

# HIGH STREET KEN.



## BE WELL

Kensington's Wellness Guide 2026



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# Welcome to Wellness in Kensington

**Welcome to your guide to wellbeing in Kensington, where calm, green spaces and a thriving wellness scene offer the perfect setting to rest and recharge.**

Now in its third year, Kensington Wellness Week returns during Mental Health Awareness Week with a popular programme of activities designed to support mind and body.

From the tranquillity of Holland Park and Kensington Gardens to peaceful hidden corners and expert-led experiences, Kensington is both a vibrant cultural hub and a sanctuary for restoration. This guide also features directories of local wellness businesses alongside ideas and inspiration to help you make the most of everything on offer.

Whether you are a local resident or a visitor, we invite you to slow down, explore, and discover a different pace, one that puts your wellbeing first.



## **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.

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# Wellness Week

## 11-17 May 2026

**HIGH  
STREET  
KEN.**

**Enjoy these activities in and around  
Kensington High Street during Wellness Week.**

Booking information can be found on  
[www.highstreetkensington.co.uk/wellnessweek](http://www.highstreetkensington.co.uk/wellnessweek)

### All Week



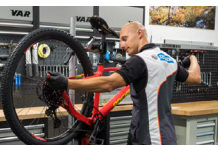
#### **Complimentary 3-day Membership. Equinox**

Kensington residents can enjoy a complimentary 3-day membership for Wellness Week. T&Cs apply.



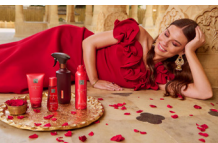
#### **Free Day Pass. Virgin Active**

Enjoy a free day pass at Virgin Active. Book classes in advance to maximise your experience.



#### **Free Bike Diagnosis. Decathlon**

Book a free bike check-up, including wear-and-safety inspections.



#### **Immersive Water Island Experience. Rituals**

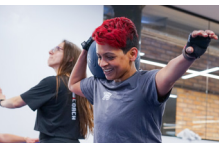
Experience the Ritual of Ayurveda including a hand and arm massage and calming tea for a moment of relaxation.



### **Wellness Through the Ages. Kensington Palace.**

Daily at 3pm for 30 minutes

Join a Kensington Palace guide for some incredible insight into how wellness has been interpreted throughout history. Meet at the public Palace entrance on the East Front.



### **Free Functional Training Class. F45**

Join F45 for a free class during Wellness Week and experience training that delivers real results.

## **Monday 11 May**



### **Complimentary 20 Minute Massage.**

**The Milestone Hotel.** 9am–12.30pm and 2pm–5pm

Enjoy a complimentary 20 minute massage at the prestigious Milestone.



### **Box Fitness Class. BoxcleverLDN. 9.30am**

Join this free dynamic, high-intensity boxing-inspired interval session.



### **Clinical Facial. No. 23 Skin, All Day**

Enjoy a clinical facial for just £50 — designed to support skin longevity, not just short-term results.

## Tuesday 12 May



### **Sketch with Ink with Cass Art. 12pm**

Join a relaxed, guided sketching session with Cass Art capturing the beauty of Holland Park.



### **Wellbeing Afternoon in the Garden. the Design Museum. 2pm to 4.30pm**

Explore the mood-boosting benefits of plants and make delicious herbal teas at this special wellness session.



CNWL recovery  
& wellbeing college  
Hope • Control • Opportunity

### **Wellness Workshops at St Mary Abbots Church.**

#### **Introduction to Self-Compassion. 1.30pm-2.30pm**

Explore how we can develop more compassion for ourselves every day.

#### **Coping with Stress and Anxiety. 3pm-4pm**

Learn how to identify signs and sources of stress and practical ways of managing it more effectively.

## Wednesday 13 May



### **Transformer Pilates. Karve. 2pm**

Enjoy a KARVE Signature 50 minute class for just £15, followed by a complimentary post-workout shake, matcha or coffee.



### **Box Strength Class, BoxcleverLDN. 9.30am**

Combine traditional boxing training with all round strength development.

## **Thursday 14 May**



### **Wellness Week Open Day at Maslow's Kensington. Various times**

Enjoy complimentary Circuits at 10am, Oria Run Club at 12pm, a Sound Bath with Selia Sound at 1pm, or Power Yoga with Sam at 4pm. Each followed by a tour of the new Maslow's Kensington Members' House.



### **Loose Watercolour Class with Cass Art.**

Meet at Cass Art

Enjoy a relaxed, creative watercolour session inspired by Holland Park's architecture.



### **Youth Class (ages 8-16). BoxcleverLDN. 4.30pm**

A free class for young boxers to learn core skills and movement, building coordination and confidence.



### **The Future of Feeling Good with Get A Drip at The Kensington Hideaway. 12pm**

Led by Dr Luke, better understand why you may feel tired, burnt out, or "off", and what you can do about it.

Booking information can be found on  
[www.highstreetkensington.co.uk/wellnessweek](http://www.highstreetkensington.co.uk/wellnessweek)

## Friday 15 May



### **Wellness Event. No Filter Clinic.** 10am to 1pm

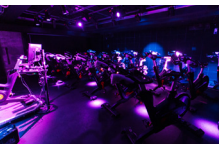
Expert-led talks on skin health and resilience plus complimentary skin analysis.



### **Holland Park PT session.**

**Holland Park** sports field. 5.30pm

Free expert-led PT and calisthenics workouts. Meet at the Outdoor Gym in Holland Park.



### **Prosecco Friday. 1Rebel** 6.15pm or 6.30pm

Book a free Ride (6.15pm) or Reshape (6.30pm) at 1Rebel and enjoy a free glass of Prosecco after your class.

## Saturday 16 May



### **lululemon X Urban Greens 5km Run.**

Starting at **lululemon**. 11am

Join the lululemon x Urban Greens free 5km fun, community-focused run through Kensington. Finish at Urban Greens and unwind with a lively DJ set and nourishing salad. 50% off salads and a goodie bag of running essentials for participants.



### **Plaster Craft. Leighton House.** 10.30am to 4.30pm

Get hands on and create a beautiful artwork to take home.



### **The Architecture of the Chair Workshop. the Design Museum. 10am to 4pm**

Conceptual furniture design workshop with Simone Brewster combining experimental thinking with design principles.



### **Women's Wellbeing Summit. Kensington Library 1.30pm**

A unique gathering of voices from across wellbeing, creativity, business and personal development.

## **Sunday 17 May**



### **Mindful Calligraphy Workshop Cass Art. 11am - 12.30pm.**

Enjoy a relaxing, creative morning learning the essentials of modern brush script.

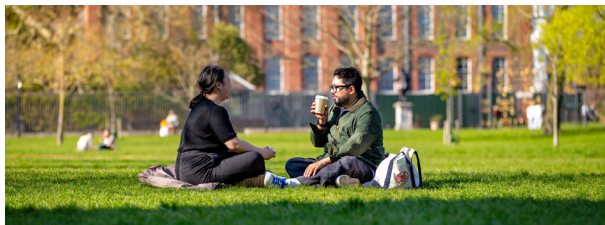
These and other Wellness Week activities can be booked online at [highstreetkensington.co.uk/wellnessweek](https://highstreetkensington.co.uk/wellnessweek) or scan here



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# Wellness Experiences Unlocked

From post-workout refuels to restorative treatments, if you live or work in Kensington enjoy exclusive experiences across the neighbourhood. Find out more on the High Street Ken App.



## Refuel

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**Acai Berry:** 10% off

**Bens of Kensington:** 15% off

**The Matcha Lab:** 10% off all drinks at Big City Dog

**Urban Greens:** 10% off a salad and drink combination

**Urban Greens:** 15% of Acai bowls

**Wholefoods:** 15% off when you spend £20 or more

## Reset

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**Cool Creative:** £83 worth of complimentary services

**Sebastian Salon:** 20% off a senior stylist appointment for new clients

**Valentino Salon:** 15% off stylist bookings for new clients

## Get Active

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**1Rebel:** 50% off peak sessions

**BoxCleverLDN:** 7 days of unlimited classes for £30 throughout May

**F45:** 10 classes for £45

**Holiday Inn:** 15% off club and spa membership

**Karve:** 10% off 10 class pack

**Sprint Physiotherapy:** 10% off initial appointment

**Studio Fix:** 10% off first single class purchase

## Restore

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**Amer Clinic:** Complimentary Consultation & Skin Analysis with code OBSERVx520 (worth £150) plus 20% off skincare (minimum spend £150)

**Get a Drip:** 10% off IV drips and vitamin injections

**Laser clinics:** 50% off first laser hair removal or skin treatment

**No. 23 Skin:** Dermatologists: £50 off all services

**The Tanning Shop:** 20% off multiple session package

## Discover

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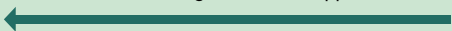
**Brompton Opticians:** 15% off spectacles

**Cass Art:** 10% off

**Rituals:** 10% off



For these and other local offers, events and much more, download the High Street Ken App. Scan here.



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# Find your Flow and Make the Most of Kensington Wellness Week

Whether you have an hour, a morning or a full day, build your own Wellness Week experience. Follow one of these simple itineraries to get active, reset and restore, or try something new across Kensington.



## 1. Get Active & Refuel

Start your day with energy and finish feeling good. Kick off with a **BoxcleverLDN** boxing class (Monday or Wednesday, 9.30am) or join the **lululemon x Urban Greens 5k run** (Saturday, 11am). Refuel with nourishing food at **Urban Greens**, with exclusive offers and a post-run DJ set. Also try **Karve Pilates** (Wednesday) or **Holland Park outdoor training** (Friday).

## 2. Reset & Restore

Slow down, switch off and recharge. Unwind with a complimentary massage at **The Milestone** (Monday) or a clinical facial at **No.23 Skin** (Monday). Find calm in self-compassion and stress workshops (Tuesday) or enjoy a peaceful guided session at **Kensington Palace** (daily at 3pm). Also try in-store treatments at **Rituals** (all week) or the **Get A Drip** wellness talk (Thursday).

## 3. Create & Explore

Get hands-on and try something new. Join a **Cass Art** sketching or watercolour session, or take part in a wellness session in **the Design Museum** garden, creating herbal teas and exploring the mood-boosting power of nature (Tuesday). Discover creative sessions at **Leighton House**, or unwind with a mindful calligraphy workshop on Sunday.

## Wellness Week Special Offers

### 1. **Amer Clinic**

Complimentary Consultation & Skin Analysis  
(worth £150) with code OBSERVx520

20% off skincare (minimum spend £150)

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### 2. **BoxcleverLDN:**

7 Day Unlimited Classes for £30 throughout May

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### 3. **No Filter Clinic.**

15% off any one skin treatment (excluding injectables)  
with code WELL15

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# Green Space and a Different Pace

## Kensington Gardens

Step off bustling Kensington High Street and through the palace gates into a serene public oasis, once the private grounds of Kensington Palace. Expansive parkland, wildflower meadows and leafy avenues offer a calming contrast to the city beyond.

As you wander, discover the Peter Pan statue by the Long Water, the striking Albert Memorial and the elegant Italian Gardens, each adding to the park's tranquil charm. The Diana Memorial Playground invites younger visitors to explore and play, while the Princess Diana Memorial Fountain provides a peaceful space for reflection.



Download our Kensington Gardens audio tour guide at [highstreetkensington.co.uk/audiotours](https://highstreetkensington.co.uk/audiotours) or by scanning the QR code.



## Holland Park

Holland Park offers a rich mix of activity and tranquillity and is a haven for wellbeing. Its southern fields are alive with energy, featuring an outdoor gym, golf practice nets, football, tennis and cricket facilities, alongside the popular Adventure Playground.

The park also provides moments of calm and connection with nature. The Holland Park Ecology Centre offers opportunities to learn more about the natural environment, while the beautifully landscaped Kyoto Garden invites quiet reflection. Whether wandering through the cherry blossoms or simply soaking in the peaceful surroundings, Holland Park offers space to recharge both body and mind.



Download our Holland Park audio tour guide at [highstreetkensington.co.uk/audiotours](https://highstreetkensington.co.uk/audiotours) or by scanning the QR code.

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# 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

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### 1Rebel

45 Phillimore Walk, W8 7RZ  
020 3958 9500

[1rebel.com](http://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](http://altimusoutdoor.com)

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



## **BoxcleverLDN**

**202A Kensington High Street,  
W8 7RG**

**[boxcleverldn.com](http://boxcleverldn.com)**

High intensity, non-contact group boxing classes and personal training for a full body workout.

## **Cotswold Outdoor**

**188 High Street, W8 7RG  
020 3780 2057**

**[cotswoldoutdoor.com](http://cotswoldoutdoor.com)**

Clothing and equipment retailer specialising in outdoor activities.

## **The Kensington Cyclery**

**54 Earls Court Road, W8 6EJ  
07531 753670**

**[thekensingtoncyclery.com](http://thekensingtoncyclery.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](http://decathlon.co.uk)**

A sports superstore making sports accessible to everyone.



## **Ellis Brigham**

**178 Kensington  
High Street, W8 7RG**

**020 7937 6889**

**[ellis-brigham.com](http://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](http://equinox.com)**

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

 Discover local offers, events and much more on the High Street Ken app.

### **F45 Training**

**193 Kensington  
High Street, W8 6SH**

**07542 848823**

**f45training.com**

Complete wellness solution from functional training and HIIT to nutrition, challenges and accountability.

### **FS8**

**65 Kensington  
Church Street, W8 4BA**

**07542 605725**

**fs8.com**

All-in-one fitness remixing Pilates, tone and yoga for a full-body group training experience.

### **Kadampa Meditation Centre**

**27-33 Earls Court Road, W8 6ED**

**020 7937 7567**

**meditation.london**

Meditation classes, weekend courses and relaxing retreats.

### **Karve Club**

**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.

### **Kensington Health Club and Spa at Holiday Inn**

**Wrights Lane, W8 5SP**

**020 7368 4005**

**hilondonkensington.com**

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

### **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.

### **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 Kensington  
High Street, W8 7RG**

**020 7626 1684**

**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](http://sixphysio.com)**

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

### **Snow & Rock London**

**188 Kensington High Street,**

**W8 7RG**

**020 3780 2057**

**[snowandrock.com](http://snowandrock.com)**

Ski, snow and climbing clothing & equipment from the world's best brands.

### **Sprint Physiotherapy**

**2 Drayson Mews, W8 4LY**

**020 7938 1350**

**[harleystreetphysiotherapy.co.uk](http://harleystreetphysiotherapy.co.uk)**

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

### **Studio Fix**

**42-44 Kensington**

**High Street, W8 4PD**

**020 3084 9828**

**[studiofix.co.uk](http://studiofix.co.uk)**

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

### **Tonico Gym**

**198-200 Kensington High**

**Street. W8 7RG**

**020 8057 6221**

**[tonico.london](http://tonico.london)**

A space designed for focus, intention, and quality training from beginners to more advanced athletes.

### **Ultimate Performance**

**62-64 Kensington**

**High Street, W8 4PE**

**020 7118 2033**

**[ultimateperformance.com](http://ultimateperformance.com)**

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

### **Virgin Active**

**17A Old Court Place, W8 4PL**

**020 8167 6480**

**[virginactive.co.uk](http://virginactive.co.uk)**

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

 Discover local offers, events and much more on the High Street Ken app.



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# Pools in Kensington

## Swim, Relax, Recharge

Swimming is a powerful way to boost both physical and mental wellbeing—building strength, easing stress, and improving heart health. Kensington offers a variety of swimming options for all ages and abilities.

### Virgin Active Kensington

Features a pristine indoor pool with expert one-to-one coaching, kids' lessons, and family swim sessions.

### The Holiday Inn Kensington

Offering a welcoming indoor heated pool as part of its health club and spa.

### The Milestone Hotel

Guests can enjoy the Resistance Pool in the newly upgraded Health Club.

### Serpentine Lido

Open water swimming is known for its mood-boosting and resilience-building benefits, perfect for a refreshing reset. Enjoy a truly memorable swim at the Serpentine Lido, one of the world's most iconic lakes. The Lido is usually open daily from June to mid-September, with weekend sessions available from mid-May.

**Your wellness, your way  
with the High Street Ken App**

**Discover a healthier, more balanced  
way to spend time in Kensington.**



# NatWest **Kensington** Royal Garden

## Take the time to get on top of your finances

Whether you feel like your money's in a good place, or you've been trying not to think about it, we're here to help.

Our free Financial Health Check is a review of things like saving, borrowing and insurance. You'll get clear information that's easy to understand and practical tips and ideas. It can help you get financially fitter, right now and in the future.

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## Here's what to expect

- We'll look at all areas of your finances to help you make the best decisions.
- You'll get tips on managing your everyday spending.
- You could find out how to work towards longer-term money goals.
- You can talk to us by video appointment, over the phone or in a branch.
- Your Financial Health Check should take about an hour.

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## Handy things to bring

- If you have a **smartphone** or **tablet**, we can show you how they can help you with your banking.
- It's useful if you've got the **details** of any loans, credit cards or insurance cover you have.

## Want to book your appointment?

**Contact:** [roxana.berende1@natwest.com](mailto:roxana.berende1@natwest.com) (0) 7483 622 620



Tomorrow begins today

NatWest

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# Greener Cities for Health and Wellbeing

**Connection with nature plays a vital role in supporting mental health and physical wellbeing\*, and this sits at the heart of our ambition to make Kensington High Street and its surrounds one of the greenest areas in London.**

We've installed **21 biodiverse planters**, creating a green corridor between Holland Park and Kensington Gardens, filled with beautiful perennials, shrubs, grasses and small trees. In St Mary Abbots Gardens, our **Pollinator Pathmaker installation** was designed and planted with local school and nursery children.

Our innovative raingarden planned for Kensington Church Street will help to prevent flooding in the vicinity whilst providing a stunning planted area with seating for people to relax.

These efforts have been recognised with two Gold Awards from London in Bloom, including the Environmental Challenge category, celebrating our commitment to climate resilience and community-led greening projects.

If you would like to benefit from a **FREE** immersive wellbeing experience in a tranquil garden setting, join us at **the Design Museum on Tuesday 12 May from 2pm to 4.30pm.**

*\*People and Nature Surveys for England, Natural England*



## HAIR AND BEAUTY

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### **Amy's Nails Spa London**

18 Kensington Church  
Street, W8 4EP  
020 7937 0364  
Nail salon.

### **Beauty by Nicole Fenton**

3A Kensington Church  
Walk, W8 4NB  
020 7937 8618  
[beautybynicolefenton.co.uk](http://beautybynicolefenton.co.uk)  
Beauty salon.

### **Cobella Hair & Beauty**

5 Kensington High  
Street, W8 5NP  
020 7937 8888  
[cobella.co.uk](http://cobella.co.uk)  
Hair salon.

### **Cool Creative**

5 Holland Street, W8 4NA  
020 7937 1666  
[cool-creative.com](http://cool-creative.com)  
Hair salon.

### **Embassy of Beauty**

3 Kensington Church St,  
W8 4LB  
020 3358 9997  
[embassyofbeauty.co.uk](http://embassyofbeauty.co.uk)  
Beauty salon.

### **Kensington Glam**

256 Kensington High St,  
W8 6ND  
020 8278 5705  
[kensingtonglam.co.uk](http://kensingtonglam.co.uk)  
Award-winning hair and  
beauty salon.

### **Orchid Beauty & Thai Massage**

292 Kensington High St,  
W14 8NZ  
07745 216086  
[orchidbeautymassage.com](http://orchidbeautymassage.com)  
Beauty salon.

### **Rituals**

131 Kensington High St,  
W8 6SU  
020 4600 0437  
[rituals.com](http://rituals.com)  
Home and body cosmetics.

### **Rush Hair & Beauty**

26 Kensington Church St,  
W8 4EP  
020 7112 1714  
[rush.co.uk](http://rush.co.uk)  
Hair and beauty salon.

### **Sébastien Salon**

**15 Thackeray Street, W8 5ET**  
**020 7937 2946**

**sebastienhair.co.uk**

Hair salon.

### **Space NK**

**1 Kensington Church Street,**  
**W8 4LB**

**020 7376 2870**

**spacenk.com**

Innovative and boundary-  
pushing beauty brands.

### **Tatiana Karelina**

**33 Holland Street, W8 4LX**  
**020 3645 1761**

**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.

### **Toni & Guy**

**14 Kensington Church**  
**Street, W8 4EP**

**020 7937 0030**

**toniandguy.com**

Fashion-forward hair salon.

### **Townhouse Nail Salon**

**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 medispa.

### **Vy's Nails**

**275 Kensington High**  
**Street, W8 6NA**

**020 7602 9889**

**vynails.co.uk**

Nail salon.

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# Kensington, Where Culture Comes to Life

## Rest, reflect and reconnect

Kensington's inspiring mix of museums, historic landmarks and green spaces creates the perfect setting to pause, reflect and recharge.



### 1. Kensington Palace

Discover stories of royal life through engaging exhibitions set within stunning surroundings, with gardens perfect for exploring before or after your visit.

### 3. Leighton House & Sambourne House

Step inside richly decorated Victorian homes where art, design and everyday life come together. Discover immersive exhibitions, talks and creative workshops throughout the year.

### 2. the Design Museum

Explore inspiring exhibitions and interactive displays celebrating creativity in all its forms, including PLATFORM, a free annual showcase of contemporary design talent.

### 4. Japan House London

Discover an authentic encounter with Japan. Presenting the very best of Japanese art, design, gastronomy, innovation and technology, Japan House London is free and open to all.



### Kensington Wellness Week (11-17 May)

Discover what's on, explore events and unlock special offers at [highstreetkensington.co.uk/wellness](https://highstreetkensington.co.uk/wellness) or scan the QR code.

# CNWL Recovery & Wellbeing College



We use our lived experience and professional training to create safe spaces for people to come together as equals to learn from each other about ways to live healthier, happier lives as defined by them.

Our workshops and courses are open to local residents, staff working in our health services, people who use mental health services and carers or supporters.



For more information on our workshops and courses, visit [www.cnwl.nhs.uk/services/recovery-and-wellbeing-college](http://www.cnwl.nhs.uk/services/recovery-and-wellbeing-college)



## CLINICS

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### **Amer Clinic**

13 Kensington  
Church Street, W8 4LF  
020 8050 8830

[amerclinic.com](http://amerclinic.com)

Aesthetic treatments and wellness under the guidance of Plastic Surgeon Dr Chadha.

### **Angeli Medispa**

288 Kensington  
High Street, W14 8NZ  
020 7348 0664

[angelimedispa.com](http://angelimedispa.com)

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

### **EF Medispa**

29 Kensington  
Church Street, W8 4LL  
020 7937 5554

[efmedispa.com](http://efmedispa.com)

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

### **Faciem Dermatology**

7 Kensington Church Street,  
W8 4LF  
020 7131 3539

[faciemdermatology.com](http://faciemdermatology.com)

An expertly curated mix of medical and cosmetic dermatology bringing together world-renowned skin care, treatments and technologies.



### **Get-A-Drip**

**214 Kensington High Street,  
W8 7RG  
020 3441 9096**

**[getadrip.com](http://getadrip.com)**

IV drips, vitamin injections  
and state-of-the-art longevity  
services.

### **GinSen**

**10 Kensington  
Church Street, W8 4EP  
020 7937 7968**

**[ginsen-london.com](http://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 7937 2377**

Acupuncture clinic.

### **Ice Health**

#### **Cryotherapy Spa**

**237 Kensington High  
Street, W8 6SA  
020 7937 3880**

**[icehealth.co.uk](http://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](http://laserclinics.co.uk)**

Affordable, accessible and  
reliable cosmetic treatments.

### **No.23 Skin**

**23 Ansdell Street, W8 5BN  
020 3941 1815**

**[no23skin.co.uk](http://no23skin.co.uk)**

Medical Dermatologist clinic  
offering complete skin health  
– from mole checks and acne,  
to advanced, results-driven  
treatments.

### **No Filter Clinic**

**9 Young Street, W8 5EH  
020 3343 8431**

**[nofilterclinic.com](http://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](http://randoxhealth.com)**

Preventative healthcare  
including health screenings,  
supplements and  
vaccination services.

 Discover local offers, events and much more on the High Street Ken app.



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# 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, **New** Outdoor Gym, Adventure Playground, Holland House and Opera Holland Park.

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



## Kensington Palace Gardens

Free entry.

Open from 6am daily, although hours may 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.

Cafes 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.

## EVERYDAY WELLNESS

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### Boots

127A Kensington High Street  
020 7937 9533  
[boots.com](https://www.boots.com)

### Pestle & Mortar Pharmacy

213 Kensington High Street  
020 7937 9154  
[pestlemortarpharmacy.co.uk](https://www.pestlemortarpharmacy.co.uk)

### Holland and Barrett

167 Kensington High Street  
0330 058 2640  
[hollandandbarrett.com](https://www.hollandandbarrett.com)

### Prince Pharmacy

19 Kensington High Street  
020 7376 0300  
[princepharmacy.com](https://www.princepharmacy.com)

## OPTICIANS AND HEARING CARE

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### Amplifon

273 Kensington High Street  
020 7123 4784  
[amplifon.com/uk](https://www.amplifon.com/uk)

### Hidden Hearing

248-250 Kensington High  
Street  
020 7348 9810  
[hiddenhearing.co.uk](https://www.hiddenhearing.co.uk)

### Bromptons Opticians

84 Kensington High Street  
020 7937 5500  
[bromptons-opticians.co.uk](https://www.bromptons-opticians.co.uk)

### Kensington Eye Centre

33 Kensington Church Street  
020 7937 8282  
[kensingtoneyecentre.co.uk](https://www.kensingtoneyecentre.co.uk)

### David Clulow Opticians

82 Kensington High Street  
020 7937 1984  
[davidclulow.com](https://www.davidclulow.com)

### Specs of Kensington

185 Kensington High Street  
020 7938 1251  
[specsofkennington.co.uk](https://www.specsofkennington.co.uk)

### David Faulder Opticians

218 Kensington High Street  
020 7937 8790  
[davidfaulder.com](https://www.davidfaulder.com)

# DENTAL

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**80 Kensington Dental  
Clinic**  
80 Kensington High Street  
020 7938 2833  
[kensingtondentalclinic.co.uk](http://kensingtondentalclinic.co.uk)

**Bupa Dental  
Care Kensington**  
21 Kensington High Street  
020 8016 0458  
[bupa.co.uk](http://bupa.co.uk)

**Kensington Dental  
Practice**  
129-131 Kensington High  
Street  
020 7937 9097  
[kensingtondental.co.uk](http://kensingtondental.co.uk)

**Moira Wong Orthodontics**   
27A Kensington Church Street  
020 7368 6611  
[moirawongorthodontics.co.uk](http://moirawongorthodontics.co.uk)

**Oracare Dental**  
244 Kensington High Street  
020 7603 7222  
[oracaredental.co.uk](http://oracaredental.co.uk)



KYOTO GARDEN

6

HOLLAND PARK  
OUTDOOR SPORTS  
& GYM



8

THE DESIGN MUSEUM



3



SAMBOURNE HOUSE



St Mary Abbots Church



4



9

LEIGHTON HOUSE

MELBURY RD.

KENSINGTON CHURCH STREET

KENSINGTON HIGH STREET

WRIGHTS LANE

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8
- 9
- 10
- 11
- 12



# Wellness in Kensington

Businesses taking part in Wellness Week include

## Get Active

- |                       |                 |
|-----------------------|-----------------|
| 1 Equinox             | 6 BoxcleverLDN  |
| 2 lululemon           | 7 Decathlon     |
| 3 Virgin Active       | 8 Holland Park  |
| 4 Maslow's Kensington | 9 1Rebel        |
| 5 Karve               | 10 F45 Training |

## Reset & Restore

- 1 Kensington Palace
- 2 The Milestone Hotel
- 3 The Design Museum
- 4 St Mary Abbots Church
- 5 Rituals
- 6 Holland Park
- 7 Kensington Gardens
- 8 Cass Art
- 9 Leighton House
- 10 The Kensington Hideaway Hotel
- 11 No.23 Skin
- 12 Get A Drip
- 13 No Filter Clinic

## Refuel

- 1 Urban Greens
- 2 Wholefoods
- 3 Bens of Kensington High Street
- 4 Matcha Lab
- 5 Acai Berry
- 6 Joe & The Juice

**HIGH**   
**STREET**  
**KEN.**  
**MARKET**

# Spring CALENDAR



- 30+ Stalls per Event
- Food & Drink Stalls
- Entertainment & Music
- Running until November
- Free Entry Tickets Available on Eventbrite

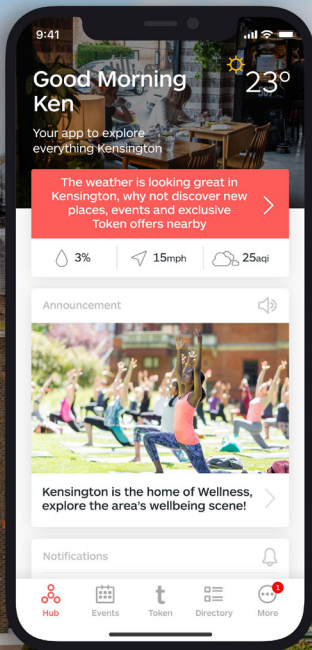
- 
- **02/05** The Botanical Market
- 
- **30/05** The Big Kensington Vintage Flea Market
- 
- **06/06** The Botanical Market
- 
- **27/06** The Big Kensington Vintage Flea Market & World Cup themed event at Jubilee Square
- 

An opportunity  **kensington** initiative  
in partnership with **The Big Flea &  
The Botanical Market**

 Phillimore Walk, Kensington,  
London, W8 7RG



@thebigfleamarket / @the\_botanicalmarket / @highstreet\_kensington



# Know what's on

The new High Street Ken App

Download the app



Download the app today  
Search "High Street Ken" in the  
stores or scan the QR code

[highstreetkensington.co.uk](http://highstreetkensington.co.uk)

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**HIGH  
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Opportunity Kensington is the Business Improvement District representing over 400 businesses located on and around High Street Kensington.

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