

The Lunch Escape Launches At St Pancras Renaissance Spa

The Victorian inspired spa pairs hero aromatherapy treatments with revitalising smoothies, alongside a nourishing lunch



February 2018: Hidden away inside the neo-gothic masterpiece fashioned by Sir George Gilbert Scott, the [St Pancras Renaissance spa](#) transports visitors from King's Cross to a luxury oasis steeped in old world charm. Juxtaposing historic with the modern, ['The Lunch Escape'](#) offers an aromatherapy treatment using the finest essential oils from Aromatherapy Associates, along with a healthy lunch from the hotel's [Booking Office](#) and a smoothie to complement the treatment.

Guests can take a dip in the relaxation pool, switch off in the chromo therapy eucalyptus steam room or simply soak up the stunning architecture, before enjoying an exquisite 60-minute aromatherapy massage or facial. Using Swedish and neuromuscular techniques, the hero massage stimulates the nervous system encouraging healthy circulation and releasing tensions, leaving guests feeling deeply re-charged. The facial, bespoke to suit individual needs, uses premium oils and plant extracts to leave skin luminous and restored.

Oils from Aromatherapy Associates, the authority in aromatherapy for over 30 years, are chosen according to each guest. The *'De-stress'* oil helps with switching-off, providing mental clarity, *'Deep-relax'* is known to help with insomnia, whilst *'Support-breathe'* is recommended for those suffering from a cold or hay fever.

Visitors can further re-charge with a two-course lunch at the hotel's [Booking Office](#), where the dedicated *'The Lunch Escape'* menu includes refreshing dishes such as a kale and baby spinach salad with grilled prawns and zesty citrus vinaigrette, and roasted Scottish salmon with dill potatoes and a beetroot caper pesto.

Diners can sip on smoothies featuring ingredients that complement the benefits of the aromatherapy oil used, paired by the spa's expert therapists. The zingy *Support Smoothie* packs in superfoods such as kale, spirulina and ginger, complementing the cleansing *'Support-Breathe'* aromatherapy treatment, whilst the calming pomegranate, acai and banana in *De-Stress Delight* matches with the *'De-Stress'* treatment.

The Lunch Escape costs £140 and includes full use of the spa facilities, a 60-minute treatment, two course lunch and smoothie at the Booking Office. For couples purchasing the package as a pair, aromatherapy treatments can be held in the couples treatment room.

The package is valid Monday – Friday

For more information or to book please visit: <http://www.stpancraslondon.com/en/spa/>

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Opening Hours: Monday – Sunday, 9am – 9pm

ENDS

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About The Spa

As King's Cross connects travellers above ground, the serene oasis below the bustle at the [St Pancras Spa](#) builds on the history of travel. Sweeping visitors on journeys of their choosing through the range of exquisite treatments using the finest products from Aromatherapy Associates and Cinq Mondes, guests leave feeling relaxed and revived.

Located inside the St Pancras Renaissance Hotel, the Grade I listed building a stone's throw from King's Cross, boasts stunning Victorian brick archways and restored tiling, sweeping guests into a world of old world charm.

Offering a range of membership options and boasting a fitness centre equipped with the latest technogym cardio and resistance equipment, an 11m relaxation pool with hydro loungers and a chromo therapy eucalyptus steam room, the spa is perfect for both locals and travellers.

About St Pancras Renaissance Hotel

St Pancras Renaissance Hotel is located in King's Cross, one of London's most exciting neighborhoods offering excellent transport links and a wealth of bars, restaurants, museums and galleries. The 245 room hotel incorporates 38 historical Chambers suites and the exclusive Chambers Club. There are a range of dining options including the Booking Office bar and restaurant, Hansom Lounge, MI + ME and The Gilbert Scott restaurant, managed by renowned British Chef, Marcus Wareing. The hotel also boasts a Spa and 10 unique meeting and event spaces. Combining stunning architecture and an exceptional level of service, the hotel offers an experience like no other. www.stpancraslondon.com

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