
BROCHURE

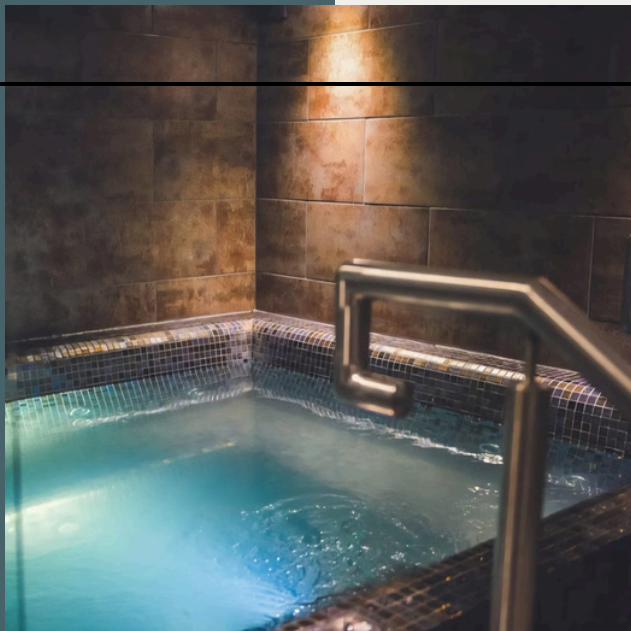
The aim of this brochure is to showcase the unique experiences and facilities of the Waterfront Spa & Health Club, highlighting our blend of rejuvenating spa therapies, Ayurvedic treatments, advanced fitness amenities, and holistic wellbeing services.

See you soon!

WWW.DOVERMARINAHOTEL.CO.UK/SPA



WATERFRONT
SPA & HEALTH CLUB
VOGUE HAIR & BEAUTY



*We can't wait to
meet you!*

Welcome

Relax. Rejuvenate. Revive by the Sea

At the edge of the sea in Dover, our spa is a sanctuary where calm meets renewal. Here at the Waterfront Spa & Health Club, we believe true wellbeing comes from nurturing both body and mind.

Drawing on the wisdom of Ayurveda and spa traditions, our therapies are designed to restore balance, release tension, and leave you feeling deeply refreshed. Alongside this, our modern health club and relaxation facilities provide everything you need to recharge in a serene setting by the waterfront.

Whether you join us for a single treatment, a day of indulgence, or a journey of ongoing wellness, we look forward to welcoming you to our tranquil haven.

— Spa Manager

Content

◆ **Spa Treatments**

Massage therapies, body treatment

◆ **Ayurvedic Treatments**

Massage therapies, facials and special therapies

◆ **Spa Journeys**

Half-day, full day and stay packages

◆ **Hair Salon & Beauty**

Cut, style, colour
Beauty Treatments

◆ **Gym & Fitness**

Gym, classes and trainers



“

To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear.

BUDDHA

”



Spa & Body Treatments



Spa Treatments

Drift Away – Relaxing Massage

60 mins | £90

A deeply soothing full-body massage designed to melt away tension and calm the mind. With flowing movements and gentle pressure, this treatment eases stress, promotes restful sleep, and restores a sense of inner peace. Perfect when you need to switch off and drift into total relaxation.

Work It Out – Deep Muscle Massage

30 mins | £65 | 60 mins | £105

A targeted, invigorating massage using firm pressure and specialised techniques to release tight muscles and stubborn knots. Ideal for those who carry stress in the body or experience tension from exercise, it stimulates circulation, helps detoxify, and leaves you feeling energised and restored.



Rock of the Mediterranean – Hot Stone Massage

60 mins | £95

Smooth volcanic stones, gently heated, are used to glide across the body, soothing away deep-seated tension. The comforting warmth penetrates the muscles, improving circulation and promoting profound relaxation. This indulgent ritual brings balance to body and spirit while relieving fatigue.

New Beginning – Pregnancy Massage

30 mins | £65 | 60 mins | £95

Designed especially for mums-to-be, this nurturing massage uses safe and supportive techniques to ease backache, reduce swelling, and promote deep relaxation. Gentle strokes and comforting positioning help relieve the unique stresses of pregnancy, creating a calming experience for both mother and baby. This treatment is complete with face and scalp massage. (Available after the first trimester, 3-8 months).

Prices and information are current as of March. Prices may change after the issue of this document. All prices are exclusive of GST.

A 10% discretionary service charge apply.



Spa Treatments

Aaahhh! Leg & Foot Massage

30 mins | £65

A refreshing treatment to revive tired, heavy, or overworked legs and feet. Cooling gels and rejuvenating massage strokes improve circulation, reduce swelling, and restore energy, leaving you light on your feet and ready to take on the day.

Indian Head Massage

30 mins | £65

Rooted in ancient tradition, this holistic therapy focuses on the head, neck, and shoulders to relieve tension and restore clarity. Using warm oils and acupressure techniques, it promotes relaxation, stimulates circulation, and can help improve sleep quality while calming the mind.



Stress Relief – Neck & Back Massage

30 mins | £65

A focused treatment for those who hold stress across the shoulders, neck, and back. Firm yet soothing strokes release stiffness, improve mobility, and ease muscular discomfort, making it the perfect quick escape for busy lives.

Add-On Enhancements

£15 per item

Hot Oil Scalp Massage
Mini Facial
Mini Foot Massage



Spa Treatments

Body Scrub

30 mins | £65

A revitalising full-body exfoliation using mineral-rich salts and nourishing oils to gently buff away dull skin. This refreshing treatment stimulates circulation, smooths texture, and reveals a radiant, silky finish — the perfect prelude to any spa ritual.

Body Wrap

60 mins | £95

An indulgent cocooning treatment that deeply hydrates, firms, and revitalises. Skin is first exfoliated, then enveloped in a nourishing wrap enriched with natural ingredients. While you drift into relaxation, the wrap works to detoxify, restore elasticity, and leave your skin feeling supple and renewed.



Wellness Journey – Dover Marina Heaven

120 mins | £180

Our signature full-body ritual, combining three luxurious treatments in perfect harmony. Begin with a smoothing body scrub, followed by a deeply relaxing full-body massage, and finish with a rejuvenating express facial. A complete head-to-toe experience that restores balance, radiance, and a profound sense of wellbeing.

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Ayurveda - Ancient Healing Rituals



Ayurveda - Ancient Healing Rituals

Ayurvedic Consultation

30 mins | £40 | 60 mins | £80

Begin your journey with a personalised consultation to discover your unique dosha — your body's natural energy type. Our Ayurvedic practitioner will offer tailored lifestyle, diet, and wellness advice, helping you find balance and long-term vitality.

Abhyanga – Full Body Massage

60 mins | £95

A traditional Ayurvedic warm oil massage that restores the flow of energy throughout the body. Long, rhythmic strokes calm the nervous system, ease fatigue, improve circulation, and bring body and mind into perfect harmony.

Prista Abhyanga – Back Massage

45 mins | £70

Targeted relief for back and spinal tension. Warm oils and Ayurvedic techniques soothe muscular stiffness, reduce fatigue, and restore comfort to one of the body's most stressed areas.

Pada Abhyanga – Foot Massage

45 mins | £70

A grounding therapy focusing on the feet and lower legs. Stimulating vital energy points, it eases fatigue, improves circulation, and brings a deep sense of balance and stability.

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Ayurveda - Ancient Healing Rituals

Shirodhara

60 mins | £110

One of Ayurveda's most iconic rituals. A steady stream of warm herbal oil flows across the forehead, inducing profound relaxation. This treatment calms the mind, reduces anxiety, improves sleep, and restores mental clarity.

Course of 3 treatments

3 sessions x 60 mins | £299

Udvarthana – Herbal Powder Massage

60 mins | £104

An invigorating full-body therapy using finely ground herbal powders. This massage exfoliates, stimulates circulation, reduces cellulite, and helps eliminate toxins, leaving the skin smooth and the body re-energised.



Pinda Sweda – Herbal Bolus Massage

60 mins | £104

Heated poultices filled with healing herbs are rhythmically pressed across the body, easing joint pain, reducing stiffness, and encouraging detoxification. A comforting ritual for tired, aching muscles.

Nasya – Nasal Therapy

45 mins | £70

Experience the cleaning 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.

Course of 3 treatments

3 sessions x 45 mins | £199

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Ayurvedic Facials

Nourishing Ayurvedic Facial

60 mins | £80

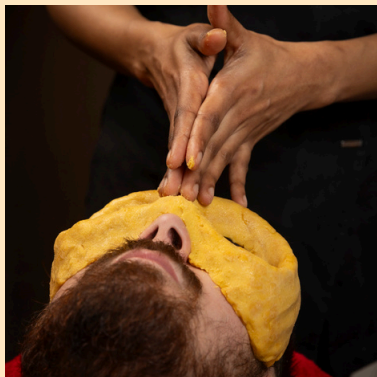
A deeply hydrating facial using botanical oils and herbal extracts tailored to your dosha. This treatment replenishes moisture, soothes dryness, and restores natural radiance, leaving the skin soft, glowing, and balanced.



Anti-Ageing Ayurvedic Facial

60 mins | £85

A rejuvenating ritual that combines herbal masks, toning massage, and nutrient-rich oils to combat signs of aging. Improves elasticity, smooths fine lines, and revitalises tired skin, promoting a youthful, luminous complexion.



Specialised Ayurvedic Therapies

Akshitarpana – Eye Therapy

45 mins | £70

A soothing and revitalising treatment for tired, strained, or dry eyes. Medicated ghee is gently applied in a protective boundary around the eyes, relieving fatigue and nourishing vision.

Greeva Basthi – Neck Therapy

45 mins | £70

Warm medicated oil is gently pooled around the cervical spine to ease stiffness, tension, and discomfort. Ideal for those suffering from neck pain or stress-related tightness.



Kati Basthi – Lower Back Therapy

45 mins | £80

A therapeutic treatment for the lumbar region. A reservoir of warm herbal oil is applied to the lower back to relieve pain, stiffness, and inflammation, restoring comfort and mobility.

Janu Basthi – Knee Therapy

45 mins | £80

Specially designed for knee health and mobility. Warm medicated oil is held around the knees to ease stiffness, reduce discomfort, and nourish joints, supporting flexibility and strength.

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Spa Packages and Retreats

Spa Packages

1

Serenity Renewal

A perfect midday escape.

Enjoy a soothing back massage and rejuvenating facial, followed by time to unwind in our spa facilities.

Complete your journey with a nourishing light lunch overlooking Dover's seafront.

£109

2

Blissful Harmony

A total-body reset designed for deep relaxation and renewal

Begin with a Hot Stone back massage, followed by a glow-enhancing facial and a revitalising foot massage.

Continue your day with full spa access and either lunch or dinner for the ultimate indulgence.

£135

3

One Day Wellness Escape

Immerse yourself in Ayurveda for a full day dedicated to you.

Your journey includes a personalised Ayurvedic consultation, a balancing massage, calming spa time, and a nourishing Ayurvedic meal — restoring balance from the inside out.

£179

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Spa Day Packages

	Experience	Treatment time	Spa time	Price
Spa access			240min	Weekdays £20 Weekends £30
Half Day	discover	30min	210min	£75
Half Day	enrich	60min	180min	£95
Full day	Discover (lunch/afternoon)	60min	420min	£115
Full day	Enrich (lunch/afternoon)	90min	390min	£155

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Spa Retreats

1

Weekend Rebalance Retreat

Two nights of restorative living by the sea.

Each day combines the healing power of daily massage, yoga, and meditation with Ayurvedic meals, creating the perfect escape to refresh mind and body.

£559 pp

2

Five-Day Healing Retreat

A transformative Ayurvedic programme designed to reset body and soul.

Featuring Panchakarma therapies, yoga, meditation, and a personalised Ayurvedic diet, this retreat offers complete renewal through daily guided care and holistic rituals.

£1300 pp

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Vogue Hair & Beauty Salon

HAIR SALON

CUT & FINISH

The Refresher Cut & Finish

Perfect for a quick trim

45 mins

Colour Technician: £45

Director: £55

The Ultimate Cut & Finish

Includes De Stress Scalp Massage

60 mins

Colour Technician: £60

Director: £70

Gents Express Dry Cut – 15 mins:

Colour Technician: £20

Director: £25

Gents Wash, Cut & Style – 30 mins:

Colour Technician: £30

Director: £35

BLOW DRY & STYLING

The Polished Blow Dry

Duration: 30 mins – £35.00

The Ultimate Bespoke Blow Dry

Duration: 60 mins – £60.00



COLOUR SERVICES

Roots / Global Colour

(Price includes multiple colours if required for added dimension)

Roots – £70.00

Full Head Colour – £80.00

Highlights / Foilayage

(Price includes multiple colours and toner)

Express Parting – £60.00

Half Head – £87.50

Full Head – £122.50

Half Head Back to Back – £122.50

Full Head Back to Back – £140.00

BALAYAGE

(Prices include toner, root tap)

Face / Frame Express – £70.00

Balayage Refresh – £105.00

All Out Balayage – £160.00

Toner and Treatment – £35.00

Colour Correction – Price on application

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HAIR SPA TREATMENTS

The Signature Hair and Scalp Spa Experience

30 mins | £35

A premium experience combining bespoke hair treatment and a relaxing scalp massage to enhance circulation and inner harmony.

The Signature De-stress Scalp Massage

15 mins | £20

A calming 15-minute massage to reduce stress and boost circulation.



Kerastase Rituals

De Stress Scalp Massage – £20.00

Express Masque Selection – £12.00

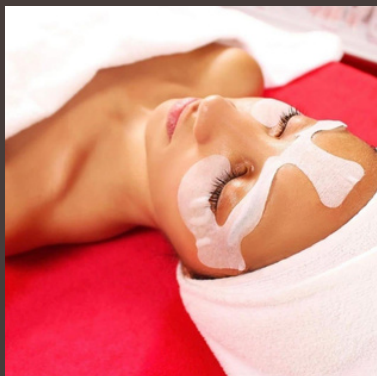
Premiere Bonding Repair Treatment – £20.00

Gloss Absolute Treatment – £20.00

Densifique Thickening Treatment – £20.00

Epres – £22.00

Signature Hair and Scalp Experience – £35.00



Facials - The Guinot Collection

Hydradermie Youth - Electrical Facial

75 mins | £86

Guinot's signature facial, tailored to your skin's needs. Using advanced ionisation technology, this treatment deeply cleanses, hydrates, and revitalises, leaving skin brighter, smoother, and more radiant.

Hydradermie Youth Age Logic - Electrical Facial

90 mins | £102

An age-defying version of the Hydradermie Youth. Specialised serums and targeted massage techniques reduce signs of aging, boost cell renewal, and restore vitality for a visibly younger-looking complexion.

Hydradermie Lift - Electrical Facial

75 mins | £88

A natural alternative to aesthetic procedures, this lifting facial re-educates the facial muscles, firms contours, and smooths fine lines, creating an instantly more youthful appearance.

Hydradermie Lift Express - Electrical Facial

40 mins | £64

A quick yet effective version of the lifting facial, ideal for those short on time. Perfect before a special occasion to refresh and define facial contours.





Facials - The Guinot Collection

Hydradermie Lift Deluxe - Electrical Facial

90 mins | £155

The ultimate combination of Guinot's Age Logic and Lift treatments. This luxurious facial delivers advanced anti-ageing care, improved firmness, and a radiant glow — a total rejuvenation experience.

Eye Lift - Electrical Facial

50 mins | £70

A specialised treatment designed for the delicate eye area. Smooths fine lines, reduces puffiness, and diminishes dark circles, leaving the eyes refreshed and brighter.

Age Summum - Manual Facial

60 mins | £96

An indulgent anti-ageing facial using powerful active ingredients and massage techniques. Stimulates collagen and elastin, restores firmness, and brightens the skin for a more youthful glow.

Lift Summum - Manual Facial

60 mins | £92

A firming and lifting facial that targets areas of loss in elasticity. Skin feels toned, plumped, and visibly lifted with long-lasting results.





Facials - The Guinot Collection

Hydra Summum - Manual Facial

60 mins | £80

Intensely hydrating care for dehydrated skin. This facial restores suppleness and comfort, leaving the complexion luminous, smooth, and radiant.

Équilibre Pureté - Manual Facial

50 mins | £55

A purifying treatment that deeply cleanses, mattifies, and refines skin texture. Ideal for oily or combination skin, leaving the complexion clear and balanced.

Hydra Peeling with Hydrabrasion - Manual Facial

60 mins | £87

A radiance-boosting treatment that gently resurfaces the skin using safe exfoliation methods. Reduces signs of ageing, restores brightness, and improves texture with no downtime.

Detoxygène Facial - Manual Facial

60 mins | £65

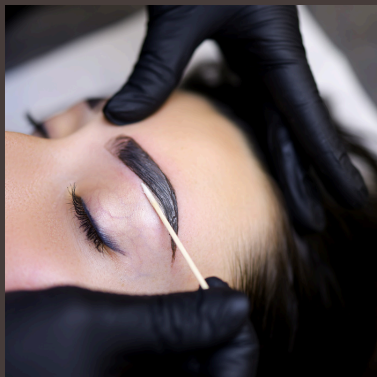
An oxygenating and detoxifying facial that eliminates impurities and pollutants, restores clarity, and leaves skin refreshed and protected from environmental stress.

Foot Peeling

30 mins | £45

A renewing treatment for the feet. Removes rough skin, softens texture, and leaves feet feeling smooth, light, and beautifully refreshed.





Eye Treatments

Eyelash Tint

From £20

Enhance definition and colour with a long-lasting tint, giving lashes a natural yet striking finish. (Patch test required 24 hrs prior).

Eyebrow Tint

From £18

Enhance definition and colour with a long-lasting tint, giving eyebrows a natural yet striking finish. (Patch test required 24 hrs prior).



Eyelash & Eyebrow Tint

£35

A combined treatment to intensify and frame the eyes beautifully, leaving them more defined and expressive. (Patch test required 24 hrs prior).

Ultimate Eye Treatment

£48

The complete eye-enhancing ritual. Includes lash and brow tint plus expert brow shaping for perfectly framed eyes. (Patch test required 24 hrs prior).



Waxing Treatments

Bikini

Neat, smooth, and confidence-boosting — perfect for a fresh, polished finish.

From £30

Eyebrows

Shape and define brows for a clean, natural frame to the face.

From £15

Full Leg

A smooth, flawless finish from hip to ankle for long-lasting confidence.

From £35

Full Leg & Bikini

A complete treatment for perfectly smooth skin and a tidy bikini line.

From £45

Half Leg

Quick and effective hair removal from knee to ankle or thigh to knee.

From £25

Upper Lip & Chin

Targeted waxing for a refined, smooth appearance.

From £15

Upper Lip or Chin

Gentle precision for smaller areas, leaving skin soft and hair-free.

From £10

Underarms

Smooth, fresh, and long-lasting results for this delicate area.

From £15



Waxing Treatments

Brazilian

A neat and stylish finish, leaving a natural strip or shape.

From £35

Hollywood

For completely smooth confidence — the ultimate clean result.

From £35

Lower Arms

Removes hair from wrist to elbow, leaving skin silky and soft.

From £20

Full Arms

A smooth, even result from shoulder to wrist.

From £25

Gents Back & Chest

Comprehensive hair removal for a clean, confident look.

From £50

Gents Back or Chest

Targeted waxing for a smooth finish on one area.

From £30



Gym & Fitness



Gym & Spa Facilities

Our fully equipped gym offers everything you need for an energising workout, featuring the latest cardio and strength equipment, free weights, and functional training areas.

- Opening Hours: 4:00am – 10:00pm daily
- Age Restriction: Access is available for guests aged 16 and over only

After your workout, unwind in our spa facilities designed for total relaxation and recovery. Enjoy the soothing warmth of the steam room, the bubbling comfort of the hot tub, and the deep restorative heat of the sauna.

The perfect balance of fitness and relaxation awaits.



Personal Trainers

Achieve your goals with expert guidance from our dedicated trainers.

- Kev McCully – Extensive experience helping clients build muscle, lose weight, tone up, and improve strength.
- Carmina Ballantine – Personal Trainer & Sports Nutritionist specialising in weight loss, nutrition, strength, and cardio fitness.

Offering one-to-one sessions, group training, and tailored nutrition support.

Price: **£40 per hour**

“Wellness is the ultimate luxury — a
harmony of body, mind, and spirit.”

UNKNOWN

Kind Words

”

Karla C

***** 3 months ago

“After a busy week in London, this spa in Dover was the perfect break! It offered great massage services (mine was by Kasan!) plus access to a relaxation room, a sauna, a steam room, and a hot tub. Perfect for a weekend in Dover!”

Google Review



*“We loved having
with you!”*

Spa Conditions of Use

To ensure a safe and relaxing experience for all guests, we kindly ask you to observe the following:

1. Age Requirement – Spa facilities are available to guests aged 18 and over only and gym use 16 years and over only.
2. Opening Hours – The spa is open daily
 - a. Spa Facility from 6:00am – 9:00pm. Gym from 4am to 10pm. Spa Treatments 9am to 8pm.Spa treatments to be booked in advance.
3. Health & Safety – Please inform your therapist of any medical conditions, allergies, or if you are pregnant before treatments begin. Certain treatments may not be suitable in these cases.
4. Arrival Time – Please arrive 20 minutes prior to your scheduled appointment to allow time for consultation and relaxation. Late arrivals may result in a shortened treatment.
5. Cancellations – A minimum of 48 hours' notice is required to amend or cancel a booking. Cancellations made later may incur a charge.
6. Valuables – The spa cannot accept responsibility for loss or damage to personal belongings. Lockers are provided.
7. Tranquillity – To maintain a peaceful environment, mobile phones and electronic devices should be switched off or on silent within spa areas.
8. Swimwear & Attire – Appropriate swimwear must be worn in the Jacuzzi, steam room, and sauna. Robes and slippers are provided for use within the spa.
9. Refreshments – Light refreshments are available; alcohol is not permitted within spa areas.
10. Right to Refuse Service – The spa reserves the right to refuse treatments or access if guests are under the influence of alcohol, drugs, or behaving inappropriately.

Exclusive Benefits

Spa Memberships

For those who love to return, our spa memberships offer exceptional value. Enjoy unlimited use of our facilities, exclusive discounts on treatments, priority bookings for popular weekends, and special member-only offers throughout the year.

Gift Vouchers

Give the gift of wellbeing. From relaxing massages to indulgent spa journeys, our vouchers can be tailored to any occasion — birthdays, anniversaries, weddings, or simply as a thoughtful way to say “thank you.”

Corporate Wellness

We also offer bespoke packages for corporate wellbeing, team-building days, and incentive rewards, giving businesses the perfect way to invest in their people.



”

To invest in your health is
to invest in a life of beauty,
vitality, and grace.

WELLNESS PHILOSOPHY

WATERFRONT

SPA & HEALTH CLUB
VOGUE HAIR & BEAUTY

Book your escape today

Wellness is not a luxury — it's a way of life. Begin your journey with us at The Waterfront Spa & Health Club.



**TAPESTRY
COLLECTION**
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