THE TIMES

The best luxury spas in London

An up-to-date list of the capital's most indulgent spa destinations

If you don't have time for a full-on retreat but are still in need of a reset, a day at a UK spa is the perfect alternative. Pack your phone away in a locker and submit to the sensory pleasures of thermal pools, invigorating water jets or simply lying on a lounger staring at nothing. You will emerge renewed. Here, the Luxury editors recommend their favourites.

The Skin Lab by Augustinus Bader, Lanserhof

Open the beauty cabinet of anyone with enviable skin and their top shelf is guaranteed to be lined with the telltale blue and gold packaging of Augustinus Bader. Known for its wildly popular Rich Cream, the brand is the brainchild of Charles Rosier and Professor Augustinus Bader, and has taken the luxury beauty world by storm. When it was announced that they were opening their first spa in partnership with the Lanserhof clinic in Mayfair, the skin-obsessed waited with bated breath. Described as a place "where luxury, technology and clinical innovation combine", the Skin Lab by Augustinus Bader is sleek and chic, every surface as smooth and shiny as the skin you'll have upon leaving. The first step is the Visia analysis (£120) — a 20-minute treatment in a spaceship-like device that acts as a skin fortune teller. It reads the layers of the skin and reveals all of its secrets — from sun damage to smoking, the Visia tool knows all — and even offers a glimpse of what your skin will look like in the future. This specific feedback is then used to map out your skin's journey and pick a tailored routine of rejuvenating facials, eye treatments, facial massage and light therapy. I opted



for the Rejuvenating Facial (£475) following my Visia reading, which combined the Method, Augustinus Bader's professional treatment which works to amplify the brand's patented TFC8 (Trigger Factor Complex) technology and trains skin over the long term with oxygen therapy, fascia massage and LED lights.

While the spa is situated in the members-only Arts Club, membership is not required to access the Augustinus Bader space. Clients are also able to make use of the bespoke therapies offered at the adjoining Lanserhof clinic, so your path could include personal training, studio classes and a visit to the in-house medical clinic. **Hayley Bloomingdale**

lanserhof.com, *W1S*