

THE LAB ROOM

M A D R I D  Est. 1 9 9 9

KEY INFORMATION

APPOINTMENTS

All our treatments require a prior appointment, although you can always drop in to see if we can fit you in. If not, you can always see the periodic exhibition, or sit in our lounge and leave with renewed energy.

Punctuality. This is absolutely necessary, so that no-one has to wait. Remember that you must call us to reserve a time. A credit card is required for treatments which take over 3 hours. Please ring us if you think you cannot come. 24 hours' notice is required for treatments, and 48 hours' notice for packs. Otherwise, 50% of the treatment must be paid.

VOUCHERS

Although you will have to pay it all at once, if you're a Lab Room addict, you'll save 20% with a voucher for 10 treatments - don't doubt it.

HOME SERVICE

In The Lab Room we adapt ourselves to your needs and, by prior appointment, we can provide you with service when you need it. Home service prices are increased by 50%.

THE IN THING

PARTY TIME (Min. 8 pers.) Consult prices

Stag parties? Birthdays? Divorces? Work breakfasts? Come and celebrate with your group of friends in The Lab Room. We'll hang up the "Closed" sign and you'll have a whale of a time. What better way to celebrate than with massages, manicures, pedicures, make ups, etc.? If you require catering or a DJ, we can also provide. Party time in The Lab Room!

OFFICE S.O.S. (Min. 10 pers.) 15€/person

If you are on the verge of escaping via the air conditioning ducts to get a breath of fresh air, breathe deeply and relax. The Lab Room massage team is coming to the rescue. Tell us what day you'd like us to come to your office, get 10 volunteers together, and with just 20 mins of massage you'll be fully revived and will return to work so on-the-ball that a pay rise will be an imminent reality. NOTE: if you are the Head of Human Resources, be generous with your personnel and subsidize this idea – they will thank you every morning with warm doughnuts.

THE LAB ROOM GIFT VOUCHERS

The best gifts you can give are time and happiness, 2 words which become reality in The Lab Room. The next time you have to give a present, choose one of our gift vouchers – you'll see how they thank you for it. We have personalised gift vouchers for companies. If you're fed up with traditional Christmas hampers, then ask us and we will create something much more entertaining, relaxing and original for your company.

THE LAB ROOM SEMINAR SCHOOL

What do our clients like best about The Lab Room? Our Team of professionals. At last we have found the formula to spread our philosophy like a virus! The Lab Room Seminar School, your special place in Madrid for conferences, practical workshops, professional-oriented courses and other events.

Laboratory 1

NAIL POLISH CHANGE 6€

Why does our nail polish always get ruined when we need it most? Instead of hiding your hands, come up and see us – it will only take a few minutes.

BASIC MANICURE 25€

If you don't have much time and you want your hands to be impeccable, give it no more thought. This basic manicure also comes with a mini massage for legs and arms.

FRENCH MANICURE 27€

A classic, which never goes out of fashion – for your most chic engagements.

THE LAB ROOM GREEN TEA MANICURE 30€

This manicure will delight even the most demanding clients. Your hands will be exfoliated, nourished and treated with an anti-aging cream. All this is accompanied by our exclusive reflexology session for hands, with essential oils.

BASIC PEDICURE 27€

With our basic pedicure, you will discover the pleasure of walking barefoot. Feet buried in the sand are a thing of the past.

HEAVENLY PEDICURE 30€

A combination which will make you float. Our basic pedicure combined with an intensive reflexology session. When you put your shoes back on you'll think your feet have got wings.

THE LAB ROOM PEDICURE 35€

Relax your feet in a bath of hot milk, followed by a deep exfoliation with salts and a massage with olive oil which will leave your feet as smooth as a baby's bottom. If you combine this with a good pedicure, your admirers will fall at your feet in devotion.

COMBO I 45€

Basic pedicure and manicure.

False nails (each) 5€

Nail strengthening treatment 5€

Laboratory 2

DAY MAKE UP 60€

Don't worry if your day is full of important appointments, in no time at all you will have an impact on mankind.

HOME MAKE UP 120€

In a mess and without make up? We have the magic formula in The Lab Room. Ring us on the hotline and one of our super make up artists will rush to your side with the magic wand.

HOME HAIRDRESSER 150€

EYEBROW DESIGN 30€

Some answers only deserve a raised eyebrow. Get Hollywood-ified. Our expert will study your features in order to find the most suitable expression for your face.

Eyebrow tint 15€
Eyelash tint 24€
Eyelash perm 40€

EYEBROW MAINTENANCE 12€

Now that you've finally got them, you can't afford to lose them.

BRIDAL MAKE UP 150€

If you read the story in the newspaper about that bride who was left at the altar, don't worry – avoid aesthetic disasters and put yourself in the hands of one of our experts. The result will be a bride who is more divine than human.

Makeup test 80€

BRIDAL HAIRSTYLING 200€

Hairstyle test 50€

MAKE UP COURSE 120€

Do you want to learn all our professionals' secrets? Get to know your face and learn to make the most of it.

MAKEOVER 300€

Put yourself in our hands and you'll discover The Lab Room effect. You won't believe the results. Completely renew your image, wardrobe, make up and hair.

FASHION AND WARDROBE CONSULTANCY

Save time and money by putting yourself in the hands of one of our stylists who will design your wardrobe for the season, accompany you to the best shops and create an infinite number of combinations, so that you are always fashionably dressed.

Initial consultation and test 180€
Wardrobe for the season 60€/hr

HAIRDRESSER'S ATELIER

A stylist just for you, in a private section of our hairdresser's salon. All our professionals' attention will be focussed on your hair – cutting it, styling it, designing a colour to suit you – all exclusively so that you become the next Pantene model.

Style 30€
Cut 60€
Highlights 90€
Colour 40€
Roots 40€
Colour design, from 120€
Moisturizing treatment 30€
Men's cut 30€

DIETETICS AND NUTRITION

First consultation, tests and Diet 120€
Second visit 60€
Shopping list 10€
Alcat test 500€

Laboratory 3

RELAXING HARMONISING MASSAGE 80€

Have you got an hour and a half to give yourself the best? You deserve it – the last word in relaxing massages, your whole body will be stress-free. The bon vivant's favourite.

DELUXE RELAXING MASSAGE 45€

The best massage for relaxing the entire body – don't doubt it, just treat yourself. A back, head and feet massage that will leave you like new. (1hr)

BACK EXPRESS 30€

Intense massage of just the back and neck, to get rid of chronic tension and horrible knots. Our combination of essential oils will leave you floating. (45 mins)

SPORTS MASSAGE 50€

The best for sports fans. Emphasis on the muscles you use most in your favourite sport. (1hr)

AROMATHERAPY MASSAGE 60€

Next stop paradise. This personalised massage with essential oils will plunge you into a trance and you won't want to wake up!

PRE NATAL MASSAGE 60€

So you can see that we haven't forgotten about you, we have come up with a massage which will soothe all the points which support the extra weight. It will stimulate your circulation, and will nourish your skin so that you aren't consumed by stretch marks.

ANTI-CELLULITIC MASSAGE 45€

This massage, based on essential hazelnut, cypress, cedarwood, sage and lemon oils will not miraculously eliminate your cellulite, but if you combine it with exercise and healthy food it will work wonders (1hr)

*A minimum of 10 sessions is recommended.

LIQUIDS OUT 45€

If you are feeling bloated, don't give it any more thought. Our combination of grapefruit, lemon and lavender oils will leave you like a sylph. (1 hr)

*A minimum of 10 sessions is recommended.

FOOT REFLEXOLOGY 40€

Your feet are connected to all your vital organs. If you want to improve your health, this is the massage for you. Forget all your pains in a relatively painless way. (40 mins)

HAND REFLEXOLOGY 20€

Just like the feet, the hands are full of reflex points – an unforgettable massage. (30 mins)

HEAD AND FACE MASSAGE 30€

Forget your problems and stop feeling that your head is heavy – when you come out of this massage you'll feel like a new person. The facial massage stimulates all circulation using shiatsu pressure, returning the glow to your face. (30 mins)

AURICULAR THERAPY 15€

The ideal complement for relaxing areas, tendonitis, muscular pain....If you want to quit smoking, this is the key.

BACH'S FLOWERS

Flowers can help you at difficult times. Try them.

1st Consultation 120€
Subsequent consultations 60€

EXOTIC MASSAGES

MYSTIC NIRVANA MASSAGE 100€

A massage to bring together the best of all Oriental massages, after an hour and a half with Paiwrote you'll feel you've reached Nirvana.

ORIENTAL CURATIVE MASSAGE 45€

An Oriental physiotherapy session which will tone up your muscles after sports. Ideal for injuries, backache, sciatica and other aches and pains resulting from age and our lifestyle. (30 mins)

THAI MASSAGE 60€

Levitation is a scientifically-proven fact. Paiwrote's techniques, based on stretching and pressure on the energy meridians, re-balance energy and eliminate stress. (1hr)

NUAD NA MASSAGE 40€

40 mins of massage of the trapezius, the neck, the face and the head, in the care of Paiwrote, a genuine specialist in the subject. There are thousands of points in your head which regulate your body. Try it.

NUAD TAO MASSAGE 50€

Tibetan reflexology massage of feet and calves. A different reflexology, much more intense and strong, which will leave you feeling like new. (40mins)

NUAD KHA MASSAGE 45€

Thai leg massage to stimulate circulation, eliminate liquid retention and to lose weight. Paiwrote's intense pressures and manipulations will help you have the legs you've always dreamed of.

* A minimum of 10 sessions is recommended.

SHIATSU 60€

Beneficial for your whole organism. This massage is an obligatory stop. Make sure you try it.
(1hr)

TIBETAN BOWLS 100€

Balances your chakras. Tibetan monks have been relaxing through the sound of Tibetan bowls for centuries. You'll float out at the end. (1hr)

Laboratory No. 4

THE LAB ROOM FACIAL 50€

People for miles around will see your face glowing after this personalised treatment. Our deep cleanse followed by exfoliation and aromatherapy facial massage is without equal.

AROMATHERAPY FACIAL 60€

A cleanse with a smooth exfoliation, moisturizing treatment with plant extracts, face pack and massage with rose oil. If you want to get away from pollution and immerse yourself in a flower garden, don't think twice.

"ANTI-AGING" FACIAL 65€

The ideal facial to combat aging. A treatment which gives skin back its glow, based on the power of myrrh and geranium.

BACK CLEANSE 40€

This formula, based on salts and mud from the Dead Sea, will make your back as smooth as it should be.

EYE CONTOUR 30€

Close your eyes and let our combination of soy, almond oil and avocado oil leave you as good as new, you'll be ready to hypnotise the world.

BODY SCRUB 45€

This treatment with Dead Sea salts dissolved in a magic potion of oils will renew your cells and leave your skin as smooth as silk.

SUNLESS TANNING 50€

An exfoliating treatment which will give your skin a tanned, healthy tone.

LOCALISED REDUCING AND FIRMING TREATMENT 60€

With massage and seaweed, have the body you've always wanted; you'll get slimmer, you'll be like a top model and you'll also be very relaxed when you leave. What more can you ask for?

SEAWEED WRAP 60€

Let your entire body be wrapped up in our potion of detoxifying and slimming seaweeds. You'll feel the effects both inside and out.

NECK AND BUST TREATMENT 50€

A treatment for the neck and bust region. A smooth exfoliation followed by a firming face pack and a reaffirming massage will give your skin back its glow.

WAXING

Legs – full 30€

Legs – half 15€

Underarm 10€

Lip 6€

Arms 15€

Bikini 10€

Bikini – Brazilian 30€

(Only for the most daring)

Bikini – Hollywood 40€

Just for men

MILLENIUM MAN FACIAL 50€

Forget about your worries and put your trust in us, we'll leave you as good as new. A treatment personalised to your needs will make razor burn disappear. Furthermore, we'll attack those bags and lines under your eyes with our tired eyes formula. Warning: this treatment can be addictive.

SPORT MANICURE 20€

A complete treatment for the 21st century man. A basic manicure, together with a massage to alleviate tension in your hands, which comes from tennis, paddle tennis, golf and all those sports that keep you away from us. You'll leave as good as new.

SPORT PEDICURE 25€

Don't think we've forgotten about you. We know our boys like a good foot massage. Forget your worries while the right pressures in your feet send powerful signals to your brain. If we also combine this with a good pedicure, you'll be the perfect man.

WAXING

Back 25€

Chest 30€

Arms 20€

Legs 40€

BEAUTY CORNER

Enjoy the most relaxing and original products on the planet. You will find our product line on sale here.

PERSONALISED FACIAL OIL 50€

PERSONALISED BODY OIL 50€

FACIAL GLOW SERUM 30€

The Lab Room Packs

THE LAB ROOM NIRVANA 210€

Aromatherapy Facial

Aromatherapy Massage

Body Scrub

The Lab Room Manicure

The Lab Room Pedicure

Reflexology

URBAN ESCAPE 100€

Anti-stress Massage

French Manicure

Heavenly Pedicure

Hairstyle

ORIENTAL CHIC 65€

Thai Massage

Nuad Na Head Massage

Nuad Tao Reflexology Massage
Shiatsu

JUST FOR MEN 116€

Anti-stress Massage

Sport Manicure

Sport Pedicure

Eye Contours

Millennium Man Facial

RUNAWAY EXPERIENCE 84€

The Lab Room or Millennium Man Facial

Reflexology

Head and Face Massage

BRIDE 10 - 192€

The Lab Room Facial

Body Scrub

Seaweed Wrap

Green Tea Manicure

Heavenly Pedicure

Head and Face Massage

The Lab Room

Opening hours:

Monday to Friday 10am to 9pm

Saturday from 10am to 6pm

By appointment only.