

OSKIA

L O N D O N

Treatment Menu

CLINICAL SKIN NUTRITION



Elevate your treatments
into exceptional experiences for a
deeper sense of wellbeing.

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I look years younger!

- Estée Lalonde, Creative Director.

TREATMENT MENU

For Healthy, Glowing Skin & Intentional Rest

OSKIA's award-winning formulations are designed using bio-available nutrients and clinical actives to give you a beautifully radiant & revived complexion. OSKIA specialise in cellular nutrition through patented bio-technology, micro-encapsulation and liposome technology. Vitamins, minerals proteins & omegas all combine to improve cellular activity and ability leading to skin that's healthier, happier and glows from within.

Our unique approach to tailored, sumptuous, spa treatments begins with combining traditional knowledge, such as acupressure, specialist natural face therapy massage, reflex, lymph drainage & microbiome harmonisation, with advanced tech machines, such as Cryo and Current & Light Therapy, ensuring you leave with skin, body and mind soothed, nourished and restored in addition to a renewed sense of wellbeing.

CLINICAL SKIN NUTRITION

FACIAL TREATMENTS

OSKIA'S SIGNATURE NUTRI-GLOW FACIAL · 75 / 90 minutes

OSKIA CRYO SCULPTING FACIAL · 90 minutes

OSKIA REVITALISING SUPER-C FACIAL · 60 / 75 minutes

OSKIA GENTLEMEN'S PURIFY & REVIVE FACIAL · 60 minutes

OSKIA LYMPHATIC DETOX FACIAL · 60 minutes

OSKIA INDULGENT ESCAPE · 60 minutes

OSKIA VITAMIN GLOW ON THE GO · 45 minutes

OSKIA I-ZONE ANTI-FATIGUE · 45 minutes

OSKIA'S SIGNATURE NUTRI-GLOW FACIAL

75 / 90 MINUTES WITH FLEX LED

This all-encompassing signature facial uses a combination of essential skin nutrients, bio-actives and modern & traditional glow-inducing techniques to illuminate the skin and leave face, body and mind feeling rejuvenated and skin immediately radiant. Fragrant steam and aromatic compresses gently unblock pores, a passion fruit enzyme, Swiss cress liposomes and AHA mask accelerate cellular renewal, while a warm rose oil mask hydrates and smooths. Natural Face Therapy and eye contour massage techniques, lymph drainage and acupressure lift, relax & contour the face and increase the bio-nutritional transportation into the skin. Therapeutic head, hand and back massages are worked into the treatment to soothe residual tension and complete this ultimate radiance-boosting facial.

OSKIA CRYO SCULPTING FACIAL

90 MINUTES

Described as a non-surgical facelift, this instant-results facial offers immediate benefits by lifting contours and restoring elasticity. Combining cryotherapy globes with luxurious massage techniques to sculpt, tone and brighten, this treatment targets the eyes, face, neck to promote defined contours and a rejuvenated complexion.

OSKIA REVITALISING SUPER-C FACIAL

60 / 75 MINUTES WITH FLEX LED

Described as a non-surgical facelift, this ultra-hydrating, super-nutrient facial is designed to sculpt and provide immediate anti-ageing benefits. This treatment concentrates on reducing visible fine lines and lifting the contours of the face in the short term while also harnessing a breakthrough biomimetic serum and smart Vitamin C to maintain a youthful complexion in the long term.

OSKIA GENTLEMEN'S PURIFY & REVIVE FACIAL

60 MINUTES

This reviving facial is perfect for younger, oilier skin types and gentlemen alike. Natural, scientifically advanced products are used to enhance the deep steam cleanse and stimulating facial massage. Cool gua sha stones awaken the skin, while a focused neck and shoulder massage helps to soothe and revive both mind and body, leaving you feeling relaxed and looking sharper.

OSKIA LYMPHATIC DETOX FACIAL

60 MINUTES

This detoxifying facial features manual lymphatic drainage techniques to promote circulation, reduce inflammation and de-puff. Skin is refined and refreshed, while tension is eased away with a soothing shoulder & scalp massage.

OSKIA'S INDULGENT ESCAPE

60 MINUTES

This conditioning facial is perfect for those who want to unwind and float through the remainder of the day with skin that's renewed, yet barrier function supported. OSKIA's gentle exfoliating peel and nourishing moisture mask ensures skin is smoothed and softened while the acid mantle, natural moisturising factors and microbiome are thoroughly restored. Reflex points on the feet, ancient scalp massage techniques, and a soothing shoulder massage with the Rose de Mai Skin Smoothing Massage Candle guarantee you will be lured into a deeply relaxed state enabling the nutritional formulations to work optimally while you and your skin are resting.

OSKIA GLOW ON THE GO FACIAL

45 MINUTES

For those in a hurry, who want great results but without the fuss. A quick fix, glow-enhancing facial, with a micro-derma exfoliant and passion fruit enzyme, Swiss cress liposomes and AHA mask, combined with OSKIA's signature face and brightening eye massage.

OSKIA I-ZONE ANTI-FATIGUE

45 MINUTES

A specialised anti-ageing eye treatment designed to soothe over-worked eyes, reduce puffiness and strengthen the eye contour against future damage. Combines lymphatic drainage and luxurious massage techniques with cold stone therapy to lift, soothe and brighten the eye area.



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The treatment was incredible.

- @Robingallant

ADVANCING WITH TECHNOLOGY

OSKIA -30 SUB-ZERO CRYOTHERAPY FACIAL · 60 / 90 minutes

OSKIA REJUVENATING OXYGEN FACIAL · 90 minutes

OSKIA SUPREME GLOW ENHANCER · 75 minutes

OSKIA HIGH-SPEC LED LIGHT · 30 minutes

OSKIA -30 SUB-ZERO CRYOTHERAPY FACIAL

60 / 90 MINUTES

An incredible bio-hacking cryotherapy facial, this wellness treatment incorporates a clinic-grade cryo unit which delivers pure, condensed air at a temperature of -30 degrees centigrade. When used in conjunction with powerful, bio-nutritional formulations and dynamic facial and scalp massage techniques, skin will immediately be refined, de-toxified and & toned, in addition to renewing clarity to the mind. At a deep, cellular level, inflammation is reduced, and rebuilding and repairing processes within cells are supported & enhanced.

*Extend to 90 minutes to include cryo on the back & scalp.

OSKIA REJUVENATING OXYGEN FACIAL

90 MINUTES

This deep cleaning, detoxifying facial sumptuously incorporates steaming, lymph stimulating gua-sha massage and pure Oxygen to help reduce damage to skin's DNA. Clinically trialled, high anti-oxidant formulations intelligently protect the skin against free-radicals, particulate matter and volatile organic compounds, helping to prevent fine lines, pigmentation and collagen degradation.

OSKIA SUPREME GLOW ENHANCER

75 MINUTES

A traditional treatment with a modern Tech twist. Hands-on methods are blended with the latest innovative multi-functional device to supercharge results, cleansing and collagen stimulating benefits are further enhanced with the addition of silicone brushes, massage pads with focused LED, hot & cold rings & muscle-stimulating micro-current.

OSKIA HIGH-SPEC LED LIGHT

30 MINUTES

Add this high-spec LED Light to enhance the skin's own cellular processes and enjoy a hand rejuvenation treatment to ensure you relax & unwind while your facial works overtime.

FACE & BODY TREATMENTS

OSKIA LUXURY FACE & BODY FUSION · 90 minutes

BESPOKE MOTHER TO BE WARM OIL MASSAGE · 90 minutes

OSKIA NUTRI-HYDRATION BODY THERAPY · 90 minutes

OSKIA LUXURY FACE & BODY FUSION

90 MINUTES

A sensational experience, The Luxury Face & Body Treatment combines our most luxurious radiance-boosting and anti-ageing facial techniques with the very best deep pressure massage to entirely renew your complexion and your sense of well-being and ensure you leave radiating with good health.

OSKIA BESPOKE MOTHER TO BE WARM OIL MASSAGE

90 MINUTES

A calming full body treatment that encompasses a soothing full body massage to ease away deeply held stress and tension as the body changes throughout this precious time. Nourishing Rose De Mai oils keep the skin soft and smooth whilst pumpkin enzymes and pink Himalayan salts treat your feet with a luxurious foot scrub. Be prepared to float away during the gentle facial cleanse and dreamy décolleté, face and scalp massage that will be sure to send you into an ultimate state of pure relaxation.

OSKIA NUTRI-HYDRATION BODY THERAPY

90 MINUTES

This universal, full-body ritual is designed to deeply hydrate and refreshingly renew. Your body is caressed with fruit enzymes and pink Himalayan salts to ensure your skin is prepped ready for the triple-weight Hylauronic-Acid complex which follows. Tension is eased with warm compresses and a back, shoulder and neck massage, before the treatment finishes with contouring facial techniques and a soothing scalp massage.



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*My skin looked wide-awake and
the results lasted for days.*

- Wendy Colledge News Editor,
European Spa Magazine

BODY TREATMENTS

OSKIA RENAISSANCE VITAMIN BODY GLOW · 120 minutes

OSKIA CIRCADIAN SYNCING DEEP SLEEP TREATMENT · 90 / 120 minutes

OSKIA THERABODY MASSAGE · 90 minutes

OSKIA MUSCLE WARMING BACK RECOVERY · 75 minutes

OSKIA DYNAMIC BODY SCULPTING MASSAGE TREATMENT ·
60 / 90 minutes

OSKIA BESPOKE NURTURING WARM OIL MASSAGE · 60 minutes

OSKIA BIO-ACTIVE BACK TREATMENT · 60 minutes

OSKIA RENAISSANCE VITAMIN BODY GLOW

120 MINUTES

A luxurious dual-action, full-body ritual designed to indulgently smooth, soften and brighten your body from top to toe. Fine pink Himalayan salt, fruit enzymes and starflower oil perfectly prepare the skin for the warm, velvet-clay body-mask that follows. While the nourishing bio-nutritional actives are drawn into the skin, a meditative face and scalp massage lull you into a state of deep relaxation. A full body, warm oil massage completes this glorious, full body experience.

OSKIA CIRCADIAN SYNCING DEEP SLEEP TREATMENT

90 / 120 MINUTES

Experience unparalleled serenity with this luxurious, multiphase, circadian-syncing massage treatment, a meticulously crafted experience designed to influence sleep, mental well-being, body systems as well as skin vitality. Once the breath deepens, the body relaxes and the therapist slowly and gently massages & cocoons every expanse of skin and pulse point with sumptuous mists warm oils and balms, therapeutically laced with magnesium, melatonin and CBD*. This profound yet harmonious combination works to naturally promote deep relaxation and sound sleep. (*CBD optional)

OSKIA THERABODY MASSAGE

90 MINUTES

This post-workout, full-body treatment ensures exercised muscles are eased for a speedier recovery. Combining stretching, the science-led Therabody device, hands-on therapeutic massage and remineralising Himalayan Salt stones, muscles will be left soothed and relaxed, yet energised.

OSKIA MUSCLE WARMING BACK RECOVERY

75 MINUTES

Concentrating on the key tension-holding areas, the back, neck and shoulders, this treatment begins with an attentive back scrub and a mineral-rich clay ritual to cleanse, yet soften the skin, in this often-hard to reach area. While the heated clay works to eliminate toxins from the back, warmed stones and a relaxing reflex-zone foot massage re-balance the body's energy pathways and ease pressure from muscles. A hot compress caringly prepares the tissues for the tension-releasing back, neck and shoulder massage and when using natural, subtly scented, antioxidant rich oil, this treatment is the most idyllic way to unwind.

OSKIA DYNAMIC BODY SCULPTING MASSAGE TREATMENT

60 - 90 MINUTES

This transformative Brazilian sculpting massage treatment targets cellulite, improves tone, definition, and enhances body confidence. Stimulating massage and lymphatic techniques, as well as potent antioxidant-rich oil, lead to visibly firmer and smoother skin across key areas of focus, including legs, waist, arms, and glutes.

*Extend to include cryotherapy for further lymph boosting.

OSKIA BESPOKE NURTURING WARM OIL MASSAGE

60 MINUTES

A restorative full body treatment to soothingly release deeply held patterns of stress and tension. Infused heated towels and potent, warmed oils immediately induce relaxation while Eastern inspired compression and pressure points reduce muscular aches and pains, leaving you and your body profoundly calm yet reinvigorated.

*Add hot stones to your massage for the ultimate, muscle melting, relaxation.



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The Warm Oil Massage was SO amazing.

- George Driver, ELLE

BIO-ACTIVE BACK TREATMENT

60 MINUTES

OSKIA'S results-driven Signature Facial has been cleverly adapted to treat the skin on the back. From deep cleansing, exfoliation, steaming, extraction and mask application, pores are left feeling clean, yet infused with powerful bio-actives & potent antioxidants. Muscles in the lower legs and shoulders are manipulated and eased to ensuring deep relaxation for the body and rejuvenation for the mind.

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