

HIGH STREET KEN.



BE WELL

Kensington's Wellness Guide



Contents

- 3** Welcome to Wellness in Kensington
- 5** Green Spaces and Parks
- 10** Wellness Directory
- 10** Fitness
- 16** Hair and Beauty
- 18** Health and Medical
- 19** Opticians and Hearing Care
- 20** Clinics
- 22** Dental
- 25** Parks and Green Spaces
- 27** Discover Token
- 28** Map of Kensington



Welcome to Wellness in Kensington

Welcome to our guide to wellbeing in Kensington, a place where calm and green spaces abound. In this guide you will discover Kensington's tranquil places, peaceful nooks and thriving health and wellness scene.

Kensington is not only a vibrant cultural hub but also a sanctuary for those seeking to rejuvenate and restore. At the heart of this green haven are our parks, Holland Park and Kensington Gardens, both featuring a variety of gardens and rich cultural heritage.

Whether you are a local resident or a visitor, we invite you to slow down and discover a green space that offers a different pace—a pace that prioritises your wellbeing.



Kensington Wellness Audio Tours

Download our wellness audio tours of Holland Park and Kensington Gardens and enjoy a guided tour of these historic parks as you take a leisurely stroll through nature.



Green Space and a Different Pace

Kensington Gardens

Step off the lively Kensington High Street and through the gates of Kensington Gardens, once the private grounds of Kensington Palace, now a serene public oasis. The abundant flowers, meadows, and vast parkland provide a profound sense of peace, a stark contrast to the urban environment that lies just beyond.

Meandering through, you might spot the storied statue of Peter Pan near the Long Water. The grand Albert Memorial and the elegant Italian Gardens enhancing the park's tranquil atmosphere, while the Diana Memorial Playground beckons the young to play. The Princess Diana Memorial Fountain alongside the Serpentine bridge is also a key spot for relaxation.

Seekers of solace can find peace along the flower-lined paths, offering quiet corners for contemplation amidst its gardens. The park's untamed stretches provide a haven for biodiversity, silently preserving the area's storied past. Kensington Gardens is an idyllic location for those seeking to recharge, contemplate and rejuvenate within nature's embrace.

Download our Kensington Gardens audio tour guide at highstreetkensington.co.uk/audiotours.

Holland Park

Holland Park is a haven for wellbeing and a diverse natural retreat. The southern fields are a hub of activity for people of all ages. The park offers various sports opportunities such as an outdoor gym, golf practice nets, football, tennis and cricket. The Holland Park Adventure Playground is suitable for ages 5 to 14, including a zip-wire, swings, slides as well as accessible equipment.

Holland Park is not just a feast for the eyes; it nurtures the soul and the mind through the Holland Park Ecology Centre where you can learn about the natural environment. You can also wander through the calming Japanese garden, delight in a picnic under cherry trees or simply enjoy the serene ambiance.

Download our Holland Park audio tour guide at highstreetkensington.co.uk/audiotours.

Morning sunlight provides benefits such as vitamin D and improving your mental health. Wander through High Street Kensington, soaking up the sunshine and discovering hidden gems.

WELLNESS TIP



St Mary Abbots Gardens and village-like Neighbourhoods

Nestled behind St Mary Abbots Church at the intersection of Kensington High Street and Kensington Church Street, St Mary Abbots Gardens provides a peaceful retreat from the urban rush. In the summer months, the garden blooms with vivid flowers, offering a delightful display of colour and scent. Discreetly placed tombstones whisper tales of the past, adding a layer of quiet history to the tranquillity of the setting. Seek out a secluded bench and take the opportunity to pause, breathe deeply and absorb the restorative calm of this hidden gem.

Step off the bustling Kensington High Street and meander through the neighbourhoods where a village-like charm invites the curious. The storied blue plaques scattered along these lanes provide snapshots of the area's rich history. Among the unique offerings of artisanal shops, galleries and cafés, these pockets of tranquillity support a sense of wellbeing. Pause to enjoy the neighbourhood charm as you wander the delightful streets such as Thackeray Street, Kensington Church Street, Holland Street and Kensington Church Walk.

Research shows that spending time around trees and nature uplifts your mood and reduces symptoms of depression. Pause and reflect among the nature around Kensington's parks.

WELLNESS TIP



Wellness Directory

Welcome to your essential directory for health and wellness services in the area. Here, you'll find detailed listings of local businesses specialising in everything from fitness and dental care to spa treatments and holistic medicine, all designed to enhance your physical and mental wellbeing.

FITNESS

1Rebel

45 Phillimore Walk, W8 7RZ
020 3958 9500
1rebel.com

High-energy classes, including Ride, Reformer Pilates, and Reshape all perfectly timed to the music for the ultimate motivation boost.



Altimus

176 Kensington
High Street, W8 7RG
0118 3040 050

altimusoutdoor.com

Best-in-class sports brands which excel in product innovation and a commitment to sustainability.



Barrecore

18 Kensington
Church Street, W8 4EP
020 7937 6901

barrecore.com

Barrecore ballet-based workout for your entire body to improve strength, flexibility and posture.

Cotswold Outdoor

188 High Street, W8 7RG
020 3780 2057

cotswoldoutdoor.com

Clothing and equipment retailer specialising in outdoor activities.

Cyclecare

54 Earls Court Road, W8 6EJ
020 7460 0495

dutchbikeslondon.com

Independent bike shop offering expert repairs and a personal touch in cycling discussions.

Decathlon

146-158 Kensington
High Street, W8 7RL
020 4517 7291

decathlon.co.uk

A sports superstore making sports accessible to everyone.

Ellis Brigham

178 Kensington
High Street, W8 7RG
0808 164 0600

ellis-brigham.com

Mountain sports equipment for skiing, snowboarding, hiking, mountaineering and climbing.

Equinox Kensington

99 Kensington
High Street, W8 5SA
020 7666 6000

equinox.com

Boxing studio, yoga studio, cycling studio and a full-service Spa in a stunning location.

Holiday Inn Health Club and Spa

Wrights Lane, W8 5SP
020 7368 4005

hilondonkensington.com

Health club with fitness classes, swimming pool and spa treatments.

Kadampa Meditation Centre

27-33 Earls Court Road, W8 6ED
020 7937 7567

meditation.london

Meditation classes, weekend courses and relaxing retreats.

Karve

198 Kensington
High Street, W8 7RG
07395 322149

karve.club

Redefining the modern-day pilates-inspired workout capturing New York's resilience and drive, tailored to the London lifestyle.

Personal Bikefit

290 Kensington
High Street, W14 8NZ
020 7937 4688

personalbikefit.com

Tailored cycle performance training and bike fitting services offered by a personal trainer and competitive cyclist.

Repose Space Kensington

40 Kensington
High Street, W8 4PF
020 3743 1286

repose-space.co.uk

London's home of biohacking with a range of therapies, classes and treatments to achieve a healthier lifestyle.

Riders & Squires

8 Thackeray Street, W8 5ET
020 7937 4377

ridersandsquires.com

Retailer offering a wide range of riding equipment including helmets, breeches, boots, saddles and more.

Roar Fitness

190-192 Kensington High Street, W8 7RG

roar-fitness.com

An Olympic training experience from a team of nutritionists, strength coaches and world-class personal trainers.

Sixphysio

15 Young Street, W8 5EH
020 7937 8877

sixphysio.com

A selection of specialist physiotherapy services including machine-based pilates and sports massages.

Sprint Physiotherapy

2 Drayson Mews, W8 4LY
020 7938 1350

sprintphysio.co.uk

Experienced physiotherapy team offering a wide range of treatments and therapies.

Studio Fix

42-44 Kensington
High Street, W8 4PE
studiofix.co.uk

Work out in an extraordinary space where exceptional architecture and fitness combine.

The Body Lab

151/153 Kensington
High Street, W8 6SU
020 7937 5853

thebodylablondon.com

A private gym combining advanced training technology and regenerative therapies.

Ultimate Performance

62/64 Kensington
High Street, W8 4PE
020 7118 2033

ultimateperformance.com

Private personal training gym delivering world-class body transformation results.

Virgin Active

17A Old Court Place, W8 4PL
020 8124 4131

virginactive.co.uk

Boutique fitness experience with high-end gym equipment and pool. Classes include reformer pilates, boxing, yoga and more.

Engaging in a self-care routine has been clinically proven to reduce anxiety, stress and aid sleep. Explore an array of health shops and clinical facilities dotted around High Street Kensington.

WELLNESS TIP



HAIR AND BEAUTY

Amy's Nails Spa London

18 Kensington Church
Street, W8 4EP
020 7937 3690

amynailsspalondon.com

Nail salon offering a
variety of services.

Belle Cour

17 Kensington Church
Street, W8 4LF
020 7937 9622

bellecourbeauty.com

Beauty salon for nail and
beauty treatments.

Cobella Hair & Beauty

5 Kensington High
Street, W8 5NP
020 7937 8888

cobella.co.uk

Hairdressing and pioneering
beauty treatments.

Cool Creative

5 Holland Street, W8 4NA
020 7937 1666

coolcreative.net

Hair salon offering the latest
in hairstyling and design.

Embassy of Beauty

3 Kensington Church
Street, W8 4LB
020 3358 9997

embassyofbeauty.co.uk

Bespoke facial treatments
and products for your
skin's unique needs.

Junior Green

55 Kensington Church
Street, W8 4BA
020 7752 0620

junior-green.com

Salon for men and women with Afro
hair and multi-textured curly hair.

Orchid Beauty & Thai Massage

292 Kensington High
Street, W14 8NZ
020 7602 6664

orchidbeautymassage.com

Beauty salon offering Thai
massage and beauty treatments.

Rush Hair & Beauty

26 Kensington Church
Street, W8 4EP
020 7112 1714

rush.co.uk

Hair salon providing hair
and beauty treatments.

Sébastien Salon

15 Thackeray Street, W8 5ET
020 7937 2946

sebastienhair.co.uk

Relaxing hair salon for all
your styling needs.

Tatiana Karelina

33 Holland Street, W8 4LX
020 7937 1989

tatianakarelina.co.uk

Hair extension technician.

Ted's Grooming Room

252 Kensington High
Street, W8 6ND
020 3397 9966

tedsgroomingroom.com

Turkish Barbers with London Flair.

The Tanning Shop

4 Campden Hill Road, W8 7DU
020 7938 1932

thetanningshop.co.uk

Sunbed and spray tan services.

Threads and Co

256 Kensington High St, W8 6ND
020 3903 7272

threadsandco.co.uk

Specialising in hair, beauty
and alternative therapies.

Toni & Guy

14 Kensington Church
Street, W8 4EP
020 7937 0030

toniandguy.com

Fashion-forward hair salon.

Townhouse Kensington

146 Kensington High
Street, W8 7RL
020 7947 0100

townhouse.co.uk

Nail salon.

Valentino Salon Hair & Beauty

1-3 Thackeray Street, W8 5ET
020 7937 6911

valentinolondon.co.uk

Hair salon and medspa.

Vy's Nails

275 Kensington High
Street, W8 6NA
020 7602 9889

vynails.co.uk

Nail salon.

HEALTH AND MEDICAL

Boots

127A Kensington
High Street, W8 5SF
020 7937 9533

[boots.com](https://www.boots.com)

Health and beauty products as well as an in-store pharmacy.

Holland and Barrett

167 Kensington
High Street, W8 6SH
0330 058 2640

[hollandandbarrett.com](https://www.hollandandbarrett.com)

High street retailer offering a broad range of health and wellness products.

Pestle & Mortar Pharmacy

213 Kensington
High Street, W8 6BD
020 7937 9154

[pestlemortarpharmacy.co.uk](https://www.pestlemortarpharmacy.co.uk)

Community pharmacy offering a range of health treatments and services.

Prince Pharmacy

19 Kensington
High Street, W8 5NP
020 7376 0300

[princepharmacy.com](https://www.princepharmacy.com)

Bespoke premium healthcare & beauty services, pharmacy open late all year round.

Rituals

131 Kensington
High Street, W8 6SU
020 7938 4611

[rituals.com](https://www.rituals.com)

Luxurious home and body cosmetics using unique signature fragrances.

Space NK

1 Kensington
Church Street, W8 4LB
020 7376 2870

[spacenk.com](https://www.spacenk.com)

Over 100 of the most in-demand, highly innovative and boundary-pushing beauty brands.

Opticians and Hearing Care

Amplifon

273 Kensington
High Street, W8 6NA
0808 134 0346

[amplifon.com/uk](https://www.amplifon.com/uk)

A wide range of hearing aids from various manufacturers tailored to individual hearing profiles.

Bromptons Opticians

84 Kensington
High Street, W8 4SG
020 7937 5500

[bromptons-opticians.co.uk](https://www.bromptons-opticians.co.uk)

Premium optical services and high-quality eyewear.

David Faulder Opticians

218 Kensington
High Street, W8 7RG
020 7937 8790

[eyecademy.com](https://www.eyecademy.com)

Specialist eye examinations and luxury eyewear.

Hidden Hearing

248-250 Kensington
High Street, W8 6ND
020 7348 9810

[hiddenhearing.co.uk](https://www.hiddenhearing.co.uk)

Clinic specialising in hearing tests and hearing aids.

Kensington Eye Centre

33 Kensington
Church Street, W8 4LL
020 7937 8282

[kensingtoneyecentre.co.uk](https://www.kensingtoneyecentre.co.uk)

Independent optician dedicated to ensuring the health of your vision, offering high-quality eyewear and personalised care.

Specs of Kensington

185 Kensington
High Street, W8 6SH
020 7938 1251

[specsofkensington.co.uk](https://www.specsofkensington.co.uk)

Full range of eye care, including optical vision and eye tests, designer glasses, prescription sunglasses and contact lenses.

Clinics

Angeli Medispa

288 Kensington
High Street, W14 8NZ
020 7348 0664

angelimedispa.com

Non-invasive anti-ageing treatments for the face and body.

Caci Beauty

7 Holland Street, W8 4NA
020 8962 9459

cacibeauty.com

Non-surgical facial treatments including anti-ageing, skin rejuvenation and problematic skin solutions.

Cavendish Clinic

13 Kensington Church
Street, W8 4LF
020 7630 4535

cavendishclinic.co.uk

Bespoke treatments for all aesthetic needs.

EF Medispa

29 Kensington
Church Street, W8 4LL
020 7937 5554

efmedispa.com

One-stop spa offering aesthetic treatments, a walk-in walk-out surgical suite and traditional complementary therapies.

GinSen

10 Kensington
Church Street, W8 4LF
020 7937 7968

ginsen-london.com

Traditional Chinese Medicine and acupuncture focusing on infertility and wellness.

Hua Ren Tang Chinese Medical Center

41 Kensington
High Street, W8 5ED
020 7258 3988

huarentang.co.uk

Traditional Chinese Medicine, complementary therapies and herbal medicine.

Ice Health Cryotherapy Spa

237 Kensington High
Street, W8 6SA
07760 460858

icehealth.co.uk

Heat & cold cryotherapy, injury treatments, sports recovery, pain management, face and body revival & reshaping.

Laser Clinics UK

159 Kensington
High Street, W8 6SU
020 7183 9570

laserclinics.co.uk

Affordable, accessible, and reliable cosmetic treatments.

No. 23 Skin

23 Ansdell Street, W8 5BN
020 3941 1815
no23skin.co.uk

Dermatologist specialising in comprehensive skin care and treatments.

No Filter Clinic

9 Young Street, W8 5EH
020 3343 8431
nofilterclinic.com

Medical cosmetic dermatology focusing on achieving natural results through bespoke treatments.

Randex Health

143 Kensington
High Street, W8 6SU
0800 254 5130

randoxhealth.com

Preventative healthcare including health screenings, supplements and vaccination services.

Dental

80 Kensington Dental Clinic

**80 Kensington
High Street, W8 4SG
020 7938 2833**

kensingtondentalclinic.co.uk

Dental practice offering both private and NHS services, with a long-standing commitment to patient care.

Bupa Dental Care Kensington

**21 Kensington
High Street, W8 5NP
020 8016 0458**

bupa.co.uk

Private dental practice with a range of treatments from routine check-ups to cosmetic treatments.

Kensington Dental Practice

**129-131 Kensington
High Street, W8 6SU
020 7937 9097**

kensingtondental.co.uk

Dental practice offering a calm and friendly environment with advanced facilities for comprehensive dental care.

Moira Wong Orthodontics

**27A Kensington
Church Street, W8 4LL
020 7368 6611**

moirawongorthodontics.co.uk

Boutique orthodontic practice for children, teenagers and adults.

Oracare Dental

**244 Kensington
High Street, W8 6ND
020 7603 7222**

oracaredental.co.uk

A full range of dental services for the whole family.





PARKS AND GREEN SPACES

Holland Park

Ilchester Place, W8 6LU.

Free entry.

Open 7.30am to 30 minutes before dusk every day.



Sports pitches, tennis courts, golf and cricket practice areas to hire, Outdoor Gym, Adventure Playground, Holland House and Opera Holland Park.

Formal gardens, Kyoto Garden, statues, open spaces and woodland.

Café, restaurant, toilets.

Kensington Palace Gardens

Free entry.

Open from 6am daily, although hours vary for different areas of the Park.



Tree-lined avenues, a network of paths, ornamental water features, Italian Gardens, monuments and statues.

Diana Memorial Playground and Elfin Oak, Peter Pan Statue, Prince Albert Memorial, Serpentine Galleries.

Cafés and public toilets.

St Mary Abbots Gardens

35 Drayson Mews, W8 4LY.

Open 7.30am to dusk daily.



A quiet oasis a step away from the bustling Kensington High Street.





Benefit from Exclusive Kensington Offers with Token

Token is your exclusive pass to the best wellness savings and more. Providing you with discounted retail, cultural and dining experiences in one of London's most charming neighbourhoods.



Scan the QR code to join Token and sign up to our newsletter to stay up to date on all special offers.

A happy body is a happy mind! Eating foods such as bananas, fish, oats and nuts help boost your mood. WholeFoods is your go to for all things natural and organic foods on High Street Kensington.




















WELLNESS TIP

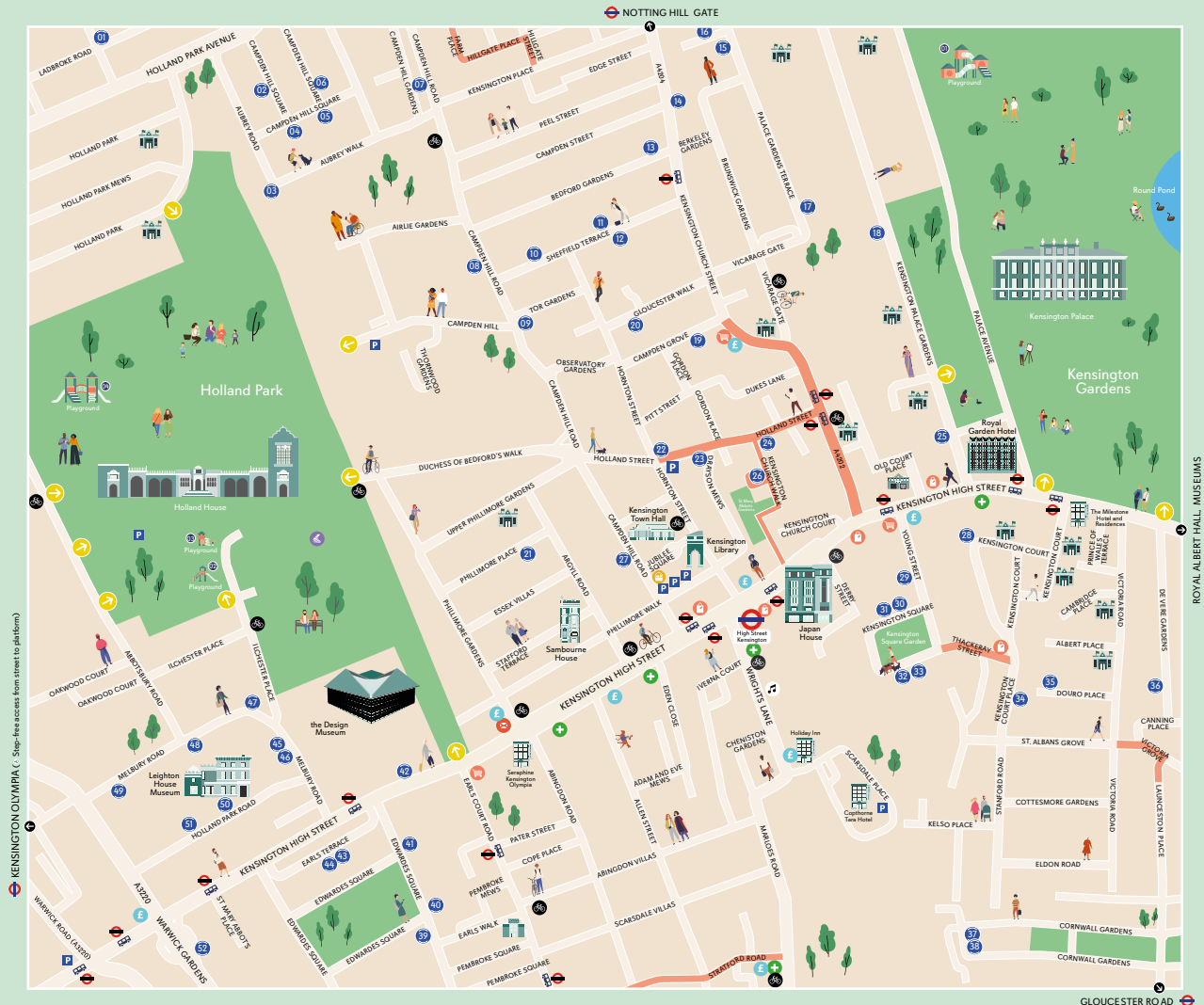
Map of Kensington

Download the Kensington map and explore all that Kensington has to offer.



Use the map to spot over 50 blue plaques scattered throughout Kensington.

-  Blue plaque site
-  Park entrance
-  Bike rack
-  Bus stop
-  Tube station
-  Embassy
-  Police station
-  Fire station
-  Hotel
-  Playgrounds
-  Supermarket / Retail
-  ATM
-  Parking
-  Pharmacy
-  Warner Music
-  Post Office
-  Farmer's Market
Every Sunday 10am to 2pm
-  Sports Facilities
Including an outdoor gym, tennis courts, football pitches, cricket nets
-  Village-feel neighbourhoods



Discover more of High Street Kensington by visiting [HighStreetKensington.co.uk](https://www.HighStreetKensington.co.uk) and following us @HighStreet_Kensington on Instagram.



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