



FOUR SEASONS

HOTEL

LONDON AT TOWER BRIDGE

SPA TREATMENTS

“THE GOLDEN HALF-MOON ENTRANCE IS A
TRANSITIONAL SPACE BETWEEN THE MATERIAL WORLD
AND ONCE YOU CROSS IT YOU FIND YOURSELF IN A
SENSORIAL SPACE”

JOSEPH CASPARI OF JOSEPH CASPARI
ARCHITECTURE & DESIGN

MASSAGES

45-MINUTE MASSAGE

Relax and indulge in our 45-minute massage, available Tuesday to Thursday. Designed for busy professionals, it targets muscle tension and stress to help you reset, refocus, and recharge quickly.

45 MINUTES
GBP 140

SWEDISH MASSAGE

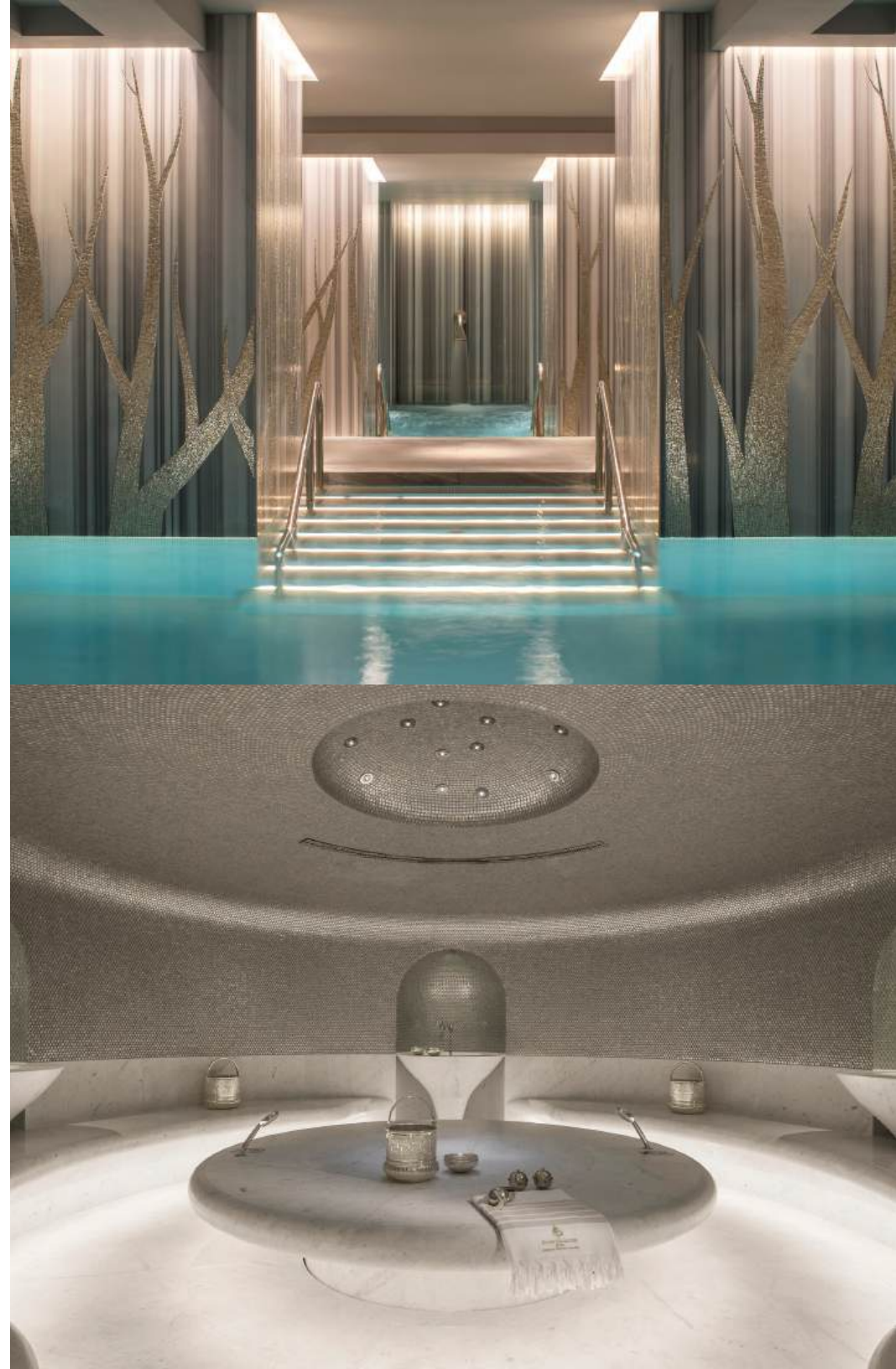
A firm, targeted Swedish massage that eases muscle tension and knots, relieving aches and leaving you relaxed and refreshed.

60-90 MINUTES
GBP 170-250

DEEP MUSCLE MASSAGE

A deep, powerful massage that improves circulation, releases chronic tension, and eases discomfort in the neck, lower back, and shoulders.

60-90 MINUTES
GBP 190-280



HOT STONE MASSAGE

A therapeutic full-body massage using warm volcanic stones and aromatherapy oils to relieve deep muscle tension, soothe aches, and promote relaxation and rejuvenation.

90 MINUTES

GBP 260

AROMATHERAPY MASSAGE

Luxurious, indulgent and entirely personalized, this tailor-made, therapeutic full-body massage unites effective, targeted massage with soothing and nourishing essential oils to ensure the very best results for your needs.

60-90 MINUTES

GBP 170-250

THERAGUN PERCUSSIVE MASSAGE

A percussive therapy massage using a Theragun to target sore muscles and relieve tension. Theragun massages use a combination of the therapists' hands and a Theragun to target stiff muscles. This is a great alternative to deep tissue massage and perfect for post-exercise.

60-90 MINUTES

GBP 200-290

TEN TRINI-TEA SPA DAY

Enjoy the opportunity to relax, unwind and indulge with the Ten Trini-Tea Spa Experience at Four Seasons Hotel London at Tower Bridge. This experience offers a 60-minute personalized massage and use of the Spa facilities for four hours, including the swimming pool and vitality pool, followed by an indulgent afternoon tea by Lily Vanilli in our Rotunda Bar and Lounge. Beverages are not included. Available Friday to Sunday from 9:00 am to 8:00 pm.

GBP 295



FACIAL TREATMENTS

QMS MEDICOSMETICS

Science-led skincare focused on collagen regeneration and visible skin transformation.

Developed by medical professionals, QMS treatments combine advanced formulas with expert techniques to improve skin structure and elasticity.

QMS COLLAGEN SCULPT AND DEFINE TREATMENT

A results-driven treatment from QMS Medicosmetics, designed to firm and rejuvenate areas prone to reduced elasticity. Featuring a lifting massage and collagen-enhancing procedure focused on the jawline, cheeks, and brows, it also includes arm exfoliation and upper body nourishment for a full-body refresh.

90 MINUTES (60 MINUTE AVAILABLE ON REQUEST)
GBP 300

DR BURGNER

Where Swiss excellence meets personalised skincare.

Dr. Burgener Switzerland combines cutting-edge scientific research with luxurious natural ingredients to create high-performance, tailor-made treatments. Rooted in medical expertise and developed in Lausanne, each protocol is designed to target specific skin concerns, delivering visible results through innovation, precision, and a bespoke approach to beauty.

DR BERGENER SKIN RADIANCE FACIAL

A brightening facial treatment by Dr. Burgener that targets dark spots and hyperpigmentation. Using glycolic, fruit, and lactic acids, it exfoliates deeply to block melanin production and reduce free radical damage, leaving skin visibly brighter and more even.

60 MINUTES

GBP 205

DR BURGNER SWISS AGE PERFECTING JEWEL

A Dr. Burgener facial featuring deep cleansing and exfoliation with bamboo scrub, followed by a nourishing massage and serum. Finished with a Royal Jelly mask enriched with honey extract and grey clay to deeply hydrate and revitalize the skin.

60 MINUTES

GBP 205

DR BURGNER LUXURY GREEN CAVIAR FACIAL

A regenerative Dr. Burgener treatment using ultrasonic peeling to cleanse and exfoliate deeply. Combined with LED Light Therapy, microcurrent stimulation, and a nourishing gold mask enriched with green caviar, hyaluronic acid, and stem cells, it boosts circulation, hydrates, and reduces fine lines for revitalized skin.

90 MINUTES

GBP 315

DR BURGNER THE INSTANT SKIN COLLAGEN BOOSTER

A results-driven facial from Dr. Burgener, designed to boost and regenerate the skin using advanced technology. Featuring LED Light Therapy, a 3D collagen and Myoxinol mask, and facial massage, it delivers a visible lifting effect, offering a non-invasive alternative to collagen injections.

60 MINUTES

GBP 120

VOYA

Organic seaweed skincare inspired by the power of the ocean.

VOYA harnesses sustainably hand-harvested Irish seaweed and natural botanicals to detoxify, nourish, and soothe the skin. Combining eco-friendly ingredients with holistic wellness, VOYA's treatments promote healthy, radiant skin while respecting the environment.

VOYA DELUXE FACIAL EXPERIENCE

The ultimate VOYA facial begins with a relaxing back massage, followed by a 70-minute hydrating and purifying treatment. Featuring a 20-minute facial massage and a dual-action mask with Mermaid's Purse and Laminaria Seaweed, it deeply hydrates, reduces wrinkles, and leaves skin plumped and rejuvenated.

90 MINUTES

GBP 290

VOYA MARINE EYES TREATMENT

A treatment using organic Laminaria Digitata seaweed eye compresses to refresh and rejuvenate tired eyes. Includes lymphatic massage to reduce puffiness and dark circles, plus specialized masks to firm, hydrate, and diminish fine lines around the eye area.

30 MINUTES

GBP 105

VOYA SELF-DISCOVERY RADIANCE FACIAL

An organic facial tailored to your skin type, deeply detoxifying and revitalizing. This treatment smooths skin tone, boosts clarity, and includes a relaxing massage to release toxins and repair damage. Leaves the complexion glowing, nourished, and strengthened. Suitable for all skin types.

60 MINUTES

GBP 210



BODY TREATMENTS

VOYA

ORGANIC WARM SPICED MUD WRAP

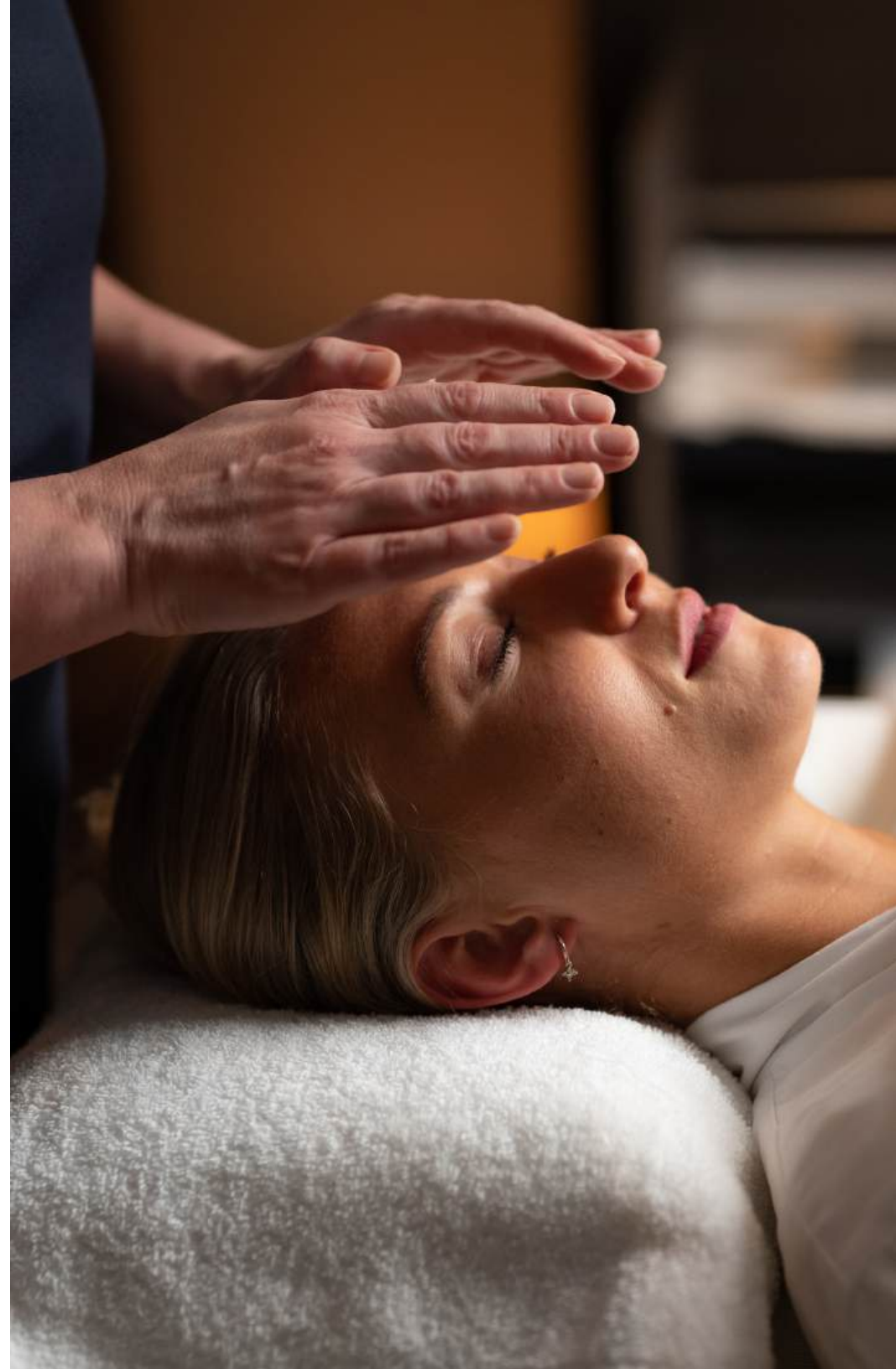
Fresh ocean seaweed, rich in antioxidants and minerals, is combined with warming ginger and orange spices in VOYA's Organic Warm Spiced Mud Wrap. This detoxifying, firming, and toning treatment boosts metabolism and provides a natural anti-aging effect, ideal for results-driven clients.

60 MINUTES
GBP 210

ORGANIC SEAWEED LEAF WRAP

This detoxifying therapy exfoliates with bladderwrack body buff before wrapping the body in laminaria seaweed leaves. Finished with a nourishing massage using VOYA's Softly Does It moisturizer for firm, soft skin.

90 MINUTES
GBP 310



MOTHER-TO-BE ORGANIC PRECIOUS MOMENTS

This treatment supports mum and her bump with a stretch mark-preventing mask, seaweed foot wrap to boost circulation, and relaxing face, hand, and arm massage.

60-90 MINUTES

GBP 200-310

MOTHER-TO-BE RELAXING DRAINING MASSAGE

After a custom consultation, your therapist will understand your needs and will combine techniques to relieve muscles tension, leaving you feeling rejuvenated from head to toe. Treatment not suitable for the first 12 weeks of pregnancy.

60-90 MINUTES

GBP 185-275

MINDFUL DREAMS

A luxury relaxation treatment designed to melt away stress and promote restful sleep. Using soothing products, calming massage, and meditation techniques, it brings instant tranquility and inner calm.

90 MINUTES

GBP 265

PEPPERMINT AND SEAWEED SUGAR GLOW

This refreshing and all-over exfoliation treatment awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our peppermint essential oil.

60 MINUTES

GBP 180

ORGANIC INDULGENCE SPICED MUD RASUL

Begin with a full-body exfoliation, followed by a warm spiced mud wrap to detox and soften skin. Enjoy an age-defying marine facial mask and hair treatment, then relax in your private steam room. Finish with a full-body seaweed oil massage to hydrate and nourish the skin.

120 MINUTES

GBP 630

HAMMAM TREATMENTS

MAROCMAROC

Luxury Moroccan skincare inspired by ancestral beauty rituals.

marocMaroc blends time-honoured Moroccan ingredients like argan, rose, almond, and prickly pear with modern actives to nourish, restore, and elevate the skin. Rooted in hammam traditions, each product is a sensorial journey—crafted to pamper the body and mind while celebrating the rich heritage of Morocco.

ULTIMATE SENSORY HAMMAM: JOURNEY FOR TWO

marocMaroc invites you to share a cocooning ritual in a private spa suite with Hammam access. This cleansing treatment suits all skin types, combining a black soap scrub, Amber Honey exfoliation, bathing ritual with stretching, and finishing with a rose sugar body wrap and gentle massage to restore softness.

120 MINUTES

GBP 840

TRADITIONAL HAMMAM RITUAL: ESCAPE TO TALIOUINE

This ritual begins with a marocMaroc detoxifying Amber Honey scrub and orange-infused shower milk cleanse. It ends with Jardin Mille Roses Spray to moisturize, ease tension, and balance energy. Includes facial cleanse and hair treatment.

60-90 MINUTES

GBP 210-315

PRESTIGIOUS COCOONING

A unique sensorial hammam ritual for all skin types, combining deep black soap scrub, kessa glove, marocMaroc Amber Honey exfoliation, bathing and stretching, and finishing with a ceremonial massage using argan oil.

120 MINUTES

GBP 345





ENHANCEMENTS

BACK, NECK AND SHOULDER MASSAGE

Ease tension and aching muscles with this targeted treatment, using the most suitable massage techniques and oils – as well as hot stones, where required – to address areas of concern.

30 MINUTES

GBP 100

BODY EXFOLIATION

Our body scrubs offer detoxifying, regenerative and ultra nourishing solutions to protect the skin from the harmful environmental agents. - Swiss salt crystal detox - Hydrating honey peeling with apricot stones.

30 MINUTES

GBP 100

EXPRESS FACIAL

This express facial is ideal for those on the go. Skin is cleansed, lightly exfoliated and gently massaged with a mask, followed by a veil of light moisturiser.

30 MINUTES

GBP 120



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BOOKING POLICY

Any reservation changes or cancellations with less than a 24-hour notice will be fully charged.

A discretionary service charge of 10% will be added to your bill.

For non-resident guests, payment will be taken upon arrival at the Spa.

For non-resident guest bookings, complimentary access to our spa facilities is offered to guests who book a 90-minute (or over) treatment. For 60-minute treatments, a chargeable spa facilities pass is required; please contact our spa reception team to book your spa facilities pass.

SPA CONTACT DETAILS

Direct Line: 020 3297 9200

Email: spa.towerbridge@fourseasons.com