

find
your inner
bhuti

Treatments & Membership

bhu⁺i

welcome to bhuti, an eco wellbeing escape.

bhuti is a Sanskrit word.
There isn't really a direct translation.

It's that feeling when you feel most like... you.
When the world feels like a bike that you're riding,
not a bus that you're chasing.

You know when you hear that little voice in your
head saying 'you should do this more often'?
That's bhuti talking.

It's a glow you get, a freshness you feel, a lightness
that lifts you, a breath that grounds you.

We're here to help remove the unnecessary, so you
can find, feed and focus on your inner bhuti.

bhuti treatments

Skin is the largest organ of the body and absorbs nearly 70% - 90% of what's put on it. It's exposed to over 250 chemicals every day, so the last thing it needs is any more.

Everything we use at bhuti is as pure, natural and nutritional as possible.

Our products are all made in England and are natural or organic – better for people and the planet.

Ageless beauty, flawless grooming and clean living.

With an inside out holistic approach, all treatments in this menu are perfect for both men and women.

bhuti brands

Ila

luxury organic skincare, spa products and treatments

Meaning 'Earth' in Sanskrit, Ila reflects faith in the power of nature as the source of real wellness. Using only the finest natural plant and mineral ingredients, wild harvested in remote, untainted regions by artisan producers who value traditional, sustainable practices.

oskia

pure nutritional skincare, made in England

A natural form of organic sulphur, MSM boosts collagen production, promotes circulation and helps decrease inflammation.

elemental herbology

natural and bio-nutritious skincare

Elemental Herbology is based on the Five Element Theory from Traditional Chinese Medicine. They have the pursuit of good health, nutrition and wellness at its core and is packed with nutrients to help you discover your natural radiance and give truly visible results.

neom

Masterminded by a team of 11 wellbeing experts, NEOM treatments have been created to provide true therapeutic wellbeing benefits tailored to your needs on any particular day. NEOM believes that your body knows best what your mind needs most.

therapi

life's sweet nectar

Honey is Nature's liquid gold, a precious elixir containing the nutritious nectar and therapeutic essences of a thousand flowers in just a single drop. Certified organic products combine honey with active botanical extracts in exceptionally pure and gentle formulations, using cold-pressed oils and nourishing plant butters to keep your skin looking beautifully radiant and healthy day after day.

specialised facials for him and her

ila gold cellular age restore face therapy dry / dehydrated / mature skin

60/90 mins £100/£150 • course of 6 £500/£750

Advanced anti-ageing, hydrating and repairing treatment for mature, irritated and rosacea prone skin. A powerful treatment encompassing a blend of the world's most undiscovered ingredients that have been proven to work with the skin to heal and protect from the many natural signs of ageing. Three types of naturally occurring gold and the rarest of Frankincense from the Gardens of Ethiopia, are delivered into the skin using cleansing and healing massage techniques. ila's unique BosTriWell® & hyaluronic extract combined with sonic wave therapy, instantly increases collagen levels and reduces cell inflammation. Skin is reprogrammed and rejuvenated.

90 Minute Facial includes a luxurious back massage to soothe, ground and nurture.

oskia signature glow facial normal / sensitive / combination / dry / dull skin

75/90 mins £95/£120 • course of 6 £475/£600

Combining anti-ageing and glow inducing techniques to illuminate the skin and leave face, body and mind feeling refreshed and renewed. Specialised facial and eye contour massage techniques, lymphatic drainage and acupressure lift, relax and contour the face. Exfoliation and extraction and AHA masks ensure a deep cleanse, whilst oils and serums will revitalise the skin to boost elasticity and illumination. The ultimate radiance boosting facial.

90 Minute Facial includes LED light therapy. Red LED light therapy has been proven to energise cells deep below the skin's surface to stimulate tissue repair and collagen production.

elemental Herbology clear cleanse facial combination / oily / acneic skin

60 mins/£80 • course of 6 £400

Pollution, lifestyle and stress all contribute to congested and unbalanced skin. A clear, clean and balanced complexion begins to be restored.

elemental herbology radiance and vitality skin brightening facial pigmentation / normal / dull skin

60 mins/£80 • course of 6 £400

Using a 20% solution of Vitamin C infused with Kombuchka, skin feels smoother, appears brighter and the complexion is more balanced with reduced pigmentation delivering high-performance results.

therapi honey radiance and renewal facial sensitive / normal / dry / dehydrated

60 mins/£80 • course of 6 £400

A bespoke honey treatment ritual to naturally cleanse, hydrate and re-awaken the skin, leaving it softly radiant and deeply nourished. Honey-cleanse and exfoliation is followed by an expert honey facial massage to stimulate the lymph, tone and rejuvenate the skin. The fine mist of pure organic flower water and honey-based moisturiser are chosen to suit your skin's unique needs and nature's most powerful antioxidant -propolis treats fine-lines and stimulates collagen production. Aromatic resins, soft vibration and gentle touch ensure that senses are soothed, the body is grounded and the mind is rested.

bhuti bespoke specialist facial all skin types

60mins/£90 • course of 6 £450

A bespoke facial ritual conducted by bhuti's facial specialist designed to cleanse, hydrate and re-awaken the skin naturally, leaving it radiant, deeply nourished and rejuvenated. An expert facial massage is performed with thoughtful pressure applied, designed to exercise, tone and re-awaken the skin. Each skincare product is carefully chosen to suit your skin's unique needs using nature's most powerful ingredients that are not only restorative in nature, but integral to the efficacy of this facial ritual. These exacting intentions, as well as the considered approach to the the relationship between the mind and senses will leave you feeling and looking completely refreshed.

oskia LED red light therapy pigmentation / normal / dull skin

30mins/£45 • course of 6 £225

OSKIA has incorporated this natural, non-invasive treatment to complement their award-winning products and amplify long-lasting treatment results. Red LED light therapy has been proven to energise cells deep below the skin's surface, to stimulate tissue repair and collagen production.

body treatments

ila kundalini back ritual

60 mins/£90

Perfect for emotionally exhausted souls, this soothing, grounding and nurturing treatment has a transformative and restorative effect on the nervous system. Ancient marma therapy is used and warm herbal poultices are massaged into the back of the body, whilst sound healing and chakra balancing lift away your tension. Energy is released from the base of the spine, negativity is dissolved and the body is brought back to a state of balance. Treatment ritual- Ila core back massage, marma therapy, chakra balancing, warm herbal poultices, back of leg massage. Optional rose facial massage.

ila manipura full body ritual

90 mins/£120

Calming treatment ideal for reducing anxiety and for digestive disorders. This warming treatment helps balance and energise the Manipura – the solar plexus (navel) chakra – the centre of fire and sun energy that ignites our health and vitality. Meaning 'beautiful, shining jewel' in Sanskrit, the Manipura massage uses marma therapy, lymphatic drainage and warm herbal poultices on the abdomen to relieve digestive blockages, increase blood and lymph flow, and stimulate inner vibrancy.

body massage

bhuti bliss massage

60 / 90 minutes £80/£120

A bespoke massage to allow tension to drift away and a calm new you to be uncovered. With a strong emphasis on relaxation. Using different techniques adapted to your needs of the day. Swedish, Acupressure, Lymphatic and much more.

bhuti deep tissue massage

60 / 90 minutes £90/£130

A bespoke deep tissue massage works deeply into the muscle tissues for muscular relief. This concentrated treatment allows tension in sore and tight muscles to drift away whilst relieving stress and tension.

elemental herbology five element massage

60/90 mins £80/£120

This personalised aromatherapy massage blends customized essential oil infusions with warm herbal steam towels, heated stones and skilful therapeutic techniques to deliver the ultimate massage experience. We prescribe wood for rejuvenation, Fire for zest, earth for balance, metal for detoxifying or water to soothe. This treatment draws from both eastern and western massage and thermotherapy techniques to help balance body and mind.

elemental herbology ho-leaf and rosemary muscle melt

60 mins/90 mins £80/£120

Combining stimulating ho leaf, lemongrass, nutmeg and rosemary with deep tissue massage therapy, this concentrated treatment will unravel tension in sore and tight muscle, relieve deep stress and tension and enhance the bodies circulation. Incorporating hot stones and a warm invigorating balm, this treatment is highly recommended for anyone suffering from chronic stress, pain or tension.

elemental herbology pregnancy massage

60/90 mins £80/£120

This supportive and relaxing massage is designed for the needs of expectant mothers to help bring ease and comfort during this special time. Recommended for the second and third trimesters only.

hands and feet

Our hand and feet treatments use toxin-free nail products – guaranteed 'Big 5 Free' (free from formaldehyde, formaldehyde resin, toluene, dibutyl phthalate (DBP) and camphor).

bhuti manicure

45min/£35

A complete manicure infused with hydrating defying ingredients to cleanse, treat, and nourish leaving hands visibly smoother, more radiant and healthier looking. Nail care included.

bhuti pediure

60 mins/£45

A complete pedicure infused with hydrating defying ingredients to cleanse, exfoliate, treat and nourish leaving feet visibly smoother and more radiant. Nail care included.

hands & feet additions

biosculpture gel polish

Add on/£5

A permanent nail colour that dries instantly and will last for weeks without wearing or chipping. Bio sculpture makes nails beautiful, flexible and strong without causing damage to the natural nail. Bio sculpture is available in different colours, including french and clear. Once you gel polish has been applied and cured under a lamp you are immediately ready to go with glossy, chip resistant, non- smudge nails.

gel polish soak off

15min/£10

bhuti file and polish

20 mins/£20

Ideal if short of time and require a nail tidy and polish.

bhuti hand or foot therapy

30 mins/ £28

A nourishing and soothing warm oil is applied followed by a massage. This is an ideal add on to any treatment. This is particularly beneficial alongside the manicure or pedicure.

bhuti spa extras

bhuti regime

Regular holistic spa treatments are an effective stress management tool. A weekly or bi-weekly treatment will ensure you take precious time out for yourself, and is proven to do you and your skin good.

buy a bhuti package. Buy any 6 treatments and receive a £50 bhuti retail voucher or 12 treatments and receive your 12th FREE, helping you keep your body and mind in tip top condition...

(*Offer valid on the same treatments. Valid for 1 year.)

bhuti spa days

4 hours of treatments £295

Unlimited Yoga & Fitness Classes

Lunch in our Vegan Organic tea room

Full day access to members spaces

Tea & Cake in our Vegan organic tea room

2 hours of treatments £155

Unlimited Yoga & Treatments

Access to members spaces

Tea & Cake in our Vegan organic tea room

90 minutes of treatments £120

Unlimited Yoga & Fitness Classes

Access to members spaces

bhuti complementary therapies

consultations

Naturopathic consultations • from £100

Using a range of alternative methods of diagnosis, a Naturopath can often successfully pin-point a predisposition in the body, before the onset of acute disease, and treat the patient with specific therapies and changes in the patient's lifestyle.

Ayurveda consultation • from £75

Ayurvedic medicine is an ancient and traditional form of healing originating from india.

Homeopathy • from £100

Homeopathy is often turned to after long- term medical treatment has failed to produce effective results. It can be safely used alongside conventional medicine.

Nutritional therapy • from £70

Nutritional therapy offers holistic diet and lifestyle advice and support.

Colonic hydrotherapy • from £100

Colonic elimination support -hydrotherapy, can be a supportive aid to help release built up waste and toxins.

Tarot • from £72

Tarot is best known for fortune-telling, but its real potential lies elsewhere: tarot is the picture- book of the unconscious, offering us guidance and insight.

Vedic and western astrology • from £108

Debbie Frank is a renowned astrologer who has been in practise since 1984.

Wellbeing consultation • from £130

holistic body treatments

Aromatherapy massage • from £50

Aromatherapy massage is massage therapy enhanced with essential oils (highly concentrated plant oils) added to the massage oil or lotion.

Reflexology • from £50

A method of treatment using massage to reflex areas found in the feet and hands.

Acupuncture • from £100

Needles are inserted in the skin at specific points along what are considered to be lines of energy (meridians), used in the treatment of various physical and mental conditions.

Craniosacral therapy • from £100

CST is a form of bodywork that is characterised by light and non-invasive hand contacts. Many people report however that although the touch is gentle, their experiences of CST is deeply profound.

Deep tissue massage • from £80

Working at the deepest layer of the muscles, fascia and tendons. Designed to relieve pain and muscle tension throughout the body.

Indian head massage • from £50

This is a sequence of massage movement over the head, scalp, neck, face and shoulders.

Facial Reflexology • from £45

Naturally stimulates collagen and elastin from the inside, leaving a glowing complexion after just one treatment.

Reiki • from £60

Reiki is a Japanese healing method based on ancient eastern wisdom and techniques.

Shiatsu massage • from £105

Shiatsu originated in Japan from traditional Chinese medicine with influences from more recent western therapies.

Orthopaedic or sports massage • from £50

A speciality within the field of massage therapy that focuses specifically on assisting the training process, preventing injury and aiding the healing process when injury occurs.

Swedish massage • from £50

The techniques used within this massage form the basis of a firm functional treatment used to eliminate toxins, stiffness, built up of lymphatic crystals and tight muscles.

Thai yoga massage • from £50

A combination of acupressure techniques and yoga stretches.

Crystal Sonic Rejuvenation • from £90

A new generation, holistic facial treatment applying crystal and sound therapy to acupressure points to produce a powerful rejuvenating and revitalizing effect on the whole body.

grooming

waxing

using lycon precision wax, the all-natural world leader in waxing technologies.

Underarm	£15
Bikini	£18
In-betweeny	£23
Brazilian	£36
Hollywood	£39
Half leg	£22
¾ leg	£25
Full leg	£32
Half arm	£18
Full arm	£25
Full leg + In-betweeny + under arm	£65
Facial waxing (eyebrows, top lip & chin)	£30

Men

Back & shoulders	£32
Chest	£25

Waxing is unsuitable if you are using Retin-A (currently or in the last 3 months) or Accutane (currently or in the past 6 months) or if you have had a recent laser peel or are sunburned.

threading

Upper lip	£8
Chin	£8
Eyebrows	£10
Full face (eyebrows, top lip & chin)	£30

tinting

Eyebrow or eyelash tinting	15 mins/£10
Eyebrow and eyelash tinting	20 mins/£17

yoga

Drop in class /£16

Drop in meditation /£10

Community class /£3 - £5 donation to bhuti foundation

bhuti regime

The more you practice your yoga, the better you'll feel. That's why we offer discounts for those who book ten or more classes.

10 class pack/ £140 (valid for three months)

Please download the bhuti app to book your class online.

The schedule or teacher may change so it is always best to book 24 hours before, or on the day of your class.

bhuti membership

One card. One year.
8760 hours of feeling good.

Join the bhuti family and share your journey with like-minded souls.

Full bhuti membership

Unlimited yoga and pilates group classes
Space to chill, hang out or work in the members lounge with up to 4 guests
A 30 minute monthly bhuti treatment (including massage, facial and grooming)
15% discount on bhuti treatments
10% discount in the bhuti cafe and shop
Free monthly events and talks
10% discount at The Bingham (restaurant, bar, rooms for groups of 4 or less)

£170 per month / £2,000 per year

Completely flexible with just 1 calendar month's notice to cancel or freeze for up to 3 months

Under 30s or OAPs £102 per month or £1200 per year

bhuti studio membership

Unlimited yoga and pilates group classes
Space to chill, hang out or work in the members lounge with up to 4 guests

£99 per month/ £1140 per year (minimum 6 month contract)

Under 30s or OAPs £75 per month or £860 per year

bhuti treatment membership

90 minutes of treatments every month

Space to chill, hang out or work in the members lounge with up to 4 guests

£99 per month/ £1140 per year (minimum 6 month contract)

Under 30s or OAPs £75 per month or £860 per year

bhuti baby

9 MONTHS OF TOTAL WELLBEING

A membership to take you from pregnancy to birth and beyond, ensuring the best well being for you and your baby.

Unlimited yoga and pilates classes

Pregnancy and beyond workshops and events

Access to the member area with 4 guests

15% on bhuti treatments

£170 per month/ £1,500 for a 9 month membership, spread over 18 months, and allowing for a pause of up to 6 months.

about bhuti

Cancellations policy

Please provide at least 24 hours notice should you wish to cancel or change your appointment, **to avoid a 100% cancellation charge**. To cancel your appointment, do so online or by phone.

Your appointment

To get the best from your appointment please arrive 10 mins before your appointment so we can get you checked-in, and ready to switch off.

find bhuti

50 Hill Rise
Richmond
London TW10 6UB

bhuti.co
be@bhuti.co
0330 400 3108

10 mins walk from Richmond station

- P Parking (Ring Go - 020 3046 0010 - location number 5410)
- Open: 7 days a week



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