

WATERFRONT

SPA & HEALTH CLUB

SPA TREATMENTS



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



Welcome to The Waterfront Spa & Health Club, where ancient healing traditions seamlessly blend with modern luxury to offer you an extraordinary wellness experience.

From the moment you step in, the peaceful environment sets the tone for a rejuvenating journey, allowing you to escape the stresses of everyday life. Specialising in bespoke treatments, we incorporate the timeless wisdom of Ayurvedic practices with contemporary wellness therapies tailored to your unique needs. Our holistic approach is designed to nurture not just your body, but your mind and spirit, bringing you back to a place of balance and vitality. Every treatment is personalised, ensuring that your experience is truly transformative and deeply restorative.

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.

Please be advised a service charge of 10% will be applied to your bill

MASSAGES

Relaxing Massage

Unwind with our Relaxing Massage, a gentle treatment that eases muscle tension and calms the mind. Perfect for deep relaxation and a peaceful escape from daily stress.

30/60 min - £50/£70 (Sun-Thurs) | 30/60 min - £60/£85 (Fri & Sat)

Deep Muscle Massage

Relieve deep tension with our Deep Muscle Massage, using the detoxifying WORK IT OUT oil infused with Juniper, Lavender, and Cypress. Ideal for easing tight muscles and reducing stress.

30/60 min - £55/£85 (Sun-Thurs) | 30/60 min - £60/£90 (Fri & Sat)

Hot Stone Massage

Experience ultimate relaxation with Hot Stone Massage. This deeply calming treatment helps to relieve muscle stiffness, promote relaxation, and restore balance.

30/60 min - £55/£80 (Sun-Thurs) | 30/60 min - £60/£85 (Fri & Sat)

Rain Drop Massage

Your therapist will gently drip a blend of essential oils along your spine and the backs of your legs. This is followed by a soothing massage designed to relax the body and promote a deep sense of calm and well-being.

30/60 min - £50/£75 (Sun-Thurs) | 30/60 min - £55/£80 (Fri & Sat)

Pregnancy Massage

Pregnancy Massage offers gentle relief from back pain, swelling, and tension, providing comfort and support during this special time. The 30- minute option focuses on the body, while the 60-minute treatment includes a relaxing facial and head massage. Only suitable for months 3-8 of pregnancy.

30/60 min - £60/£85 (Sun-Thurs) | 30/60 min - £65/£90 (Fri & Sat)

MASSAGES

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 (Sun-Thurs) | 30 min - £55 (Fri & Sat)

Indian Head Massage

Drift away with our Indian head massage for ultimate relaxation using acupressure to focus on the head, face, neck and shoulders. Using warm oils this treatment will help relieve muscle tension, relax the connective tissues and reduce stress.

30 min - £50 (Sun-Thurs) | 30 min - £55 (Fri & Sat)

Neck & 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 (Sun-Thurs) | 30 min - £55 (Fri & Sat)

Add ons

Hot Oil Scalp Massage - Relieves tension and boosts circulation with warm, nourishing oils to ease stress, soothe headaches, and support healthy hair growth.

Mini Facial - A quick, targeted cleanse and serum treatment that refreshes and revitalises your skin, leaving it glowing in minutes.

Mini Foot Massage - Targets pressure points to relieve tension, improve circulation, and leave your feet feeling refreshed and revitalised
£12.50 each (added within scheduled treatment time)



Please be advised a service charge of 10% will be applied to your bill

BODY TREATMENTS



Body Scrub

Reveal radiant, silky skin with our revitalising Body Scrub. This gentle exfoliation removes dead cells, boosts circulation, and hydrates with nourishing oils—leaving you soft, refreshed, and glowing.

30 min - £50 (Sun-Thurs) | 60 min £55 (Fri & Sat)

Body Wrap

Rejuvenate your skin with our luxurious Wrap treatment. It begins with dry brushing, followed by exfoliation and a hydrating body wrap, then finishes with a rich moisturiser. Leaves skin soft, firm, and glowing—perfect before holidays or special events.

60 min - £75 (Sun-Thurs) | 60 min £80 (Fri & Sat)

Dover Marina Heaven

Indulge in pure relaxation with our Dover Marina Heaven treatment. Start with a 30-minute aromatic body scrub to exfoliate and smooth the skin, followed by a 60-minute full body massage of your choice to restore balance and well-being. Complete the experience with a 30-minute express facial to cleanse, hydrate, and revive your complexion. A full-body refresh that leaves you glowing, relaxed, and completely renewed.

120 min - £145

Please be advised a service charge of 10% will be applied to your bill

AYURVEDA

Discover the ancient healing wisdom of Ayurveda, a holistic wellness system that restores balance to the body, mind, and spirit. Rooted in centuries of tradition, our treatments use natural herbs, oils, and techniques tailored to your unique dosha (body constitution) to detoxify, rejuvenate, and nourish from within. Whether you seek relaxation, stress relief, or renewed energy, each therapy is customised to support your well-being—leaving you feeling restored, revitalised, and deeply aligned with your inner self.

Ayurveda Practitioner Dr Sharmila Haleem **BAMS (Bachelor of Ayurvedic Medicine and Surgery)**

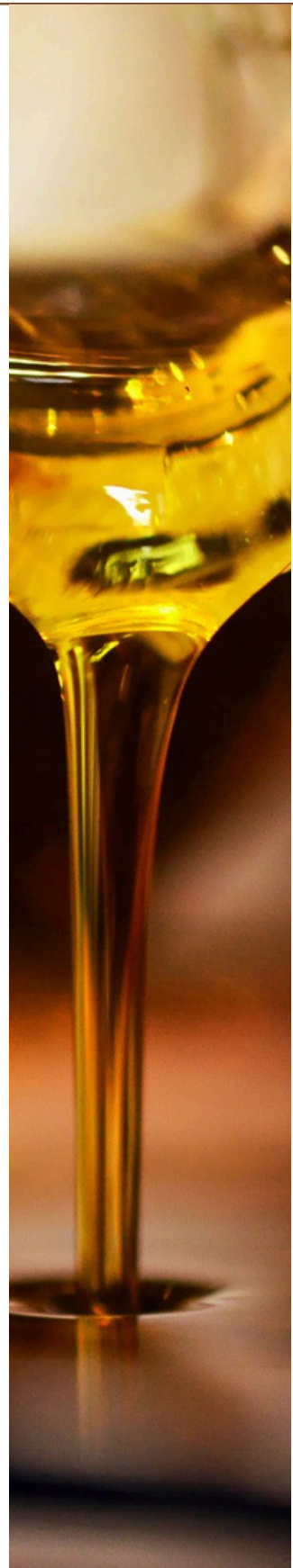
Dr. Sharmila Haleem is a licensed Ayurvedic physician with a BAMS (Hons) degree, specialising in Panchakarma and Yoga. With extensive experience in both clinical care and health tourism in Sri Lanka, she offers a deeply holistic approach to wellness. Dr. Haleem also teaches at the Japanese Ayurveda Institute and is dedicated to promoting Ayurvedic healing worldwide through both practice and education.

Ayurveda Practitioner Dr Deepa Patwal **BAMS (Bachelor of Ayurvedic Medicine and Surgery) M.sc in Yoga,** **MBA in Healthcare Services**

With over 10 years of experience, Dr Deepa Patwal specialises in Ayurvedic consultations, spa and wellness management, and yoga therapy. Blending traditional healing with modern healthcare practices, Her well-rounded expertise supports a truly holistic approach to health and well-being.

Ayurvedic Consultation

Begin your journey to holistic well-being with a personalized Ayurveda consultation. Our expert practitioner will assess your unique dosha (body constitution) and lifestyle, offering tailored advice and treatment recommendations. 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. 30/60 min - £40/£85



AYURVEDIC TREATMENTS

Abhyanga

A traditional Ayurvedic body massage that targets tension, promoting relaxation. Using warm, therapeutic oils, this soothing treatment focuses on your targeted area, helping to relieve stress, improve circulation and balance energy.

Abhyanga Full Body Massage - 60 min - £85 (Sun-Thurs) | £95 (Fri & Sat) **Shiro**

Abhyanga Head Massage - 45 min - £59 (Sun-Thurs) | £64 (Fri & Sat) **Prista**

Abhyanga Back Massage - 45 min - £59 (Sun-Thurs) | £64 (Fri & Sat) **Pada**

Abhyanga Foot Massage - 45 min - £59 (Sun-Thurs) | £64 (Fri & Sat)

Shirodhara - Herbal Oil Flow Over the Head

A deeply relaxing Ayurvedic therapy that involves a continuous stream of warm herbal oil poured gently over the forehead. This calms the nervous system, reduces stress, and helps clear mental fatigue. Perfect for improving sleep, and restoring inner balance, leaving you feeling refreshed, centred, and at peace.

60 min - £99 (Sun-Thurs) | £104 (Fri & Sat) | Course of 5 - £450

Udvarthana - Herbal Powder Massage

Revitalising massage using herbal powders to exfoliate the skin and boost circulation. The stimulating blend helps detoxify, reduce cellulite, and improve skin tone. This supports lymphatic drainage and energises the body. You'll leave feeling refreshed, balanced, and glowing.

60 min - £99 (Sun-Thurs) | £104 (Fri & Sat) | Course of 5 - £450

Pinda Sweda - Herbal Bolus Massage

Experience the healing power the 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.

30/60 min - £69/99 (Sun-Thurs) | 30/60 min - £74/104 (Fri & Sat)



AYURVEDIC TREATMENTS



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 - £69 (Sun-Thurs) | 45 min - £74 (Fri & Sat) | Course of 5 - £300

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 - £59 (Sun-Thurs) | 45 min - £64 (Fri & Sat) | Course of 5 - £250

Nasya – Nasal 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.

45 min - £59 (Sun-Thurs) | 45 min - £64 (Fri & Sat)

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

45 min - £59 (Sun-Thurs) | 45 min - £64 (Fri & Sat)

Ayurvedic Facial

A holistic treatment using natural ingredients, combining gentle cleansing, exfoliation, and nourishing herbal masks, balance and rejuvenate your skin. 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 Faical 60 min - £70 (Sun-Thurs) | £75 (Fri & Sat)

Anti-Aging Faical 60 min - £75 (Sun-Thurs) | £80 (Fri & Sat)

Please be advised a service charge of 10% will be applied to your bill

RECOMMENDED PACKAGES

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 renewal with a rejuvenating experience inspired by Eastern wellness. Enjoy a 30-minute back massage to ease tension, followed by a 30-minute facial to cleanse and hydrate your skin. A light, plant-based lunch is included to nourish and energise, along with two hours of access to our spa facilities—sauna, steam, and relaxation areas.

£99 per person

Blissful Harmony

Indulge in total relaxation with our Blissful Harmony Spa Journey. Enjoy a 45-minute Hot Stone Back Massage, a 30-minute glow-boosting facial, and a 15-minute foot massage to ease stress and refresh the body. Includes a nourishing lunch or dinner and two hours of access to our spa facilities—sauna, steam room, and relaxation areas.

£129 per person

One Day Wellness Escape

Begin your wellness journey at 10:00 AM with a personalised Ayurvedic consultation, followed by a 60-minute Ayurvedic massage to restore balance and vitality. Enjoy a calming herbal tea and unwind in our sauna and steam room. A nourishing Ayurvedic lunch (vegan/light meal) is included to support your inner harmony.

£179 per person



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RECOMMENDED PACKAGES



Weekend Rebalance Retreat

Duration: 2-Night Stay Immerse yourself in a deeply restorative Ayurvedic retreat designed to rejuvenate body, mind, and spirit. Over two nights, enjoy a personalised Ayurvedic consultation and a daily 60-minute Ayurvedic massage tailored to your dosha. The retreat also includes two guided yoga sessions, two calming meditation and pranayama practices, and access to our sauna and steam room for complete relaxation. Nourish your body with a specially curated Ayurvedic meal plan featuring vegan, light meals across both days. For your comfort, robes, towels, and flip-flops are provided throughout your stay.

£559 per person (Sun-Thurs) | £584 per person (Fri & Sat)

Five Day Ayurvedic Healing Retreat

Duration: 5-Night Stay Embark on a transformative five-day Ayurvedic retreat tailored to your individual health and wellness goals—whether for detoxification, weight loss, stress relief, or improved digestion. Our expert practitioners will develop a personalised treatment plan to restore balance and vitality through traditional Ayurvedic therapies, including Panchakarma, yoga, meditation, and a nourishing Ayurvedic diet.

Retreat Includes:

- Initial & Final Ayurvedic Consultations
- 90 Minutes of Personalised Treatments Daily
- Daily Access to Sauna and Steam Room
- 5 Yoga Sessions/Meditation & Pranayama Sessions
- 5-Day Ayurvedic Meal Plan (Light, Vegan Meals)
- Complimentary Herbal Teas

£1300 per person | £1325 per person (weekend)

Please be advised a service charge of 10% will be applied to your bill

SPA GUIDELINES

Arrival Time

Please allow sufficient time before your treatment to complete a Spa Consultation Form. We recommend you arrive up to 20-minutes in advance of your treatment so that you can change and relax prior to your treatment. Please be advised that late arrivals will result in a reduction of treatment time.

Booking and Cancellation

All prices are per person and full payment is required at the time of booking. For spa days, spa experiences, and treatments, we require a minimum of 48 hours' notice for cancellations or changes. Cancellations made after this period will incur a 100% charge.

Age Restriction

Person/s must be 16 years and above to use the spa facilities and 18 years and above for spa treatments.

Therapist Preference

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.

Pregnancy

We offer specially designed treatments for expectant mothers. Please note that some spa experiences may not be suitable during pregnancy, and we do not offer treatments during the first trimester.

Service Charge

Please be advised a service charge of 10% will be applied to your bill. If you prefer to have it removed, please let us know.

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



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

