



ESPA *life*  
AT CORINTHIA

MEMBERSHIP



## THE NEXT GENERATION SPA

Situated in the heart of London, ESPA Life at Corinthia is the city's largest spa. Combining the latest technology in fitness, beauty and healthcare, ground-breaking science and ancient holistic therapies, ESPA Life has developed unique treatments offered by a team of the world's leading experts to provide an unrivalled choice of spa.

## WORLD CLASS FACILITIES

Spread over four floors, the spa features 17 treatment rooms, a private spa suite and a stunning Thermal Floor with an indoor swimming pool, vitality pool, amphitheatre sauna, ice fountain, marble heated loungers and private sleep pods. The Spa Lounge complements the overall offering by serving light, nutritious refreshments.

Situated above the dramatic Thermal Floor is the AMP X Corinthia London Gym featuring leading-edge equipment and Small Group Personal Training (SGPT) classes led by AMP. A dedicated hair salon and award-winning beauticians are also available to add the finishing touches to your head-to-toe experience.





## AMP x CORINTHIA LONDON

Our gym features equipment from premium brands such as BLK BOX, Technogym, Peloton and Theragun. Corinthia London has partnered with AMP (Athletic Medical Performance) to provide Small Group Personal Training (SGPT), with group sessions run throughout the day by AMP's team of experts. Their training programme delivers superb results in Strength, Endurance and Body Composition.

The gym space has been intelligently designed by AMP Founder, Steve Mellor, and features PT pods with innovative technology, weight benches, racks, rigs, pull-up bars and high-performance turf to offer users extreme workout versatility.



## THE MIND, BODY AND SOUL ANNUAL ACCESS

A pioneering concept, **ESPA Life at Corinthia London** presents a fully-integrated approach to membership, bringing together an unrivalled combination of fitness, spa, wellness, beauty, lifestyle, health and wellbeing, with exclusive access to social experiences and a host of complimentary benefits right in the heart of London.

### EXCLUSIVE BENEFITS

- Unlimited spa and gym access: Monday to Sunday, 07:00 – 21:00
- Last entry: 30 minutes before closing time
- Unlimited Small Group Personal Training Sessions (SGPT)\*
- Unlimited Yoga, Pilates, and Stretch Classes\*
- 6 x 60-minute **ESPA Personalised Massages or Facials\***
- 2 x Blow-Dry's or Gentleman's Precision Haircuts at **Daniel Galvin Salon\***
- 10 x Exclusive Spa Experience Passes
- 15% discount on all spa treatments and retail products
- One complimentary night stay at **Corinthia London\***

**12 Months - £7,500** (+ enrollment fee if paying by Direct Debit)

To join or find out more about our membership, please get in touch:  
call **+44 (0)20 7321 3050** or email **membership.london@corinthia.com**

\* Subject to availability. All benefits are for the member only.  
Annual membership requires a 12-month commitment.

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