



THE LANESBOROUGH
Club & Spa
LONDON

...DR. GALYNA'S
WELLNESS HUB

About The Wellness & Advanced Aesthetics Offering at The Lanesborough Club & Spa

The Wellness & Advanced Aesthetic Treatment Menu within The Lanesborough Club & Spa has been curated by renowned aesthetic doctor and wellness expert, Dr. Galyna. Centred around the concept of skin longevity and biohacking. This innovative concept prioritises your body and skin's ever-changing needs, whilst always taking into account your wellbeing.

Leveraging the latest advances on technology and decades of combined experience, The Wellness & Advanced Aesthetic Treatment Menu offers bespoke solutions to address your holistic wellness needs.

About Dr Galyna

Dr. Galyna Selezneva is an award-winning aesthetic doctor and wellness expert with nearly 20 years of medical experience. A registered Psychiatrist and member of the Royal College of Psychiatry, she is also a registered member of the General Medical Council, a proud member of the British Medical Association and of the British College of Aesthetic Medicine.

She has been featured as the UK's top doctor in Tatler's Cosmetic Surgery Guide for eight consecutive years and is recognised in various prestigious publications, such as The Huffington Post, The Times and Forbes, for her non-invasive aesthetic treatments, her regenerative medicine strategy and overall holistic approach to vitality.

Each treatment on our menu has been cultivated by Dr. Galyna, to ensure advanced aesthetic medicine is obtainable and accessible for The Lanesborough hotel guests, day spa & Club & Spa members. She and her team have combined results-driven technology with an integrated approach to skin health, encapsulating regenerative medicine, ensuring longevity and vitality, to create a unique assortment of facials and body treatments.



Face

AI Skin Analysis - £150 - 30 minutes

Each facial treatment begins with the hi-tech Aura AI Skin Analysis which helps you understand your skin on a whole new level using 3D Imaging. This incredibly advanced technology captures a photo-realistic digital image of your face and neck, then comprehensively analyses everything from facial structures, skin condition, and volumetric changes in an instant. This treatment is also accompanied with an in-depth overview from our team, sharing the next steps of advice and treatments they'd recommend.

The Regenerative Facial - £300 - 60 minutes

This advanced facial will rebalance your skin's natural microbiome, often disrupted by modern lifestyles and harsh skincare routines. It begins with a skin assessment using Aura 3D Imaging System followed by a vitality boost, using the power of Prème Dermafacial technology.

The complexion will be rejuvenated and regenerated at a cellular level, encouraging collagen and elastin production. The Prème Dermafacial technology works using hydradermabrasion to remove impurities and refresh the skin. Exfoliated through microdermabrasion to slough off dead cells and promote a smoother texture. It's then toned and tightened using microcurrents to enhance firmness and improve circulation. To further rejuvenate the skin, collagen is boosted with radio frequency, helping to restore elasticity.

And finally, the treatment concludes with a deep boost of moisture delivered through ultrasound, leaving the skin hydrated and radiant.

In conjunction to the tech a beautifully sculpting technique called myofascial release therapy is used to sculpt the facial contours and reduce puffiness. This facial is powered by expert recommended Japanese nano-technology skincare range Forleed, which delivers long-lasting skin health, renewal and regeneration.

Dr Galyna Signature Regenerative Facial - £500 - 90 minutes

The go-to facial for all skin types, this wonder facial features cutting-edge devices and treatments, carefully curated by Dr Galyna to ensure they work harmoniously for optimum results. The treatment is kick-started with an Aura AI Skin Analysis, to reveal the tell-tale signs of your skin and suggest areas to focus on. Then using the Prême Dermafacial device skin is cleansed (hydradermabrasion), exfoliated (microdermabrasion), toned and tightened (using microcurrents), boosted with collagen (with radio frequency) and given a boost of moisture (using ultrasound).

Additionally, Dr Galyna uses her trusted LED Panel Light to help rejuvenate and recover areas in need, reducing inflammation and boosting collagen. Skin is then massaged and sculpted using a combination of myofascial therapy, which reduces puffiness, tightens the skin and helps to contour cheekbones and jawlines. Together with polynucleotides (traditionally injected) are applied topically to rejuvenate and restore skin elasticity, firmness and the overall texture. Walk away with skin feeling renewed, refreshed and radiant.

The Lymphatic Drainage Facial - £300 - 60 minutes

Elevate your skin's natural appearance with this immediately sculpting Lymphatic Drainage Facial. First the treatment begins with an Aura AI Skin Analysis and is then followed by The LPG Endermologie device, which is suitable for all skin types, and designed to encourage lymphatic drainage. With LPG Endermologie's mechanical massage, this treatment suctions the skin to stimulate circulation, helping to de-puff the face, leaving complexions refreshed and facial contours refined. In conjunction to the device lymphatic massage techniques are used to relieve inflammation and water retention, eliminating toxins, minimising dark circles, and revealing a luminous complexion

The Premium Facial Package (6 treatments) - £1,500 - 60 minutes

To achieve your ultimate results you can mix-and-match with The Regenerative and Lymphatic Drainage Facials, whilst also receiving a discount. Book a course of six facials, for the price of five. See description for each individual facial for more information.

Body

The Muscle Toning Treatment - £300 - 60 minutes

Package of 10 treatments - £2,700

This Muscle Toning Treatment uses non-invasive body toning and muscle strengthening technology by Deleo Cristal Fit to sculpt the body. Using HI-EMMS (high intensity electromagnetic muscle stimulation) technology the muscles are activated using contractions which activate the cells and increases the muscle mass. Cristal Fit can be used to remodel and lift the following body areas:

Abdomen, Arms- biceps & triceps, Legs - quads & hamstrings, Buttocks

Pelvic Floor Toning Therapy - £200

Package of 10 treatments - £1,800

Strengthen and rejuvenate your core with our Pelvic Floor Toning Therapy, designed to improve muscle tone, support bladder control, and enhance overall pelvic health. This non-invasive treatment uses High Intensity Electromagnetic Muscle Stimulation to gently stimulate and strengthen the pelvic floor muscles, it is a non-intrusive and totally painless solution.

Full Body Lymphatic Drainage - £300 - 60 minutes

Package of 10 Treatments - £2,700

Experience a relaxing and detoxifying full-body lymphatic drainage treatment using LPG Endermologie technology device. This non-invasive treatment uses gentle, mechanical massage to stimulate the lymphatic system, helping to flush out toxins, reduce water retention, and improve overall circulation. The result is a lighter, more sculpted feeling with reduced swelling and improved skin tone. Perfect for relieving bloating, reviving jet lagged legs, boosting immunity, and enhancing overall wellness.

The Elite Cellulite Remedy - £300 - 60 minutes

Package of 10 Treatments - £2,700

Target stubborn cellulite and smooth your skin with the legendary LPG Endermologie device, a clinically proven, non-invasive treatment that promises results. Using gentle, mechanical massage, this technology stimulates circulation, breaks down fat deposits, and boosts collagen production to reduce the appearance of dimples and improve skin elasticity. Ideal for enhancing skin texture and achieving firmer, more contoured limbs.

The Burnout - £300 - 60 minutes

Package of 10 Treatments - £2,700

Stressed? Trouble sleeping? This treatment is the vitality reboot you have been waiting for.

Featuring the legendary LPG device, which has over 37 years of research and development and proven results to reduce cortisol levels, muscular pain and stress whilst boosting and strengthening the body's natural defences. The burnout protocol targets three areas: nervous system, circulation and muscles to enhance the body inside and out.

Regenerative Medicine with Dr Galyna

Sylfirm X - from £1,800

60 minutes

Sylfirm X is taking microneedling to another level, providing a 'glass skin' effect where texture is dramatically improved unveiling a juicy, clear and smoother complexion. Using both pulsed and continuous wave radiofrequency, this treatment targets skin issues like melasma, pigmentation, scars, wrinkles, and redness. The non-insulated gold microneedles deliver energy at precise depths, promoting skin regeneration and tightening through selective coagulation and thermal effects.

Sofwave - from £4,600

120 minutes

SUPERB™ which is Synchronous Ultrasound Parallel Beam Technology is used to stimulate collagen production, helping reduce fine lines and wrinkles while lifting the eyebrows, neck, and under the chin area. It heats the mid-dermis to boost collagen without harming the skin's surface, then using an integrated cooling system (Sofcool™) for comfort and safety.

Exosomes - from £1,200

60 minutes

Exosomes contain bioactive molecules such as growth factors, proteins, lipids, and genetic materials (like RNA). They facilitate cell-to-cell communication, promoting natural repair, reducing inflammation, and encouraging tissue regeneration. We recommend combining this treatment with microneedling or lasers to enhance healing, boost collagen production, and improve overall skin health.

Muscle inhibitor injections - from £500

60 minutes

This painless treatment unveils a fresher face that looks well rested and rejuvenated. You can also use these injections to increase upper lip volume, elevate the brow, slim the jawline as well as to reduce migraines, excessive sweating and jaw grinding.

Personalised Skin Nutrition - from £800

60 minutes

The gold class in personalised facials, this treatment takes you through a thorough cleanse, a high quality acid peel targeting your skin concerns. Followed by fusion micro needling giving skin a kick of healthy ingredients to boost hydration, plumpness and improve the glow factor. The final stages include a collagen boost from a LED light mask and a post-procedure cocoon mask packed with hyaluronic acid, hydrolysed collagen, peptides and stem cells.

Injectables - from £800

60 minutes

Dr Galyna offers a bespoke approach when it comes to injectable treatments, prioritising skin boosting injections and collagen stimulation. Her range includes Polynucleotides, Profhilo, Mesotherapy among others to achieve natural stimulation of collagens and improved skin texture, achieving glass skin completion and healthy glowing skin.

HA Filler treatment from £800

Bio stimulation from £800

Profhilo Face £800

Profhilo Body £1000

Polynucleotides from £800

Tailored meso cocktails from £800

BIOHACKING BAR BUNDLES

Best For: Longevity & Active Ageing - £150

30 minutes

Our Longevity & Active Ageing treatment blends advanced technologies to support rejuvenation and enhanced vitality. Lay back with a LED Face Mask, which stimulates collagen production and reduces fine lines through infrared light therapy, promoting smoother, youthful-looking skin. Simultaneously the Nurosym device is clipped to your tragus, which activates the vagus nerve, helping to reduce inflammation, balance the nervous system, and improve overall well-being. And all while you're lying peacefully on a PEMF (Pulsed Electromagnetic Field) Mat, which enhances cellular repair, boosts circulation, and accelerates tissue regeneration.

Best For: Enhanced Sleep Quality - £150

30 minutes

Ideal for those suffering jet lag, stress and insomnia this combination is the perfect remedy to reboot. Starting off with Hapbee, which uses gentle electromagnetic signals to stimulate relaxation and prepare your mind and body for rest. The device is worn around the neck while across the eyes the Therabody Eye Mask uses heat and vibration therapy to relax facial muscles, reduce eye strain, and ease you into a deeper, more peaceful sleep. The treatment takes place on the Down to Ground Grounding Mat, which neutralises free radicals and balances your body's electrical charge, helping reduce inflammation and calm the nervous system.

Best For: Physical Performance Optimisation- £150

30 minutes

Getting ready for a challenge or just in need of restoration between workouts? This is your biohacking mix: jump into the Infrared Sauna Suit which promotes detoxification, boosts metabolism, and enhances blood flow, helping your body perform at its peak. While you reset the Nurosym clips onto your tragus to stimulate the vagus nerve, reducing inflammation and optimising nervous system balance to improve focus, resilience, and overall physical performance. Alongside this, you'll also wear the Hapbee device around your neck which uses magnetic fields to enhance your mood and boost overall personal performance.

Best For: Cognitive Enhancement - £150.00

30 minutes

Preparing for a big presentation or need to sharpen up, fast? Our Cognitive Enhancement treatment utilises advanced technologies to improve focus, mental clarity, and boost overall brain function. While lying on the PEMF Matt where the electromagnetic pulses work to enhance cellular energy and promote better neural communication, you'll wear a Infrared LED Mask, which enhances blood flow to the brain, supporting neural regeneration and increasing alertness. In the second phase of the treatment you'll place the Pulsetto device around your neck to stimulate the vagus nerve, reducing stress and improving cognitive resilience. Finally, the Therabody Eye Mask provides gentle heat and vibration therapy to reduce eye strain and promote relaxation, preparing your mind for peak performance.

Best For: Stress Management - £150.00

Think of this as your holistic therapy for stress relief, helping you unwind and restore inner balance.

While lying on the Down to Ground Grounding Mat your body will feel a sense of balance thanks to the natural electrical charge, reducing inflammation, promoting grounding and tranquility. Simultaneously the Nurosym device works to activate the vagus nerve to reduce anxiety, enhance emotional resilience, and promote a state of calm. Then you slip into the Therabody Boots which apply dynamic compression to release tension, improve circulation, and leave you feeling refreshed and recharged. Whilst also wearing Therabody Eye Mask which relieves tension, soothes tired eyes, and encourages relaxation.

Best For: Increased Energy Levels - £150.00

Think of this as your reboot charger to increased energy levels. First you're placed into an Infrared Sauna Suit to promote detoxification, improve blood flow, and increase mitochondrial activity, giving your body a natural energy boost. While lying inside the Pulsetto device stimulates the vagus nerve, optimizing nervous system balance and reducing stress, which helps sustain higher energy levels throughout the day. Finally, the Hapbee device uses low-energy electromagnetic signals to mimic the effects of natural compounds (like caffeine), boosting energy levels and improving focus.

OETKER HOTELS

Masterpiece Collection

The Lanesborough Club & Spa, Hyde Park Corner, London, SW1X 7TA T +44 (0)20 7333 7064
www.lanesboroughclubandspa.com membership@lanesboroughclubandspa.com