

## Relaxing in the Capital: London's Best Spas

London has a great selection of spas, and therefore there are plenty of places to unwind and relax after a busy day, month or week.

Amida Spa in Hampton, for example, is one of the best spas in London, having been awarded Professional Beauty's prestigious "UK Day Spa of the Year" award. The complex provides a superb retreat, which provides the perfect location to relax, unwind and begin the journey towards total wellbeing. On offer are a wide range of therapies and spa rituals, which include a range of holistic and therapeutic treatments; anti-ageing treatments; make-up consultation; male grooming; personal trainer and even full lifestyle assessments. The Amida Spa also caters for more active amongst us, with aerobic and aqua classes, yoga, tai chi, Pilates, swimming and racquet sports lessons, which are guaranteed to get the heart pumping and blood flowing.

If you want to do a bit of star-spotting whilst you're spa-hopping, then the K Spa in Kensington is the place to be and be seen. A favourite haunt of movers and shakers in the music and media industries, the spa (and the hotel that it is part of) has been deemed one of the hippest and most happening hang outs in London.

If Bali or Thailand is a little far to go for the weekend, then the K Spa is the next best thing, and of course, you don't have to sit on a plane for 12 hours to get there! The spa offers aromatherapy; several forms of massage; hot stone treatments and even dry flotation - a weightless "passive immersion" technique. There is also a gym packed full of state-of-the-art equipment, including treadmills; step machines; cross trainers; 'concept 11 rowers'; plus a large selection of free weights and resistance equipment. For those who really want the full work out - regular fitness classes are on offer, so guests can try their hand at spinning, body combat and Muai-Thai boxing. And if you feel like winding down after all that exercise, then the wet spa area, complete with Jacuzzi, sauna and steam rooms should do the trick.

For a full scale beauty experience, Saks Hair and Beauty in Fulham is one of the most renowned [spas in London](#). Part of a leading hair and beauty group of salons nationwide, this spa offers the latest in hairdressing and beauty, as well as clinical treatments for a proper pampering, including: 'The Oxygenator' for the face - a needle-less oxygen injection which pushes specially formulated serums into deep layers of the skin, leaving it plumper and younger and 'The Tri-Enzyme Resurfacing Facial', which uses ground breaking technology to resurface the skin, leaving a smoother and younger looking complexion.

So, London may be a concrete jungle, but there's no shortages of spa oases to be found in which you can escape and unwind from hectic city life and rejuvenate your mind, body and soul.

### About the Author

Victoria Cochrane is a freelance writer for both online and print media. She lives with her husband and son, and enjoys travelling when not writing.

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