

SPA AT 51

Spa at 51

Spa at 51 will take you away from the hustle and bustle of the outside world. Located a stones throw from Buckingham Palace in the heart of London's Westminster, through a tranquil courtyard garden, Spa at 51 awaits to entice, pamper and relax.

Anne Sémonin

Anne Sémonin is a French 'Haute Couture' niche spa and beauty brand that specialises in customised beauty by carefully developing products and treatments perfectly suited to the demands of every skin "moment".

Made-To- Measure - A pioneer in combining trace elements and essential oils whose synergy contributes to effective penetration and action, the Anne Sémonin brand was the precursor to the concept of "made-to-measure" beauty.

Every Anne Sémonin treatment starts with "L'Experience Anne Sémonin" – a consultation and professional observation in which Anne Sémonin therapists identify skin needs to suit its daily challenges. A simple Anne Sémonin regime is carefully prescribed, in which the therapist will demonstrate how to customise products to create perfect blends for optimum efficiency. Anne Sémonin products use only natural ingredients at their maximal authorised concentrations. They are formulated using state-of-the-art skincare science, blending traditional remedies and ingredients with new technology and formulations.

OSMIUM® for Men

Believes that only the finest quality ingredients are good enough. OSMIUM® strengthens a rich heritage since 1917 within the field of plant based formulations. Featuring a range of signature face and body treatments for the discerning male, The Spa's personalised treatments will use the plant active, vitamin and mineral-rich OSMIUM® range to achieve effective, penetrative and visible results.

OSMIUM® products are the result of four generations of deep-rooted knowledge and passion combined with the latest cutting edge technology and expertise from leading UK scientists.

Spa at 51 opening hours

Monday - Friday	8:30 am to 21:00
Saturday - Sunday	9:00 am to 19:30
Bank Holidays	9:00 am to 17:30

To make a reservation

Tel: +44 (0)20 7963 8307
email spa@51-buckinghamgate.co.uk
www.51-buckinghamgate.com/spa

For reservations during your stay

We recommend booking your treatment as early as possible in order to avoid disappointment. Please dial 8307 or visit the Spa reception.

Cancellations

Please allow 24 hours notice for cancellation to avoid a 100% charge. If you arrive late for your appointment time, we may not be able to carry out your full treatment. Should you be more than half an hour late, a charge of 100% of the reserved treatment will be made, in addition to the cost of any subsequent treatment.

More pampering

Your treatment will be enhanced by arriving 30 to 60 minutes early to unwind in the sauna, steam rooms and relaxation area within the Spa. All guests booking spa treatments are welcome to use these facilities either pre or post treatment with our compliments. Lockers, towels, toiletries, hair dryers and showers are all provided within the changing areas.

More spoiling

Two friends or a couple booking together can enjoy their treatments in the same treatment room for a surcharge of £25.

Anne Sémonin Facial Collection

L'Expérience Anne Sémonin Signature Facial	90 min	£115
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Encounter the ultimate bespoke facial designed for Spa at 51 incorporating a client-specific intensive eye, back and neck massage treatment. Aromatic intensive complexes and serums will boost cellular renewal whilst a firming algae mask will detoxify for absolute skin radiance. This treatment is a complete and effective remedy for removing the stresses of daily life leaving skin firm, smooth and brilliant.

Anne Sémonin Eternal Youth Cryotherapie Facial	60 min	£80
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A contouring and firming facial designed to combat the visible signs of ageing; excellent for mature, dry and dehydrated skin. Innovative Anne Sémonin neurocosmetic ingredients are combined with 100% Active Serums and advanced cryo-therapy ice cubes to regain the skin's natural youthful glow. The result is instantly tightened and firmed skin, a superb brightener for special events and boosting skin vitality.

Anne Sémonin Deep Marine Purifying Facial	70 min	£85
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Ideal for combination, oily, congested, problematic skin, this complete deep cleansing purifying treatment combines traditional steam and extraction techniques with rebalancing lymphatic drainage massage. A detoxifying and anti-inflammatory peel off mask and aromatic intensive complexes are used to soothe, calm and rebalance the skin to encourage a visibly clearer complexion.

Anne Sémonin Phyto-Aromatic Facial Collection

These skin enhancing "made-to-measure facials" ensure effective, visible results. This collection has been designed to be tailor made for your individual skin needs through individually blended plant active serums, masks and aromatic intensive complexes.

Following an initial skin consultation your therapist will assist you in choosing from the following options:

Anne Sémonin Extreme Moisture Phyto-Aromatic Facial	60 min	£75
Anne Sémonin Ultra Firming Phyto-Aromatic Facial	60 min	£75
Anne Sémonin Pure Skin Phyto-Aromatic Facial	60 min	£75
Anne Sémonin Soothing Repair Phyto-Aromatic Facial	60 min	£75
Anne Sémonin Hydra Express Phyto-Aromatic Facial	40 min	£55



Anne Sémonin Body Therapy Collection

Anne Sémonin Made-to-Measure Massages Collection:

A tailor-made full body massage combines classic Anne Sémonin techniques along with a personally prescribed blend of intensive complexes and warmed botanical oils. After your initial consultation your therapist will assist you in choosing from the following:

Anne Sémonin Phyto-Aromatic Massage	90 min	£110
Anne Sémonin De-Stress Phyto-Aromatic Massage	60 min	£75
Anne Sémonin Body Fitness Phyto-Aromatic Massage	60 min	£75
Anne Sémonin Uplifting Phyto-Aromatic Massage	60 min	£75
Anne Sémonin Detoxifying Phyto-Aromatic Massage	60 min	£75
Anne Sémonin Back, Neck and Shoulder Massage	30 min	£40

Anne Sémonin Deep Release Massage with Hot Stones

Heated black basalt stones are used to massage the whole body releasing deep seated tension, ideal for anyone suffering with muscular aches and pains. Working at relieving stress at the deepest level, this treatment is designed to work on the body's energy channels. This intensive and exceptional treatment is a holistic and energising therapy for the mind, body and spirit.

60 min	£90
90 min	£115

Sports Massage

An invigorating treatment massaging deeper into the muscle tissues to release tension and restore balance to the muscular skeletal system. Perfect after physical exercise or exertion, and as part of a well-prepared training regime prior to a particular event. The skilled massage therapist is able to detect variations in the soft tissues and by using correct techniques, help the client maintain a much healthier physical state.

30 min	£50
60 min	£85
90 min	£120
120 min	£150

Reflexology

60 min	£85
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Based on the concept of invisible energy lines running through the body, Thai massage has selected 10 mainlines on which there are important acupressure points. Massaging these lines and points makes it possible to treat a whole range of diseases or to relieve pain, fatigue, muscular cramping, nervous tension, low back pain and to stimulate blood and lymph circulation. Receiver is fully clothed.

Anne Sémonin Collection for Eyes

Anne Sémonin Eye-Lift Firming Treatment

30 min	£40
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A contouring and firming treatment using specific products rich in essential oils, trace elements and seaweed extracts designed to hydrate the delicate eye area. This smoothing and skin tightening treatment gives a noticeable lift to the eye area and is ideal for those concerned with fine lines and wrinkles.

Anne Sémonin Eye Brilliance Treatment

30 min	£40
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A detoxifying and radiance boosting treatment for tired eyes, or simply as a regular skin brightener. This enhancing treatment reduces puffiness, minimises dark shadows and is a welcome treat for those suffering from eye strain, headaches and for contact lens wearers.

Anne Sémonin Miracle Eyes

45 min	£60
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Designed to enhance, lift and firm your eye area. State of the art express radiance Ice cubes are used in combination with a therapeutic lymphatic eye massage to relax muscular fatigue and target the signs of ageing. Warmed aromatic oils and hot basalt stones are used to massage your neck and shoulders while a nourishing cream mask is massaged into the scalp to ensure this to be not only a miracle eye treatment but a full de stress experience. The result: the eye area is visibly hydrated, dark circles are reduced and you are left feeling deeply relaxed. Combine with any Anne Sémonin facial for maximum results...

Anne Sémonin Collection for Face and Back

Anne Sémonin Serenity Treatment with Hot Stones

90 min	£120
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An all embracing treatment incorporating a full Anne Sémonin Phyto-aromatic facial followed by the hot stone massage designed to de-stress both the mind and body. Warmed aromatic oils combined with the therapeutic effects of the stones are used to massage the back, neck and shoulders to aid a sense of deep relaxation and restore body balance.

Anne Sémonin Complete Harmony Treatment

80 min	£100
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A soothing back, neck and scalp massage begins this wonderfully relaxing therapy designed to relieve key areas of tension and muscle tightness. Combined with the tailor made Phyto-Aromatic Facial the result is re-hydrated, nourished and protected skin and an overall sense of calm and harmony.

Lymphatic Drainage Massage

60 min	£85
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Profoundly relaxing and helpful in maintaining the health and beauty of skin. This massage is also very useful for patients with lymphedema disease, any edema or local puffiness, sluggish immune systems, or for speeding healing from injuries or surgical procedures and reducing scar tissue.

Anne Sémonin Wraps and Scrubs Collection

Anne Sémonin Sea Salt and Aromatic Oil Wrap & Scrub

60 min	£80
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An ultra moisturising body scrub experience incorporating a therapeutic scalp massage. Warmed aromatic oils are applied all over the body designed to deeply nourish and soften the skin followed by a revitalising exfoliation and warm body wrap. This treatment is an ideal preparation for pre-tanning and special occasions as skin is left hydrated and silky smooth.

Anne Sémonin Express Aromatic Salt Exfoliation

30 min	£45
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An express aromatic oil and salt scrub, leaves the skin deeply nourished, smooth and hydrated.

Anne Sémonin Signature Black Sand Scrub and Massage

60 min	£90
90 min	£130

This wonderful Black Sand Scrub detoxifies and smoothes the skin, followed by a nourishing and moisturising massage with Botanical Body Milk. This treatment will leave your skin ultra-smooth and moisturised.



Anne Sémonin Made to Measure Wraps Collection:

Individually selected aromatic intensive complexes are blended with mineral rich body masks designed to treat all skin and body needs. Following an initial consultation, your therapist will assist you in choosing from the following options:

Anne Sémonin Detoxifying Spirulina Wrap 60 min £80

A detoxifying, slimming and energy boosting treatment, this envelopment begins with gentle exfoliation to boost circulation combined with seaweed extracts to harness the powerful cleansing and remineralising benefits of the ocean. This natural seaweed re-metabolises the body to efficiently kick-start and maintain the elimination of toxins and waste. An essential body treatment to support a detox or weight management program.

Spirulina Booster Envelopment 60 min £80

An anti-ageing, firming and toning body envelopment, ideal for combating congestion, cellulite and maintain healthy skin tones after weight loss. Firming aromatic complexes treat the areas of the body that need skin conditioning, combined with Spirulina seaweed to rebalance and remineralise the body, restoring a feeling of total well-being.

Anne Sémonin Hydrating Pink Kaolin Clay

Body Envelopment 60 min £80

An ultra moisturising and hydrating body envelopment, designed to recondition dry, dehydrated or sun damaged skin. This treatment begins with a full body exfoliation and scalp massage, followed by an application of Pink Kaolin Clay combined with nutrient rich treatment oils. A perfect full body thirst quencher for tired sensitive skin.

Anne Sémonin Body Specific Collection

Anne Sémonin Anti-Stress Back Therapy 45 min £70

A self-heating marine mineral mud treatment for the back, neck and shoulders is designed to release tension and combat tight muscles. The feet and lower legs are carefully massaged to improve circulation, allowing a powerful sense of well-being. This energising, stimulating therapy will rebalance your energy levels and reactivate your senses.

Anne Sémonin Anti Cellulite Therapy 60 min £90

A specialised treatment designed to stimulate the body's system and target areas of fluid retention, cellulite and uneven skin tone. Using massage and lymphatic drainage techniques, the legs and feet are massaged to restore circulation and a firming and detoxifying mask is applied to relieve blockages and tone the skin. A course of treatments is recommended.

Anne Sémonin Pregnancy Collection

Anne Sémonin Soothing Pregnancy Face & Body Therapy 80 min £110

A relaxing, unwinding therapy for expectant mothers, targeting areas of aches and pains and rejuvenating the face and body to give ultimate radiance back to the skin. This nurturing therapy will help treat muscular aches, fluid retention, stress and fatigue.

Anne Sémonin Pregnancy Glow Facial Boost 60min £75

Hormonal effects on the skin can cause dryness, breakout, increased pigmentation and a lack luster complexion. Regain that beautiful pregnancy glow with this rehydrating soothing facial therapy. The use of an intensive nourishing oil, special attention is paid to relaxing your neck and shoulders, relieving tension in the scalp leaving your skin glowing.

Pregnancy Massage 60 min £85

Experience our Pregnancy Massage, using specialised cushions to support mother and baby in a very comfortable way.

Anne Sémonin Hands and Feet Collection

Anne Sémonin Perfect Hands Treatment Manicure 60 min £45

A softening arm, hand and nails treatment includes gentle exfoliation and a luxurious southern sea ocean hand bath. Cuticles and nails are nourished with a warmed aromatic oils massage. A rich and creamy Kaolin mask is used to refine, nourish and protect the skin. Combined with a complete service manicure to involve nail soak, cut, file, buff, cuticle work and polish.

Anne Sémonin Soul Foot Therapy Pedicure 75 min £55

This nourishing and conditioning foot and nail treatment begins with a mineral enriched footbath and exfoliation, ideal for softening the skin. Warmed aromatic oils and active serums are then applied and the feet are enveloped with a pink kaolin mask. A rich cream massage relieves tension, nourishes and repairs the skin. Also included is a complete service pedicure to include nail file, hard skin removal, exfoliation and polish.

Express Manicure 30 min £30

Involves cut, file, buff and re-polish for hands.

Express Pedicure 30 min £35

Involves cut, file, buff and re-polish for feet.

Men's Manicure 30 min £30

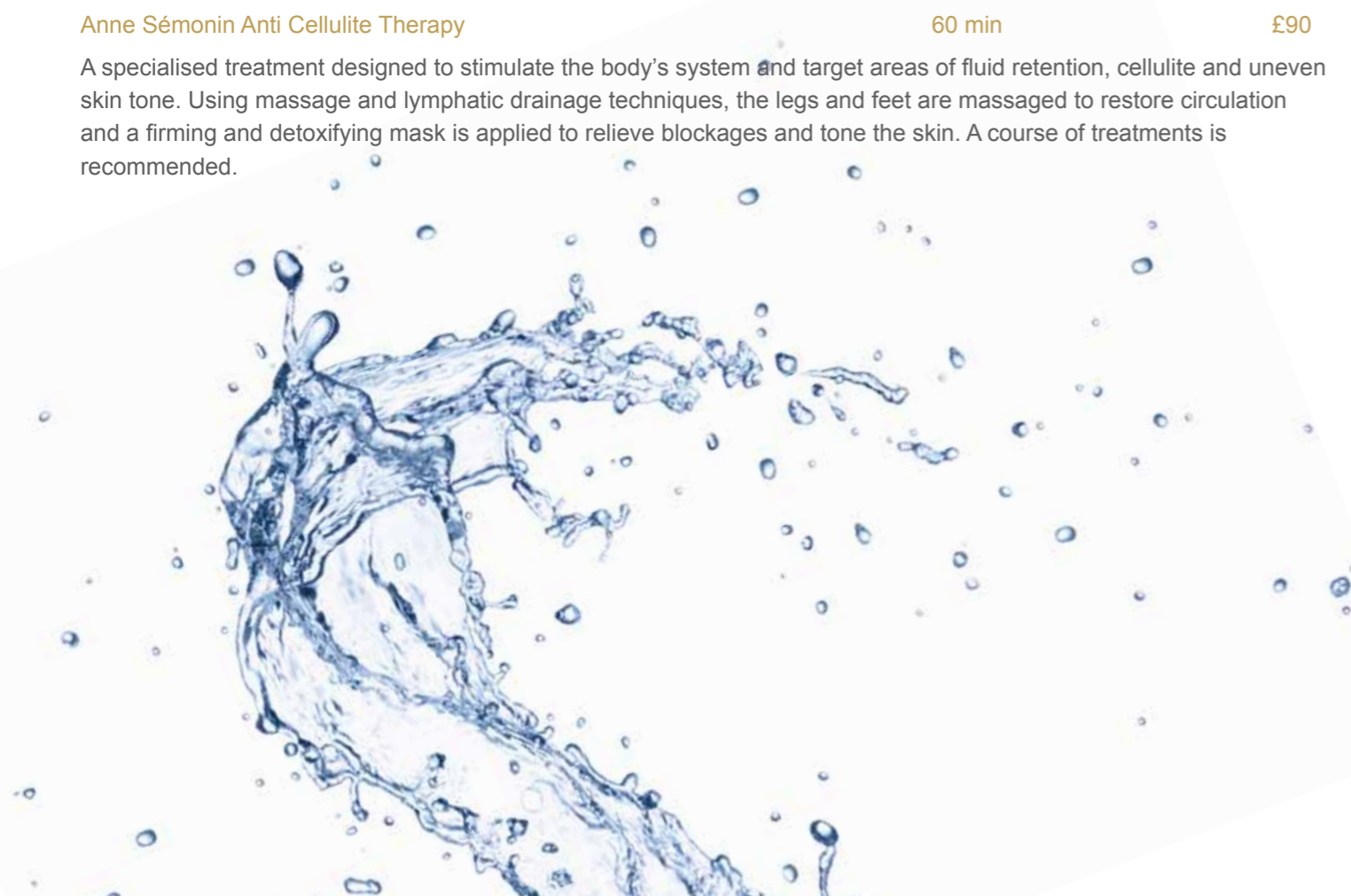
Involves a soak, cut, file, buff, cuticle work, massage and mask with warm towels.

Men's Pedicure 45 min £40

Involves a cut, file, hard skin removal, exfoliation, massage and mask with warm towels.

Re-Varnish 15 min £15

Involves removal of polish and application of a fresh colour.



Anne Sémonin Treatment Packages

Let your therapist take you into a world, where time is left outside the door and you begin a journey of Anne Sémonin Face and Body therapies. Pure indulgence, signature treatments, all made-to-measure just for you.

Parisian Top-to-toe 1 hr 25 min £115

This complete soothing anti-stress treatment for the face and body provides quick and deep relaxation. Tight muscles in the back are relieved and the skin is rejuvenated back to its optimum health and vitality with a prescribed made-to-measure facial. The personal attention for your skin will leave it brighter and will relieve fatigue and improve overall circulation for your skin and body.

Ultimate Face and Body Ritual 2 hours £160

This treatment will leave you with a feeling of total well being and inner calm from the crown of your head to the soles of your feet. The body is polished to perfection with essential oils and sea salts to reveal a youthful glow. Incorporating a Hydra Express, made-to-measure facial, using selected essential oils and marine extracts, leaving the skin with true beauty. A relaxing de-stress full body massage completes this Ultimate Ritual. Lunch – light refreshments included.

Time For You Ritual 3 hours 15mins £200

Face, body, hands and feet..... The Time For You Ritual is essential as a complete treat or general grooming maintenance. An Express Aromatic Sea Salt Scrub and Hydra Express Facial will leave skin bright and glowing. De-stress with an Anne Sémonin Aromatic Full Body Massage and leave walking on air with the Soul Foot Therapy Pedicure or Perfect Hands Treatment Manicure. Lunch – light refreshments included.

Ultimate Journey of Anne Sémonin Beauty 4 hours £290

Beginning with a drizzling of warm essential oils containing lavender, mandarin and sesame seed oil, combined with sea salts to enrich and hydrate leaving your skin feeling like silk. Followed by a full body massage with the use of hot basalt stones, to work deep into the muscles and ease away tension and stress. A chosen seaweed to envelop your body with warmth as essential marine extracts and essential oils work deep into the body to detoxify and remineralise. After a refreshing shower your therapist will perform the Ultimate Anne Sémonin Eternal Youth Cryotherapy Facial, to instantly lift, firm and brighten the skin. To complete your journey of beauty, choose either the Anne Sémonin Perfect Hands Treatment Manicure or the Sole Foot Treatment Pedicure, resulting in perfectly groomed hands or feet. These treatments have amazing nourishing and conditioning effects, incorporating warmed aromatic oils, creamy pink kaolin clay and mineral enriched foot and hand bathing rituals. A journey not to be missed. Lunch – light refreshments included.

OSMIUM® For Men Treatments

OSMIUM® Facial Collection

Express Instant Purify & De-stress 30 min £40

A detoxifying facial cleanse, with OSMIUM® purifying Ginger & Turmeric cleanser and Bentonite clay mask with exfoliating walnut. Works to smooth and clarify the skin from daily environmental pollutants and reduce in-grown shaving bumps. Also includes a soothing shoulders, neck, scalp and facial massage to boost circulation. This treatment truly leaves you feeling energised and refreshed.

Advanced Collagen Facial 60 min £75

An effective facial in which we use the innovative pure collagen eye patches and anti-ageing nourishing gel mask. Just one treatment with our collagen eye patches assists to reduce dark circles, puffiness and wrinkle lines. Our gel mask is rich in blue algae extracts; concentrated proteins and vitamins A, E, F, K, and C which assists to calm and soothe the skin whilst boosting its natural strength and repair abilities.

Advanced Collagen Facial & Body Relax 90 min £110

An amazing time-out experience! Improves the skin's clarity and brightness by drawing out deep impurities and purifying congested skin. Our natural plant extracts and antioxidant rich ingredients aid cellular hydration, visibly improve skin tonicity and nourish the cell's structure. Any remaining stresses are swept away with a deeply relaxing massage; leaving you completely rejuvenated and recharged.

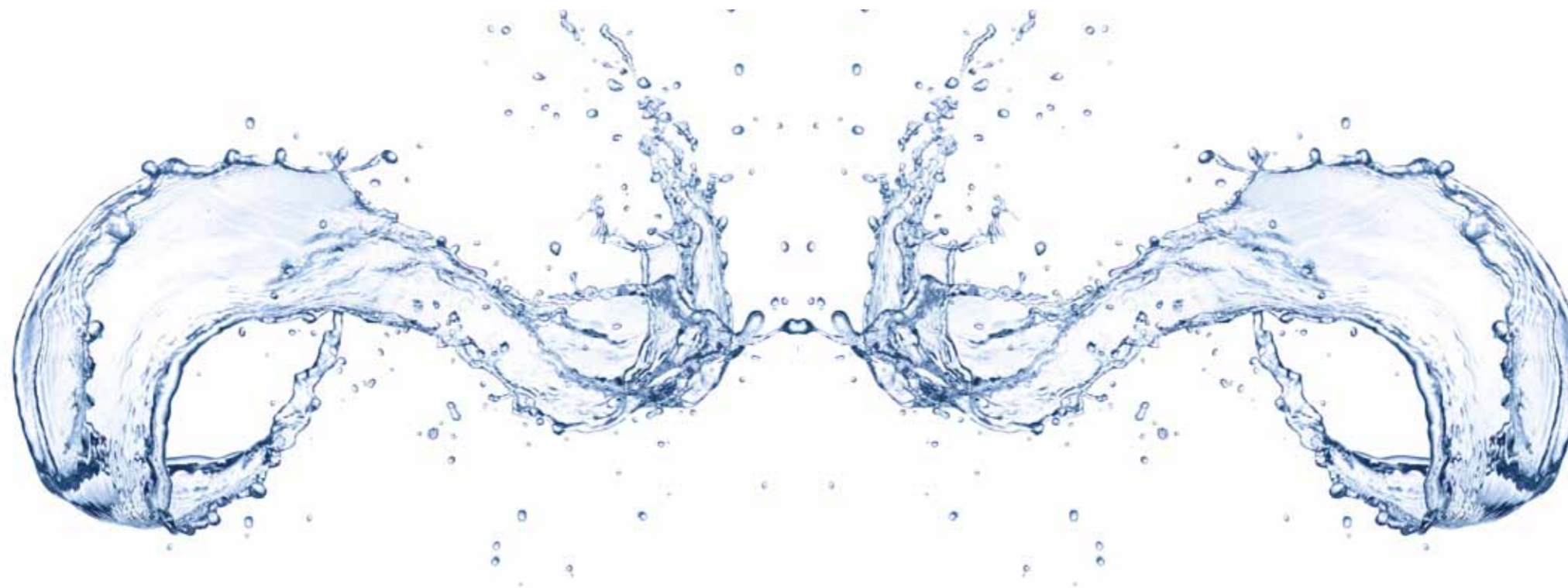
OSMIUM® Back Therapy Collection

Back Cleanse 30 min £50

Involves a thorough back, neck and shoulders deep cleansing, scrub and purifying mask to lift off and remove deep impurities that result in acne and blockages. Our Mother of Pearl scrub and mineral clay mask with papaya work together to create smoother and clearer skin on your back.

Back Cleanse & Massage 60 min £80

A thorough back cleanse including a reviving steam with gentle extractions. Blockages are released from within the skin and purified with our plant rich ingredients. Assists to reduce redness and inflammation, leaving the skin looking clean, soothed and hydrated. Finishes with a relaxing back massage.



OSMIUM® For Men Body Collection

Energy Massage	30 min	£40
	60 min	£75
	90 min	£110

A combination of the world's best energising massage techniques, heated hot volcanic stones placed on your Chakra points and an ancient Indian head massage awakens your senses and imparts an overall feeling of well-being and awareness. Using our exclusive uplifting blend of oils from; soya bean, lemon, rosemary, wheat-germ, peppermint and eucalyptus blue gum.

Deep Tissue Massage	30 min	£50
	60 min	£85
	90 min	£120

An invigorating treatment massaging deeper into the muscle tissue to release tension and restore balance to the muscular-skeletal system. Combining OSMIUM® Energy Oil and deep pressure throughout the treatment, will leave you feeling energised and relaxed.

Sports Massage	30 min	£50
	60 min	£85
	90 min	£120

A skilled and precise massage technique, including Myofascial release, deep massage techniques and Active Dynamic Stretching. Sports Massage will benefit everyone from top athletes to regular gym users and travellers.

OSMIUM® Body And Facial Collection

Energy Massage & Express Instant Purify Facial	60 min	£80
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Combines OSMIUM® specialised signature massage techniques including a detoxifying face cleanse to brighten up the complexion. Removes built-up oils and blockages, exfoliates away blackheads and dead skin cells to reveal a fresher and renewed visage. A perfect boost for an active lifestyle.

"The Works"	3 hours	£180
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Whether preparing for your big day or taking time out for you, "The Works" treatment package will have you looking brand new.

Start with a refreshing back cleanse or invigorating energy massage, followed by an express manicure and pedicure. After your hands and feet have been pampered, a sumptuous lunch will be served in our relaxation area. After lunch an advanced collagen facial will improve your skin's clarity and brightness.

Additional services

Waxing

Legs

Full leg	45 min	£40
Full leg and Bikini	60 min	£50
Full leg, Bikini and Underarm	75 min	£70
Full leg and Brazilian	90 min	£70
¾ Leg	40 min	£36
Half leg	30 min	£28
Half leg and Bikini	45 min	£40
Half leg, Bikini and Underarm	60 min	£52
Bikini	15 min	£20
Brazilian	45 min	£30

Arms

Underarm	15 min	£16
Half Arm	30 min	£18
¾ Arm	30 min	£23
Full Arm	40 min	£27

Face - strip or hot wax available

Lip	10 min	£15
Chin	15 min	£15
Lip & chin	20 min	£20
Eyebrow re-shape	20 min	£19

Body

Back	30 min	£35
Chest	45 min	£35
Back & chest	60 min	£60

Hot wax

Bikini	30 min	£22
Brazilian	60 min	£37
Hollywood	60 min	£42
Underarm	15 min	£19

Tinting

Eyelash Tint	30 min	£18
Eyebrow Tint	15 min	£16
Eyelash and Eyebrow Tint	40 min	£28

All prices include VAT at the current rate and are subject to change without prior notice. All fees are non-refundable.



Fitness at 51

Submit to the rigorous demands of a personal trainer or work out in our cardio room. Alternatively, build your stamina in the weights room or take a class from spinning to yoga.

Whether training for a sporting event or needing the extra push to get back into shape, our expert personal trainers will design a fitness plan especially for you.

Membership

	Annual	Monthly
Full Annual Membership	£840.00	£70.00
Full Annual Twilight Membership*	£660.00	£55.00
Full Annual Membership Partners (per person)	£780.00	£65.00
Full Annual Corporate level 1 - 5 to 9 members	£720.00	£60.00
Full Annual Corporate level 2 - 10 to 15 members	£660.00	£55.00
Full Annual Corporate level 3 - 15 members plus	£600.00	£50.00

Annual Membership Benefits

- 3 complimentary Guest Passes up on joining
- Complimentary classes
- 2 complimentary Personal Training sessions
- 1 pair of complimentary headphones
- Complimentary water
- Towels
- Complimentary Molton Brown amenities
- 10% discount in the Courtyard at 51 during the summer
- 10% discount in The Hamptons Bar
- 10% discount in Bistro 51
- 10% discount on Anne Sémonin and Osmium retail products
- 10% discount on Spa treatments
- Free Studio Classes taught by Spa at 51 instructors
- Free Yoga Classes on Wednesday evenings and Friday mornings

Biannual and Quarterly Memberships are also available, advance payment is required.

Terms and conditions apply, please ask the Spa at 51 for more details.

Membership Benefits for Biannual or Quarterly members

- 1 Complimentary Personal Training session
- 1 Complimentary Guest Pass
- 1 pair of complimentary headphones

Personal Training

Member: Per session	£40.00
Member: 10 session advance purchase	£350.00
Non-member: Per session	£50.00
Non-member: 10 session advance purchase	£450.00

Guest Passes valid for 2 hour sessions

Per pass	£15.00
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Guest Passes purchased in advance

5 Passes	£68.00
10 Passes	£120.00
15 Passes	£168.00
20 Passes	£180.00

Classes

Classes are complimentary for members

Guest	£6.50
Guest: 10 class advance purchase	£55.00

Fitness Centre Contact Details and Opening Hours

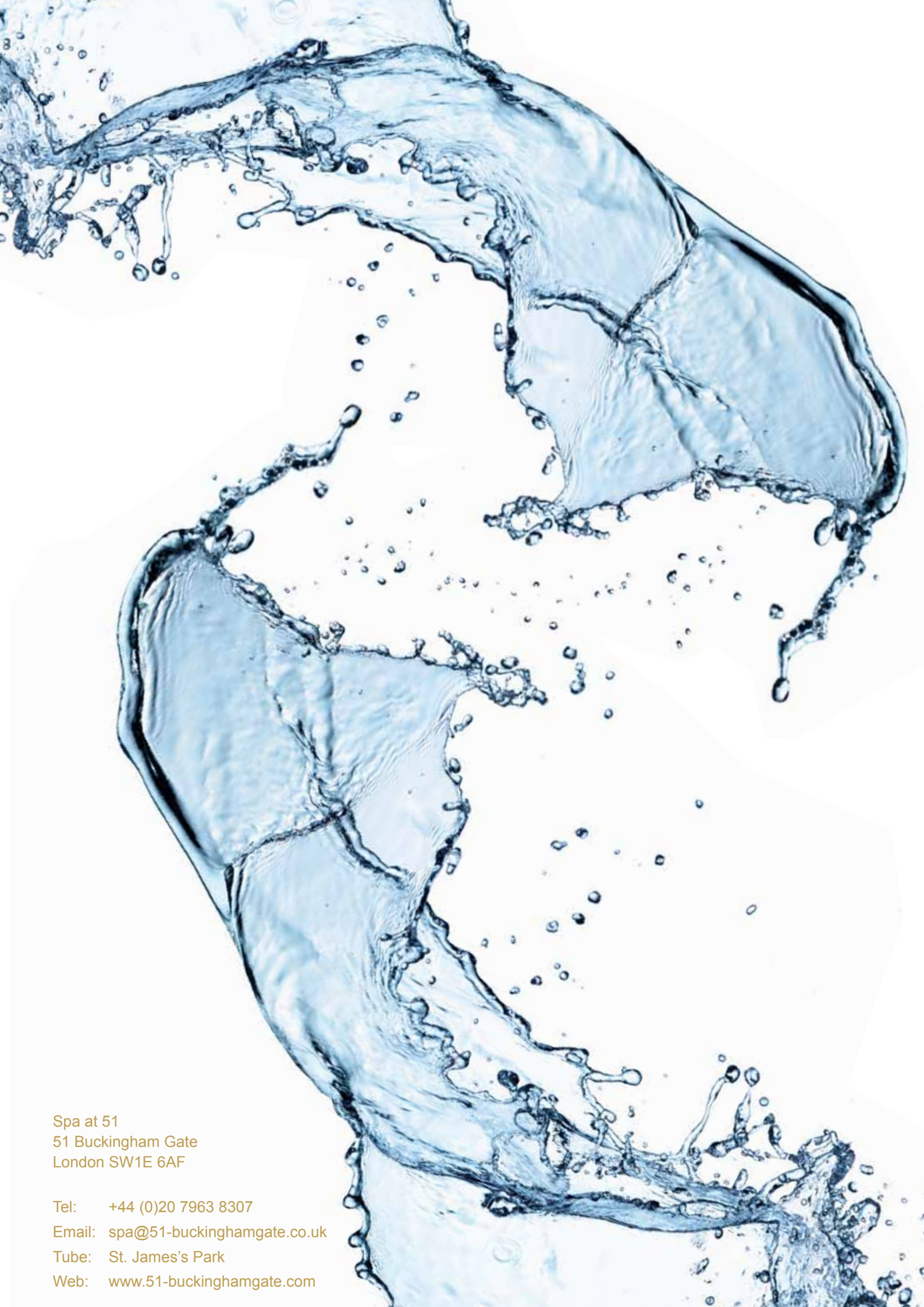
Tel: +44 (0)20 7963 8307

Email: spa@51-buckinghamgate.co.uk

Monday - Friday	06.30 - 22.00
Saturday - Sunday	08.00 - 20.00
Bank holidays	08.00 - 18.00

Terms and Conditions:

1. All prices include VAT at the current rate and are subject to change without prior notice. All fees are non-refundable.
2. Direct Debits can be cancelled at any time, with one months' notice from the beginning of each month. There are no contracts.
3. Children under 16 years of age are not permitted in the Spa at 51 at any time. Children under 18 are not permitted in the Sauna and Steam areas at any time.
4. Full details of membership fees and membership entitlement is available on request.
5. Corporate Membership is available at a concessionary rate for a group of minimum 5 people belonging to the same company or organisation, joining at the same time. Thereafter, provided the minimum of 4 is maintained, additional members of the same company or organisation may join the Corporate Membership Scheme.
6. * Twilight Membership from 16.00 to 22.00 hours Monday to Friday Weekends and Bank Holidays.
7. Administration Fee of £25.00 cannot be waived.
8. Membership Subscription Payment Methods. Spa at 51 offers two methods of subscription payment.
 1. Should a member choose to pay in advance, they will receive a 15% discount on the annual fee or 10% discount on the biannual fee.
 2. Should a member choose to pay monthly, the appropriate monthly rate, depending on the category they have chosen, will be debited from their account in advance, on or around the first working day of each month.



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