

The Circle Gym and Spa is a family-owned boutique gym and spa nestled near the iconic Tower Bridge inside the Circle building.

With a fully kitted gym spread over three rooms, a class studio, luxurious swimming pool, jacuzzi, sauna, and a spa that boasts an extensive range of treatments, **The Circle Gym & Spa** offers you the complete health club experience.

Individual, Couples and Corporate Memberships are available on a no monthly contract basis. With Tower Bridge & Bermondsey Tube Station only a short walk away and free parking for all members, we are easily accessible.

The Circle Gym & Spa Team look forward to welcoming you soon.



Yoga at bermondsey

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Dermalogica Facials

Microzone

30 minutes: £40

Our skin therapists will analyse your skin then perform a zone-specific treatment designed to solve your skin problem. MicroZone treatments are a cost-effective quick fix for troubled skin. They're the ideal maintenance service between Dermalogica Skin Treatments.

Skin Health Facial

60 minutes: £65

Unique to each individual client, this facial targets specific concerns and restores optimum skin health.

Deep Cleanse Facial

75 minutes: £70

This treatment focuses on purifying the skin, helping to clear and prevent blemishes and congestion that has built up over time. Break outs have finally met their match!

(Please note that we ideally recommend a 75-minute treatment to thoroughly treat the skin and perform extractions but can offer a shorter alternative to fit your schedule at £65 for 60 minutes.)

Power Regeneration Treatment

75 minutes: £70

Designed to revitalise and rejuvenate your skin this facial uses our multi-vitamin range which will help fight the signs of premature ageing.

BioSurface Peel

45 minutes: £80

BioSurface Peel is a powerful skin resurfacing system from the skin health experts at Dermalogica and the international Dermal Institute. It helps reduce breakouts, pigmentation and signs of premature ageing to reveal smoother, brighter and softer skin.

Course: Includes 1 x 75 minute Dermalogica deep cleanse and 3 x bio surface peel facials: £250.00

Face and Back Relax Treatment

75 minutes: £70

Elemis Facials

Visible Brilliance Facial

75 minutes: £70

The perfect pre-occasion treatment. Moisturisation and elasticity levels are increased after just one treatment, leaving the skin incredibly smooth and radiance restored.

Pro-Collagen Quartz Lift Facial

75 minutes: £70

Clinically proven to reduce the number of wrinkles after just one treatment. Specialised lifting massage combined with proven marine extract, Padina Pavonica, helps re-energise cell communication and rejuvenate skin.

Tri-Enzyme Resurfacing Facial

60 minutes: £65

This facial uses three targeted enzymes to accelerate the skin's biological exfoliation process. This treatment helps to effectively remove the thickening layer of the epidermis leaving the skin brighter, smoother and more radiant after just one treatment.

Galvanic Spa Facial

30 minutes: £40

Advanced technology lifts, firms and tightens the skin while removing impurities and rejuvenating the complexion. A course of six treatments is recommended at £200.

Massages

Traditional Massage

30 minutes: £35 45 minutes: £45

60 minutes: £60

Traditional Thai Massage

30 minutes: £35 45 minutes: £48

60 minutes: £55

Hot Stone Full Body Massage

60 minutes: £70

Tailored Aromatherapy Massage

75 minutes: £70

Sports & Remedial Therapy Deep Tissue

Muscle Massage 30 minutes: £40

45 minutes: £50 60 minutes: £60

Body Treatments

Beauty at The Circle Gym & Spa use products which are designed to awaken the skin and leave you feeling revitalised, energised and more supple.

Enzymatic Sea Mud Pack

60 minutes: £60

The enzymatic sea mud masks helps to detoxify, exfoliate and nourish your body with its purifying seaweed and mineral properties. Enjoy the stress relieving scalp massage while the mask works its magic. Infused with aromatic botanical extracts and fruit enzymes, this treatment will leave your skin feeling soft, smooth and supple.

Power Recovery Therapy Pack

60 minutes: £60

An ideal body pack for those with dry, sensitive or irritated skin. Wasabi, Ginger & White Tea stimulate blood circulation to promote healthier skin, while rich Kukui Nut, Olive and Grape Seed oils smooth and provide antioxidant protection.

Purifying & Cleansing Back Treatment

60 minutes: £60

An area where the condition of the skin is easy to neglect, this treatment acts like a facial for the back, neck and shoulders. The skin will be deeply cleansed, exfoliated & steamed, before being saturated with moisture to nourish and hydrate.

Exotic Lime & Ginger Salt Scrub

45 minutes: £50

Feel your senses lifted and your body invigorated by the sublime exotic lime and ginger salt glow, infused with skin enriching Japanese camellia oil blend. After light body brushing, warm oil is drizzled over your body blending with our salt glow leaving your skin feeling deeply cleansed, polished and softened to perfection.

Exotic Frangipani Body Glow

45 minutes: £50

An exotic body exfoliating ritual to soften and nourish. Warmed Frangipani oil is used in conjunction with a luxurious salt glow to polish your skin to perfection.

Hair Removal

Please note timings are approximate.

Standard Bikini Line 15 minutes: £20

Brazilian STRIP Wax 30 minutes: £30

Brazilian HOT 45 minutes: £35

Half Leg Wax 30 minutes: £22

Half Leg and Bikini 45 minutes: £38

Under Arm 15 minutes: £13

Upper Lip or Chin 15 minutes: £11

Half Arm Wax 30 minutes: £19

Extended Bikini Line 15 minutes: £23

Hollywood STRIP wax 30 minutes: £30

Hollywood HOT 45 minutes: £35

Full Leg Wax 45 minutes: £32

Full Leg and Bikini 60 minutes: £48

Eyebrow Wax 15 minutes: £11

Eyebrow & Lip Wax 20 minutes: £20

Full Arm Wax 45 minutes: £24



Manicures and Pedicures

Beautiful nails are not born; they are carefully cultivated. By having Creative Nail Design [CND] treatments with their prescribed product regime, you will achieve healthy, beautiful nails.

Manicure 30 minutes: £25

Includes file, shape, cuticle work, cream, Vinylux CND polish application and cuticle oil.

Shellac Manicure 45 minutes: £35

Developed by CND, Shellac will enhance your natural nails by using a gel polish overlay which will last up to 2 weeks. Includes file, shape, cuticle work, Shellac application and cuticle oil.

Japanese Manicure 60 minutes: £35

A Japanese manicure is a unique procedure which allows the most weakened and damaged nails to be restored completely. It is based on a multivitamin paste and shine powder. After several sessions of the Japanese manicure, nails become firm, elastic, and smooth.

Luxury Manicure 60 minutes: £35

This manicure enhances feelings of self-confidence by helping hands feel softer, smoother, firmer and more attractive. This is a luxury treatment that includes a hand exfoliation, deep moisturising mask, and the use of thermal mittens. Your hands will be left feeling amazing and looking fabulous.

Pedicure 45 minutes: £35

Excite, energise, and refresh. Inspired by the sea, this pedicure uses marine botanicals, sea salts and quartz crystals to bathe, scrub, cool and hydrate.

Luxury Pedicure 60 minutes: £45

A luxury foot and leg treatment using Zen spa to smooth even the driest of skin.

Shellac on Toes 45 minutes: £30

Includes file, shape, cuticle work, Shellac application, cuticle oil.

Shellac Pedicure 60 minutes: £45

Developed by CND, Shellac will enhance your natural nails by using a gel polish overlay which will last up to 3 weeks.

Includes file, shape, hot bath, cuticle work, scrub, Shellac application, cream and cuticle oil.

Callus Peel Treatment 30 minutes: £25

Don't just dream about pretty feet...

Calluses can be removed from your feet by using our 15 minute, four step system: patch n wrap, peel, file, moisturise. Treatment is NOT recommended if you are pregnant or a diabetic.

Callus Peel Pedicure 60 minutes: £50

Calluses removal by using our 15 minute, four step system. Treatment also includes hot bath, nail file and shape, cuticle care, buffing, polish application, foot cream, cuticle oil.

Re-Varnish 20 minutes: £15

This is a CND Vinylux file and paint.

Shellac/Soft Gel Soak Off
15 minutes: £10



Nail Enhancement

Enhance and transform your nails with CND® Liquid & Powder and Gel Enhancement systems.

Acrylic Full Set 90 minutes: £45

Acrylic refill 60 minutes: £35

Formulated to provide gorgeous, long-lasting, lift-resistant enhancements for nails that know no limits!

Gel Full Set 90 minutes: £55

Gel Refill 75 minutes: £45

Create durable, resilient, natural-looking gel enhancements that are easy to apply, easy to wear, and easy to love.

Shellac/Soft Gel Soak Off 15 minutes: £10

Nail Art from £5

Nail Repair from £4

Spray Tan

15 minutes: £30

Transform pale skin to a luxe bronze with the perfect blend of Fake Bake sunless tanning.

Fake Bake gives an instant sun-kissed colour and develops into a long lasting sunless fake tan by combining naturally derived tanning agents DHA and Erythulose guaranteeing up to 50% longer lasting, more natural looking results.

Fake Bake have developed botanical ingredients to remove parabens and artificial preservatives.

Lashes and Brows

Party Lashes

Natural Look 10 minutes: £20

Full Look 15 minutes: £25

Strip Lashes 10 minutes: £16

Shape & Tint

Eyelash Tint 30 minutes: £16

Eyebrow Tint 30 minutes: £16

Eyebrow Shape
(wax or tweezers) 45 minutes: £11

Eyebrow Tint & Shape 45 minutes: £20

Eyelash Tint, Eyebrow Tint and Shape 45 minutes: £30

LVL Lashes 45 minutes: £65

LVL straightens your natural eyelashes at the root, so unlike a traditional lash perm it creates the effect of longer, lifted lashes. They'll stay that way for six weeks. The results are immediate, plus the added lash tint creates a mascara-type effect so you are always ready to go.

Semi Permanent Lash Extensions

Weak, thin, light lashes are transformed – one lash at a time – into a long, thick, luxurious set. The process involves attaching single strands of high quality synthetic lashes onto your own natural lashes to mimic, enhance, and 'extend' your own natural lashes. A variety of extensions are applied to add volume, length and curl. Styling of lashes are highly customised to create a look that is bespoke to you.

Mink Lashes 90 minutes: £80
In-fills from £30

Silk Lashes 90 minutes: £100
In-fills from £40

Natural Faux Mink Lashes 90 minutes: £120
In-fills from £50

Russian Volume Lashes
2D - 6D 120 minutes: £100
In-fills from £50

Lash removal 20 minutes: £20



Men's Grooming

Men's MicroZone Facial

30 minutes: **£40**

Our skin therapists will analyse your skin, then perform a zone-specific treatment designed to solve your skin problem. MicroZone treatments are a cost-effective, quick fix for troubled skin. They're the ideal maintenance service in between Dermalogica Skin Treatments.

Men's Skin Health Facial

60 minutes: **£65**

Let us help with the signs of ageing, shaving bumps/irritation, rough dry skin and breakouts. Every stage is customised to your skin's needs.

Men's Deep Cleanse Facial

75 minutes: **£70**

Optimum skin health is just a treatment away. Each step is customised to ensure a treatment as individual as you, all your skin concerns addressed in the one treatment. This includes deep cleansing, extractions, exfoliant and mask.

Men's Hair Removal

Eyebrows	15 mins: £12
Nostrils	10 mins: £10
Ears	10 mins: £8
Underarms	15 mins: £15
Full arms and hands	30 mins: £30
Upper arms	20 mins: £15
Forearms and hands	20 mins: £20
Hands and fingers	10 mins: £10
Full legs and feet	45 mins: £40
Upper legs	20 mins: £25
Lower legs and feet	30 mins: £25
Feet and toes	10 mins: £10
Chest	20 mins: £20
Abs	15 mins: £20
Chest and abs	30 mins: £27
Nape of neck	15 mins: £15
Lower back	15 mins: £15
Upper back and shoulders	20 mins: £20
Full back & shoulders	30 mins: £30
Buttocks	20 mins: £20 – £30
Groin	30 mins: £40 – £50
Boyzilian (buttocks and groin)	1hr: £60 – £70

Spa Packages

Each guest will receive a welcome drink, towel, robe and slippers upon arrival. These packages are already discounted and do not qualify for future discount offers.

Holiday Wax

1hr 45 minutes: **£76**

This includes a full leg wax, Brazilian wax, eyebrow shape and an underarm wax.

Beauty Experience

3 hours: **£155**

This treatment includes a 1 hour traditional facial, a one hour massage and a body wrap of your choice.

Head to Toe Experience

1 hour 30 minutes: **£85**

This package includes a one hour traditional relaxation massage and a 30-minute MicroZone facial.

Detox

1 hour 45 minutes: **£93**

This treatment includes a 45 minute hydro active mineral salt scrub followed by a detoxifying enzymatic sea mud wrap.

Information

Booking Deposit

A **£10 deposit** will be payable at the time of booking your appointment. This will be redeemable against the cost of your treatment. Cancellations within 24 hours and missed appointments really hurt our business and therefore in this situation the booking fee will be non-refundable.

Consultation

Some treatments may require a 15 minute consultation beforehand to ensure maximum benefit and results. If you require a consultation please mention this at the time of booking.

Spa Facilities

If you book any of our beauty treatments for an hour or longer, you are entitled to use our pool, jacuzzi, sauna and steam room for an additional **£25**.

Gift Vouchers

An ideal present for someone special. Contact us for details.

