



A NEW LOOK FOR THE SPA AT THE ATHENAEUM HOTEL & RESIDENCES



One of London's hidden gems, The Spa at The Athenaeum Hotel & Residences has undergone a complete refurbishment.

The extensive work includes extending the spa pool as well as the ladies' changing rooms in order to give guests more space to unwind. The steam room, treatment rooms, reception space and the gentlemen's changing rooms have also been refreshed to elevate guests' experience.

Nestled beneath the five star hotel in Mayfair, The Spa is the perfect haven of tranquillity, where guests can indulge in bespoke REN treatments and enjoy the quiet sanctuary away from the hustle and bustle of city life.

Spa treatments range from the iconic 150 minute REN Moroccan Rose Ritual to a 30 minute REN Express Facial. Spa experiences are also available, which include a treatment, use of the new facilities and a dining element – such as afternoon tea or lunch - served at Galvin at The Athenaeum.

The hotel's 24 hour gym for hotel guests has also been fully refurbished, with the latest equipment from Technogym. For guests who wish to join any of Peloton's live or recorded spin classes, a Peloton bike has also been added.

The Spa at The Athenaeum Hotel & Residences is open Monday to Friday from 8am to 8pm, and 8.30am to 5.30pm on Saturday and Sunday.

For more information or to book visit the hotel's [website](https://www.athenaeumhotel.com).

The Athenaeum Hotel & Residences

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Notes to Editors:

About The Athenaeum Hotel & Residences Located in the heart of Mayfair (nearest tubes are Green Park and Hyde Park Corner) opposite Green Park, the five star Athenaeum Hotel & Residences exudes spirited luxury with a nod to Art Deco roots. The family-run venue encompasses 162 bedrooms, 7 suites and 18 Townhouse Residences, restaurant - Galvin at The Athenaeum, The Bar, Spa and four event and conference suites catering for up to 100 people.

**For further information, hi-res images or to arrange a review or interview, please contact
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