

Book Online

Ayurvedic



Waterfront



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“Prices are including VAT, and subject to change without prior notice”

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What to Wear

No special attire is needed. Spa wear will be provided in your treatment villa. Disposable underwear is available for all body treatments and massages upon request. We advise against bringing valuables, as the hotel and spa are not responsible for lost items.

Cell Phones and Devices

To ensure a tranquil experience for all guests, please turn off electronic devices upon entering the spa.

Arrival Time

We recommend arriving at least 10 minutes before your appointment to fully enjoy your spa experience.

Preparing for Your Treatment

Women need no special preparation. Men are advised to shave at least two hours before facial treatments for comfort and skin benefits. No preparation is needed for other treatments.

Your Privacy

Your privacy will be maintained throughout your treatment. Therapists will ensure you are professionally draped, exposing only the parts of the body being treated.

Meeting Your Needs

We aim to ensure your total comfort during your visit. Please communicate with your therapist about any preferences you must enhance your experience, such as massage pressure adjustments or environmental changes. Showering before your treatment is recommended to maximize treatment time. We value your feedback; please feel free to complete a guest questionnaire after your treatment.

Enjoy your experience at The Spa at Dover Marina Hotel and Spa.

Spa Experience

	Massage	Spa Use	Mon-Fri	Sat-Sun
		240 mins	£20	£30
Half Day Discover	30 mins	210 mins	£65	£75
Enrich	60 mins	180 mins	£85	£95
*Full Day Discover	60 mins	420 mins	£105	£115
Enrich	90 mins	420 mins	£135	£145

*Full day experiences include a light lunch.

HELPFUL TIPS UPLIFT YOUR WELL BEING

Reservations

We recommend booking your spa experience at least 48 hours in advance. A 50% advance payment is required to secure your reservation. To book or inquire further, please contact us via email at spa@dovermarinahotel.co.uk, call +44 (0)1304 203 633 (Ext. 3), visit our website at www.dovermarinahotel.co.uk, or drop by in person.

Minimum Age

The spa is exclusively for adults to ensure a serene environment. Children under 16 are not allowed without parental consent. Children aged 12 and older may receive spa treatments with a signed parental consent form. For more details, please consult our spa management.

Cancellations and Late Arrivals

Out of respect for other guests, we require at least 48 hours notice for cancellations. Please contact our staff to reschedule if necessary. Cancellations within 48 hours of the appointment or no-shows will be charged a fee equal to 100% of the scheduled treatment. Late arrivals will result in a shortened treatment time without compensation.



Dover Marina Hotel & Spa



FACIAL



The upmost goal of our Skin Therapy is not only to delight, but to reward your skin with outstanding long-term benefits. Results driven, anti-ageing skincare with an abundance of exquisite botanicals that nature is kind enough to lend us, combined with state-of-the-art complexes. Our formulas are developed by the most gifted of product creators and using the empirical knowledge of doctors of derma science, professional therapists and artisan herbalists. The results will astound you!

My Kinda Skin- Bespoke Prescriptive Facial £50/£70 | 30/60 Minutes

Let us analyze your skin and prepare a tailored treatment just for you. Your facial includes a tailored face & décolleté massage plus a relaxing scalp massage. You will feel amazing, and your skin will look so, so good.

Go Guy - The Executive Men's Facial £65 | 60 Minutes

A facial to revive your skin, soothe aching neck muscles and smooth away stress. Includes a deep brush cleanse plus exfoliating mask and an energizing or relaxing massage. For the finale, a detoxifying foot massage.

Champagne & Truffles - Anti-Ageing Facials £85 | 60 Minutes

This luxury facial combines our award-winning truffle formulas with a deep double cleansing ritual, a glycolic resurfacing peel, followed by a unique skin-lifting and muscle firming massage. The visible result is ironed-out deep lines and wrinkles, firmer feeling and toned skin, reduced puffiness, and youthful radiance with a supreme healthy skin glow.



MASSES



Waterfront has thoroughly tried and tested a number of body treatments to ensure we offer you the best quality with the highest results and optimum enjoyment. Whether you seek a body detox, some muscle or tension relief, skin firmness & hydration or simply a super- smooth body. Our Body Therapy products have got you covered head-to-toe.

Drift Away - Relaxing Massage £50/£75 | 30/60 Minutes

This deeply relaxing top-to-toe massage, formulated with a dreamy blend of Mediterranean essential oils including Frankincense, Lavender and Patchouli, is guaranteed to have you drifting away. This is the perfect treatment to soothe and calm frazzled nerves and wind down an active mind; tension and stress simply melts away.

Work It Out - Deep Muscle Massage £55/£85 | 30/60 Minutes

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using ingenious WORK, IT OUT detox massage oil including essential oils of Juniper, Lavender and Cypress. We begin with full body brushing to stimulate the circulation to improve lymph drainage. Then we perform a deep tissue, body-boosting massage with muscle-fitness techniques and movements to really give your muscles a workout - working on knots, tensions and tightness to help the detox process. Detox-licious!

Rocks Of the Mediterranean - Hot Stone Massage £55/£80 30 | 60 Minutes

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderful, warming treatment works on energy points located throughout the body to rebalance and harmony. The muscles are relaxed and rejuvenated in a sensation totally unique to hot stone massage. This all-encompassing treatment is an experience you just have to have at least once in your life. Simply heavenly!

Raindrop Massage £50/£75 | 30/60 Minutes

A warming, relaxing treatment that will leave you feeling as good as you do after walking through tropical rainfall. Your therapist will slowly drip essential oils along your spine and backs of the legs before performing a relaxing massage and applying warm compresses. This massage is particularly appropriate if you suffer from backache.

Aaahhh! Leg & Foot Energizer £50 | 30Minutes

This oh-so-good treatment is instant relief for tired, overworked legs & feet. Begins with skin brushing, to help eliminate excess fluids, followed by a warm oil massage and an invigorating foot rub! Wonderful add-on to another treatment.

Indian Head Massage £50 | 30 Minutes

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.

Stress-Relieving Neck and Back Massage £50 | 30 Minutes

This massage uses Swedish massage techniques to help relieve knots and tension from the neck and shoulder areas.

BODY TREATMENTS



SCRUBS

The Outer Glow - Body Exfoliation £50 | 30 Minutes

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalized and hydrated. The perfect way to begin another body treatment and an absolute must before you commence your vacation or special event. Off you glow!



WRAPS

Go Figure - A Firming, Toning, Tightening Body Detox Treatment £75|60 Minutes

Need help with the wobbly bits? This starts with lymphatic skin brushing techniques, followed by a targeted detox massage for hips, thighs & abs. Then a marine and earth mud wrap continues the good work before a friction, anti-cellulite rub. One treatment is fab, a course of six is amazing!

WELLNESS JOURNEYS

Dover Marina Heaven £145 | 120 Minutes

Indulge your senses and recharge your body on an unforgettable journey. Begin with an express facial to leave you a total complete sense of beauty, followed by outer glow aromatic body exfoliation, followed by go figure - a firming, toning, tightening body wrap to leave your skin revitalized and nourished. The ritual ends with a body massage of your choice to enhance your energy flow and overall wellbeing.

Includes: 30min express facial, 30min Aromatic Scrub, 60min Body Massage of your choice (Relaxing Aromatherapy, Deep Tissue Massage or Hot Stone).

Enhancement

Hot Oil Scalp Massage £10 | No Extra Time

A truly relaxing experience, we have developed a unique scalp massage incorporating pressure point techniques to the scalp and ears and tension releasing movements that will place you into a state of pure bliss.

Mini Cleanse and Boost £10 | No Extra Time

This Mini facial includes a deep cleanse with serum application to boost and refresh the skin. All finished with a prescribed day and eye cream, leaving you looking and feeling beautiful!

Cooling Leg and Foot Treatment £10 | No Extra Time

This relaxing treatment designed to invigorate and refresh tired legs and feet involves a cooling stimulating foot mask followed by a relaxing massage using draining movements to help stimulate blood flow and circulation.