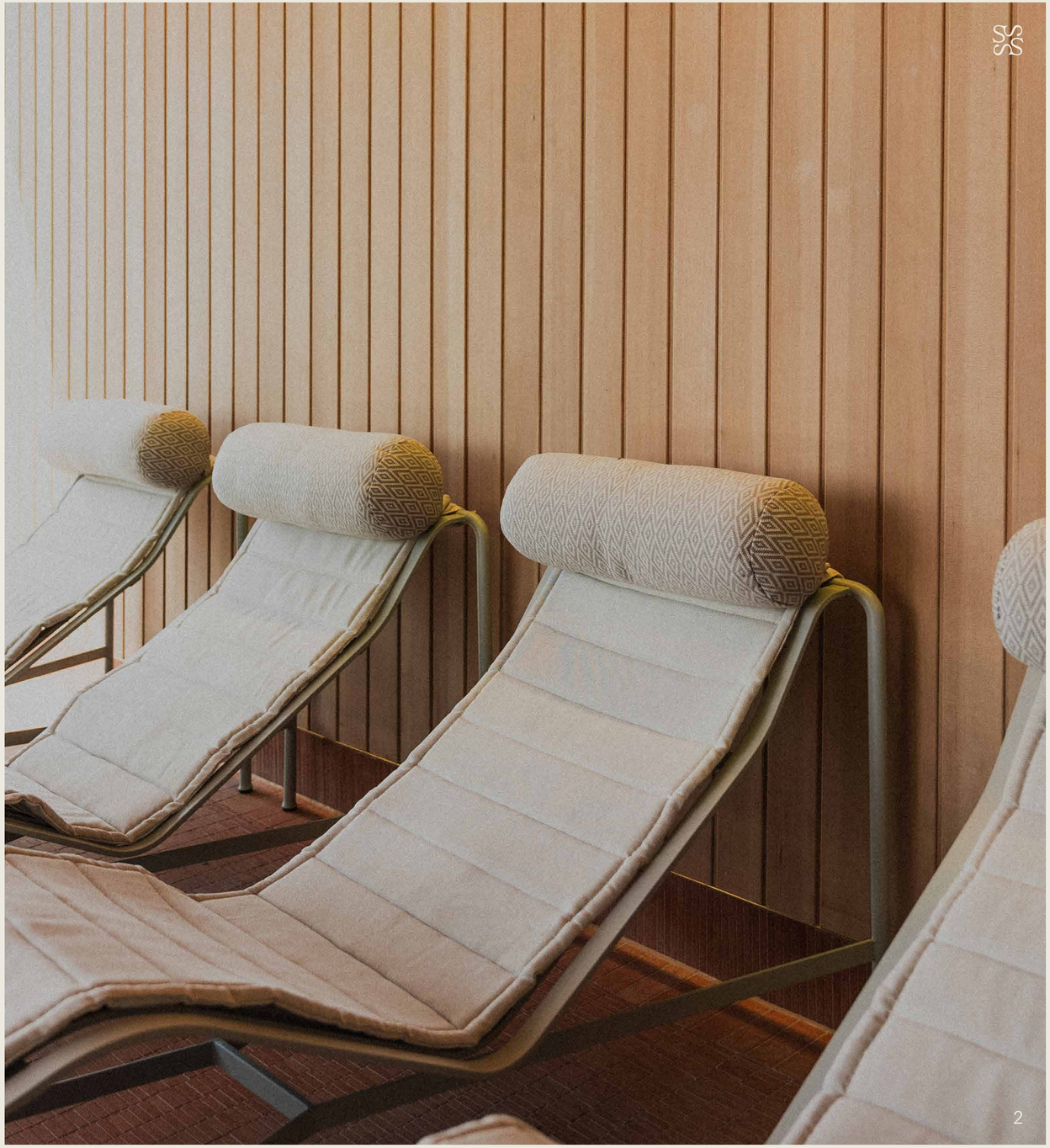
Sæl

SPA AT FULHAM PIER

Spa Treatment & Longevity Menu

Sæl an Old English word meaning calm,
a state of wellbeing.

Created in response to modern life, Sæl brings performance and restoration into balance. Through expert-led therapies, considered spaces and shared rituals, we support how you move, recover and live.





01 Signature Facials

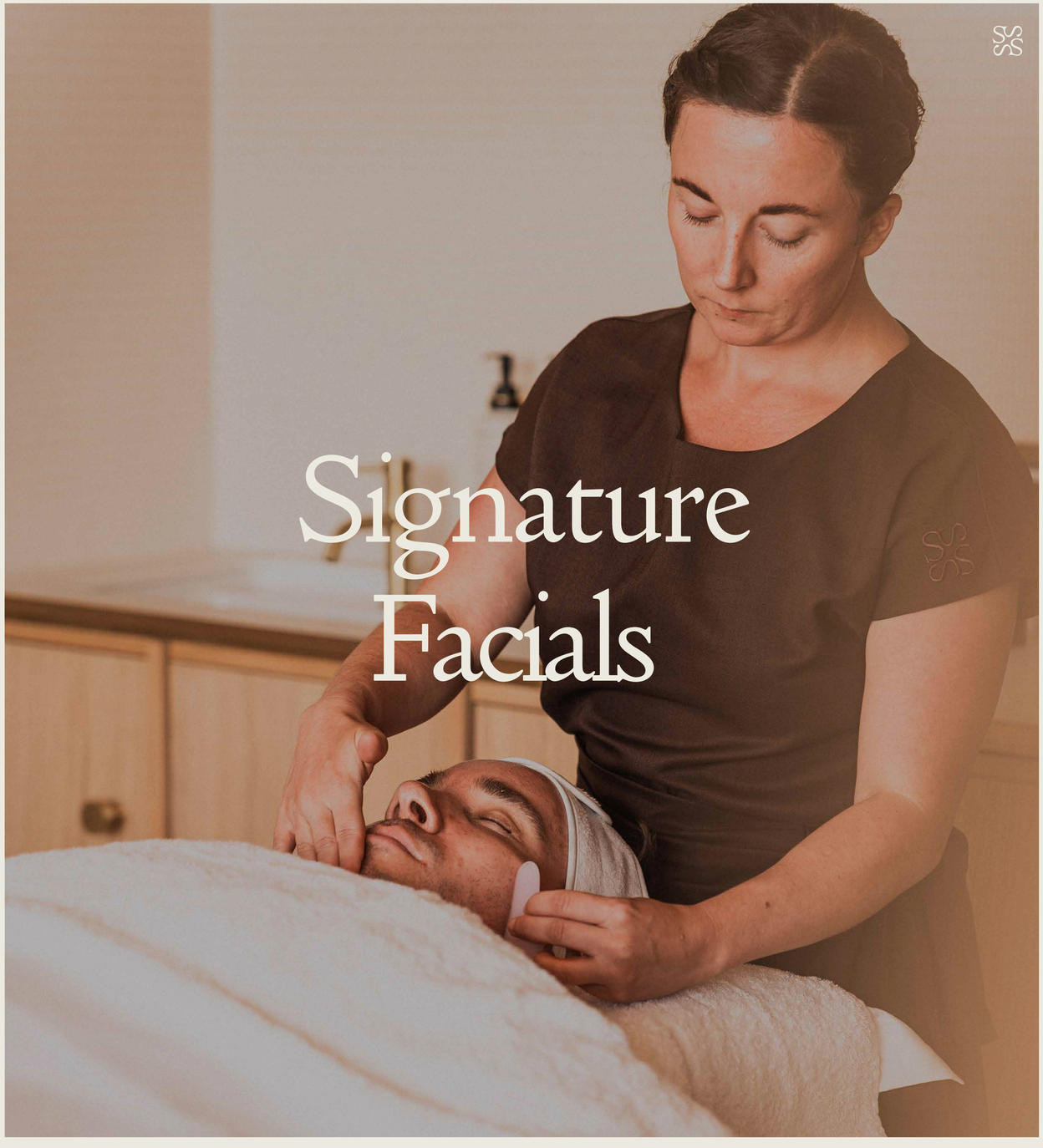
02 Signature Massages & Rituals

03 Treatment Add-Ons

04 Longevity

05 Recovery Enhancements

Facial treatments combine award-winning skincare with clinical expertise to optimise skin health, resilience and long-term vitality.



Regenerative Radiance

60 Minute £180
90 Minute £220

Restore vitality to stressed skin.

A results-driven facial designed to restore luminosity and improve skin tone using antioxidant-rich formulations. Potent bioactive and botanical ingredients work in harmony to neutralise free radicals and reduce oxidative stress, supporting a healthier, more radiant complexion.

Radical Botany

60 Minute £180
90 Minute £220

Firm, smooth, radiant skin

An all-encompassing approach to skin health and wellbeing. A clinically proven facial delivering immediate results — notably toned, smooth and plump-looking skin.

Incorporating breathwork, myofascial release, acupressure and craniosacral holds, this treatment helps dissipate tension and restore balance. The experience grounds,centres and re-energises the mind while revealing cleansed, healthy-looking skin.

Blue Diamond Performance

75 Minute £210

Rejuvenate, smooth and illuminate

A revitalising facial experience designed to awaken tired skin and restore natural luminosity. The ritual begins with a gentle resurfacing peel to refine and renew the complexion, followed by Blue Diamond Super Serum to support skin vitality and resilience. Omorovicza's signature Hungarian facial massage is enhanced with cooling dermaglobes and Gua Sha techniques, creating sculpting movements that lift, smooth and energise the skin.

Moor Mud Deep Cleansing

75 Minute £180

Purify, clarify and rebalance

A purifying facial ritual harnessing the mineral richness of Omorovicza's Hungarian Moor Mud, sourced from Lake Hévíz. Known for its detoxifying properties, to deeply cleanse, rebalance and refine the complexion while replenishing the skin with essential minerals. The incorporated facial massage encourages circulation and natural vitality.

Ideal for oily, or blemish-prone skin, this treatment leaves the complexion feeling clarified, balanced and refreshed.

Facial Skin Health Analysis

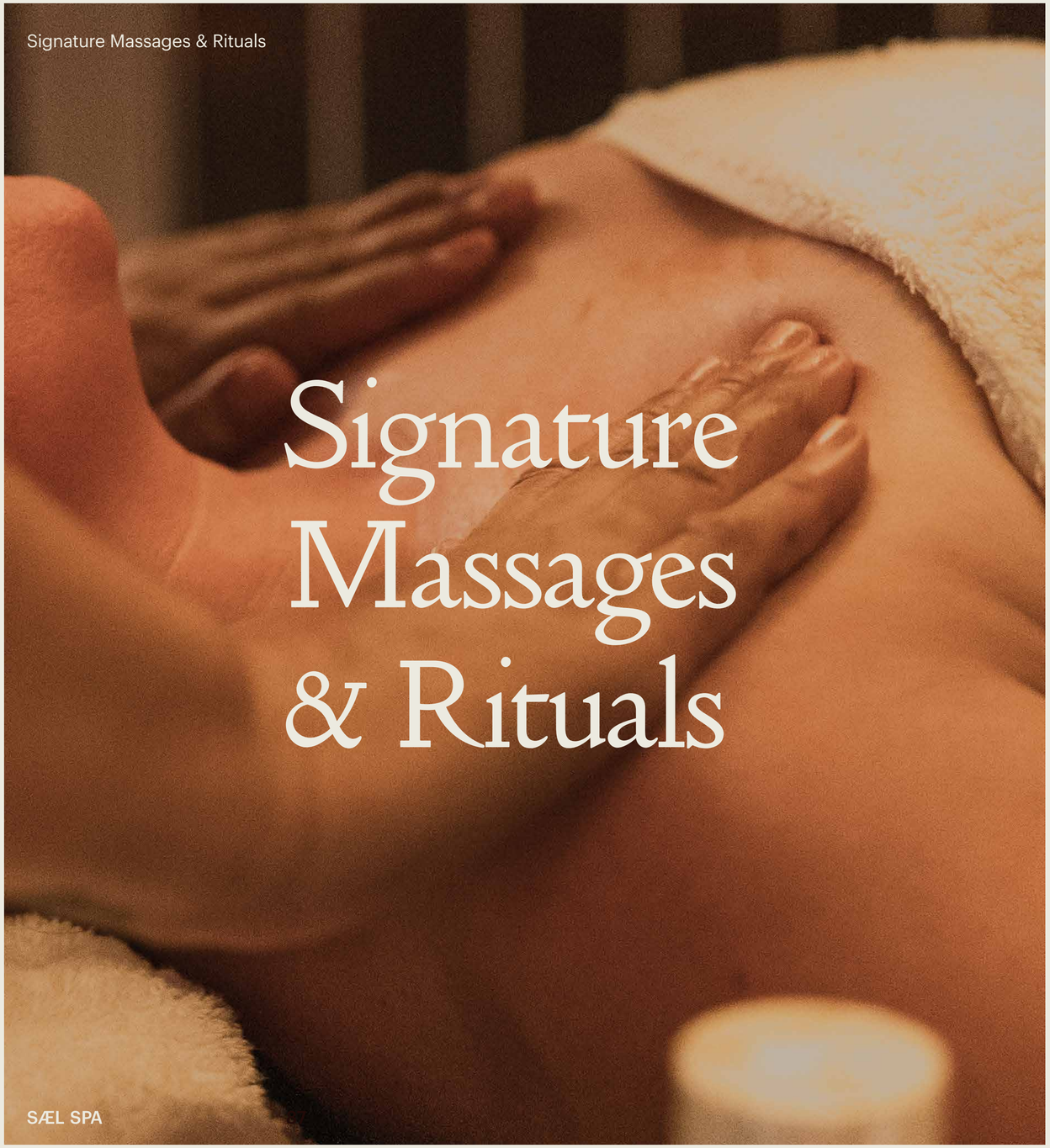
30 minutes £30

Discover what your skin truly needs

Using advanced OPATRA technology, this in-depth consultation assesses key indicators of skin health, including hydration, texture, pigmentation and visible signs of ageing.

Your results will be reviewed with one of our skin specialists, who will recommend a personalised treatment and homecare plan aligned with your individual skin goals. The £30 consultation fee is fully redeemable against skincare purchases made on the day.





Signature Massages & Rituals

Personalised therapeutic experiences designed to restore balance, release physical tension and support whole-body wellbeing. Blending intuitive touch with targeted techniques, tailored to your needs, encouraging deep relaxation, improved circulation and a renewed sense of calm.

Circadian Rhythm Massage

90 Minute £250

Rest, rebalance and deeply relax

Aligned to the time of day, this specialised massage has been crafted to include specific massage techniques that enhance the benefits of the essential oil blends and support the body's natural circadian rhythm. Working around the bodey in a clockwise rotation, a flowing and comprehensive full body massage is expertly adapted tailoring pressure to your needs – bringing harmony and restoration to the mind and body.

Muscle Recovery Massage

60 Minute £165
90 Minute £215

Release tension and restore tired muscles

An unscripted form of bodywork targeting deeper layers of muscle and connective tissue. Deliberate strokes, focused pressure and stretching techniques help release

tension, ease fatigue and stimulate circulation. An optional enhancement includes a balm-to-oil enriched with Bioactive Ceramide Complex and Vitamin E, designed to nourish the skin and improve texture for £10.

Rebalancing Massage

60 Minute £150
90 Minute £200

Relaxation, balance and restoration A bespoke therapeutic massage using slow, relaxing techniques to restore balance, improve circulation, reduce muscular tension and enhance overall wellbeing. An optional enhancement includes a balm-to-oil enriched with Bioactive Ceramide Complex and Vitamin E, designed to nourish the skin and improve texture for £10.

New Life Massage

60 Minute £150
90 Minute £200

Comfort and care during pregnancy An indulgent yet efficacious treatment designed for expectant parents, from the second trimester onwards. Delivered in a relaxed seated posture optimum for pregnancy. Deeply restorative massage movements help ease muscular aches and pains. Our nourishing Rosehip & Borage body oil helps maintain skin tone and promote elasticity.

Mineral Wave Massage

60 Minute £165
90 Minute £225

Reduce tension and increase a sense of calm and comfort

A calming ritual performed on a warm HydraTherm cushion, using slow, wave-like movements to release tension. Encourages lymphatic flow and balance, concluding with Queen of Hungary Mist to awaken the senses.

Mineral Thermal Ritual

30 Minute £90

Replenish, soften and deeply restore

A deeply restorative body ritual inspired by the therapeutic benefits of contrast bathing. Following a full-body exfoliation, Omorovicza's mineral-rich Moor Mud body and scalp treatment works to purify, replenish and comfort the skin while releasing tension. Finished with a luxurious body oil application, this ritual restores hydration, supports recovery and leaves the skin exceptionally soft and nourished.

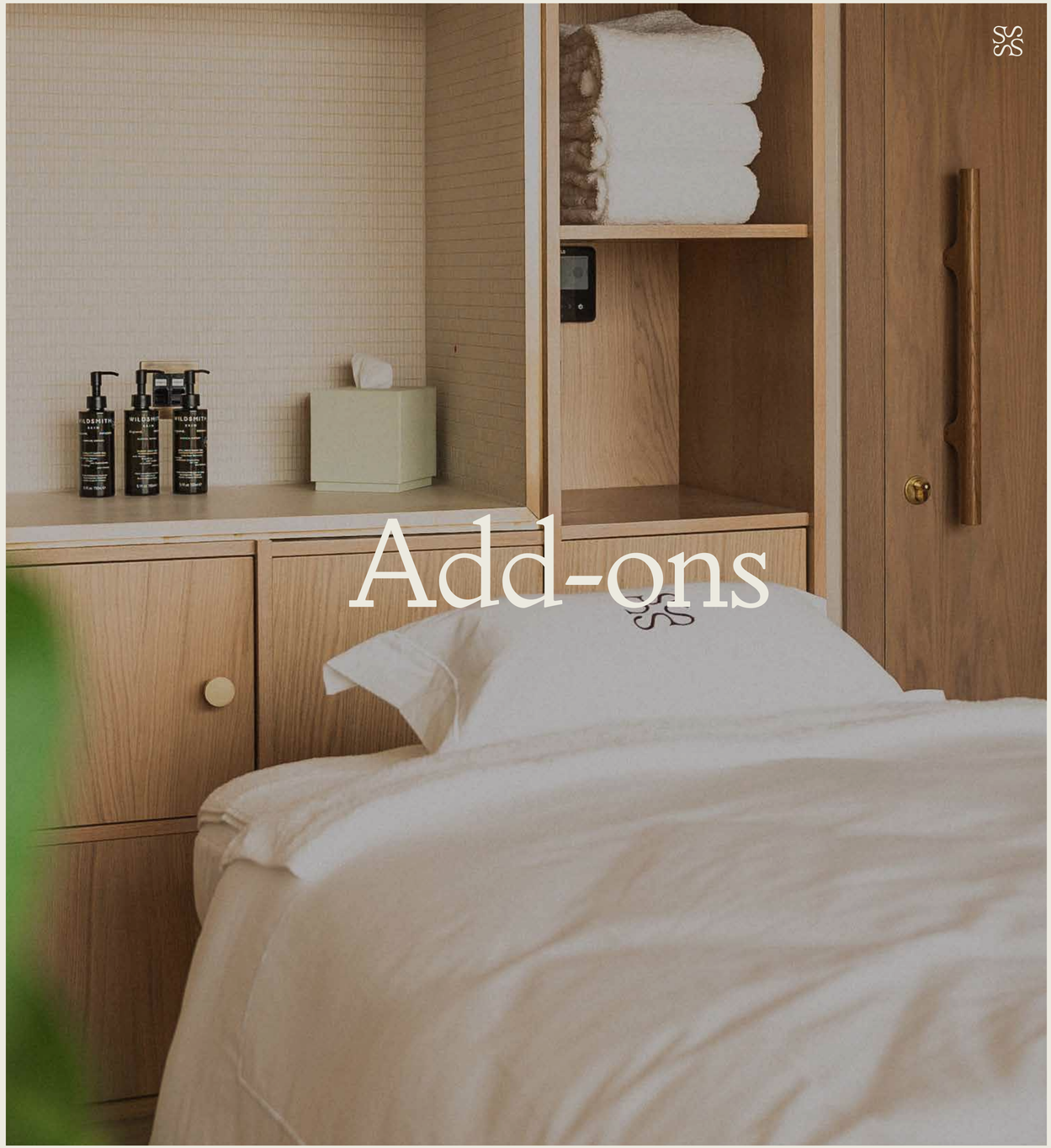
Express Thermal Ritual

15 Minute £45

Refresh, hydrate and reset

Designed as the perfect conclusion to your thermal journey, this express ritual combines a mineral-rich full-body exfoliation with a revitalising scalp treatment to awaken the senses and smooth the skin. A nourishing body oil is applied to lock in hydration, leaving the body refreshed, radiant and beautifully restored after the sauna, steam room, cold plunge or rooftop pool.

Compliment your treatment with a healing patch, acupressure seeds or red-light therapy mask.



Ross J Barr Patches

£5

Reduce stress, enhance sleep, and alleviate pain and menstrual discomfort.

Ross J Barr patches deliver targeted herbal support for sleep, pain relief and stress. Discreet and convenient for fast, effective support.

Acupressure Seeds

£15

Reduce stress, enhance sleep, alleviate pain, and balance emotions.

East Healing offers needle-free gold and silver-plated ear seed kits based on Traditional Chinese Medicine.

Head, Neck and Shoulder Massage

15 Minute £20

Release tension, restore ease and deeply unwind

A focused massage targeting the areas where stress is most held. Using therapeutic techniques to ease muscular tension, improve circulation and promote relaxation, this enhancement complements any facial.

Red Light Therapy Mask

15 Minute £20

Energise skin cells and support elasticity

Enhance your facial or massage with a Bon Charge LED mask treatment, performed in your private treatment room. Red and near-infrared wavelengths work at a cellular level to energise skin cells and support elasticity.

SKIN|CYCLES
Bio-Cellulose Mask

£20

Deep Hydration for calm, plump and radiant skin

A deeply hydrating bio-cellulose mask that calms, nourishes and restores skin vitality while enhancing your facial treatment.

The Result: A plump, radiant complexion with lasting hydration and improved skin comfort.

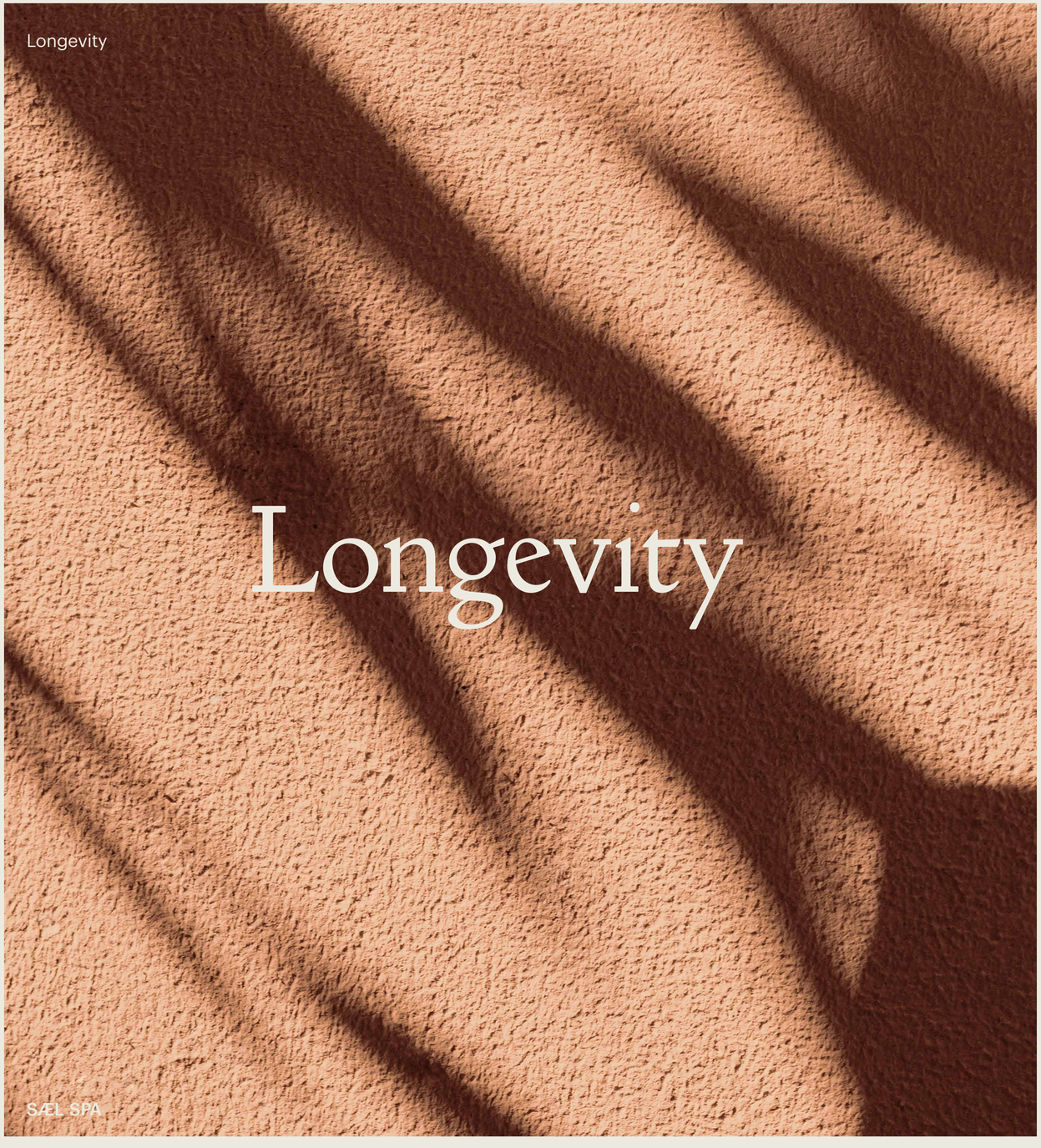
SKIN|CYCLES
Eye Matrix Mask

£15

Brighten, smooth and awaken tired eyes

A cooling hydrogel eye mask enriched with peptides and hyaluronic acid to hydrate, soothe and visibly brighten the eye area.

The Result: Reduced puffiness, smoother fine lines and refreshed, revitalised eyes.



Longevity

Longevity is not a single treatment. It is a personalised journey. Following your consultation and any diagnostic testing, we curate therapies designed around your individual goals, whether that is improving energy, supporting recovery, enhancing focus, or maintaining long-term resilience.

These treatments can work alongside tailored lifestyle guidance and targeted supplementation, forming part of a carefully considered plan designed specifically for you. Each therapy can be experienced as a standalone treatment or integrated into a broader longevity strategy.

Neuronics Light Therapy Helmet

15 Minute £35

Targeted light for cognitive recovery

A targeted photobiomodulation experience using the Neuronic Light Therapy Helmet, designed specifically to deliver near-infrared light to the head. Using 1070nm near-infrared light, the helmet delivers non-invasive photobiomodulation designed to support mitochondrial energy production and circulation, with a particular focus on cognitive performance, mental clarity and neurological recovery.

Red Light Therapy

60 Minute £165
90 Minute £215

Medical Grade Red light for energy and recovery

Photobiomodulation experience using the PBM Wing, delivering targeted red and near-infrared light across the body. Unlike a traditional LED panel, the PBM Wing is designed to position light around the body for a more immersive treatment experience.

Photobiomodulation works by delivering specific wavelengths of light to the body, designed to support cellular energy production, circulation and the body's natural recovery processes. A completely non-invasive treatment, it can be incorporated into your routine to support physical recovery, energy and overall wellbeing, while also supporting healthy-looking skin and tissue.

Hydrogen Inhalation Therapy

30 Minute £50

Cellular support and restorative recovery

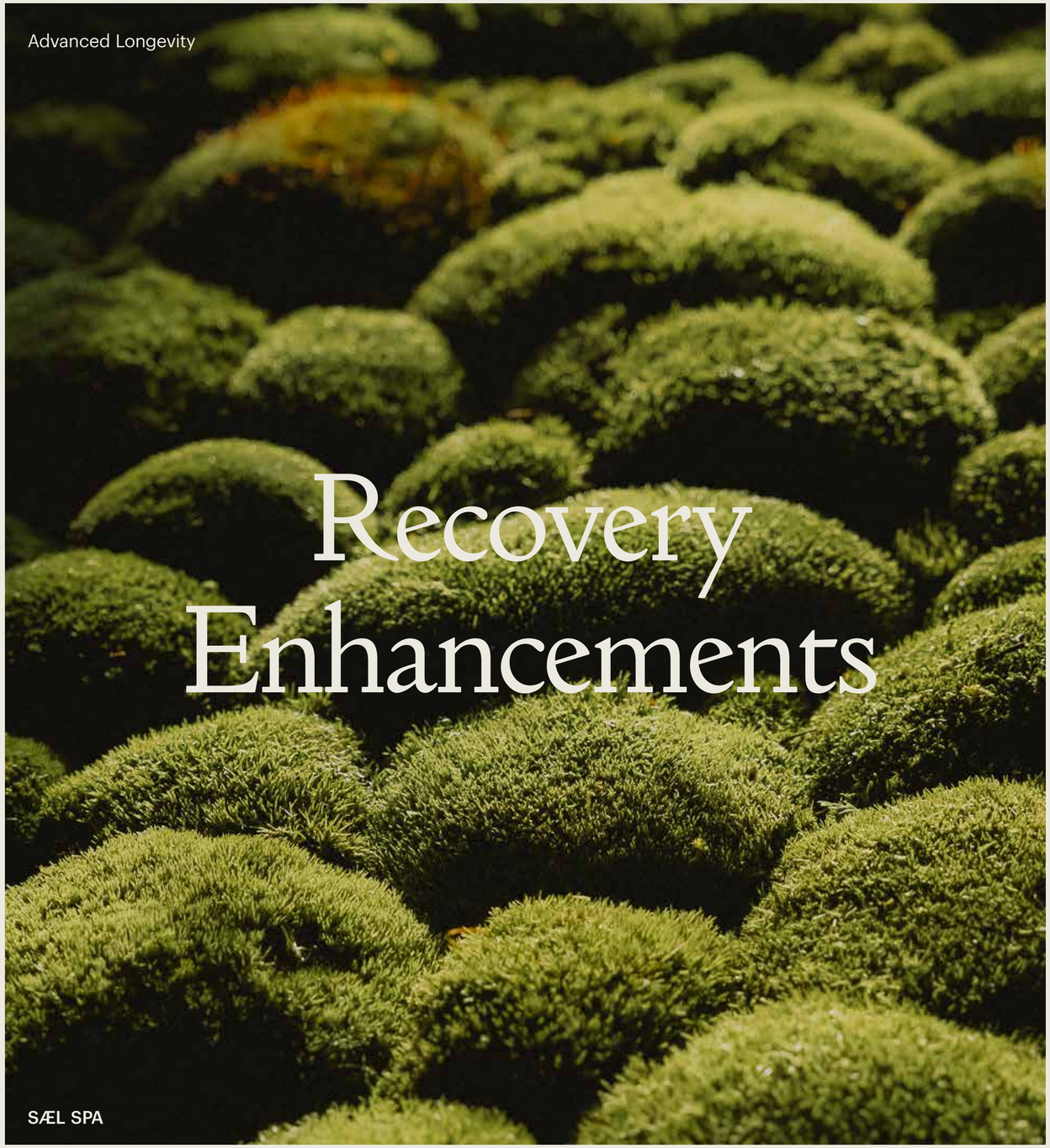
Inhalation of molecular hydrogen through a soft nasal cannula to support the body's response to oxidative stress. A restorative, passive session studied for its selective antioxidant properties, supporting recovery, inflammation balance, and overall cellular vitality.

ExoMind™ Neurostimulation

30 Minute
1 Session £400
6 Sessions £2000

Support focus, mood and emotional resilience.

A non-invasive neuromodulation treatment designed to support cognitive function, focus and emotional regulation. Exomind uses targeted electromagnetic stimulation to engage areas and neural pathways within the brain associated with cognitive and emotional function.



Recovery Enhancements

Experience a considered approach to longevity, recovery and whole-body wellbeing, with advanced treatments designed to support how you feel, move and perform. Invest in your long-term wellbeing with personalised therapies that help you recover, recharge and feel your best.

Compression Therapy

30 Minute £35

Reduced swelling and a lighter, more energised body

Gently supports blood circulation by applying controlled pressure to the limbs, helping reduce swelling and fatigue. Often used for recovery or chronic conditions, it brings a quiet sense of relief, easing tension and encouraging natural flow throughout the body.

Contrast Suite

45 Minute £60

Private hot and cold recovery

A private contrast therapy experience combining your own infrared sauna and cold plunge, allowing you to move between heat and cold entirely at your own pace.

The infrared sauna and cold plunge can be set to your preferred temperatures, creating a more personalised approach to contrast therapy. Alternate between the two to support circulation, muscular recovery and nervous system regulation, with time between rounds to pause, reset and rehydrate.

Complete your experience with a hydrating smoothie from The Pantrī, selected to support replenishment following your thermal session.

Recovery Suite

30 Minute £80

Personalised technology for deeper recovery

Begin every session on the PEMF mat, using pulsed electromagnetic fields to support relaxation, circulation and the body's natural recovery processes.

From there, personalise your recovery by pairing PEMF with one additional therapy: compression therapy to support circulation and tired legs, an LED face mask to support skin health and radiance, or the Neuronic Light Therapy Helmet for targeted photobiomodulation designed to support cognitive recovery and mental clarity.

For more information
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