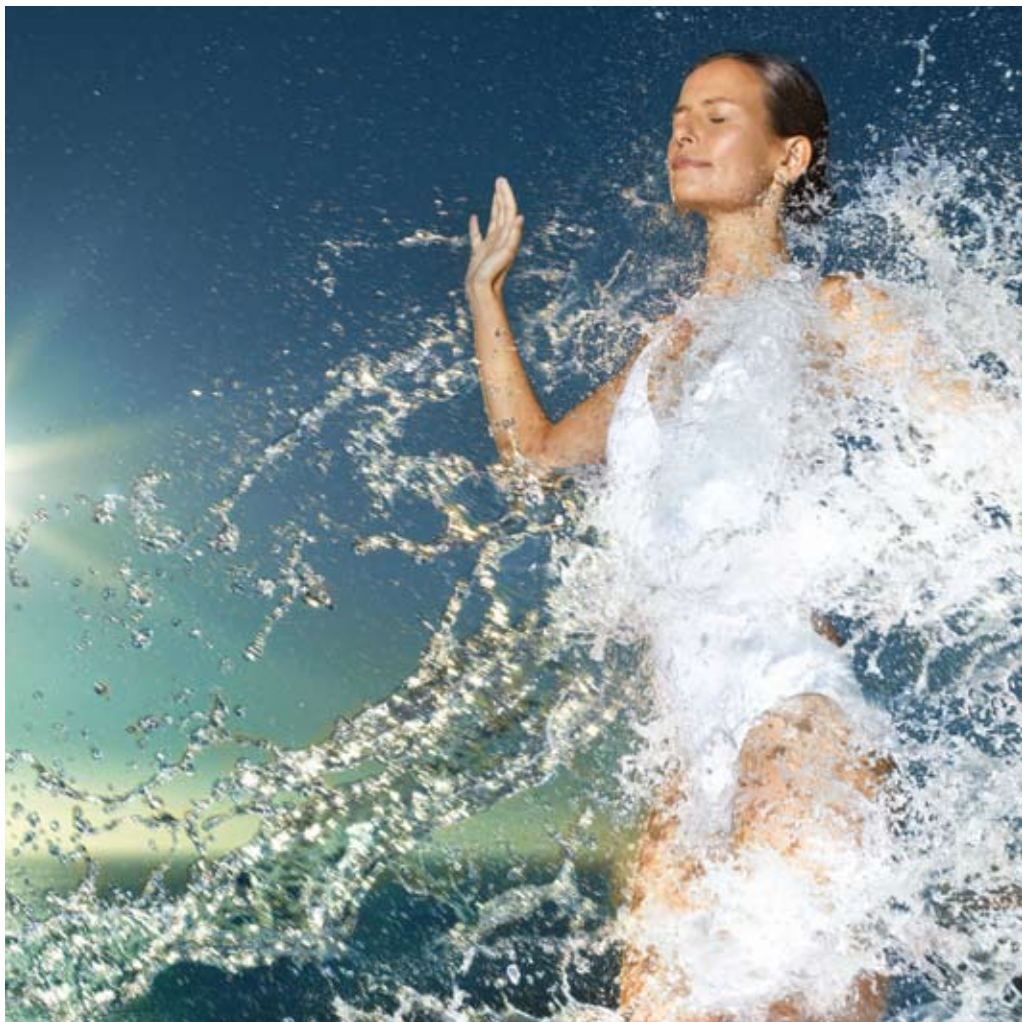




SPA  

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LONDON



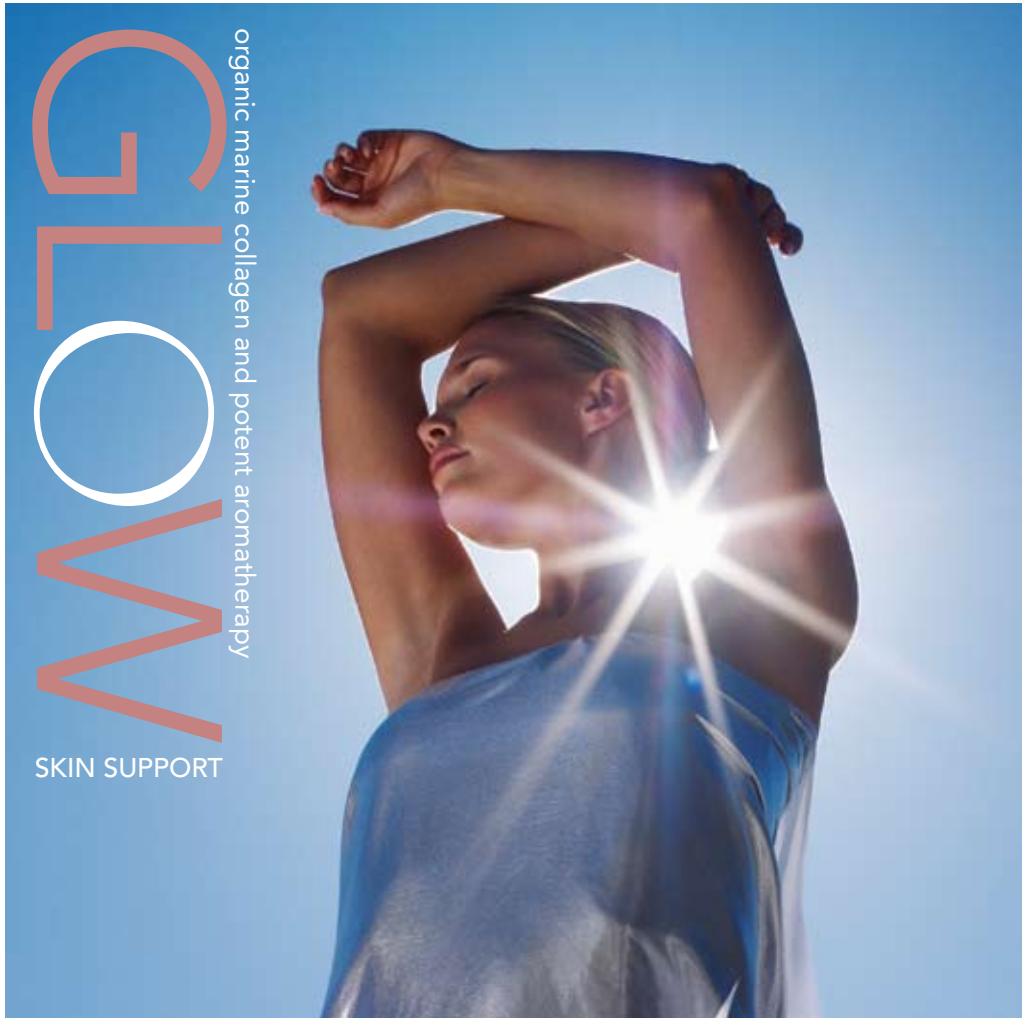
## Introduction to O SPA London

O SPA London is a spa experience designed for both the face and body using time-proven essential oils, extracts of aromatic plant herbs, and earth and sea botanicals, and formulate them to actively treat, sooth, nourish, revive and restore the skin and body.

O SPA London features AromaCollagen Marine™ and Fructophores™, in a collagen rich formulation made from organic fruit and seaweed extracts combined with organic almond oil and shea butter to naturally enrich, protect and moisturise the skin.

Drawing on ancient practices from cultures across the world, the O SPA London experience takes you on an exotic multi-sensorial journey of rejuvenation and relaxation. All ingredients are sourced from organic, sustainable sources including The Eden Project (the largest biosphere project in the world), Lisadell House an organic medicinal co-operative on the shores of the Atlantic Ocean on the West Coast of Ireland and the Georgina Koomson's FairTrade women's co-operative in Ghana.

O SPA London truly embraces the spirit of organic skincare.



# GLOW

organic marine collagen and potent aromatherapy

SKIN SUPPORT

## GLOW

A range of exquisite facial products designed as a complete solution to fight the adverse effects of free radicals, pollution, stress and over exposure to the sun. Featuring an uplifting blend of potent botanicals to fortify the skin and defend against free radicals, all GLOW facial products use the benefits of marine collagen to restructure the skin.

defend anti-oxidants  
soothe calm  
fortify restructure  
tone cleanse balance

## GLOW CLEANSER

A gentle cleansing lotion for use morning and night to soothe, calm and cleanse the face.

## GLOW TONER

A classic blend of Rosemary and Lavender to calm and soothe cleansed skin.

## GLOW ANTI-AGING CRÈME

An uplifting blend of potent botanicals to fortify the skin and defend against free radicals while using the benefits of marine collagen to restructure the skin. Featuring exotic Neroli oil, Rosemary, Lavender, Shea Fruit, active Rosa Canina Fruit oils and SPF 15.

## GLOW DAY CRÈME

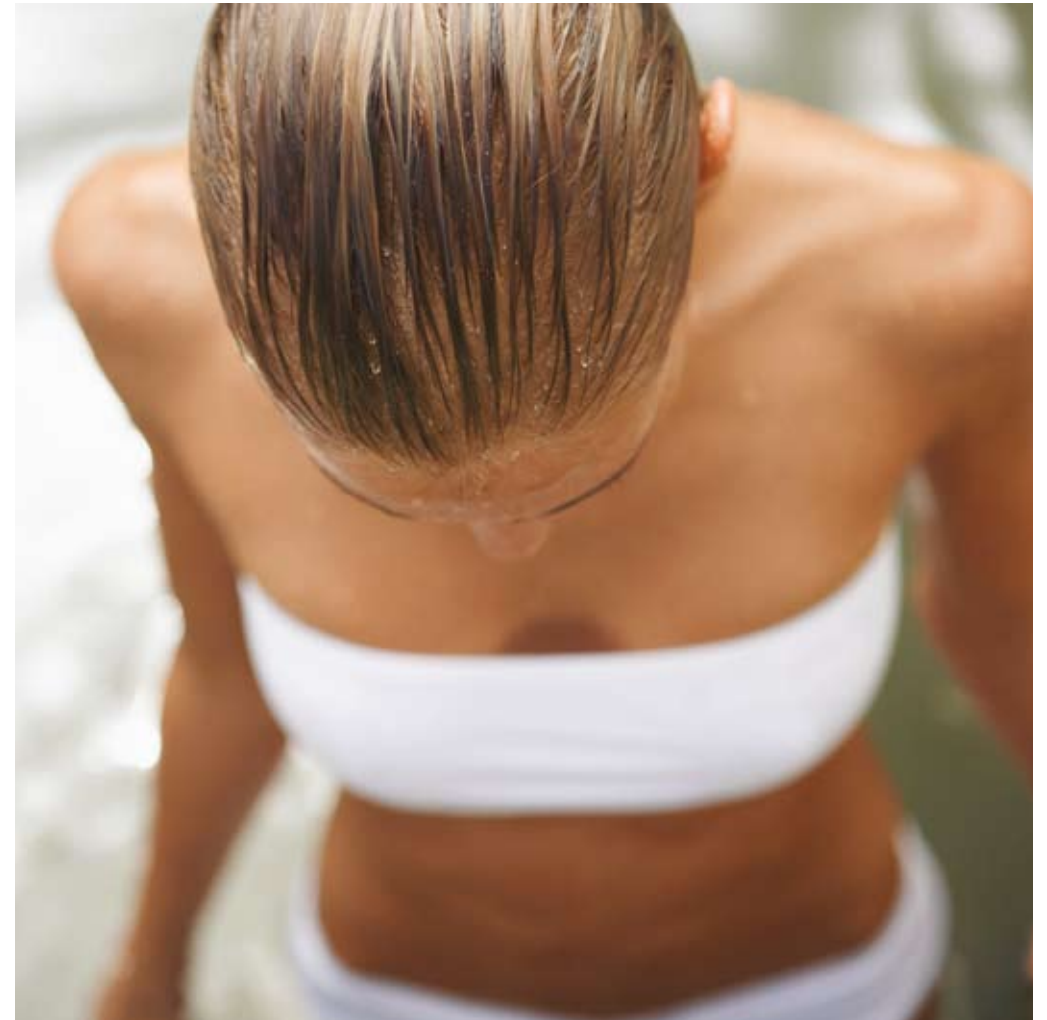
Organic marine collagen and a soothing blend of Rose, Chamomile and Lavender essential oils to protect the skin throughout the day.

## GLOW NIGHT CRÈME

A stimulating blend of exotic aromatherapy on a base of organic marine collagen created to detoxify, rejuvenate and restructure the skin overnight.

## GLOW EYE CRÈME

A complex, yet light age defying crème to provide hydration and support to the delicate skin around the eyes.





intelligent botanicals and pure aromatherapy

# CUERPO

BODY CONTOURING

## CUERPO

Enhance the skin's natural flawless beauty with this organic range of professional products, created with today's modern woman in mind. Exotic oils and pure marine collagen provide the skin with much needed hydration and nourishment. Complex formulations also allow you to reduce the appearance of cellulite with an intelligent blend of powerful oils, fruit pulp and aromatherapy, delivered in one shot ampoules.

polish hydrate  
smoothe soothe  
protect nourish

## CUERPO BATH OIL

A powerful aromatherapy blend to encourage the elimination of intracellular debris and fight the appearance of cellulite in combination with massage.

## CUERPO BODY CLEANSER

This zesty body cleanser hydrates the skin with a gentle, caring formula leaving you feeling fresh and silky.

## CUERPO BODY POLISH

An exotic blend of Lemongrass and Rose Geranium with natural Apricot kernels to gently polish the skin and leave it soft, smooth and exotically scented.

## CUERPO FIRE & ICE BODY GEL

An exotic aromatherapy blend in an aloe vera base created to stimulate the circulation and soothe aching muscles.



## CUERPO MASSAGE OIL

A powerful aromatherapy blend to encourage the elimination of intracellular debris and fight the appearance of cellulite in combination with massage.

## CUERPO PRO-COLLAGEN BODY MILK

An indulgent body milk for every day use on dehydrated skin. Rich in collagen to restructure the skin and benefiting from an exotic blend of aromatherapy, CUERPO Body Milk can be used on young and mature skins.

## CUERPO CATALONIAN FOSSILISED MUD

Spa Catalanian Fossilised Mud is extracted 700 metres below the earth and contains a high concentration of salts and essential minerals, and is enhanced with organic herbal extracts to create a powerful blend of highly active spa mud.





## HOMME

Enjoy a healthy and hydrated complexion with these grooming products, designed for the modern, active man. Created as a complete solution for the needs of a man's skin, the products can be used together or on their own. Light on the skin, packed full of organic ingredients to soothe, support and restructure the skin whilst providing a much needed anti-microbial formulation to purify and protect.

purify protect  
soothe support  
restructure

## HOMME BODY CLEANSER

An everyday body cleanser to hydrate and refresh the skin, with a revitalising Citrus and Rosemary formula to stimulate the senses.

## HOMME FACIAL CLEANSER

A refreshing daily cleanser infused with Citrus and Ginger extracts designed to refresh, cleanse and invigorate the face.

## HOMME MOISTURISER

A soothing moisturiser with a marine collagen base and uplifting Lemon, Lime and Ginger aroma, designed to invigorate tired and stressed skin while providing structure and support.

## HOMME FACIAL SCRUB

An invigorating formulation created to stimulate the skin, remove dry skin cells and expose fresh, bright skin.

## HOMME SHAVE MUD

For an incredible shaving experience, enjoy O Spa's stimulating and oxygenating shaving mud with Ginger to warm the skin, Tea Tree to protect and act as an antiseptic, and Lemon to refresh.





# HOLISTICS

traditional organic Chinese preparations

ORIENTAL MEDICINE

## HOLISTICS

Holistic Medicine has long been sought after in the West, and O Spa has produced an organic, high quality range of potent Traditional Chinese Medicine preparations to accommodate this desire. Meticulously produced in a time honoured fashion, these blends are a must for anyone looking for an alternative solution to their concerns. Ingredients are listed in Chinese, Latin and are demystified with an English translation. For best results, consult your acupuncturist for a personalised prescription.

pure traditional  
solution potent  
alternative demystify



re::vitalise

# HOLISTICS

TRADITIONAL HERBAL ORIENTAL MEDICINE TO RE::VITALISE THE BODY



A herbal formula that has been used for centuries to help calm the nerves, alleviate stress, anxiety, irritability, frustration and PMS



Traditionally used for night sweats, hot flashes, insomnia and to clear the body of toxic build up from pollutants or substance abuse.



A traditional formula created to reduce chronic worrying and its symptoms, including poor digestion and difficulty falling asleep.



Traditionally used in China to promote longevity, improve vision, strengthen the lower back and knees, and restore sexual energy.



re::balance

# HOLISTICS

TRADITIONAL HERBAL ORIENTAL MEDICINE TO RE::BALANCE THE BODY



This Red Rice Yeast formula is a combination of Chinese herbs designed to lower both cholesterol and triglyceride levels.



This formulation combines the potent East Indian herb *Gymnema Sylvestre*-‘the destroyer of sugar’-with traditional Chinese herbs to stabilise the body’s blood sugar metabolism whilst reducing carbohydrate and sugar craving.



This is a traditional formula for digestive complaints including abdominal bloating and distension, chronic indigestion and reduced appetite.



This is a master blend of Chinese and Western herbs which work to reactivate the body’s own fat-burning process whilst also cleansing the liver.



re::cover  
**HOLISTICS**

TRADITIONAL HERBAL ORIENTAL MEDICINE TO RE::COVER THE BODY



**BALANCE**

Traditionally used to treat the symptoms of gastrointestinal problems such as constipation, food poisoning, diarrhea with nausea, abdominal pain and cramping.



**BREATHE**

This formulation combines Chinese herbs for symptomatic relief from sinusitis, rhinitis, sinus headache and allergies.



**HARMONY**

This formulation contains a blend of Chinese herbs that work in harmony with the body to relieve constipation and promote regularity.



**MOBILITY**

A potent traditional formula that is analgesic and anti-inflammatory for swollen, painful or immobile joints.



**RELIEF**

This is a formula traditionally used in China as a herbal anti-biotic and acts as an antiviral for the early relief of colds, influenza, sinusitis, and sore throats.



**SUPPORT**

A traditional remedy for chronic back, knee and leg pain.





DETOX

potent botanicals and intuitive superfoods



X

BODY CLEANSING

## DETOX

Created to provide a solution to the highly toxic world we live in, this ayurvedic-inspired internal programme of SUPERFOODS is both safe and effective. The O Spa London detox range has been created as a synergistic programme from a number of products. The Detox products are designed to cleanse the body, while the SUPPORT products are designed to provide the body with much needed nutrients which are so often lacking naturally in today's diet. This will fortify the body's defence system and protect against the invasion of free radicals.

Cleanse Support  
Balance Fortify  
Protect Defend Energise

# DETOX

essential  
PROGRAMME

## INNOVATION TO COMBAT THE STRESSES OF A MODERN WORLD

The Essential Detox programme is a unique synergy of effective herbs and algae, specially blended together to help fight against the damage caused by toxins in our daily lifestyles. These can include food, smoke, pollution, cosmetics, medication, hair products, laundry detergent, stress, excessive exercise, alcohol, water and a number of other sources.

### re::charge

- :: Master blend of the purest intelligent botanicals to stimulate the metabolism
- :: Performance driven formula
- :: 4-way Synergistic programme for fast results

### re::balance

- :: Master blend of the purest intelligent botanicals to cleanse the body
- :: Cleansing and excess fluid drainage formula
- :: 4-way Synergistic programme for fast results

### re::new

- :: Master blend of the purest intelligent botanicals to detoxify the body and to fight cellulite
- :: Detox driven ayurvedic formula
- :: 4-way Synergistic programme for fast results

### re::energise

- :: Master blend of the purest intelligent botanicals and superfoods to energise the body
- :: Exotic athletic formula
- :: 4-way Synergistic programme for fast results



#### INNOVATION TO COMBAT THE STRESSES OF A MODERN WORLD

The Support range of products are a master blend of the purest intelligent ingredients mixed to support the body in its pursuit for optimal levels of wellbeing. Synergistically designed to provide essential nutrients to the body when attempting to detox, train and support an active lifestyle.

#### anti-oxidant PLUS

- :: Master blend of the purest intelligent botanicals to protect the body
- :: Potent formula to combat free radicals
- :: Synergistically designed to work with the essential elements range

#### mobility PLUS

- :: Master blend of the purest intelligent botanicals to support joint and limb integrity
- :: Strong structural support formula
- :: Synergistically designed to work with the essential elements range

#### omega 3:6:9

- :: Master blend of the purest intelligent lipids to support the body's cellular functions
- :: Immune boosting formula
- :: Synergistically designed to work with the essential elements range

#### recovery

- :: Master blend of the purest botanicals. Designed for neurological and physiological recovery
- :: Intelligent recovery formula
- :: Synergistically designed to work with the essential elements range



#### PURE HIMALAYAN SALT SCRUB

WITH POWERFUL DETOX BLEND

A superb salt exfoliant combined with a powerful aromatherapy blend to optimise the healthy elimination of toxins and to improve the appearance of cellulite.



For more information on the O Spa range please visit:  
[www.ospalondon.com](http://www.ospalondon.com)



London E14 5LQ  
[www.theonboardspacompany.com](http://www.theonboardspacompany.com)