

The Retreat

Refuel



THE  
LONDONER  
REFUEL  
CLINIC

WELCOME TO THE LONDONER REFUEL CLINIC. CREATED TO SUPPLEMENT THE RETREAT'S URBAN SANCTUARY, THE REFUEL CLINIC AIMS TO NOURISH AND PROMOTE A HOLISTIC STATE OF WELLBEING WITH VIBRANCY AND FLAVOUR.

From centuries-old practices of Eastern medicine to modern day biology, the Refuel Research Team has studied the effects and health benefits of countless herbs, natural ingredients, molecules and enzymes.

Their findings have brought us here. A results-driven superfood and drinks clinic that harmonises nature's nutritious produce with scientifically analysed supplements. Each menu item has been carefully crafted to enhance or aid various functions of the body and mind, with the aim to facilitate visible and internal improvements.

Please do not hesitate to ask a Refuel Alchemist for guidance when making your selection.

# PRE-TREATMENT RECOMMENDATIONS

## VITALITY SHOTS

### **Reborn**

6

Collagen, carrot juice, purple sweet potato solution, ginger, stevia

Full of vitamins, fibres and antioxidants, this spiced earthy shot is the perfect way to start your day or prime your skin for a facial. Our regenerative ingredients provide benefits for anti-ageing and skin care. (17 kcal)

#### **Key Ingredient: Collagen**

Collagen is necessary for tissue repair and elasticity, allowing for sustainable cellular regeneration.

### **Invigorate**

5

Coenzyme Q10, orange juice, raw cocoa powder, ginseng, mānuka honey

Packed with vitamins and polyphenols, a fresh handpicked combination of ingredients provides a balanced shot with antibacterial properties to prepare the body for a massage or supply energy before a gym session. (38 kcal)

#### **Key Ingredient: Coenzyme Q10**

Coenzyme Q10 helps with the production of adenosine triphosphate (ATP), a molecule that delivers energy to every cell in the body.

### **Moisturiser**

6

Hyaluronic acid, alkaline water, yuzu, shiso, basil, xylitol powder

Japanese influences introduce sharpness of yuzu and herbaceous shiso for the perfect natural skin enhancer, whilst alkaline water helps hydrate and balance the acidity in the body ahead of a hot stone massage or visit to the sauna. (13 kcal)

#### **Key Ingredient: Hyaluronic Acid**

Hyaluronic acid supplements can help your skin look and feel more supple, where it binds with water to help retain moisture.

# REFUEL TREATMENTS

## AYURVEDIC MORNING RITUAL BOWLS

Available from 7am – 11am

**Ojas** 10  
**Decompress – Revive – Radiate**

Açai berry bowl with figs, almonds, sesame seeds and vanilla beans (251 kcal)

**Shakti** 9  
**Strengthen – Align – Unwind** Chilled medjool date porridge with fresh blueberries and raspberries (381 kcal)

**Prana** 12  
**Detox – Rejuvenate – Boost**

Seasonal fruit and superfood salad with turmeric, ginger and lime syrup (374 kcal)

# REFUEL FACIALS

## ESSENTIAL BEAUTY JUICES

Available all day

### **Elixir Of Life**

10

Almond milk, dragon fruit

### **Brightening – Anti-Inflammatory – Mood Boosting – Anti-Ageing**

A smooth, tropical juice to rejuvenate skin, enhance muscle growth and skeletal strength with polyphenols, carotenoids and betacyanin to aid digestion. (252 kcal)

#### **Included Supplements**

Shea butter, skullcap herb and Ma Chi Xian (fibre, vitamins A, B and C, iron, magnesium, manganese, potassium, calcium, copper minerals and powerful antioxidant compounds).

### **For Your Eyes Only**

9

Carrot, chamomile, roasted fig

### **Energising – Stress Repelling – Soothing – Immunity Building**

Earthy and fresh with a honeyed depth, including beta carotene and chamomile to refresh the eyes and a selection of supplements to regenerate skin and reduce stress. (93 kcal)

#### **Included Supplements**

Chlorophyll, xylitol, guduchi, collagen and vitamin C.

### **Forever Young**

10

Pomegranate, grape, blueberries

### **Cleansing – Hydrating – Detoxifying - Protecting**

Elegant sweetness complements sharp citrusy notes in a drink packed with vitamins and magnesium with benefits to hydrate skin, reduce blood pressure and cholesterol. (204 kcal)

#### **Included Supplements**

Sweet almond oil, alfalfa, seaweed (calcium, copper, iodine, iron, protein, fibre, vitamin K and folic acid).

# REFUEL DETOX

## PURIFYING SMOOTHIES

Available all day

**Cloud Nine** 8  
Avocado, guarana, lime, pineapple, Madagascar vanilla (171 kcal)

**Core Strength** 9  
Kale, spinach, celery, cucumber, tart green apple (196 kcal)

**Inner Peace** 7  
Lemon, fresh ginger, banana, apple, a dash of turmeric and cayenne (200 kcal)

**Protein Enhancers** 2  
Choose one of the following to enhance your smoothie  
Whey (91 kcal), casein (112 kcal), soy (59 kcal), pea (21 kcal)

# REFUEL BODY THERAPIES

## NOURISHING BODY WRAPS & SALADS

Available from 11am – 9.30pm

<b>Probio Melt</b>	10
Kimchi and avocado wholegrain melt with vegan cheese, tomato and green pesto (829 kcal)	
<b>Mega Omega</b>	12
Paprika-spiced salmon wrap with roasted black kale, goat's cheese and tahini yoghurt (803 kcal)	
<b>Body Sculptor</b>	12
Smoked chicken and pomegranate salad with curly kale, sunflower seeds, olive oil and lemon dressing (239 kcal)	
<b>Immunity</b>	12
Papaya, avocado and feta cheese salad with mint and lime dressing (325 kcal)	



# REFUEL WELLBEING & HYDRATION

## JUICE RECHARGERS

Available all day

### **Rebalance**

Pedialyte, sparkling water, lemon, celery and basil cordial,  
Himalayan salt (47 kcal)

7

### **Neutraliser**

Coconut water, Siberian ginseng, sodium bicarbonate  
and kombucha (55 kcal)

7

### **Soothe**

Mandarin peel extract, Egyptian chamomile, lavender  
and kombucha (67 kcal)

8

## **Vitamin Elixir Injections**

All our elixirs are available to enhance your drink and  
are served in line with prescribed dosages

Omega-3 (0 kcal)

4

Beta-keratin (0 kcal)

2

Collagen (0 kcal)

6

Biotin (0 kcal)

2

Folic acid (0 kcal)

2

Trip Wild Mint CBD Oils (3 kcal)

2

Trip Orange Blossom CBD Oils (3 kcal)

2

Adults need around 2000 kcal per day.

7

# TAKE A TRIP

IN PARTNERSHIP WITH THE LONDONER

CRAFTED IN THE UK, TRIP IS A LIGHTLY SPARKLING WATER INFUSED WITH PREMIUM CBD AND NATURAL ADAPTOGENS INCLUDING L-THEANINE, GINSENG AND TURMERIC.

## How Does CBD Work?

Our body's endocannabinoid system (ECS) is a network of tiny receptors that play a crucial role in regulating the body's optimal balance, including sleep, stress, anxiety, immune system, pain and inflammation.

CBD helps bring your ECS back in balance, making you feel more productive and creative, while less anxious and stressed.

Trip is also sugar-free, gluten-free, palm oil-free and vegan.

## Choose Your Trip

Elderflower Mint (9 kcal)	5
Peach Ginger (9 kcal)	5
Lemon Basil (9 kcal)	5

# POST-TREATMENT RECOMMENDATIONS

## TISANES

### **Matcha & Chlorophyll**

5

Rich in vitamins A, C, K and E, this twist on the traditional Japanese tea elicits earthy and complex notes, promoting heart health and enhancing energy. (6 kcal)

### **Chamomile & Ginkgo Biloba**

5

A blend of woody ginkgo biloba and elegant chamomile from the Nile Delta has been crafted to help improve blood flow, reduce stress and promote eye health. (0 kcal)

### **Ashwagandha, Cassia & Vanilla**

5

A plant with roots in Indian ayurvedic medicine, ashwagandha is a natural means for boosting health and reducing stress, while cassia and vanilla add relaxing properties with sweetness and spiced depth of flavour. (19 kcal)

# REFUEL CLINIC ETIQUETTE

THE ENVIRONMENT WITHIN OUR REFUEL CLINIC IS ONE OF RELAXATION AND TRANQUILLITY.

WE THEREFORE KINDLY ASK THAT YOU RESPECT THE PRIVACY AND SERENITY OF YOUR FELLOW SPA GUESTS.

## **Guidance**

Our menu aims to provide the best possible information on health, herbal medicines and medicinal plants. This information should not replace professional advice by a qualified medical or herbal practitioner. Sources of our recommendations are available upon request. Our products may vary in availability and if so, a suitable alternative will be recommended.

## **Refuel Facilities & Access Times**

Breakfast: 7.00am - 11.00am

All-day dining: 11.00am - 21.30pm

## **Poolside Cabana Service**

Access to and service by the pool and hydro massage jet pool are available to hotel guests, members and day spa guests only.

**Health Conditions**

Before ordering any food or beverage, kindly advise us of any health conditions or allergies which could affect your choice.

**Pregnancy**

We have specially designed offerings for expectant or nursing mothers. Please allow our Refuel Alchemists to guide you in selecting the most suitable items off the menu during this special time.

**Gift Cards**

An ideal gift for someone special. Please contact the reservations team for details.

**Valuables**

Refuel accepts no responsibility for loss of valuables and jewellery at any time on the spa premises.

**Prices**

All prices are quoted in GBP and are subject to change at any time. A discretionary service charge of 15% will be added to your bill.

# THE LONDONER REFUEL CLINIC

## REFUEL AT THE RETREAT

38 Leicester Square  
London  
WC2H 7DX

+44 20 7451 0101  
[thelondoner.com](http://thelondoner.com)