

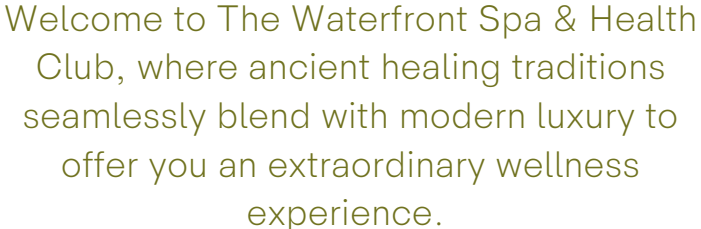
WATERFRONT

SPA & HEALTH CLUB

SPA TREATMENTS



INDULGE IN TRANQUILITY WITH OUR LUXURIOUS
SPA TREATMENTS, DESIGNED TO REJUVENATE
YOUR BODY, MIND, AND SOUL



Immerse yourself in the soothing atmosphere of The Waterfront Spa & Health Club, and allow us to help you achieve a sense of total relaxation, balance, and renewed energy.

Massages

Relaxing Massage

Escape the stresses of daily life with our Relaxing Massage. This soothing treatment uses gentle, flowing strokes to melt away tension and promote deep relaxation. Designed to calm the mind and ease muscle tightness, it's the perfect escape for those seeking tranquillity and rejuvenation.

30 min - £50 / 60 min - £75 Sunday to Thursday
30 min - £60 / 60 min - £85 Friday to Saturday

Deep Muscle Massage

Target deep-seated tension with Deep Muscle Massage, featuring the powerful WORK IT OUT detox massage oil. Infused with essential oils of Juniper, Lavender, and Cypress, this treatment is designed to release muscle tightness and promote detoxification. Perfect for those seeking relief from stress or muscle strain.

30 min - £55 / 60 min - £85 Sunday to Thursday
30 min - £60 / 60 min - £90 Friday to Saturday

Hot Stone Massage

Experience ultimate relaxation with Hot Stone Massage. This deeply calming treatment helps to relieve muscle stiffness, promote relaxation, and restore balance, leaving you feeling completely rejuvenated and at peace.

30 min - £55 / 60 min - £80 Sunday to Thursday
30 min - £60 / 60 min - £85 Friday to Saturday

Rain Drop -Relaxing Massage

Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage. This massage is particularly appropriate if you suffer from backache.

30 min - £50 / 60 min - £75 Sunday to Thursday
30 min - £55 / 60 min - £80 Friday to Saturday

Pregnancy Massage (Between 3 to 8 months)

Designed to nurture and support, Pregnancy Massage provides comfort and relief during this special time. Using gentle, soothing techniques, this treatment targets common pregnancy discomforts such as back pain, swelling, and muscle tension.

30 min - £60 / 60 min - £85 Sunday to Thursday
30 min - £65 / 60 min - £90 Friday to Saturday

Leg & Foot Massage

Revitalise tired, heavy legs and feet with our Leg & Foot massage. Using soothing techniques and a rejuvenating pressure point focus, this treatment alleviates swelling, reduces fatigue, and improves circulation.

30 min - £50 Sunday to Thursday | 30 min - £55 Friday to Saturday

Indian Head Massage

Experience the calming effects of our Indian Head Massage, a traditional treatment that focuses on the scalp, neck, and shoulders. Using gentle yet effective techniques and warm oils, this massage relieves tension, reduces stress, and promotes mental clarity.

30 min - £50 Sunday to Thursday | 30 min - £55 Friday to Saturday

Neck and Back Massage

Target tension and discomfort with our Neck and Back Massage. Focusing on key pressure points, this treatment helps to release tight muscles, alleviate stiffness, and reduce stress. Ideal for those dealing with neck and back strain

30 min - £50 Sunday to Thursday | 30 min - £55 Friday to Saturday



Body Treatments

Body Scrub

Unveil smooth, radiant skin with our revitalising Body Scrub. This exfoliating treatment gently removes dead skin cells, unclogs pores, and promotes circulation, leaving your skin feeling soft, refreshed, and glowing. Infused with nourishing oils, it hydrates and replenishes, offering an all-over sense of rejuvenation and renewal. Perfect for prepping your skin for a glowing look or simply indulging in some well-deserved pampering.

30 min - £50 Sunday to Thursday | 30 min - £55 Friday to Saturday

Body Wrap

Experience the ultimate skin rejuvenation with our luxurious Wrap treatment. The session begins with a gentle skin brushing to stimulate circulation and prepare your skin for exfoliation. Then, a revitalizing body scrub removes dead skin cells, followed by a deeply nourishing body wrap to hydrate and firm. To finish, a luxurious moisturizing treatment leaves your skin feeling soft, smooth, and glowing. Perfect before holidays or special event.

60 min - £75 Sunday to Thursday | 60 min - £80 Friday to Saturday

Dover Marina Heaven

Indulge in pure luxury with our Dover Marina Heaven treatment. Begin with an rejuvenating 30-minute Aromatic Body Scrub to exfoliate and smooth, followed by a 60-minute Full Body Massage of your choice to enhance energy flow and overall well-being. The experience continues with a invigorating 30-minute Express Facial to refresh your skin. Conclude with a deep sense of relaxation and beauty, leaving you feeling completely renewed and pampered from head to toe.

120 min - £145

Finishing Touches

Hot Oil Scalp massage

Designed to relieve tension and promote circulation. Warm, nourishing oils are gently massaged into your scalp, helping to ease stress, soothe headaches, and encourage healthy hair growth - £12.50 (existing time of treatment remains set)

Mini Facial

Quick yet effective treatment includes a deep cleanse followed by serum application, tailored to your skin's needs. Perfect for a quick pick-me-up, it leaves your skin feeling refreshed, glowing, and rejuvenated in just a short amount of time- £12.50 (existing time of treatment remains set)

Mini Foot Massage

targets pressure points to relieve tension, improve circulation, and leave your feet feeling refreshed and revitalised - £12.50 (existing time of treatment remains set)



Ayurveda

Discover the ancient healing wisdom of Ayurveda, a holistic system of wellness that balances the body, mind, and spirit. Rooted in centuries of tradition, our Ayurvedic treatments are designed to restore harmony and promote overall well-being. Using natural herbs, oils, and therapies tailored to your unique dosha (body constitution), each treatment aims to detoxify, rejuvenate, and nourish from within. Whether you seek relaxation, stress relief, or energy revitalization, our Ayurvedic therapies are customized to your needs, leaving you feeling balanced, renewed, and deeply connected to your inner self.

Ayurveda Practitioner Dr Sharmila Haleem

BAMS (Bachelor of Ayurvedic Medicine and Surgery)

Dr Sharmila Haleem is a licensed Ayurvedic physician specialising in Panchakarma and Yoga. Holding a BAMS (Hons) degree, she brings extensive clinical experience from her work in Sri Lanka, where she has dedicated her career to providing holistic Ayurvedic care. Dr Haleem has served in government Ayurveda hospitals and clinics, as well as within the international Ayurveda health tourism sector. In addition to her clinical practice, Dr Haleem lectures at the Japanese Ayurveda Institute, sharing her expertise with aspiring practitioners. Through her work in both clinical settings and education, she remains deeply committed to advancing the knowledge and practice of Ayurveda on a global scale

Ayurveda Practitioner Dr Deepa Patwal

BAMS (Bachelor of Ayurvedic Medicine and Surgery)

M.Sc in Yoga, MBA in Healthcare Services

Dr Deepa Patwal is a highly accomplished and skilled professional with over 10 years of diverse experience in Ayurvedic consultation, hospital management, health and wellness (spa) management, and yoga therapy. She holds a medical degree in alternative medicine, complemented by an MBA in Healthcare Services, enabling her to effectively integrate traditional healing practices with modern healthcare management. Her comprehensive expertise in Ayurveda, yoga, and spa management makes her a valuable contributor to holistic health and wellness practices.

Ayurveda Consultation

Begin your journey to holistic well-being with a personalized Ayurveda consultation.

During this session, our expert therapist will assess your unique dosha (body constitution) and lifestyle, offering tailored advice and treatment recommendations. Through this in-depth consultation, you will gain insights into your physical, mental, and emotional balance, and receive guidance on diet, lifestyle, and Ayurvedic therapies to restore harmony and enhance vitality. Take the first step toward a more balanced, healthier you.

30 min - £40 / 60 min - £85



Treatments

Abhyanga

Experience the calming benefits of Abhyanga, a traditional Ayurvedic body massage that targets tension and promotes relaxation. Using warm, therapeutic oils, this soothing treatment focuses on your targeted area, helping to relieve stress, improve circulation and balance energy.

Full Body Massage (Abhyanga) 60 min - £85 Sunday to Thursday

I 60 min £95 Friday to Saturday

Head Massage (Shiro Abhyanga) 45 min - £59 Sunday to Thursday

I 45 min - £64 Friday to Saturday

Back Massage (Prista Abhyanga) 45 min - £59 Sunday to Thursday

I 45 min - £64 Friday to Saturday

Foot Massage (Pada Abhyanga) 45 min - £59 Sunday to Thursday

I 45 min - £64 Friday to Saturday

Ayurvedic Facials

Revitalise your skin with our Ayurvedic Facials, a holistic treatment that uses natural, plant-based ingredients tailored to your skin's unique needs. Combining gentle cleansing, exfoliation, and nourishing herbal masks, these facials balance and rejuvenate your skin, promoting a healthy, glowing complexion. Infused with Ayurvedic oils and botanicals, the treatment also calms the mind and restores overall harmony, leaving you feeling refreshed, radiant, and deeply relaxed.

Nourishing Facial 60 min - £70 Sunday to Thursday

I 60 min - £75 Friday to Saturday

Anti-aging Facial 60 min - £75 Sunday to Thursday

I 60 min - £80 Friday to Saturday

Akshitarpana -Eye Treatment

Experience the soothing and rejuvenating effects of Ayurvedic eye therapy. This ancient practice improve vision, reduce eye strain, nourishes and strengthens the eye structure and promote overall eye health

30 min - £59 Sunday to Thursday I 30 min - £64 Friday to Saturday

Nasya -Nasal Treatment

Experience the cleansing power of Nasya, a key Panchakarma treatment. This ancient practice involves administering medicated oils into the nasal passages to clear congestion, soothe sinuses and nourishes the delicate tissues of the head and neck.

30 min - £59 Sunday to Thursday I 30 min - £64 Friday to Saturday

Shirodhara (Herbal Oil Flow Over the Head)

Indulge in the deeply relaxing and rejuvenating experience of Shirodhara, a traditional Ayurvedic treatment where a steady stream of warm herbal oil flows over your forehead. This calming therapy helps to soothe the nervous system, reduce stress, and clear mental clutter.

Perfect for enhancing mental clarity, improving sleep, and promoting deep relaxation, Shirodhara offers a profound sense of peace and balance, leaving you feeling refreshed and centred.

60 min - £99 Sunday to Thursday

60 min - £104 Friday to Saturday

or course of 5 treatments - £450



Treatments

Udvarthana - Herbal Powder Massage

Revitalise your body with Udvarthana, an Ayurvedic herbal powder massage designed to exfoliate, stimulate circulation, and detoxify. The invigorating blend of natural powders is massaged into the skin, promoting the removal of impurities, reducing cellulite, and enhancing skin tone. This therapeutic treatment helps rejuvenate the body, leaving your skin smooth, radiant, and refreshed, while providing a deep sense of balance and well-being.

60 min - £99 Sunday to Thursday

60 min - £104 Friday to Saturday

or course of 5 treatments - £450

Pinda Sweda - Herbal Bolus Massage

Experience the healing power of Pinda Sweda, an Ayurvedic herbal bolus massage that uses warm, herb-filled pouches to gently massage the body. The boluses, infused with medicinal herbs, are applied to relieve muscle stiffness, improve circulation, and promote detoxification. This deeply soothing treatment helps reduce inflammation, alleviate pain

30 min Back only - £69 Sunday to Thursday

30 min Back only - £74 Friday to Saturday

60 min Full Body - £99 Sunday to Thursday

60 min Full Body - £104 Friday to Saturday

Greeva Basthi - Neck Treatment

A Soothing Neck and Shoulder Treatment. An Ayurvedic therapy that focuses on the neck and shoulder region. This holistic approach helps to alleviate pain, stiffness, and tension in the neck and shoulders

45 min Back only - £59 Sunday to Thursday

45 min Back only - £64 Friday to Saturday

Course of 5 treatments £250

Kati Basthi - Back Treatment

Experience relief from back pain with Kati Basthi, a specialised Ayurvedic therapy that targets the lower back region. This holistic approach helps to reduce inflammation, alleviate pain, and improve mobility

45 min Back only - £69 Sunday to Thursday

45 min Back only - £74 Friday to Saturday

Course of 5 treatments £300

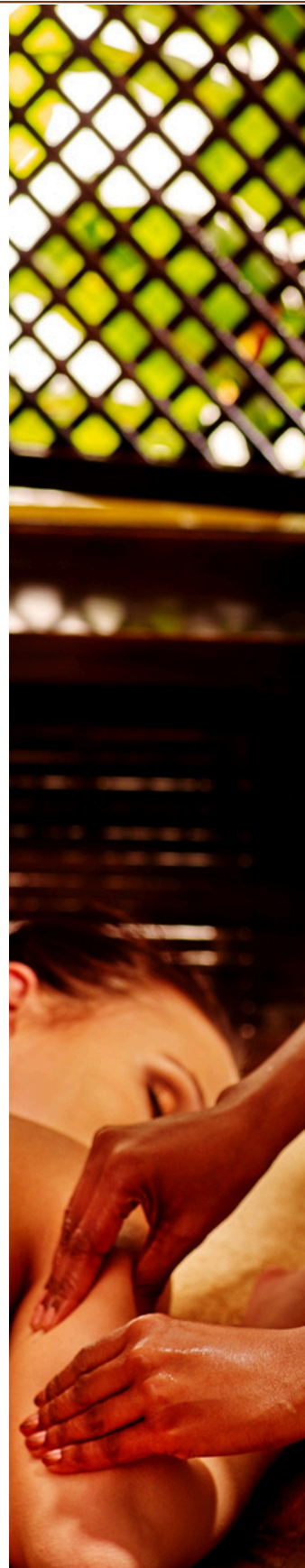
Janu Basthi - Knee Treatment

Experience relief from knee pain with Janu Basthi, a specialised Ayurvedic therapy that targets the knee joint. This holistic approach helps to reduce inflammation, alleviate pain, and improve joint mobility

45 min Back only - £59 Sunday to Thursday

45 min Back only - £64 Friday to Saturday

Course of 5 treatments £250



Our Recommendations

Immerse yourself in a tranquil retreat crafted to rejuvenate your mind, body, and spirit. Our spa day seamlessly combines time-honoured healing practices with contemporary wellness techniques. Experience pure relaxation through soothing massages, revitalizing therapies, and a nourishing meal, all designed to restore balance and harmony. Allow yourself to unwind and embrace a transformative journey of total well-being.

Serenity Renewal

Embrace the energy of renewal with a rejuvenating experience rooted in Eastern wellness practices. Begin with a 30-minute back massage to release any built-up tension and restore your inner balance, followed by a 30-minute facial, designed to cleanse, refresh, and hydrate your skin. Enjoy a light, nourishing lunch inspired by mindful, plant-based eating to replenish and energise your body. After your treatments, take two hours to immerse yourself in the calming, healing atmosphere of our spa facilities, including the sauna, steam room, and peaceful relaxation areas.

Robes, towels, and flip-flops will be provided for your comfort.

£99 per person

Blissful Harmony Spa Journey

Indulge in a journey of complete relaxation with our Blissful Harmony Spa Journey. Begin with a soothing 45-minute Hot Stone Back Massage, designed to melt away tension and promote deep relaxation. Follow with a rejuvenating 30-minute facial, tailored to cleanse, hydrate, and restore your skin's natural glow. Unwind further with a calming 15-minute foot massage to release any remaining stress and refresh your spirit. After your treatments, enjoy a light and nourishing lunch or dinner, designed to replenish and energize you. To complete your spa experience, enjoy two hours of access to our luxurious spa facilities, including the sauna, steam room, and peaceful relaxation areas. Robes, towels, and flip-flops will be provided for your comfort throughout the day. £129 per person



Our Recommendations

One-Day Wellness Escape

Arrival: 10:00 AM Your day of rejuvenation begins with a personalized Ayurvedic consultation, followed by a 60-minute Ayurvedic massage designed to restore balance and vitality. Enjoy a soothing herbal tea, followed by access to our sauna and steam room for ultimate relaxation. A nourishing Ayurvedic lunch (vegan/light meal) will be provided to further enhance your wellness journey. Robes, towels, and flip-flops are included for your comfort throughout the day. £179 per person

Weekend Rebalance Retreat

Duration: 2-Night Stay | Full Days Required On-Site Reconnect and restore your inner balance through a transformative weekend of Ayurvedic therapies and mindful practices. This comprehensive retreat is designed to rejuvenate your body, mind, and spirit. Included in your retreat: Ayurvedic Consultation, 60-Minute Ayurvedic Massage (Daily), 2 Yoga Sessions, Access to Sauna and Steam Room, 2 Meditation & Pranayama Sessions, Ayurvedic Meal Plan for 2 Days (Vegan/Light Meals) Robes, Towels, and Flip-Flops Provided £559 per person / Weekend supplement (Fri & Sat) - £25

Five-Day Ayurvedic Healing Retreat

Experience a transformative five-day Ayurvedic retreat tailored to your unique health and wellness goals. Whether you seek weight loss, stress relief, detoxification, or improved digestive health, our skilled practitioners will create a personalized plan to restore balance and vitality. Through Ayurvedic therapies, including Panchakarma treatments, yoga, meditation, and a nourishing diet, you'll achieve profound rejuvenation and renewed well-being. Retreat Includes: Initial & Final Ayurvedic Consultations, Daily Access to Sauna and Steam Room, Customized Treatment Plan, 90 Minutes of Treatments Daily 5 Yoga Sessions (Group or Private, subject to availability), 5 Meditation & Pranayama Sessions, 5-Day Ayurvedic Meal Plan (Light Meals) Complimentary Herbal Teas, Robes, Towels, and Flip-Flops Provided £1300 per person / Weekend supplement (Fri & Sat) - £25



Spa Experience

Spa Access only

240 min - £20 (Mon-Fri) / £30 (Sat-Sun)

Day Spa

Half day 30 min Therapist time 210 min Spa Time - £65 (Mon-Fri) / £75 (Sat-Sun)

Half day 60 min Therapist time 180 min Spa Time - £85 (Mon-Fri) / £95 (Sat-Sun)

Full day 60 min Therapist time 420 min Spa Time - £105 (Mon-Fri) / £115 (Sat-Sun)

Full day 90 min Therapist time 390 min Spa Time - £135 (Mon-Fri) / £145 (Sat-Sun)

What to Wear

No special attire is required. For your security, we recommend leaving valuables at home, as the hotel and spa cannot be held responsible for lost items.

Preparing for Your Treatment Women require no special preparation. Men are advised to shave at least two hours prior to facial treatments for enhanced comfort and skin benefits. No preparation is necessary for other treatments.

Your Privacy

Your privacy will be respected throughout your treatment. Therapists will ensure professional draping at all times, exposing only the areas of the body being treated.

Arrival Time

We ask you to arrive at least 15 minutes prior to your treatment time. As a courtesy to all our guests we do operate a prompt appointment schedule so late arrival may mean that your treatment time is reduced. All treatment times courted include treatment, preparation and consultation.

Cell Phones and Devices

To maintain a peaceful environment for all guests, please silence all electronic devices upon entering the spa.

The brochure was correct at the time of printing in March 2025. The prices and copy are subject to change at a later date.



Spa Experience

Booking and Cancellations

All prices are per person. Reservations must be paid in full at time of booking. We require 48 hour notice of cancellation for Spa days, Spa experiences and for treatments after which a 100% charge will be made.

Age Requirements

The minimum age requirement to have spa treatments or participate in Spa Days and Experiences is 16. Restrictions apply for 16 and 17 year olds and will need approval/accompaniment of guardian.

Preferences

We have both male and female therapists. If you have a preference, please email us at spa@dovermarinahotel.co.uk or call +44 (0)1304 203 633, and we will accommodate your request subject to availability.

Double Treatment Room

Our double treatment room is ideal for couples or friends to share their treatment time together. Please request this service on booking if required, an upgrade charge will be applied.

Medical Questions

Regular Spa use can be extremely beneficial to your health but it is important that you highlight any health conditions, allergies, medication or injuries that may affect your choice of Spa treatment or exercise options when making your reservation. You will be asked on arrival to complete a questionnaire on your health and lifestyle so that we can give you the best and safest possible experience.

Pregnancy

We offer specially designed treatments for expectant mothers. Please note that some of our Spa experiences may be unsuitable during pregnancy and we do not offer any treatments during the first trimester.





WATERFRONT

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To make a reservation, please email
spa@dovermarinahotel.co.uk or call +44 (0)1304 203 633.

