

# HIGH STREET KEN.



## BE WELL

Kensington's Wellness Guide 2025



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# 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.

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# Wellness Week

## 12 - 18 May 2025

**HIGH—  
STREET  
KEN.**

**With more than 30 dedicated health, wellness and fitness experiences in and around High Street Kensington, Kensington Wellness Week takes place during Mental Health Awareness Week.**



### **Monday 12 - Sunday 18 May Equinox Kensington**

Kensington residents can enjoy a complimentary 3-day membership for Wellness Week. T&Cs apply. Please email [Cameron.moore@equinox.com](mailto:Cameron.moore@equinox.com) to apply.



### **Monday 12 May 1Rebel, Kensington**

Free sauna and cold plunge RESET session at 6.30am. Free high energy full body workout, RIDE at 8.45am.



### **Tuesday 13 May Virgin Active, Kensington**

Get one of thirty free passes for access to facilities including the pool, gym, sauna, steam room and hydrotherapy pool.



### **Wednesday 14 May The Body Lab, 6pm**

Free Wellness Masterclass: The Importance of Recovery for health and wellness.



**Thursday 15 May**  
**Leighton House, 12pm**

Enjoy a yoga class in the serene gardens of Leighton House accompanied by live setar music.



**Thursday 15 May**  
**Urban Greens, Kensington, 5.30pm**

Expert Panel Discussion. Discover how to overcome low energy and ensure that you're feeling your best.



**Friday 16 May**  
**Holland Park outdoor gym, 5.30pm**

Free expert-led PT and calisthenics workouts. Location: Holland Park sports field.



**Saturday 17 May**  
**Cass Art, 2pm and 4.15pm**

Walk and Sketch with Cass Art in Holland Park and connect with nature through artistic expression.



**Sunday 18 May**  
**Decathlon, Kensington, 10am**

Enjoy an invigorating run covering different distances (5km to 8km) in Hyde Park in this free session.

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



# Wellness Offers for Kensington locals



If you live or work in Kensington, you can enjoy exclusive Wellness Week offers from 12–18 May with our Token Privilege Card – perfect for discovering local gems while supporting your wellbeing.



## Urban Greens

Get 10% off a salad and drink bundle at this vibrant salad spot, known for nourishing bowls bursting with flavour.



## VICKISARGE

Book a beading experience at the iconic studio and enjoy a therapeutic, mindful activity like no other.



## Cass Art

Take 10% off and stock up on supplies to support your creativity and self-care.

## Clinics

**Amer Clinic London:** 10% off skincare and body treatments

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

For appointments 12 to 18 May:

- 30% off Cryotherapy, Red Light Therapy and Ozone - code WELLNESS30 when booking.
- 15% off all Drips (excluding Iron Infusion) code - HSKWELLNESS when booking.

**Laser Clinics UK:** 50% off your first laser or skin treatment

**No. 23 Skin:** 15% off all services

## Hair & Beauty

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

**Rituals:** 10% off

**Sebastien Hair Salon:** 20% off for new clients

**Ted's Grooming Room:** 10% off walk-in services

**The Tanning Shop:** 20% off multiple-session packages

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

## Fitness & Wellbeing

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

**Kadampa Meditation Centre:** 30% off classes and membership

**Kensington Health Club and Spa (Holiday Inn):** 15% off membership

**Repose:** 15% off sessions and packs

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

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

**The Body Lab:** 20% off recovery services

## Opticians

**Brompton's Opticians:** 15% off complete spectacles

**Kensington Eye Centre:** 20% off a complete pair of prescription spectacles



Offers are valid for a limited time and subject to availability. See full details including T&Cs at [www.opportunitykensington.co.uk/token](http://www.opportunitykensington.co.uk/token) or scan the QR code.



# 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 statue of Peter Pan near the Long Water. The grand Albert Memorial and the elegant Italian Gardens enhance 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.



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 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](https://highstreetkensington.co.uk/audiotours) or by scanning the QR code.

Local resident J. M. Barrie was inspired to write Peter Pan after many happy visits to Kensington Gardens.

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FUN FACT



# 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.

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## FITNESS

### **1Rebel**

**45 Phillimore Walk, W8 7RZ**  
**020 3958 9500**

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

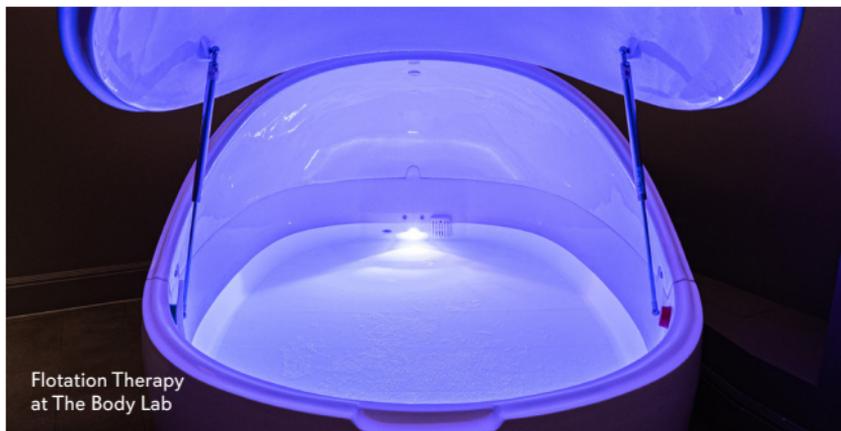
High-energy classes, including Ride, Reformer Pilates, and Reshape all perfectly timed to the music for the ultimate motivation boost.

### **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.





### **The Body Lab**

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

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

A private gym combining advanced training technology and regenerative therapies.

### **Cotswold Outdoor**

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

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

Clothing and equipment retailer specialising in outdoor activities.

### **Cyclecare**

**54 Earls Court Road, W8 6EJ  
07517 144524**

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.

## F45 Training

193 Kensington  
High Street, W8 6SH  
07542 848823

[f45training.com](http://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](http://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](http://meditation.london)

Meditation classes, weekend courses and relaxing retreats.

## Karve

198 Kensington  
High Street, W8 7RG  
07395 322149

[karve.club](http://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](http://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](http://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 4PW  
020 3743 1286

[repose-space.co.uk](https://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](https://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](https://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](https://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](https://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](https://studiofix.co.uk)

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

## Ultimate Performance

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

[ultimateperformance.com](https://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](https://virginactive.co.uk)

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



# 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.

### Serpentine Lido

For those who love the outdoors, the iconic Serpentine Lido in nearby Hyde Park reopens on 17–18 May for weekend swims, and daily from June to mid September. Open water swimming is known for its mood-boosting and resilience-building benefits—perfect for a refreshing reset. Wherever you choose to swim, it's a fantastic way to support your overall wellbeing.

This is fitness as it should be  
- fun and completely judgement- free.

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1REBEL

# Improving High Street Kensington's biodiversity

**Opportunity Kensington Business Improvement District has a goal to make Kensington High Street and its surrounds one of the greenest areas of London.**

Improvements include:

- Connecting the green spaces of Holland Park and Kensington Gardens. Beautiful planters along Kensington High Street include an attractive array of flowering perennials, grasses, evergreen shrubs and small trees.
- The new Pollinator Pathmaker installation at St Mary Abbots Gardens supports local pollinators, including bees and butterflies, softens the urban landscape and helps the local community to connect with nature.
- A rain garden is planned for Kensington Church Street, offering a smart, sustainable solution to manage rainwater.





## HAIR AND BEAUTY

### Amy's Nails Spa London

18 Kensington Church  
Street, W8 4EP  
020 7937 3690  
Nail salon.

### Beauty by Nicole Fenton

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

### Belle Cour

17 Kensington Church  
Street, W8 4LF  
020 7937 9622  
[bellecourbeauty.com](http://bellecourbeauty.com)  
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.

### Junior Green

5 Kensington High St, W8 5NP  
020 7752 0620  
[junior-green.com](http://junior-green.com)  
Afro hair specialist 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.

### Marcela's Salon

7 Holland Street, W8 4NA  
020 7938 1555  
[marcelas.co.uk](http://marcelas.co.uk)  
Beauty salon.

### Orchid Beauty & Thai Massage

292 Kensington High St, W14 8NZ  
020 7602 6664  
[orchidbeautymassage.com](http://orchidbeautymassage.com)  
Beauty salon.

### Rituals

131 Kensington High St, W8 6SU  
020 4600 0437  
[rituals.com](http://rituals.com)  
Luxurious 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](http://sebastienhair.co.uk)

Hair salon.

### Space NK

1 Kensington Church Street,  
W8 4LB

020 7376 2870

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

Innovative and boundary-  
pushing beauty brands.

### Tatiana Karelina

33 Holland Street, W8 4LX

020 7937 1989

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

Hair extension technician.

### Ted's Grooming Room

252 Kensington High

Street, W8 6ND

020 3397 9966

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

Turkish barbers with London flair.

### The Tanning Shop

4 Campden Hill Road, W8 7DU

020 7938 1932

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

Sunbed and spray tan services.

### Toni & Guy

14 Kensington Church  
Street, W8 4EP

020 7937 0030

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

Fashion-forward hair salon.

### Townhouse Kensington

146 Kensington High  
Street, W8 7RL

020 7947 0100

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

Nail salon.

### Valentino Salon

#### Hair & Beauty

1-3 Thackeray Street, W8 5ET

020 7937 6911

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

Hair salon and medispa.

### Vy's Nails

275 Kensington High

Street, W8 6NA

020 7602 9889

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

Nail salon.

# Art, Design and Culture

## Rest, reflect and reconnect

Experiencing culture brings joy, meaning and a chance to connect. In Kensington, a rich mix of museums, historic landmarks and green spaces offers the ideal setting for reflection and creative escape. Whether sketching in the park, exploring an exhibition, or admiring thoughtful design, in Kensington culture and wellbeing effortlessly come together.



### Kensington Palace

A peaceful escape into royal history, with tranquil gardens and reflective spaces that encourage stillness and connection.



### The Design Museum

The world's leading museum devoted to contemporary design in every form. Visit the new exhibition Splash! celebrating our century-long love affair with swimming.



### Japan House London

A serene celebration of Japanese craftsmanship and simplicity. Explore sensory wood installations designed to calm and ground at The Craft of Carpentry exhibition.



### Leighton House and Sambourne House

Peaceful escapes into Victorian art and everyday life inviting quiet reflection, inspiration, and a slower pace.

## Canine Connection: The Everyday Joy of Dogs for Mental Wellbeing

Spending time with dogs has a proven ability to lift our mood, ease stress and create moments of calm and connection. When combined with time outdoors, the benefits are even greater. Kensington's beautiful parks and green spaces offer the perfect backdrop for mindful walks, gentle exercise and time outdoors, bringing both physical and emotional benefits. If you're looking to unwind in the company of friendly pups, **Big City Dog**, London's first Community Dog Café, is hosting **free dog café sessions during Wellness Week**. Enjoy a tea or coffee, meet their resident dogs and experience a little pup love in a relaxed, welcoming space.



To find out more about events and special offers throughout Wellness Week 12-18 May visit [highstreetkensington.co.uk/wellness](https://highstreetkensington.co.uk/wellness) or scan the QR code.

## Clinics

### Amer Clinic

**13 Kensington  
Church Street, W8 4LF  
020 8050 8830  
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**

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

### 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.

### Get-A-Drip

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

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  
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](https://laserclinics.co.uk)

Affordable, accessible and reliable cosmetic treatments.

## No Filter Clinic

9 Young Street, W8 5EH  
020 3343 8431

[nofilterclinic.com](https://nofilterclinic.com)

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

## No.23 Skin

23 Ansdell Street, W8 5BN  
020 3941 1815

[no23skin.co.uk](https://no23skin.co.uk)

Dermatologist specialising in comprehensive skin care and treatments.

## Randex Health

143 Kensington  
High Street, W8 6SU  
0800 254 5130

[randoxhealth.com](https://randoxhealth.com)

Preventative healthcare including health screenings, supplements and vaccination services.



No Filter Clinic

# Innovative Health Treatments

**ICE Health Cryotherapy** in Kensington was the first to introduce this advanced treatment to the UK, quickly becoming a discreet favourite among athletes, A-listers and wellness-forward professionals. Now an integral part of modern beauty and fitness routines, the clinic's cutting-edge Thermal Shock technology moves the body from +70°C to -196°C in seconds—delivering an intense, full-body reset. Set in a sleek Kensington space, it's a high-performance experience designed for those who expect more from their wellness routine.

**Get A Drip Kensington** is where modern wellness meets elite performance. Founded by Richard Chambers and inspired by his personal health journey, this cutting-edge Longevity Clinic offers a curated range of premium treatments—including IV Vitamin Drips, Cryotherapy, NAD+, Ozone Therapy, Red Light Therapy and advanced diagnostics. With a focus on next-generation wellness, Get A Drip Kensington offers cutting-edge and highly curated services, reflecting a new era in personalised wellbeing.

## Wellness Week offers for appointments 12 to 18 May:

30% off Cryotherapy, Red Light Therapy and Ozone - code WELLNESS30 when booking

15% off all Drips (excluding Iron Infusion) code - HSKWELLNESS when booking





Revolutionise your mind and step into the future of mental wellness with **EXOMIND at EF MEDISPA**, the UK's first non-invasive brain stimulation treatment. This **groundbreaking innovation** harnesses the power of **ExoTMS™ technology**, delivering precise electromagnetic pulses to key areas of the brain to supercharge focus, restore emotional balance, and enhance cognitive performance.

More than just a wellness trend, EXOMIND is backed by science and trusted by clients seeking a smarter, sharper, more resilient version of themselves. Brand ambassador Serena Williams says EXOMIND has *“changed how I prioritise my wellness.”*

In just **30 minutes per session** with **zero downtime**, EXOMIND unlocks a new level of mental clarity and self-regulation – ideal for high-performers, busy professionals, or anyone ready to take control of their mental wellbeing. **Science meets self-mastery. The future of brain health starts here.**



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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.

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.

## HEALTH AND MEDICAL

### Boots

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

### Holland and Barrett

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

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## Opticians and Hearing Care

### Amplifon

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

### Bromptons Opticians

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

### David Clulow Opticians

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

### Pestle & Mortar Pharmacy

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

### Prince Pharmacy

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

### David Faulder Opticians

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

### Hidden Hearing

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

### Kensington Eye Centre

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

### Specs of Kensington

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

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## Dental

### **80 Kensington Dental Clinic**

**80 Kensington High Street**

**020 7938 2833**

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

### **Moira Wong Orthodontics**

**27A Kensington Church Street**

**020 7368 7222**

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

### **Bupa Dental**

#### **Care Kensington**

**21 Kensington High Street**

**020 8016 0458**

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

### **Oracare Dental**

**244 Kensington High Street**

**020 7603 7222**

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

### **Kensington Dental Practice**

**129-131 Kensington High Street**

**020 7937 9097**

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



# Wellness Reads

**Waterstones has a carefully curated a selection of wellbeing Staff Picks offering insight, inspiration and support around mental health and self-care.**

Each book has been chosen with care to help you pause, reflect, and reconnect.

## **Make Change that Lasts**

by Dr Ranjan Chatterjee

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## **The Let Them Theory**

by Mel Robbins

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## **How To Stop Worrying And Start Living**

by Dale Carnegie

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## **Attached**

by Dr Amir Levine and Rachel S.F Heller

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## **The Courage to be Disliked**

by Ichiro Kishimi and Fumitake Koga

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## **Wintering**

by Katherine May

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## **The Good Life**

by Robert Waldinger and Marc Schulz

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## **The Power of Your Subconscious Mind**

by Dr Joseph Murphy

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## **How to Fail**

by Elizabeth Day

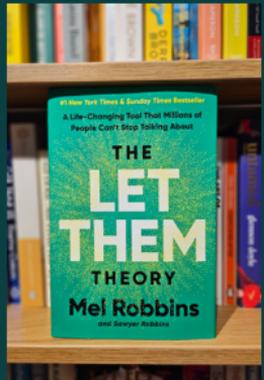
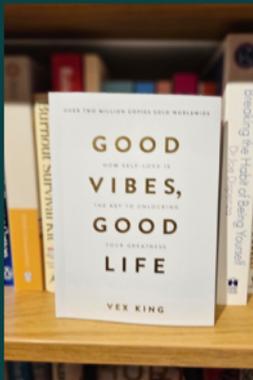
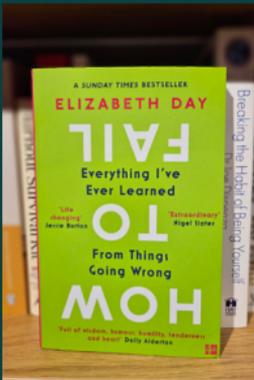
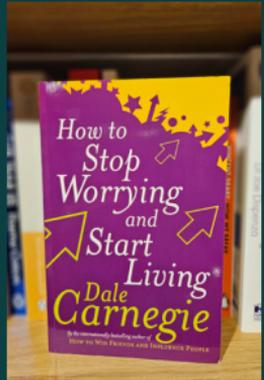
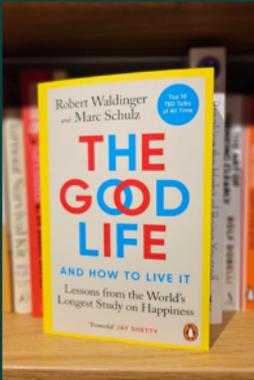
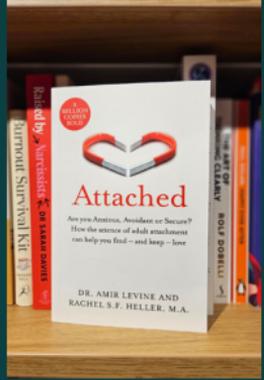
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## **Good Vibes Good Life**

by Vex King

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EF MEDISPA

# Map of Kensington

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

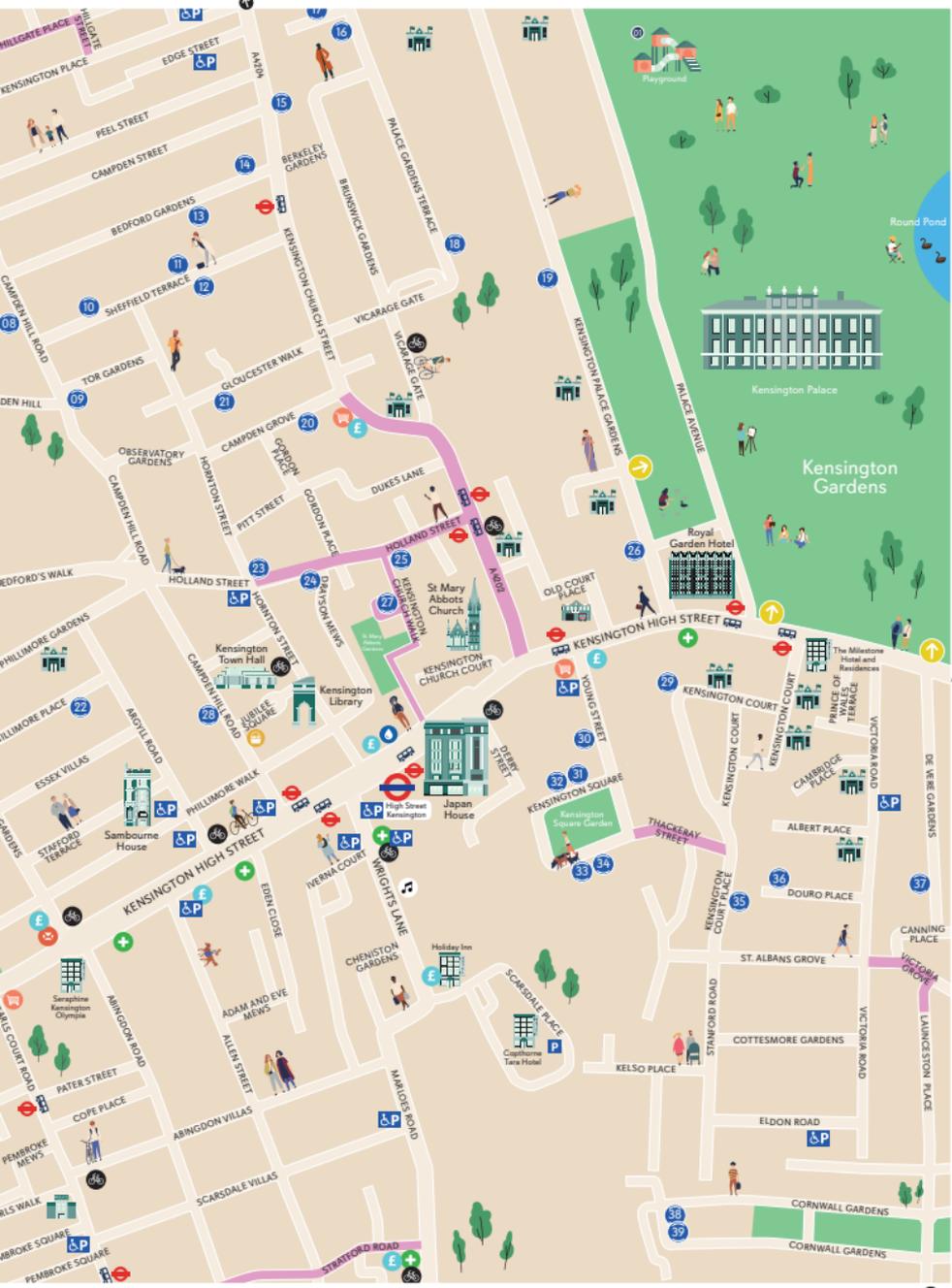


Use the map to spot over 50 blue plaques scattered throughout Kensington

- Blue plaque site
- Park entrance
- Bike rack
- Bus stop
- Tube station
- Embassy
- Police station
- Fire station
- Hotel
- Playgrounds
- Supermarket
- Water Fountain
- ATM
- Blue Badge 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

KENSINGTON OLYMPIA (Step-free access from street to platform)





Discover more of High Street Kensington by visiting [HighStreetKensington.co.uk](http://HighStreetKensington.co.uk) and following us @HighStreet\_Kensington on Instagram.



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