

# SOHO HEALTH CLUB

Treatment Menu



## Restore

A collection of classes designed to reduce stress, enhance mental clarity and help you reconnect with a sense of inner balance.

### **Meditation & Breathwork**

A soothing class that blends breathing with guided meditation to deeply relax the mind and body. Through calming frequencies and mindful breathwork, this session eases tension and reduces stress.

### **Stretch & Reset**

This class blends the best of flexibility and mobility work to unlock the body's full potential. Designed for all fitness levels, this session focuses on improving posture, enhancing joint mobility and increasing overall flexibility.

### **Yin Yoga**

Unwind and release the day with this evening yin yoga class. Through long-held, passive poses, we gently target the deeper layers of the body while inviting the nervous system into rest and repair. Supported by breath and props, this slow, grounding practice helps ease tension, quiet the mind, and prepare the body for a restful night's sleep.

### **Power Yoga**

Power yoga is a dynamic, full-body workout designed to elevate your fitness and wellbeing. This invigorating practice combines strength-building movements with mobility-focused flows to create a balanced and powerful experience.

## Form

A series of movement-based classes designed to enhance flexibility, strengthen the core, and help your body recover through intentional, low-impact movements, helping you feel stronger and more grounded.

### **Barre Sculpt**

This dynamic barre sculpt workout is the perfect blend of strength, flexibility and cardio, designed to sculpt your entire body. Inspired by ballet and functional fitness, this class focuses on small, controlled movements and high-rep, low-impact exercises to tone muscles, improve posture, and increase endurance.

### **Mat Pilates**

A low-impact class focused on building core strength, improving posture, and enhancing flexibility. Using precise, mindful movements, this practice targets deep muscles to promote balance and a stronger, more aligned body.

### **Reformer Pilates**

A workout that's designed to sculpt, strengthen, and improve posture. Utilising spring resistance, build core control and mobility while lengthening and toning. It's perfect for enhancing precision, balance and alignment, leaving you feeling taller and more sculpted.

## Power

Challenge your whole body with active classes designed to boost cardio endurance and strength, pushing past your mental and physical limits. Guided by expert trainers, you'll build resilience and power for peak performance.

### Move

A high-energy conditioning session designed to elevate heart rate and improve output. Each session alternates muscle groups to ensure a balanced, full-body training effect.

### Build

A dynamic strength-training session designed to help you develop pure strength, improve movement quality, and boost overall performance. Through progressive training, this class combines compound lifts, focused accessory work, and muscular endurance exercises to enhance power, stability and total-body strength.

## Personal Training

### 30 mins

£60

In just 30 minutes, our express training sessions will keep you motivated and on track. Quick and effective, this option is perfect if you're short on time, or when you simply need some extra guidance and movement inspiration.

### 60 mins

£80

Our signature personal training sessions give you the skills, knowledge and motivation to move and feel better. Following a detailed consultation, you'll work with your dedicated trainer to create a personalised plan that's based on your goals. Whether you're looking to build strength, manage weight, improve athletic performance or rehabilitate, they'll help you reach the results you want.

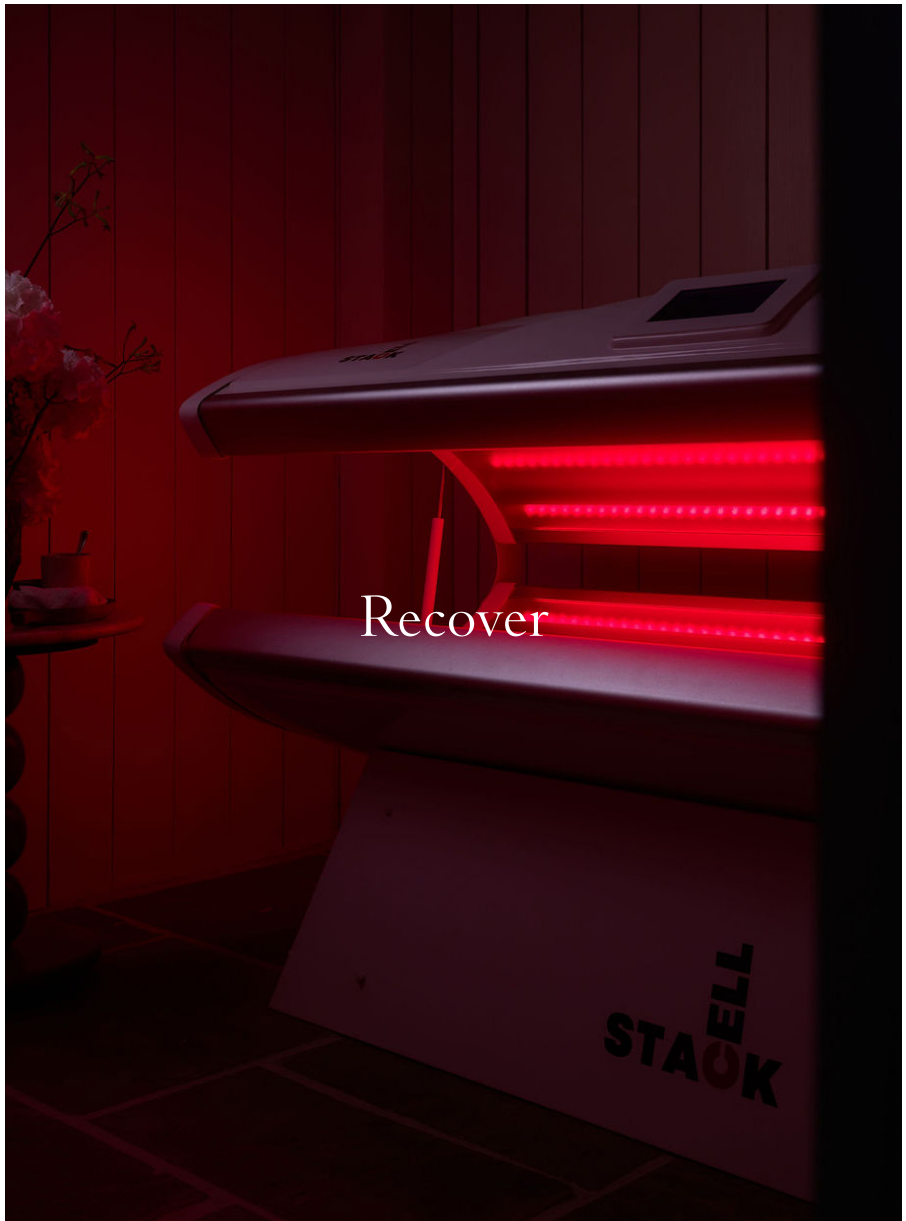
### Personal training for two, 60mins

£120

Reach your individual goals as you work out together. Following a detailed consultation, your personal trainer will customise a fitness plan and create adaptations to suit both people's abilities. Together, you'll work as a team, boosting your motivation, increasing your performance, and remaining committed together.

## Small Group PT

Designed for just six members per session, our Small Group Personal Training programme is built around progressive strength training, helping members improve technique, build confidence, and increase overall performance.



Complement your training or focus on your health with therapies designed to support muscle recovery, stimulate cellular repair, improve circulation and aid sleep. Take a more tailored approach with expert-led diagnostics and personalised health plans.

## Hyperbaric Oxygen Therapy Recovery (HBOT)

A pressurised oxygen therapy that accelerates healing, reduces inflammation and boosts energy. By increasing oxygen levels, it enhances muscle recovery, cognitive function, and overall wellbeing.

**Benefits** Supports recovery, regeneration, muscle fatigue, inflammation and energy

**Frequency** We recommend once per week for general wellness, or more consistently as part of a focused recovery programme

**House Tip** For an extra boost, pair with Red Light therapy.

|                    |      |
|--------------------|------|
| <b>60 minutes</b>  | £50  |
| <b>5 sessions</b>  | £225 |
| <b>10 sessions</b> | £425 |

## Red Light Bed (PBM)

A red and near-infrared light, full-body therapy that stimulates cellular repair, boosts collagen and improves circulation. Ideal for skin health, muscle recovery, and overall rejuvenation.

**Benefits** Supports skin health and collagen production, can help to reduce inflammation and aids muscle recovery, energy and performance.

**Frequency** 2-3 times per week depending on your goals and consistency

**House Tip** Keep consistent and make it part of your weekly routine. Pair with Cryotherapy to increase circulation or HBOT to support recovery.

|                    |      |
|--------------------|------|
| <b>30 minutes</b>  | £50  |
| <b>5 sessions</b>  | £225 |
| <b>10 sessions</b> | £425 |

## Cryotherapy

An invigorating 3-minute cold therapy designed to support recovery and boost energy levels. Whole-body cryotherapy exposes the body to below freezing temperatures, helping to reduce inflammation, improve circulation, and ease muscle fatigue. The result is a refreshing reset that leaves the body feeling energised and rejuvenated.

**Benefits** Supports muscle recovery, reduces pain and inflammation and can boost mood and energy

**Frequency** We recommend using Cryotherapy 1-2 times weekly for general wellness and energy, and 2-4 times weekly for gym recovery.

**House Tip** Pair with compression boots or Red Light therapy to support circulation and aid recovery

|                    |      |
|--------------------|------|
| <b>3 minutes</b>   | £50  |
| <b>5 sessions</b>  | £225 |
| <b>10 sessions</b> | £425 |

## Compression Boots

Enjoy this post-workout treatment with complimentary smoothie. Safe and highly effective, this treatment is a speedy way to relieve muscle stiffness and swelling.

|                   |               |
|-------------------|---------------|
| <b>30 minutes</b> | Complimentary |
| <b>60 minutes</b> | £25           |

## IV infusions

Body Brilliant provides precision-crafted wellness treatments designed by doctors and delivered by a team of medical nurses. Their tailored IV infusions, NAD+, Peptide Therapy and advanced diagnostic services bring together clinical excellence and contemporary wellbeing.

**Benefits** Hydration, nutrient replenishment and recovery support, and can help with increasing energy, immunity and focus

**Frequency** Frequency of use varies depending on lifestyle or goals - from occasional top ups to monthly or targeted programmes.

**House Tip** Don't wait until you feel run down! Pair with Red Light Therapy or HBOT or a comprehensive recovery approach



### Body Detox

A deep-cleansing infusion to flush toxins, rehydrate, and revive low energy.

**40 mins** **M** £300

### Hair, Skin & Nail Health

Target dull, dehydrated skin with a glow-boosting, anti-ageing IV.

**30 mins** **M** £300

### Immunity Support

Fortify your system and fight fatigue with a powerful immunity blend.

**40 mins** **M** £300

### Healthy Ageing

An intensive anti-ageing formula to support cell renewal and metabolic function.

**40 mins** **M** £300

### Bespoke Infusion

A fully customisable blend to combat burnout, fatigue and boost brain function.

**40 mins** **M** £400

### Express

Hydration + single nutrient boost.

**20 mins** **M** £150

### Methylene Blue IV

Boosts mental clarity, mood and focus.  
Supports cellular energy.

**45 mins** **M** £300

### +Add-Ons

**Vitamin C (5g)** £50

**L-Carnitine (1g)** £60

**Glutathione (600mg)** £60

**Serotonin Booster** £75

**Magnesium (1g)** £50

**Vitamin B12 (1mg)** £50

**Vitamin B Complex (1 unit)** £50

**Amino Acids** £60

**Zinc (10mg)** £50

## IM Vitamin Shots

Vitamin B12 (1mg)

Energise and support mental clarity, mood, and cell health.

**10 mins** **M £60**

Vitamin D (300,000 IU)

Strengthen immunity, mood, and bone health.

**10 mins** **M £60**

Biotin (5mg)

Support healthy hair, skin, nails, and metabolic function.

**10 mins** **M £50**

NAD+ 4U Booster ( 60mg)

A powerful pick-me-up to restore energy, clarity and performance.

**10 mins** **M £75**

NAD+ 4U Booster ( 100mg)

A powerful pick-me-up to restore energy, clarity and performance.

**10 mins** **M £90**

## NAD+ 4u IV Drip

Optimise cellular repair, boost cognitive function, and enhance vitality.

NAD + 250MG

**60 mins** **M £350**

NAD + 500MG

**60 – 90 mins** **M £500**

NAD + 750MG

**120 mins** **M £675**

NAD + 1,000MG

**120+ mins** **M £850**

## Diagnostic Testing

### Essential Health (70+ biomarkers)

A Swedish-style massage using light to medium pressure to alleviate stress and promote deep full-body relaxation.

**45 minutes** **£250**

### Essential Health (100+ biomarkers)

Includes everything from the Essential Health package, plus additional blood and biomarker analysis, and a fully personalised lifestyle, nutrition and supplement plan.

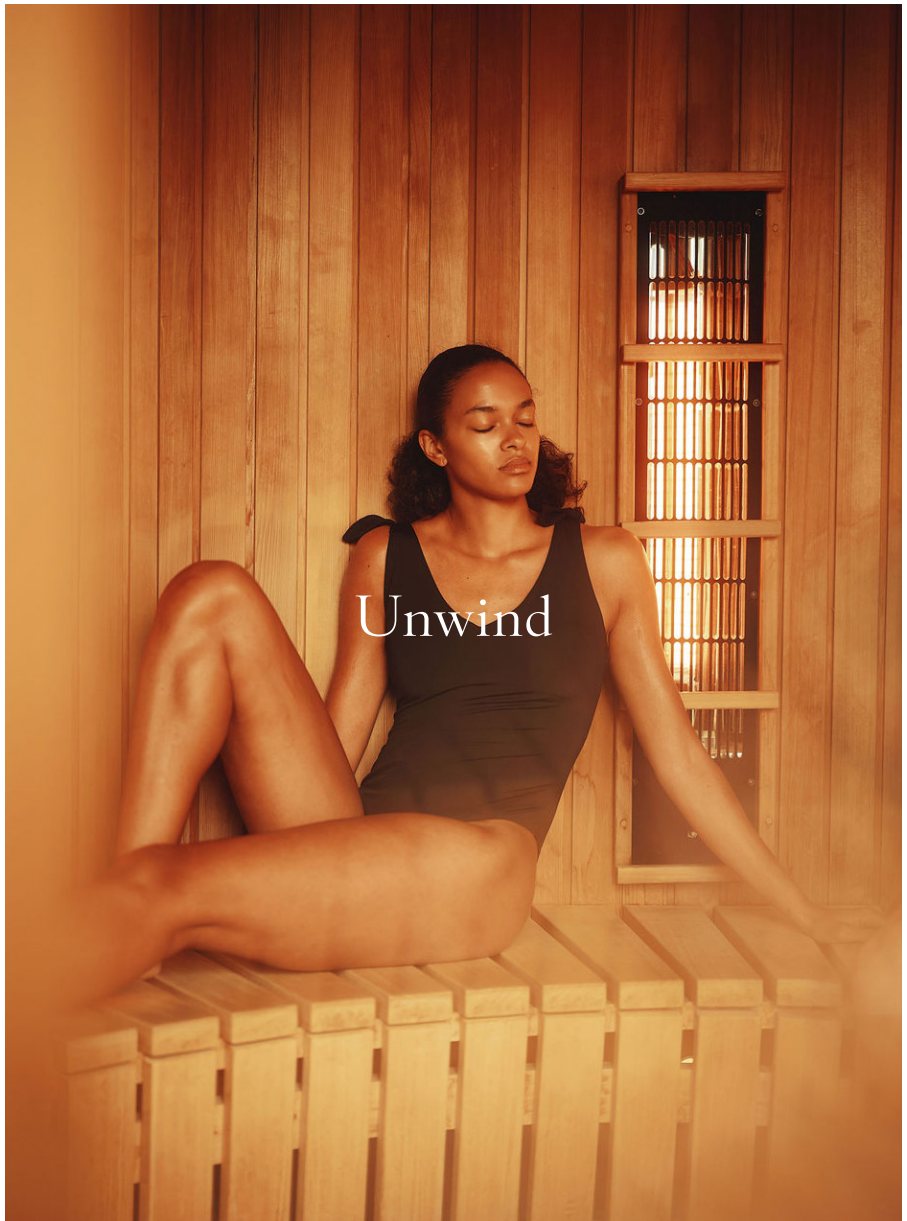
Provides a thorough assessment of hormone health and metabolic stress, offering detailed insights into how to optimise blood sugar, energy production and reduce inflammation.

**45 minutes** **£595**

### Longevity (300+ biomarkers)

For the ambitious, this is next level insight. Includes everything from the Wellness Blueprint, plus: advanced nutritional, methylation and a metabolic biomarker profile, which features mitochondrial health, a comprehensive GI-Map and Omega-3 Index.

**60 minutes** **£850**



Enjoy access to our wellness facilities, including thermal experiences, ice baths, relaxation areas and amenities designed to help you unwind, recharge and feel your best.

### **Contrast Suite**

Featuring saunas, ice baths and thermal experiences, contrast therapy can help reduce muscle soreness, improve resilience and promote overall wellbeing.

### **Traditional Sauna**

A deeply warming heat experience designed to encourage relaxation, ease muscular tension and support circulation.

### **Hammam**

More than a thermal experience, the hammam is a place to slow down, connect and unwind. The warm steam environment encourages relaxation, conversation and a shared sense of wellbeing.

### **Ice Baths**

A cold-water immersion experience designed to invigorate the body and mind, reduce post-exercise soreness, support recovery and improve mental resilience.

### **Hydrogen Water Taps**

Infused with molecular hydrogen, this refreshing hydration option is designed to support recovery and hydration.

### **Poolside Loungers**

Positioned alongside the pool, our loungers offer a comfortable space to relax between swims or thermal experiences.

### **Indoor pool**

Take time to unwind in our indoor pool, designed for both relaxation and low-impact movement. Whether you're swimming laps, easing tired muscles after a workout or simply taking a moment to slow down, the pool offers a calm space to reset and recharge.

# Terms & Conditions

## **Arrival**

Please arrive 10 minutes before your appointment to check in.

If you arrive late your appointment will be shortened accordingly, out of consideration for the next customer.

## **Cancellations**

If you need to change or cancel an appointment, we ask that you give us 24 hours notice or the full cost of the treatment will be charged.

(Please note that we request credit card details to secure bookings.)

## **Age Policy**

No one under the age of 14 is permitted in our spas. Our treatments are specially tailored for adults. However, we do offer treatments to those aged 16-18 with parental consent.

## **Health Conditions**

When making your booking, please advise us of any health conditions and any medication you are taking.

For certain medical conditions we will require written permission from your doctor to proceed. Please speak to our spa team for more information.

## **Pregnancy**

We offer a specialised menu of maternity treatments. If you are pregnant, please inform your therapist to allow us to tailor your experience.

(Please note our pregnancy and safety policy: no treatments can be given in the first 12 weeks of pregnancy.)

## **For more information or to book:**

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