



The Ajala Spa

By Elsa Buchanan

London's Grange St Paul's Hotel invites its guests into a new dimension of well being...

Inaugurated in 2009, the complex owned by the Grange Hotels boasts everything expected from a 5-star hotel including over 400 sumptuous guest rooms, conference suite and an unrivalled selection of restaurants and bars. The spectacular Ajala Spa has recently complemented these facilities.

The Ajala Spa - 'Ajala' meaning 'earth' in Sanskrit - has been thoughtfully designed with the goal of providing the simple but rarely achieved pleasure of total relaxation. Buchanan Associates were the architects and interior designers for the project. Designer Samantha Levey says: 'Our concept was to create a spa of simplicity with a twist of Zen.' The signature of the Ajala spa is a fusion of natural elements and simple contemporary design. The palette is neutral with walls of split bamboo panels, riven stone and the occasional wash of violet light to add depth and ambiance. Visual focus is provided by authentic Eastern stone figurines.

Samantha describes the experience: 'We wanted to achieve the feeling that once you cross the teak 'bridge' and pass through the glass doors you enter a space of total relaxation, embracing the present moment - a quality of Zen.'

Catering for both male and female guests the changing rooms boast





lockers in solid teak.

The Ajala Spa consists of five luxurious treatment suites: three individual and two double. One double room has a feature bath and the other a Rasul: the traditional Arabian steam and mud body treatment. The very highest quality materials have been used throughout, from the solid teak doors and fittings to stylish traditional silk hangings.

Ajala Spa boasts its very own naturally active and preservative free spa product range. This includes massage oils, body scrubs, lotions and shower gels. These unique products are blended with essential oils and with carefully sourced ingredients including tamanu oil, argan oil, orchid extract and goji berry.

Ajala Spa also offers 'The Signature Collection' of face and body treatments and represents Karin Herzog; the pioneer of oxygen therapy from Switzerland. It also has exclusive agreements with Thémaé, providing a unique tea based face and body product line and uses Japanese tea rituals.

After a treatment guests can retreat to the relaxation room, which with its light and airy fabrics illuminated with an amber glow creates an ethereal quality to soothe the mind. The unique Zen Garden Sun Room and its warm rays of 'natural sunlight' revitalises and nourishes the body.

The Ajala Spa links to the spectacular St Paul's Health and Fitness Club whose contemporary pool area includes a range of excellent hydrotherapy experiences including hammam, tepidarium, sauna, laconium, steam room and hydro pool. ●

The Ajala Spa. The Grange Hotel St Paul's. 10 Godliman Street, London EC4V 5AJ. Tel: +44 (0)20 7074 1000 www.grangehotels.com

The Ajala Spa is a part of the Grange Hotel St Paul's that opened in the autumn and we reviewed in our Autumn issue, published last November. We are grateful to Elsa Buchanan of interior designers Buchanan Architects Associates Ltd for this article. For further information contact +44 (0)20 7592 7247