

# MEMBERSHIP



THE SPA  
AT  
MANDARIN ORIENTAL

HYDE PARK  
LONDON



## UNLOCK YOUR FULL POTENTIAL

Bodyspace is more than a gym, it's a place where transformation begins. With a range of lifestyle performance memberships, you will gain access to world-class wellness facilities and expert-led services designed to elevate every aspect of your wellbeing, from training and recovery to restorative wellness experiences.

Each membership is a journey - combining personalised coaching, tailored nutrition, and recovery-led rituals with access to spa and wider lifestyle offerings, all crafted to help you feel, move, and perform at your absolute best.

Because your health isn't just a goal, it's your greatest asset.

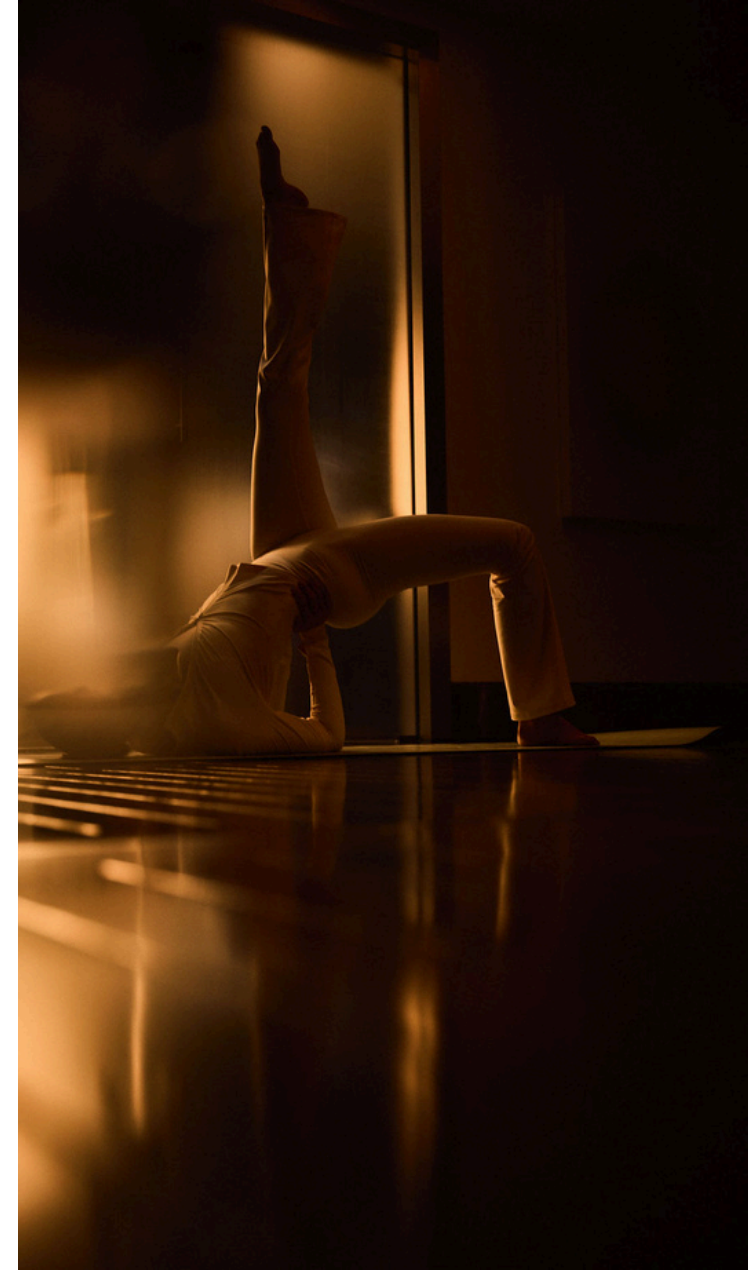
## WELCOME TO A NEW STANDARD IN PERSONALISED WELLNESS


At the heart of our philosophy lies a belief that true wellbeing is not one-size-fits-all - it is personal, purposeful, and profoundly transformational.

Our exclusive Memberships and bespoke programmes have been thoughtfully designed to harmonise elite fitness training, targeted nutrition, and cutting-edge performance therapies. Curated by our founders Stephen Price & David Higgins, and delivered by a handpicked team of experts, every element reflects the highest level of innovation, care, and expertise.

Backed by years of scientific insight and real-world success, our programmes offer a proven path to a stronger body, sharper mind, and elevated lifestyle. Whether your goals are performance-driven, restorative, or preventative, we provide the tools and the team to help you achieve lasting results.

Each member receives dedicated attention, a fully customised journey, and access to state-of-the-art therapies in a setting designed to inspire excellence. This is more than a membership - it's your invitation to live exceptionally.



A person is swimming in a pool at night. The water is dark, and the person's head and arms are visible above the surface. In the background, there is a large, glowing, circular light source, possibly a moon or a large lamp, creating a warm, golden glow. The pool is surrounded by a dark building with large windows and a balcony with a railing. The overall atmosphere is serene and luxurious.

Elevate your wellbeing with exclusive access to world-class facilities, expert-led wellness experiences, and exceptional privileges across the hotel

## BODYSPACE MEMBERSHIP

**12 Months** GBP 3,950 + GBP 1,000 Joining Fee

**\*12 Months Joint Membership** GBP 7,350 + GBP 1,000 Joining Fee

*\*This membership is only available for two people living at the same address.*

### YOUR MEMBERSHIP INCLUDES:

- Unlimited classes
- Access to the state-of-the-art gymnasium by Technogym
- Access to the stainless-steel 17-metre swimming pool
- Use of The Spa's wellness areas, including sauna, steam room, and vitality pool
- 10 x Guest Passes
- 2 x 60-minute Treatment
- 25% discount on The Spa treatments
- 25% discount on Spa and Wellness retail
- 25% discount at The Rosebery
- 25% discount at Mandarin Bar
- 25% discount at Dinner by Heston Blumenthal
- 25% discount at The Aubrey
- 25% discount at Breakfast by Mandarin Oriental
- 10% discount on event room hire and events packages
- 25% discount on Best Available rates for Hotel rooms and Suites at Mandarin Oriental Hyde Park, London - Booked in advance only
- 50% Discount on valet parking
- 1 x Complimentary tennis lesson with Kensington Tennis club

*All discounts are available for when booking in advance. Valet parking only available when using the gym.*

*Terms & Conditions apply and all offers are subject to availability.*



## BODYSPACE INTENSIVE OPTIMISATION PROGRAMME

Personalised, results-driven programmes from the Bodyspace team that work to optimise performance - power, strength, stability, mobility, sleep and energy, while reducing stress and body fat.

**6 Weeks**      GBP 3,240 + GBP 1,000 Joining Fee

**12 Weeks**     GBP 5,940 + GBP 1,000 Joining Fee



### 6-WEEK OPTIMISATION PROGRAMME

- 1 x lifestyle performance profile assessment
- 1 x body and movement analysis
- 1 x nutritional consultation and follow-up
- 60-day nutrition plan
- 30-day personalised supplement plan
- 10 x Lifestyle Performance coaching multi-use credits
- 2 x recovery compression treatments
- 1 x Bodyspace lifestyle performance spa treatment
- 1 x assessment with programme director
- Additional coaching and therapy sessions at a preferential rate

### 12-WEEK OPTIMISATION PROGRAMME

- 1 x lifestyle performance profile assessment
- 1 x body and movement analysis
- 1 x nutritional consultation and follow-up
- 60-day nutrition plan
- 30-day personalised supplement plan
- 20 x Lifestyle Performance coaching multi-use credits
- 2 x recovery compression treatments
- 1 x Bodyspace lifestyle performance spa treatment
- 2 x assessments with programme director
- Additional coaching and therapy sessions at a preferential rate

## NUTRITION

A personalised session based on comprehensive assessment to address individual dietary needs and health goals with a tailored nutrition plan and practical strategies, to support lasting health change. We offer a comprehensive 90-minute initial consultation, with 45-minute follow-up sessions to ensure ongoing support.

## MOVEMENTUM STUDIO

Bodyspace at Mandarin Oriental Hyde Park, London is home to the first dedicated Movementum Studio. Created by leading experts in fitness, lifestyle medicine, and behaviour change, guests can benefit from an ecosystem of impactful classes and treatment options delivered by our highly qualified Movementum Professionals.

Classes include:  
Yoga, HIIT, Prime to Perform, Regenerate, Focus to Move.

## THE SPA

Take time to reset in our world-class, award-winning spa – an oasis of calm, curated for total relaxation and rejuvenation. Our expert therapists offer a menu of indulgent treatments, from restorative massages to revitalising facials, each delivered with precision and care in a serene, opulent setting.

For our members, the spa becomes an extension of your curated journey, integrating deeply into your routine of renewal, performance, and self-care.

## ADDITIONAL BESPOKE SERVICES

To complement your membership experience, we offer a range of one-to-one services designed to support your personal goals with precision and care. Whether you seek to enhance strength, improve your flexibility, refine your practice, or restore balance – our specialists are here to guide you.

### **Our offerings include:**

- Personalised coaching across strength, mobility and performance
- Yoga and Pilates
- Swimming instruction
- EMS (Electro Muscle Stimulation) training
- Breathwork and meditation
- Advanced body movement analysis

Every session is crafted around you - your goals, your pace, your journey.

