

WELLBEING MEMBERSHIP

A spectacular new wellbeing destination in the historic heart of London, the Guerlain Spa at Raffles London at The OWO sets a new gold standard for spa and wellness offerings, providing supremely private and inspiring spa spaces within a magnificent Edwardian address.

With world-class facilities including a new swimming pool for London, this is a place in which to be transported away from the pressures and demands of daily life and to emerge looking and feeling at a new personal best.

The spa treatment expertise of Guerlain is combined for the first time with the personalised movement, recovery and nutrition advances of Pillar Wellbeing. This unique pairing delivers Raffles' vision to offer the ultimate in personalised spa and health treatments in this extraordinary and serene space.

Guerlain's spa therapists draw on the Parisian brand's proven know-how, combining the healing properties of natural ingredients with the techniques and technologies to deliver lasting results. Treatments are tailored to the individual.

This is complemented perfectly by Pillar Wellbeing's ultra-personalised approach, with expert coaching and data analysis, not to mention a menu of delicious meals and juices, all delivering a meaningful health and happiness boost.

Pillar Wellbeing's CEO and co-founder, Harry Jameson, is recognised internationally as a leading wellbeing consultant, and he and his team have brought a network of expert contacts to Raffles London at The OWO. Jameson's guiding ethos of a preventative approach to health and wellbeing is combined with a highly personalised, world-class luxury hospitality experience.





A UNIQUE OFFERING

- The Pillar Wellbeing gym and movement studio is a place to better understand and improve your health and fitness, with the aid of advanced equipment that helps our highly-experienced coaches to identify and meet your needs.
- This includes Technogym's Artis line, for a superb cardio and strength training experience. From refreshing cold-pressed juices to satisfying brunch dishes, at Pillar Kitchen you can enjoy the targeted nutritional benefits of delicious drinks, snacks and meals developed by a passionate team of experts.
- An iconic new fitness venue for London, our elegant 20-metre swimming pool is set beneath a double-height ceiling and offers a wonderfully calm and restorative spa experience.
- The attentive, professional coaches and individualised, data-led fitness insights of Pillar Wellbeing support your wellbeing journey.
- Pillar Wellbeing experiences, from metabolic analysis to Physiological Fitness Coaching, offer holistic health and fitness support and are the perfect complement to our spa and beauty offering from Guerlain.
- Feel relaxed or be revived by our thermal spa suite's holistic offering of vitality pool, sauna, steam room and experience showers, as well as a range of skilled practitioners providing personalised exercise and recovery services.
- Take your place for personalised, expert treatment in one of nine spa treatment suites, including three spacious VIP Spa Suites.
- Step into our ground floor L'Atelier Guerlain to experience the convenience of express treatments and personalised retail experiences.
- Enjoy the transformative results of private hair and beauty treatments, delivered by skilled professionals and tailored to you.

EXCLUSIVE MEMBERSHIP



Raffles London at The OWO offers a limited number of wellbeing-focused memberships for those who want to feel at their very best, day in, day out.

Members have access to the gym, complimentary group exercise classes, swimming pool, vitality pool, sauna, steam room and experience showers, as well as a range of expert practitioners providing personalised exercise and recovery services.

Beyond this, members benefit from exclusive discounts on Guerlain spa treatments and skincare collections, as well as hotel dining and valet parking.

WELLBEING MEMBERSHIP

INDIVIDUAL AND JOINT MEMBERSHIP

Member Benefits:

Access to world-class wellness facilities including a 20-metre swimming pool, vitality pool, sauna, steam room, experience showers, changing rooms, gym and movement studio.

- Complimentary group exercise classes
- Biannual personal wellbeing review
- Access to the Pillar Wellbeing app
- Six guest passes
- 15% discount on Guerlain spa treatments (Mon-Fri)
- 10% discount on Guerlain skincare products
- 10% discount on food & beverages at Pillar Kitchen, Mauro Colagreco, Saison, The Drawing Room, The Spy Bar and The Guards Bar.
- 50% discount on valet parking*
- Complimentary room upgrades at Raffles London*
- Preferential rates on meetings, events and weddings at Raffles London
- Access to the hotel's Concierge team

As joining gifts, new members receive a wearable health and fitness tracker, a personal wellbeing assessment, two personal coaching sessions and a 90-minute spa treatment.

*Subject to availability

PLATINUM MEMBERSHIP

Enhanced Benefits:

A very limited number of platinum memberships are available with the following additional benefits:

- Unlimited personal coaching sessions*
- 24 hours of Guerlain spa treatments
- 12 guest passes
- Personal locker with complimentary laundry of gym kit
- 20% discount on Guerlain spa treatments (Mon-Fri).

MEMBERSHIP TYPE	JOINING FEE	ANNUAL FEE
Individual	£2,000	£6,500
Joint	£2,000	£12,000
Platinum	£2,000	£25,000

For more information and to apply, please email membership.london@raffles.com.

*Terms & conditions apply



PILLAR SERVICES

ASSESSMENTS

PERSONAL WELLBEING ASSESSMENT (60 MIN)

This unique assessment uses cutting-edge technology to measure key physical results. Testing includes 3D movement screening, objective markers of stress, cardiovascular fitness and fat-burning capacity, as well as body fat and muscle mass analysis.

METABOLIC ANALYSIS (60 MIN)

This breath analysis session gives objective data on the number of calories an individual burns daily, plus dietary insights into blood sugar control, fasting effectiveness and possible overtraining. A personalised approach to improving metabolism is the outcome of the session.

MOVEMENT

PERSONAL COACHING (60 MIN)

A highly effective training methodology based on scientific principles and an understanding that each session needs to be adapted to the client's physical and mental needs, preferences and energy levels.

PRIVATE YOGA (60 MIN)

A one-to-one yoga session tailored to your needs. Improve your body awareness, breathing and meditation, or focus on strength and flexibility. Working closely with your teacher, you will learn more about your body and mind, enhancing your inner calm.

PRIVATE MAT PILATES (60 MIN)

One-to-one sessions allow a Pilates coach to focus on your individual development. Improve your posture, balance and flexibility with a focus on core strength, mind-body connection and breathing.

SHAW METHOD SWIM COACHING (60 MIN)

One-to-one swim coaching for all levels, from beginners to performance swimmers. Using the unique Shaw method, learn to relax your body and mind when swimming and adjust your technique to become more efficient in the water.

RECOVERY & NUTRITION

RECOVERY SESSION (60 MIN)

If you are not fully recovered there will be a diminishing return for the hard work you put into your training. We advocate an active recovery session every five workouts to optimise outcomes. Our recovery experts curate a blend of mobility, assisted stretching, percussion therapy, breathwork and compression to optimise your development.

PHYSIOTHERAPY (90 MIN | 60 MIN)

Experienced physiotherapists perform a full body assessment, then put together a treatment plan to enable pain-free movement. Includes hands-on myofascial treatment and corrective exercise to reduce pain, improve movement and help prevent future injury.

SPORTS MASSAGE (60 MIN)

Sports massage can assist in correcting problems and imbalances in soft tissue caused by repetitive and strenuous physical activity. Its application prior to or after exercise can enhance performance, aid recovery and help to prevent injury.

PSYCHOLOGICAL FITNESS COACHING (60 MIN)

A unique opportunity to understand how to proactively improve and maintain a psychologically fit mind. Goals for psychological fitness coaching can be geared to enhancing performance, or simply to improve one's overall psychological wellbeing. Chartered psychologist Dr Vanessa Moulton brings this to life within a science-backed framework, tailored to your personal or professional goals.

NUTRITION COACHING (60 MIN | 30 MIN)

This nutritionist-led session seeks to deepen an individual's understanding of diet and supplements and drive a highly personalised nutritional strategy. Pillar clinical nutritionists will seek to use the power of food as an intervention tool, helping you to achieve an agreed goal.



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