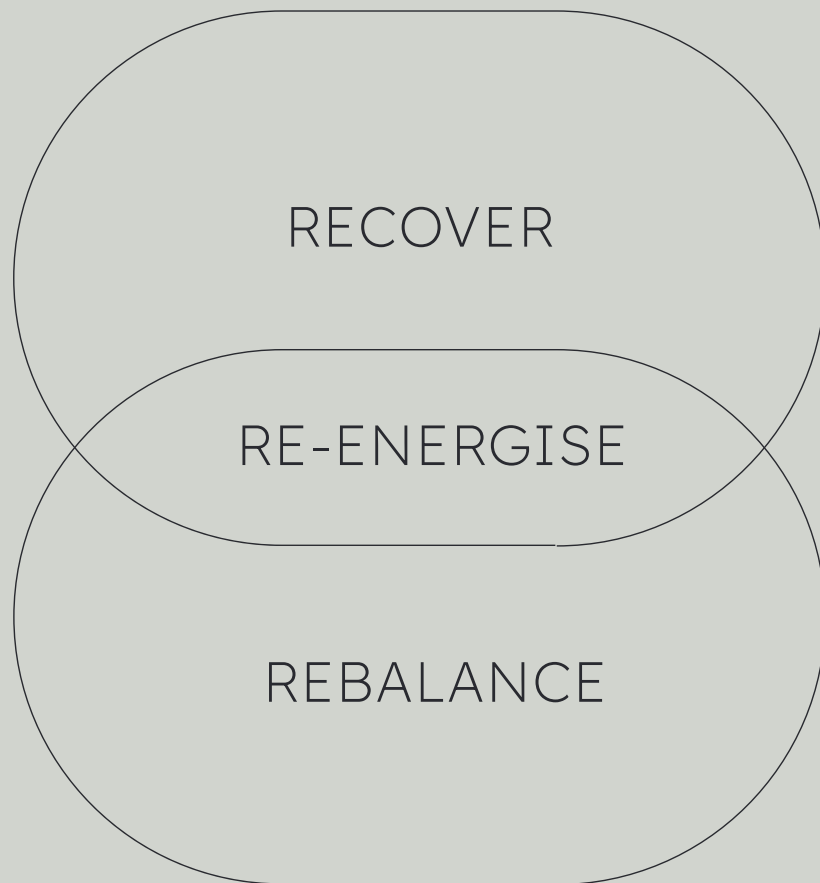




THE
1150 CLUB

Recovery Reimagined

Luxury Post-Operative Care,
Belgravia, London



“My experience at The 1150 Club was a wonderful start to my recovery, with seamless coordination and care where nothing was ever too much trouble. The daily physiotherapy and dedicated nursing support made all the difference.”

P.C. (MEMBER)



Welcome to The 1150 Club - a health, wellness and post-operative destination where recovery becomes renewal.

The 1150 Club is not simply a process but a complete curated experience designed just for you. Imagine stepping into an environment where clinical excellence meets five-star hospitality, with every detail carefully orchestrated for your complete wellness.

Located in the heart of Belgravia, one of London's most prestigious postcodes, The 1150 Club offers a discreet, refined environment where recovery is delivered with precision and the highest levels of care. From pre-habilitation to enhance your strength, mobility, fitness and nutrition - helping you with resilience before your procedure to support longer term outcomes and post-operative recovery, regaining confidence and independence.



The 1150 Club Experience

- Prehabilitation & Post-Operative Recovery
- Wellness therapies
- Specialist Physiotherapy Programmes
- Concierge support
- 24 hour nursing & clinical care

From the moment you arrive, your personalised care plan is led by our expert physiotherapists and supported by a multi-disciplinary clinical team. Every aspect of your recovery is carefully coordinated. Our holistic approach promotes healing, restore energy, enhance mobility and help you regain long term vitality and confidence.

Spaces Designed for Recovery



Our therapy spaces and studios are purposefully designed, combining refined detail with a calm, controlled environment - the perfect setting to restore. Every element is designed to support progress at every stage of recovery, balancing discretion, comfort, and clinical excellence.

- Strength and Conditioning Zones tailored for progressive training
- A state of the art rehabilitation gym
- Reformer studio for personalised one-to-one rehabilitation and group classes
- Hydro treadmill for the ultimate weightless therapy
- Private treatment suite
- Advanced swelling reduction using Game Ready® cryo-compression and Hyperice® dynamic compression



Luxury Surroundings

Experience world-class care in a setting that feels more like a private members' club.

Unwind in our elegant lounge or in the comfort of your own private suite, thoughtfully designed for rest and discretion.

Every element, from considered interior design to highly personalised service, has been carefully curated to create an environment of comfort, privacy, and refinement.

At The 1150 Club, recovery is not simply about healing; it is restorative, revitalising, and truly transformational.

Here, recovery is more than healing, it is transformational.

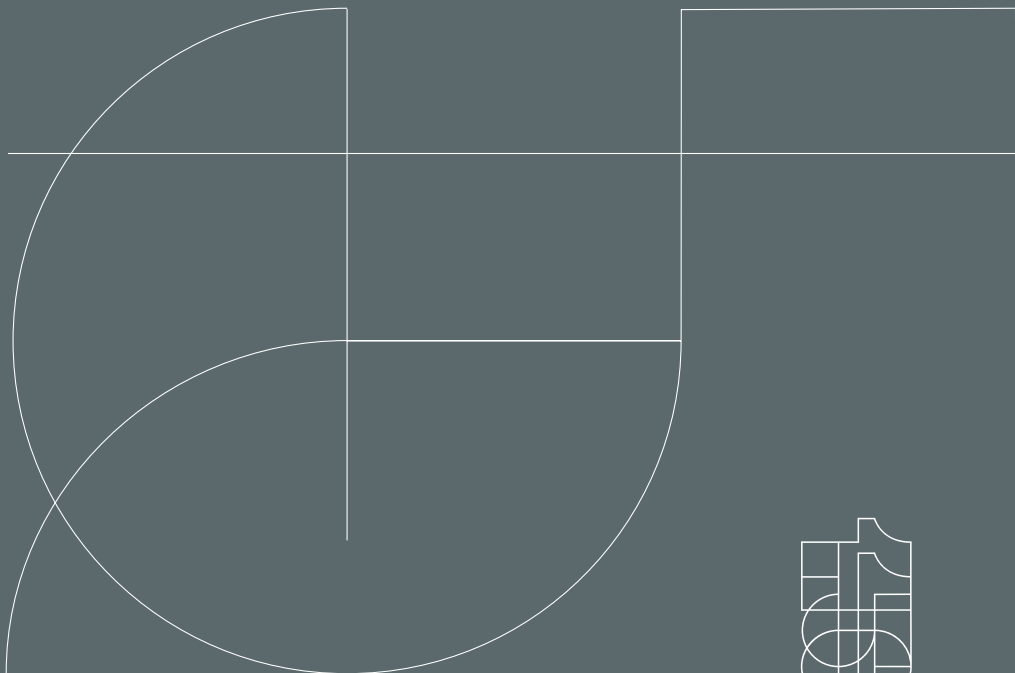
At The 1150 Club we believe recovery should be as individual as you are, combining world class clinical expertise with the refinement of a private member's club. Every detail has been designed to offer comfort, discretion and transformation.

For further information or to arrange a private consultation, please contact our Medical Relationship team on:

T: 020 3911 6803

E: info@the1150club.com

Exclusively for guests aged 18 and over.



48-56 Ebury Bridge Road, London, SW1W 8QF
the1150club.com

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