

## Spa Therapist – Fiona Keane

It didn't take long for our founder, Mrs Bea Tollman to persuade Fiona Keane to 'come in from the cold' and bring her highly successful business to the Health Club Spa at The Milestone Hotel. Fiona has spent the last 30 years working round the world, from The Royal Palaces in Kathmandu to Kensington Palace and Downing Street to The White House. Fiona's client list is a closely guarded secret, although the British actress Joan Collins recommends all of Fiona's treatments. Her list of treatments at the Milestone is highly varied. From massage to make-up and eyelash extension to pedicures. She offers a range of treatments for the 'weary traveller' and guarantees you will leave feeling revived and revitalised.



### **Essential Information**

#### Appointments

To make an appointment please call Milestone Concierge desk 020 7917 1034 or contact Fiona direct on 07850 962 538 or [fkeane@hotmail.co.uk](mailto:fkeane@hotmail.co.uk)

A credit card is required to hold reservations for non-resident guests.

#### **Cancellation Policy**

Guests who wish to cancel or reschedule their appointment are kindly requested to provide 24 hours' notice or the full cost of the treatment will be charged. If you are less than 30 minutes late, the treatment time will be reduced accordingly, but you will still be charged at the tariff price. If you are more than 30 minutes late your appointment will be cancelled and you will be charged the full cost of the treatment. This will ensure that other guests are not inconvenienced.

## **Beauty Treatments**

### **By Fiona Keane**

The Milestone Hotel  
1 Kensington Court  
London  
W8 5DL

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[www.milestonehotel.com](http://www.milestonehotel.com)

Fiona Keane: Mobile +44 (0) 7850 962 538

# Beauty Essentials

## Sothys Facial

Deep hydrating, deep cleansing, nourishment and head, neck and shoulder massage

(‘the best facial in town’, Joan Collins – Harpers and Queens

## Massage

Treatment for stress relief, migraine-type headaches, muscle fatigue and relaxation

## Manicure

Luxury manicure known as the best in town.

## Pedicure Deluxe

A combination of dry skin buffing, filing, clipping and scrubbing. Completed with a sole soothing foot and leg massage, nail conditioning, buffing and polishing.

## Waxing

## Eye Lash and Eye Brow Tinting

A coating of brown, black and jet black tint to intensify and amplify the brows and lash line

## Permanent Eyelash Extension

## Eye Brow Shaping

## Make up

Specialist in make up that looks totally natural for day and evening

## Hair Blow Dry

## Body Scrub and Tanning

**From**  
**£93.50**  
**(60 mins)**

**£104.50**  
**(60 mins)**

**£49.50**  
**(45 mins)**

**£71.50**  
**(60 mins)**

**From**  
**£38.50**

**From**  
**£38.50**

**£126.50**

**£38.50**

**From**  
**£137.50**

**£71.50**

**£99**

# Luxury Spa Treatments

## The Weary Traveller Anti Jet Lag, Anti-stress, Anti Hangover Treatment

A comprehensive treatment to rescue you from any or all of the above! Body massage to release toxins and invigorate tired legs, a foot treatment for relaxation, and a facial to deep cleanse and sooth tension in face muscles. This treatment will "set you up" for a manic schedule at the end of a long haul flight.

## Hot Stones Massage

The ultimate massage experience to sooth an exhausted body ensuring a deep and peaceful night’s sleep.

## Foot Rescue

A luxury pedicure with leg massage and reflexology style massage for tired, swollen, sore, neglected feet. Very relaxing!

## Hand Revival

A full manicure with exfoliating scrub using Sothys "Eau Thermale Spa" extracts to soften rough skin, smooth and diminish wrinkles and imperfections on hands.

## Hot Oil Head Massage

An exotic and relaxing treatment.

## Migraine or Headache Relief

Using an ancient technique of head and foot massage to help relieve pressure, tension and anxiety through treating the head, neck, back and feet. Ideal if you need to "shut down" and you only have half an hour to spare.

## Traveler’s Tummy

Induced by long distance air travel, constipation is uncomfortable and inconvenient. This treatment endeavours to relieve the symptoms and discomfort.

## Salt Scrub & Hot Oil

An exfoliating treatment and hot oil massage to soften and invigorate dry, rough, lifeless skin leaving skin satin smooth.

**£214.50**  
**(90 mins**  
**or**  
**adapted to**  
**suit your**  
**schedule)**

**£108.00**  
**(60 mins)**

**£82.50**  
**(55 mins)**

**£82.50**  
**(55 mins)**

**£88**  
**(40 mins)**

**£82.50**  
**(30 mins)**

**£93.50**  
**(40 mins)**

**£104.50**  
**(60 mins)**