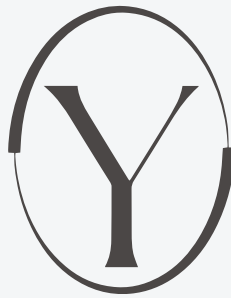


YĀTRĀ

SIGNATURE SPA

MONTCALM

MAYFAIR



WELCOME TO YĀTRĀ

In the heart of bustling cities, a quiet call for connection echoes – a connection not just to others, but to oneself. This call, as old as time, is woven into the infinite fabric of human experience. Long ago, travellers embarked on journeys – yatras – not just across landscapes, but inward, to the depths of being. These journeys weren't about destination - they were about discovering the path to wellness.

This ancient understanding of the journey within inspires YĀTRĀ. Derived from the Sanskrit word for “journey” or “pilgrimage”, YĀTRĀ signifies a personal quest for holistic wellbeing. More than just a name, it represents a philosophy and a process of nurturing one’s inner self amidst the demands of modern life. Inspired by the multicultural legacy of London, the ancient Indian wisdom of Ayurveda, and a touch of East African community spirit, we welcome and invite you to embark on a meaningful journey of wellness with us by your side.

Our intent is to create a sanctuary for you and a space dedicated to the elements of wellbeing, mindfulness, movement, nourishment, and connection. Via our spa services, we curate award-winning treatments from Mauli Rituals, for holistic botanical wellbeing, or QMS Medicosmetics, for proactive skin rejuvenation. Awaken your senses and reconnect with yourself within our thoughtfully designed spaces during your visit; on site you will find a quiet yoga, meditation and reflection studio, a state of the art gym with TechnoGym equipment, and a full thermal suite featuring a plunge pool, jacuzzi, steam room, traditional wood sauna, and contemporary infrared sauna.

We invite you to step into a moment of stillness, a journey inward. May your time with us nurture a deeper connection within yourself and the world around you. Welcome to YĀTRĀ.

SIGNATURE RITUALS

OJAS BODY REJUVENATION RITUAL

Discover this full-body ritual that focuses on restoring harmony for your body and mind. Your experience begins with a grounding Kansa foot massage, followed by a revitalising full-body marma point massage with personalised dosha balancing oils (rooted in Ayurvedic wisdom) to restore your natural balance and vitality. A calming facial and scalp massage extends the sense of calm, enhancing skin luminosity while quietening the mind. Guided breathwork, gentle yogic twists, and mindfulness meditation are thoughtfully integrated to enhance your experience, leaving you feeling truly refreshed and centered.

90 minutes | Mon-Thurs £195 | Fri-Sun £205

CHAKRA BODY REALIGN RITUAL

Experience this full-body ritual that gently realigns your chakras and renews your inner energy. Your experience begins with the application of warm, detoxifying herbal poultices and personalised dosha-balancing oils to ground and restore the body. Areas of tension are released as the ritual focuses on energy points in need of balance. Crystal healing and soothing sound therapy deepen the experience, encouraging the flow of prana and enhancing your overall sense of wellbeing. This holistic journey leaves you feeling reconnected, reawakened, and in complete harmony inside and out.

90 minutes | Mon-Thurs £190 | Fri-Sun £200

SIGNATURE RITUALS

COLLAGEN FACE & BODY REVIVAL

Embark on a transformative journey designed to help you disconnect and unwind, offering a rejuvenating experience for both body and mind. This advanced skincare treatment combines precision formulations with elevated uplifting techniques, ensuring each step is purposeful. The treatment begins with AHA exfoliation to stimulate circulation in the skin, followed by the application of tailored collagen-based products, leaving you with a renewed and revitalised complexion from head to toe.

120 minutes | Mon-Thurs £280 Fri-Sun £290



SIGNATURE BODY

SAVASANA MUSCLE WARMING POLTI MASSAGE

Unwind with this restorative full-body ritual designed to awaken energy flow and restore balance. Detoxifying herbal poultices and personalised dosha oils are applied with gentle, purposeful strokes to release areas of built-up tension. Crystal healing and sound therapy further enhance the experience, soothing the nervous system and calming the mind. This grounding ritual promotes clarity, alignment, and a renewed sense of connection, leaving you feeling balanced, centred, and re-energised.

60 minutes | Mon-Thurs £175 | Fri-Sun £185

SUKA DECOMPRESS DEEP TISSUE MASSAGE

Restore deep balance with this tension-releasing full-body massage. Personalised dosha oils are combined with slow, focused techniques to melt away tightness across the back, neck, and shoulders. Warm Himalayan salt stones, gentle tapping, and guided breathwork enhance the experience, soothing the nervous system and calming the mind. You'll leave feeling grounded, revitalised, and fully restored from within.

60 minutes | Mon-Thurs £160 | Fri-Sun £170



SIGNATURE BODY

SHAKTI DIVINE NURTURING BODY THERAPY

Embrace a nurturing full-body ritual, thoughtfully created to support women through every hormonal phase. Personalised Ayurvedic oils, infused with female-rejuvenating herbs, are applied in flowing strokes to ease tension and restore balance. Special attention is given to marma points, the scalp, and the heart chakra to gently open energy pathways. A calming abdominal massage encourages release and renewal, leaving you feeling harmonised, revitalised, and deeply restored.

60 minutes | Mon-Thurs £140 | Fri-Sun £140

SKEALER LYMPHATIC DRAINAGE

Revive your body with this sculpting full-body ritual, designed to support natural detoxification and energetic balance. Using Mauli Rituals' signature herbal oils and Kansa lymphatic massage tools, this gentle yet effective treatment helps to reduce water retention, improve circulation, and aid digestion. Focused work across the stomach and body encourages the release of toxins, leaving you feeling lighter, clearer, and deeply restored—both physically and emotionally.

90 minutes | Mon-Thurs £195 | Fri-Sun £205

SIGNATURE BODY

SHANTI FLOW MASSAGE

Restore inner harmony with this full-body massage, combining the timeless techniques of Swedish massage with gentle, rhythmic strokes. This soothing treatment systematically eases muscular tension and calms your nervous system, fostering a quiet, meditative state. Designed for soft-to-medium pressure, it leaves your body feeling relaxed and your mind at ease.

60 minutes | Mon-Thurs £145 | Fri-Sun £155
90 minutes | Mon-Thurs £180 | Fri-Sun £190





SIGNATURE FACE

KANSA GLOW & SCULPT FACIAL

Reawaken your skin with this rejuvenating marma point facial, designed to restore radiance and vitality. Combining Kansa wand massage with Mauli Rituals' sculpting techniques and lymphatic drainage, this treatment stimulates collagen production and promotes skin renewal. Rare Ayurvedic botanicals and LED light therapy further enhance the results, leaving your complexion visibly smoother, plumper, and beautifully lifted.

90 minutes | Mon-Thurs £185 | Fri-Sun £195

HARMONISING RADIANCE FACIAL

Reveal a natural glow with this harmonising facial, rooted in ancient Ayurvedic wisdom and powered by award-winning botanicals. This soothing treatment is ideal for even the most sensitive skin, gently detoxifying, easing facial tension, and encouraging cell renewal. Skin is left calm, balanced, and visibly radiant, with a renewed sense of inner and outer vitality.

60 minutes | Mon-Thurs £145 | Fri-Sun £155

SIGNATURE FACE

ENERGISING MARMA FACIAL

Refresh and clarify with this energising facial, designed to awaken the skin and uplift the senses. A potent blend of award-winning botanical actives is combined with muscle-warming towels and a therapeutic marma point massage to release tension across the face, neck, and shoulders. Deep detoxification refines and purifies, while rich natural ingredients hydrate and soothe. Skin is left visibly clearer, smoother, and beautifully radiant.

60 minutes | Mon-Thurs £160 | Fri-Sun £170



ADVANCED SKINCARE

COLLAGEN GLOW & REVIVE FACIAL

Indulge in an opulent facial that harnesses the power of collagen to restore youthful radiance. This treatment features an intensive collagen and stem cell mask, deeply hydrating and revitalising the skin. The facial massage lifts and refines facial contours, unveiling a more youthful and rejuvenated appearance. Blending luxury with powerful skin stimulation, this transformative facial enhances your skincare routine while remaining gentle enough for even the most sensitive skin.

90 minutes | Mon-Thurs £230 | Fri-Sun £240

COLLAGEN LIFT & CONTOUR FACIAL

Restore and sculpt with this revitalising facial ritual, designed to firm, lift, and awaken the skin's natural radiance. The treatment begins with the application of a powerful barrier-repair mask, renowned for its plumping and lifting benefits. A sculpting Lift & Contour massage follows, defining facial contours and softening the appearance of fine lines. The ritual concludes with a gentle lymphatic drainage massage, using precision tools to boost circulation and reveal a luminous, refreshed complexion.

90 minutes | Mon-Thurs £220 | Fri-Sun £230

YĀTRĀ SIGNATURE SPA

EXPRESS ESCAPE

Our 30-minute rituals restore energy, calm the senses, and bring you back to a state of ease even in limited time. Through healing touch and therapeutic oils, each treatment supports vitality and promotes harmony across body, mind, and spirit.

EXPRESS ESCAPE



BESPOKE MASSAGE

Tailored to your needs, this personalised massage targets areas of tension using a blend of techniques and pressure levels. Designed to restore balance and release stress, leaving you relaxed, revitalised, and completely renewed.

30 minutes | Mon-Thurs £95 | Fri-Sun £105

BESPOKE FACIAL

Customised to your skin’s unique needs, this personalised facial uses targeted techniques and active ingredients to restore balance, boost radiance, and leave your complexion refreshed, nourished, and glowing.

30 minutes | Mon-Thurs £95 | Fri-Sun £105

EXPRESS ESCAPE

FOOT MASSAGE WITH INVIGORATING SCRUB

Revive tired feet with this rejuvenating treatment combining an invigorating scrub and soothing massage. Designed to relieve tension, boost circulation, and leave your feet feeling refreshed, softened, and re-energised.

30 minutes | Mon-Thurs £85 | Fri-Sun £95

HEAD, NECK & SHOULDER MASSAGE

Melt away tension with this focused massage targeting the head, neck, and shoulders. Using restorative techniques, it eases muscle tightness, calms the mind, and leaves you feeling relaxed, rebalanced, and uplifted.

30 minutes | Mon-Thurs £85 | Fri-Sun £95

TREATMENT ENHANCEMENTS

COLLAGEN HYDRATION INFUSION

Replenish and renew with this deeply hydrating facial, designed to restore radiance and elasticity. A Collagen and Stem Cell Mask delivers intense moisture while smoothing and plumping the skin. Natural collagen helps to boost hydration levels, while stem cell actives support cellular renewal—leaving your complexion visibly revitalised, supple, and glowing.

15 minutes | Mon-Thurs £20 | Fri-Sun £30

PIGMENT CORRECTOR

Brighten and balance your complexion with this targeted facial designed to address pigmentation and uneven tone. Potent actives are carefully applied to help reduce the appearance of dark spots and regulate uneven melanin production. Skin is left visibly clearer, more even, and beautifully radiant with a renewed sense of clarity and smoothness.

15 minutes | Mon-Thurs £20 | Fri-Sun £30

SPA ETIQUETTE

UPON ARRIVAL

We kindly request that you arrive at least 15 minutes prior to your scheduled treatment time. As a courtesy to all guests, we adhere to a prompt appointment schedule, and late arrivals may result in a reduced treatment time. Please note, all treatment durations include preparation and consultation. Complimentary use of facilities is included with treatments of 90 minutes or longer; a fee applies for shorter durations.

AGE REQUIREMENTS

The minimum age for spa treatments and participation in Spa Days and Experiences is 16. Guests aged 16 and 17 are welcome with parental or guardian approval. Some treatments may have restrictions based on age.

BOOKING APPOINTMENTS

We highly recommend booking in advance to ensure availability. Full payment is required at the time of booking. Treatment tariffs may vary. We kindly recommend checking prices at the time of reservation.

CANCELLATION POLICY

For cancellations, we kindly ask for at least 7 days' notice for Spa Days and Spa Experiences, and 48 hours for individual treatments. Cancellations made after this period will incur a 100% charge.

SERVICE CHARGE

Please note that a discretionary 12.5% service charge will be applied to all treatments and packages.

THERAPIST PREFERENCES

We offer both male and female therapists. If you have a preference, please let us know by emailing yatraspa.mmy@montcalmcollection.com. We will do our best to accommodate your request, subject to availability.

SHARED SPA EXPERIENCES

For those wishing to share their spa experience, we offer a double treatment room, perfect for couples or friends. Please request this option at the time of booking.

HEALTH CONDITIONS

To ensure we provide the best and safest experience, please inform us of any health conditions, allergies, medications, or injuries that may affect your treatment or spa experience. Upon arrival, you will be asked to complete a health and lifestyle questionnaire. If you are seeking oncology treatments, please notify us in advance so that we can provide appropriate care with a qualified therapist.

EXPECTING MOTHERS

We offer specially designed treatments for expectant mothers. Please be aware that some spa experiences may not be suitable during pregnancy, and we do not offer treatments during the first trimester.

Hours of Operation

SPA FACILITIES:	Mon - Fri: 7:00 AM – 9:00 PM Sat, Sun & Bank Holidays: 8:00 AM – 9:00 PM
SPA TREATMENTS:	Available daily between 9:00 AM – 7:00 PM
GYM FACILITIES:	Open 24/7 for hotel guests

Contact Us

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