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jinja

the dedicated treatment room at myhotel Bloomsbury

In Shinto, the ancient religion of Japan, a jinja is a shrine or holy place. Our modern day jinja is an oasis of tranquility and indulgence combining ancient Eastern healing techniques with the best Western products. Our qualified jinja therapist will pamper you with a range of memorable facials, body treatments and massages that make your experience at jinja a perfect retreat and a fantastic treat for men and women alike - jinja vouchers & myoffers available.



jinja signature experiences



jinja special : Starting with a consultation leading to a selection of essential oils, your jinja therapist will then give you a massage and an Aveda aromatherapy facial including face and scalp massage. This is the ideal combination of two fantastic treatments in one, a customised treatment that relieves stress and balances face, body and mind. **(90 minutes) £80**

mosqueta rose healing body wrap : The healing powers of the mosqueta rose have been used for centuries by the Peruvian Indians. Enjoy a ginger salt scrub, a warm herbal rose body mask, a mini facial and a rose oil massage to soften and soothe the skin. **(120 minutes) £95**

manuka honey wrap : A salt glow exfoliation followed by an application of jinja's original organic manuka honey, ginger and milk body mask and an aromatic massage focusing on promoting lymphatic flow. This is an excellent treatment to soften and hydrate the body. **(120 minutes) £95**

healing wrap : After a salt glow exfoliation, benefit from a re-mineralising, nourishing and hydrating seaweed mask. Cocooned in a thermal blanket, you will be carried by a wave of ultimate relaxation while having a face and scalp massage followed by an application of Aveda's replenishing moisturiser. **(90 minutes) £75**

ginger-salt and citrus body scrub : Designed to stimulate your blood circulation, this scrub uses Dead Sea salt which is very high in minerals and has skin hydrating properties. Essential oils of ginger and lime are used to stimulate cell renewal. Before you leave we will moisturise your body to leave your skin rejuvenated. **(50 minutes) £50**

massages

massage : Pure essential oils carefully blended by Aveda are combined with Western and Oriental massage techniques to revive aching muscles and relax stressed out minds. Choose from the "*energising*", "*calming*" or "*beautifying*" oil blends or let us guide you on a sensory journey. **(30 minutes) £35 (60 minutes) £60 (90 minutes) £80**

express massages : A revitalising foot, hand or scalp mini-massage for an instant pick me up even when time is limited. **(15 minutes) £15**

aromatherapy massage : An ancient healing technique using pure essential oils carefully chosen and blended for you which helps to restore the balance in the body and in the senses. **(70 minutes) £65**

foot reflexology : This treatment helps to bring mind and body into harmony by focusing on the reflex areas of your feet. **(30 minutes) £30 (60 minutes) £50**

Indian head massage : A perfect prelude to any facial. Originating in the East it is based on the Ayurvedic system. It helps deal with headaches and stress, scalp and hair problems, aids localised blood and lymphatic circulation, relieves eye strain, boosts the immune system, relieves muscle tension and helps restore joint movement. **(30 minutes) £30**

hot stone massage : Smooth flat volcanic stones are placed on key chakra points on the body. This form of deep massage works with the body's own natural energy to leave you relaxed both physically and mentally. This assists with muscle aches and pains, circulation and stress relief. **(60 minutes) £75 (90 minutes) £95**

Aveda signature experiences

Aveda express facial (40 minutes) £40

Aveda de-stress facial (60 minutes) £60

Aveda elemental nature (60 minutes) £60

Let your skin reflect health, vitality and radiance when the five elements are in balance. These are Aveda customised facials with personalised skin analysis, deep cleansing, exfoliation, treatment mask, detoxifying face and neck massage plus a soothing scalp, hand or foot massage. Your jinja therapist will customise the treatment according to your personal needs. This is a totally holistic face therapy to rejuvenate the skin, body and mind.

jinja wellbeing workshop for two : This training session will teach couples basic Eastern and Western massage techniques. Each partner will first receive a 25-minute wellbeing massage by our jinja therapist before learning and practising massages on each other. The price of the workshop also includes a bottle of Aveda therapeutic oil for your immediate practice!
(100 minutes) £95

chocolate frenzy experience : A moment on the hips at jinja and... a lifetime on the lips at mybar. Enjoy a chocolate body wrap and then sample a complimentary chocolate feast (hot chocolate and chocolate dessert) to complete the experience.
(90 minutes) £79

sea salt skin scrub and massage : After a scrub using a delicious combination of Aveda's Dead Sea salts and pure oils, your jinja therapist continues with an aromatic body massage that will leave you feeling deeply relaxed and silky smooth.
(80 minutes) £75

basics

eyelash tint £15

eyebrow tint £10

mini manicure (25 minutes) £25
file, brief cuticle work and massage. varnish optional.

deluxe manicure (45 minutes) £45
file, cuticle work, scrub and massage with hot stones. varnish optional.

mini pedicure (25 minutes) £25
file, brief cuticle work and massage. varnish optional.

deluxe pedicure (45 minutes) £45
file, cuticle work, scrub and massage with hot stones. varnish optional.

waxing

lip/chin £10

brow £10

underarm £10

half arm £15

full arm £20

bikini (Brazilian/Hollywood) £35

half leg £25

half leg & bikini £35

full leg £35

full leg & bikini £45

chest or back (for men) £25



jinja vouchers

continous pampering courtesy of myhotel Bloomsbury!

The jinja vouchers are available for any treatments and are valid for six months from the date of purchase.



*"myhotels is a little island in the heart of London.
Well done! Thank you".*

valued guest at myhotels



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