. The treatment can also be combined with a KX Signature Facial.

	Duration (mins)	Member	Non-member
LPG Face	45	150	160

### HydraFacials

The ultimate detoxifying and deep cleansing experience, HydraFacial rejuvenates the skin with its active botanical ingredients, revealing immediate results. This patented technology follows a 6-step treatment process – Detox, Cleanse, Exfoliation, Brightening, Extraction and Hydration.

	Duration (mins)	Member	Non-member
Hydra Detox	55	180	200
Hydra Glow	85	240	260

## ADVANCED FACIAL THERAPIES

### EXILIS HydraTite

A unique combination of two of today's most advanced treatments, the HydraFacial, and Exilis Skin Tightening. This non-surgical treatment for sagging or loose skin, delivers energy and heat, resulting in collagen stimulation deep in the facial tissue, causing an immediate contracture and lifting effect in the skin structure - a great alternative to the lifting effect produced by Dermal Fillers.

Duration (mins)	Member	Non-member
120	550	600

### Laser Genesis HydraFacial

LaserGenesis Plus is the ultimate 2D KX facial including HydraFacial, Skin Peel, Hyaluronic Mask, LED light, LimeLight and Laser Genesis, followed by an antioxidant and hyaluronic product application.

Duration (mins)	Member	Non-member
85	350	365

### Exilis Elite™ Facial Lift

Exilis Elite™ is a revolutionary, non-invasive form of treatment in the reduction of wrinkles and the tightening of sagging skin to the face. Exilis Elite™ treatments can postpone or eliminate the need for invasive surgery. Using radiofrequency to encourage the production of collagen from deep within the dermis, visible results of tighter and firmer skin can be seen after just one treatment.

	Duration (mins)	Member	Non-member
Half Face	40	330	355
Full Face	70	520	550

### Laser Genesis

An advanced, non-invasive, multi-layered treatment, Laser Genesis is scientifically proven to produce new collagen for the treatment of fine wrinkles, redness, and scars with no downtime or discomfort. Each Laser Genesis treatment is in combination with either a KX Bespoke Facial, Microdermabrasion or HydraFacial.

	Duration (mins)	Member	Non-member
KX Bespoke	70	330	350
Microdermabrasion	70	340	360
Laser Genesis Plus	120	475	500

## ADVANCED FACIAL THERAPIES

### Rosecea & Pigmentation Treatment

IPL Ellipse and Limelight treatment works by using light to heat the pigment and blood in the top layer of the skin, reducing discoloration, promoting a more even skin tone, and treating specific skin conditions such as pigmentation, age spots, rosacea, and broken capillaries without abrading the skin's surface. A patch test is required in advance of treatment.

	Duration (mins)	Member	Non-member
IPL Half Face	25	140	155
IPL Full Face	55	260	280

### Vascular Treatment

YAG laser technology is utilised for the safe removal and reduction of small vascular lesions found on the face and body. A patch test is required in advance of medium and large area treatments.

	Duration (mins)	Member	Non-member
Small Area	15	60	75
Medium Area	25	110	125
Large Area	45	175	200

### Skin Peels

A variety of chemical peels performed in clinic to help preserve and restore the skin's healthy appearance. This includes, skinceuticals, mesoesthetics or ZO. A consultation will be provided prior to treatment which our specialists will select the best peel option and peel option plan for your skin concerns, including pigmentation, sun damage, ageing, acne, congestion, dull skin, etc.

These peels work in conjunction with ZO, mesoesthetics or SkinCeuticals home care products to provide a well-rounded skincare routine and improved outcomes. Treatments can be done individually or as part of a course.

	Duration (mins)	Member	Non-member
Light		250	265
Medium		350	365
Deep		POC	POC

## ADVANCED SKIN TREATMENTS

### Morpheus8

Morpheus8 is a minimally invasive skin rejuvenation procedure that pairs micro needling with radiofrequency (RF) energy. It uses tiny needles to deliver RF energy deep into your skin, creating micro lesions that trigger your body's natural healing response and promote production of new collagen and elastin, to firm and remodel skin. This treatment can also be used on the body to help the appearance of loose sagging skin, stretch marks and scarring.

	Duration (mins)	Member	Non-member
Eyes (Course of x3)	90	1,450	2,000
Full Face incl. Eyes (Course of x3)	105	2,250	2,750
Full Face excl. Eyes (Course of x3)	105	2,000	2,500
Full Face, Eyes & Neck (Course of 3)	105	2,500	3,000
Lower Face & Neck (Course of x3)	105	2,100	2,600
Neck or Decolletage (Course of x3)	90	1,800	2,400
Body Area (Course of x3)		POC	POC
Growth Factor Upgrade		80	95

### Skin Pen

SkinPen is the first FDA cleared micro needling device in the world. Clinically proven to safely and effectively fight the appearance of fine lines, wrinkles, skin laxity and acne scarring.

	Duration (mins)	Member	Non-member
Needling Treatment Face	85	355	375
Growth Factor Needling	85	435	455
Body Needling		POC	POC

### Mesotherapy

Mesotherapy is a technique that uses micro- injections of specific vitamins, enzymes, and plant extracts to rejuvenate, brighten and tighten skin. Our hair complex targets scalp condition, hair quality and stimulates dormant hair follicles to help with receding hair lines, hair loss and poor hair condition. Body solutions can target cellulite, unwanted fat pockets and tightening of loose skin.

	Duration (mins)	Member	Non-member
Face	45	275	295
Hair Restoration		POC	POC

Please note, a 25 minute complimentary consultation is required by all new guests prior to any advanced skin or body treatment.

## ADVANCED BODY TREATMENTS

### Emsculpt NEO

Emsculpt Neo, the latest non-invasive, patented combination of radio frequency and HIFEM (High intensity focused electro-magnetic technology). Each 30-minute session is the equivalent of 24,000 sit ups or squats with up to 30% reduction in fat and 25% increase in muscle mass with no downtime.

	Duration (mins)	Member	Non-member
One Area (Course of x4)	30 x 4	2,500	2,650
Two Areas (Course of x4)	60 x 4	4,500	4,800
Three Areas (Course of x4)	90 x 4	6,500	6,950

### Lymphatic Pressotherapy

Pressotherapy is a non-invasive controlled compression, which effectively stimulates lymphatic drainage, helps to promote the body's natural toxin-clearing functions, slim and redefine the legs, lower body and improve skin tone.

	Duration (mins)	Member	Non-member
Legs	55	120	130

### CoolSculpting®

A leading, non-invasive fat-reduction treatment, CoolSculpting® contours the body by freezing unwanted fat stores.

	Duration (mins)	Member	Non-member
Coolsculpting	45	POC	POC
Outer Thigh Area	75	POC	POC

### Exilis Tightening

An advanced, results-driven technology combining radio frequency and ultrasound, Exilis can be used to on both the face and body. The treatment targets fatty deposits, loose skin, uneven skin texture and wrinkles, contouring the desired area.

	Duration (mins)	Member	Non-member
One Area	30	220	240
Two Areas	45	410	460
Three Areas	55	550	600

### LPG Endermologie (Cellulite Reduction)

LPG is a state of the art, scientifically proven, non-invasive way to eliminate fat and water retention, cellulite and loose skin. Endermologie Lipomassage restores elasticity, increasing blood flow and stimulating lymphatic drainage, resulting in revitalised, soft and smooth skin.

	Duration (mins)	Member	Non-member
Express	20	80	95
Classic	40	150	170

## MEDICAL

### Dr Toni Phillips

Dr Toni Phillips is highly regarded as one of London's top non-surgical practitioners. With 15 years of experience, she enjoys working closely with her clients to achieve personalised, safe, effective, and natural-looking results. As one of the UK's key industry leaders, Dr Toni brings her extensive experience and knowledge to our team of KX Experts. Members will receive preferential treatment rates.

	Duration (mins)	Member	Non-member
Consultation	55	180	180

### Dr Elizabeth Hawkins

Miss Hawkes is a highly respected Consultant Oculoplastic Surgeon and Aesthetic Doctor in London. She performs advanced facial aesthetics for non-surgical face and eye rejuvenation. She is also a specialist in cosmetic eyelid surgery including upper and lower eyelid blepharoplasty surgery. Miss Hawkes was featured as a Top Doctor in the Tatler Beauty and Cosmetic Surgery Guide 2022. She was also nominated as a finalist in multiple categories at the Aesthetics Awards including for Surgeon of the Year.

	Duration (mins)	Member	Non-member
Consultation	60	125	135

### Intravenous Infusions

	Duration (mins)	Member	Non-member
Anti-aging	45	355	355
Anti-stress	45	295	295
Brain Energy	45	300	300
Burnout	45	295	295
Coenzyme Q10	45	300	300
Cold & Flu	45	310	310
Detox	45	300	300
Hair Nourishment	45	330	330
Hangover	45	310	310
Hydration	45	280	280
Immune Boost	45	310	310
Metabolism Boost	45	280	280
Reservatrol	45	390	390
Skin Enhancer	45	320	320
Sport Performance	45	320	320
Vitamin C	45	230	230
Gut Health	45	310	310
Recharge	45	300	300



## HEALTH & WELLBEING

### Rehabilitative & Preventative Therapy

To diagnose, treat, and prevent health problems, a team of professional and experienced physiotherapists, chiropractors, and osteopaths work together to accommodate your every need.

#### Chiropractice

	Duration (mins)	Member	Non-member
First Treatment	40	135	145
Follow up	25	105	115
	10	75	85

#### Osteopathy

	Duration (mins)	Member	Non-member
First Treatment	55	155	170
Follow up	40	135	145
	25	110	130

#### Physiotherapy/Osteopathy

	Duration (mins)	Member	Non-member
First Treatment	55	155	170
Follow up	40	135	145
	25	110	130

#### Physiotherapy

	Duration (mins)	Member	Non-member
First Treatment	55	155	170
Follow up	55	145	165
		110	130

### Radio Transformational Therapy (RTT®)

RTT® is a pioneering combination talk therapy designed to achieve lasting, transformative result. Using beneficial principles of hypnotherapy, psychotherapy, and neuroscience, RTT is highly effective in helping to resolve a wide range of physical or psychological issues.

	Duration (mins)	Member	Non-member
Consultation Call	20	Complimentary	Complimentary
Single Session	120	400	400

## HEALTH & WELL-BEING

### Remodelage

Inspired by traditional Chinese medicine and its approach to health and wellbeing, this signature treatment will assist in revealing the very best version of yourself. The deep layers of the skin are stimulated by powerful movement in order to transform the texture of the tissues, rejuvenating the circulatory system and reducing cellulite.

	Duration (mins)	Member	Non-member
Single Session	55	180	180
Course of x10	55 x10	1600	1600

### Colonic Hydrotherapy

With a gentle and informative approach, we get to know each patient before formulating a treatment tailored to each individual's needs and requirements. Upon first visit, a brief consultation will be carried out to ensure the therapy is appropriate.

	Duration (mins)	Member	Non-member
Single Session	60	125	135

### Biodynamic Craniosacral Therapy

A profoundly deep hands-on body treatment, craniosacral therapy is rooted in osteopathic principles. Often regarded as "counselling of the body", you remain clothed as gentle holds are made on the head (cranium), spine and hips (sacrum) to release pain, trauma, & stress to regain balance, making it suitable for everyone including babies.

	Duration (mins)	Member	Non-member
Single Session	60	140	155

## NUTRITION

Our team of nutritionists are on hand to personalise KX food programs in line with your health & wellness goals. Bespoke food programming is available upon request. Membership required.

### Food Packages

Eat well, live well. Whether your goal is to get summer body ready (rapid fat loss, increased muscle), reduce stress and inflammation, or to simply sustain your new physique following weight loss, allow our team to recommend a programme guaranteed to help you achieve your goals.

#### Sirtfood Detox

**7 days | from £915**

KX is home to the 7 day, 3-stage Sirtfood Detox. When eaten in the correct quantities, these wonder plant foods have the ability to turn on the body's "skinny genes", clearing out toxic materials from inside cells, improving vitality and reversing premature ageing.

Benefits:

Dramatic and rapid weight loss (7lbs in 7 days)

Maintain lean muscle mass

Increased sense of vitality, energy and wellbeing

Looking and feeling healthier (skin and hair)

#### Intermittent Fasting

**1 – 3 days per week | from £375**

Controlled in calories put packed full of flavour, the KX Intermittent Fasting (IF) programme is perfect for those looking to lose weight rapidly.

The approach is based on three underlying principles, which act synergistically to make it more effective than other forms of IF based purely on calorie restriction alone (e.g. the 5:2 diet).

The three principles are:

Moderate calorie restriction

Restricted to a 10 hour 'feeding' period

Abundant in Sirt and Nrf2-activating phytonutrients

Benefits:

Rapid fat loss

Improved metabolism, body composition and cellular health

For more information about any of our food packages, please refer to our website or a member of the the KX team.

# BEAUTY ESSENTIALS

## KX Body Scrub

Throughout the treatment, the whole body is thoroughly exfoliated with a salt scrub, then massaged and moisturised with rich and nourishing cream.

	Duration (mins)	Member	Non-member
Single Session	55	120	135

## Beaubronz Spray Tanning

BeauBronz is an environmentally friendly company offering an 'Holistic Tanning Cycle', which involves a pre-tan exfoliating spray and a post- tan moisture lock spray for optimum results.

	Duration (mins)	Member	Non-member
Full Body	45	70	80

## Eyelash & Eyebrow

All tinting treatments require a test patch 24 hours prior to treatment.

	Duration (mins)	Member	Non-member
Eyebrow Tint	15	25	30
Eyelash Tint	30	25	30
Eyelash Lift	55	90	100
Eyelash Lift & Tint	55	100	110

## Threading

	Duration (mins)	Member	Non-member
Eyebrow	15	30	35
Lip / Chin	15	25	30
Half Face	20	35	40
Full Face	30	65	75

## HAIR REMOVAL

### Laser

Our laser hair removal system at KX is suitable for both men and women. During an initial consultation and test patch, our highly trained therapists will discuss each client's skin and hair type, recommending the most appropriate treatment.

#### Female Treatment Areas

	Duration (mins)	Member	Non-member
Lip	15	60	75
Chin	15	60	75
Half Face	25	105	125
Full Face	45	225	250
Neck	20	105	125
Under Arm	30	85	100
Half Arm	30	120	140
Full Arm	60	160	180
Abdomen	30	120	140
Bikini	30	85	100
Brazilian	45	160	180
Half Leg (Lower)	60	225	250
Half Leg (Upper)	60	250	270
Full Leg	120	325	350
Feet & Toes	15	25	40

#### Male Treatment Areas

	Duration (mins)	Member	Non-member
Half Face	25	105	125
Full Face	45	225	250
Neck	25	105	125
Under Arm	40	95	110
Half Arm	40	130	150
Full Arm	70	170	190
Chest	30	180	200
Abdomen	45	130	150
Shoulders	25	65	80
Half Back	40	200	210
Full Back	70	285	310
Half Leg (Lower)	70	235	260
Half Leg (Upper)	70	260	280
Full Leg	130	350	375
Feet & Toes	15	25	40

# HAIR REMOVAL

## Electrolysis

Electrolysis is a hair removal method used to destroy individual hairs from the face or body. After a very fine probe is inserted into the hair follicle, the hair is removed with tweezers.

	Duration (mins)	Member	Non-member
Single Treatment	15	45	50

## Waxing

### Female Treatment Areas

	Duration (mins)	Member	Non-member
Eyebrow	15	25	30
Lip / Chin	15	25	30
Half Face	20	35	40
Full Face	30	65	70
Neck	20	35	40
Under Arm	15	30	35
Half Arm	20	35	40
Full Arm	30	45	55
Abdomen	20	50	55
Bikini	15	35	40
Brazilian	30	60	65
Half Leg (Lower)	20	35	40
Half Leg (Upper)	20	40	45
Full Leg	30	55	60
Feet & Toes	15	25	30

### Male Treatment Areas

	Duration (mins)	Member	Non-member
Facial Hair	15	25	30
Half Arm	20	40	45
Full Arm	30	55	60
Chest	20	60	65
Shoulders	20	40	45
Full Back	30	60	65

## NAIL CARE

### IBX Nail Strengthening

IBX is a strengthening treatment which repairs thin and damaged nails from within the natural nail. The treatment can be used on untreated nails or underneath gel polish.

	Duration (mins)	Member	Non-member
Single Treatment	25	25	30

### Female Manicures

	Duration (mins)	Member	Non-member
Shape & Polish	45	50	55
Shape & French Polish	25	55	60
Shape & Gel Polish	20	35	40
Shape & French Gel Polish	30	65	70
KX Manicure	45	40	45
KX French Manicure	45	45	50
KX Gel Manicure	60	60	65
KX French Gel Manicure	60	65	70
Parrafin Wax Manicure	60	60	65
Japanese Manicure	45	40	45
Hot Oil Therapy	60	50	55
One Nail Repair	15	15	10
Gel Soak Off	15	20	15

### Female Pedicures

	Duration (mins)	Member	Non-member
Shape & Polish	25	25	30
KX Pedicure	60	55	60
KX French Pedicure	60	60	65
KX Gel Pedicure	75	75	80
KX French Gel Pedicure	75	80	85
Parrafin Wax Pedicure	75	75	80
Hot Oil Therapy	75	65	50
One Nail Repair	15	15	10
Gel Soak Off	15	20	15

### Male Manicures

	Duration (mins)	Member	Non-member
KX Manicure	30	35	40
Hot Oil Therapy Manicure	60	50	55

### Male Pedicures

	Duration (mins)	Member	Non-member
KX Pedicure	45	50	55
Hot Oil Therapy Pedicure	75	50	65

Monday - Friday 8am - 9.30pm  
Saturday - Sunday 9am - 7.30pm

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