

Find your INNER CALM*

*Dig deep, it's in there somewhere and The Corinthia London can help you find it

Story by **Sophie Clark**

With an elegant dining experience created by André Garret at The Northall Restaurant, 283 guest rooms including the impeccable, newly designed London and Garden suites and choice of seven grand penthouses and of course, the multi-levelled, ESPA Life Spa - Corinthia London couldn't get any better, or so we thought.

Renowned as the next generation of Spa with a forward thinking approach to wellbeing and unrivalled choice of beauty treatments, ESPA Life Spa at Corinthia London has partnered with Hollywood's most in demand skincare expert Dr.Barbara Sturm. The partnership welcomes six new specialist facials alongside a wide range of products from Barbara Sturms's Molecular Cosmetics. Famed for her non-surgical anti-aging treatments and methods for rejuvenating the skin, Dr.Barbara Sturm's facials lead to results known to her clients as 'The Sturm Glow'. We recommend the Men's Facial – a 60 minute treatment designed with the dermatological differences of male skin in mind. Working hard to cleanse, tone and soothe irritated skin (caused specifically by shaving) this facial promises to revitalize your skin to reveal a softer, brighter surface. Buffing away rough, dry skin with exfoliation to promote skin regeneration, this treatment tackles signs of aging, under eye discoloration and puffiness. The Results? Refined pores, hydrated skin and a nourished complexion worthy of the red carpet. Not to mention a recentred mind and soothed soul.

After your hour of pure bliss make sure you indulge in the four floors of the Espa Life Spa for further exploration of relaxation. Unwind in the warmth and peacefulness of the sleep pod room or explore the Thermal Floor. Here you'll find an amphitheatre sauna, eucalyptus steam room, vitality pool with air and water massage jets as well as marble heated lounges to lay upon. For those who want to up their fitness game, take advantage of the state of the art gym where you can book in personal



training sessions with the expert BodySpace team. You'll also be spoilt for choice with a wide range of treatments to experience at the spa. From the Iconic Back, Face and Scalp treatment to the Harmonising Rose Salt Ritual, the ESPA Life Spa and Wellness menu has a personalised experience to suit every mood. Whether you're looking for help achieving your goals, needing a skincare boost or seeking some much needed downtime, ESPA Life Spa at The Corinthia London can point you in the right direction.

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+ What to pack and what to wear Think chic swimwear and noteworthy poolside accessories



1. Tasman Slippers by **Ugg**, £80. ugg.com 2. Anti-Aging Body Cream by **Dr. Barbara Sturm**, £85. At mrporter.com
3. Swim shorts by **Stone Island**, £130. At mrporter.com 4. Towel by **Orlebar Brown**, £65. At mrporter.com
5. Canvas wash bag by **Paul Smith**, £130. paulsmith.com 6. Hydrating Face Mist by **Dr. Barbara Sturm**, £75. At mrporter.com