

Client	Cafe Royal
Main Contractor	MACE
Architect	David Chipperfield
Acoustic Consultant	Sandy Brown Acoustic Design
Details	Spa & Gym 483m²

• Cafe Royal has just undergone a complete refurbishment and internal re-build. Part of the new complex is a state-of-the-art Spa and Gym which is located in the basement.

• Directly next to the hotel is Regent Street, below which runs the Bakerloo underground train line.

• Structure-borne noise levels from the trains were far too high to create the relaxing environment required for a top class Spa. The acoustic consultants therefore specified that all of the noise sensitive spaces must be isolated on a CDM-QDECK concrete floating floor system.

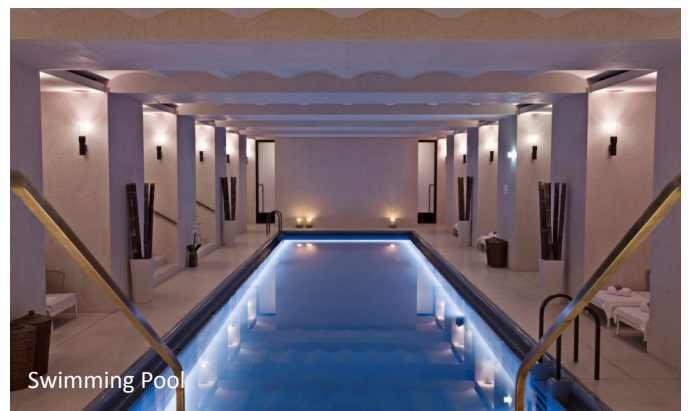
• Café Royal’s 1,200sqm Wellbeing Centre provides a personal and intimate holistic experience. It has a large lap pool and four different areas, corresponding to the four natural elements: spa/water, gym/fire, yoga/air and organic bar/earth.

• The spa offers a variety of Watsu hydro-experiences, a private and communal Hammam and signature Akasha treatments. Moods are enhanced by restorative music, aromas and gentle lighting. The gym has the most advanced fitness equipment, including Kinesis machines. There is a spacious aerobics studio and a private training room. Yoga, Tai-Chi and Pilates are offered in the calming area, with bespoke classes.

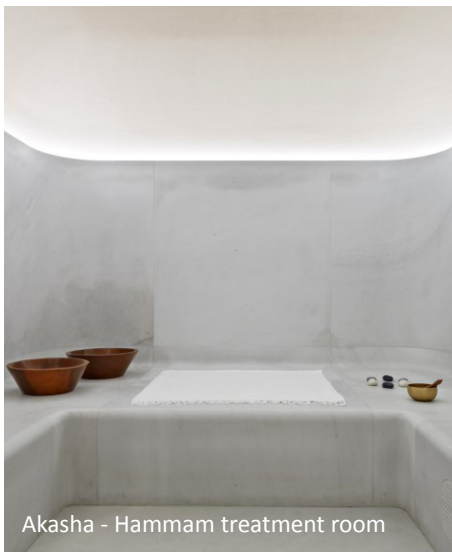
• The resulting environment is quiet and tranquil allowing customers to be pampered for hours on end.



The entrance to Cafe Royal at Piccadilly Circus on Regent Street



Swimming Pool



Akasha - Hammam treatment room



Spa Treatment Room