

BROCHURE

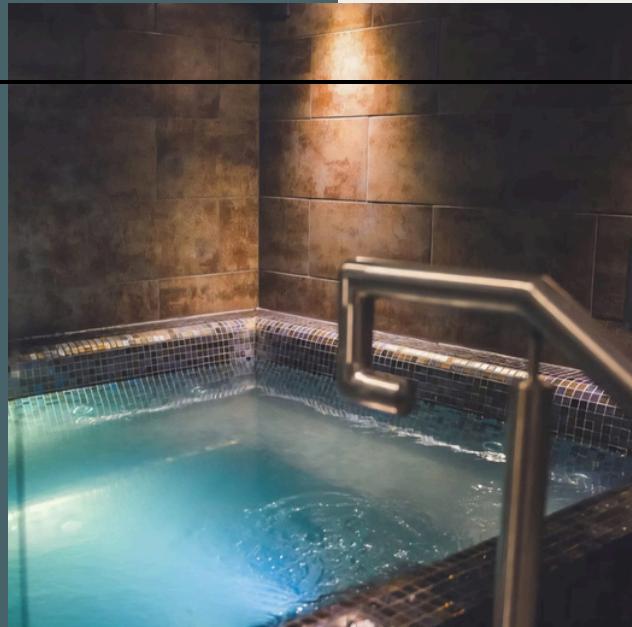
The aim of this brochure is to showcase the unique experiences and facilities of the Waterfront Spa, Salon & Health Club, highlighting our blend of rejuvenating spa therapies, Ayurvedic treatments, advanced fitness amenities, and holistic wellbeing services.

See you soon!



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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



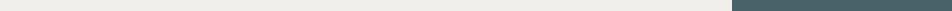
◆ **Ayurvedic Treatments**

Massage therapies, facials and special therapies



◆ **Spa Journeys**

Half-day, full day and stay packages



◆ **Hair Salon & Beauty**

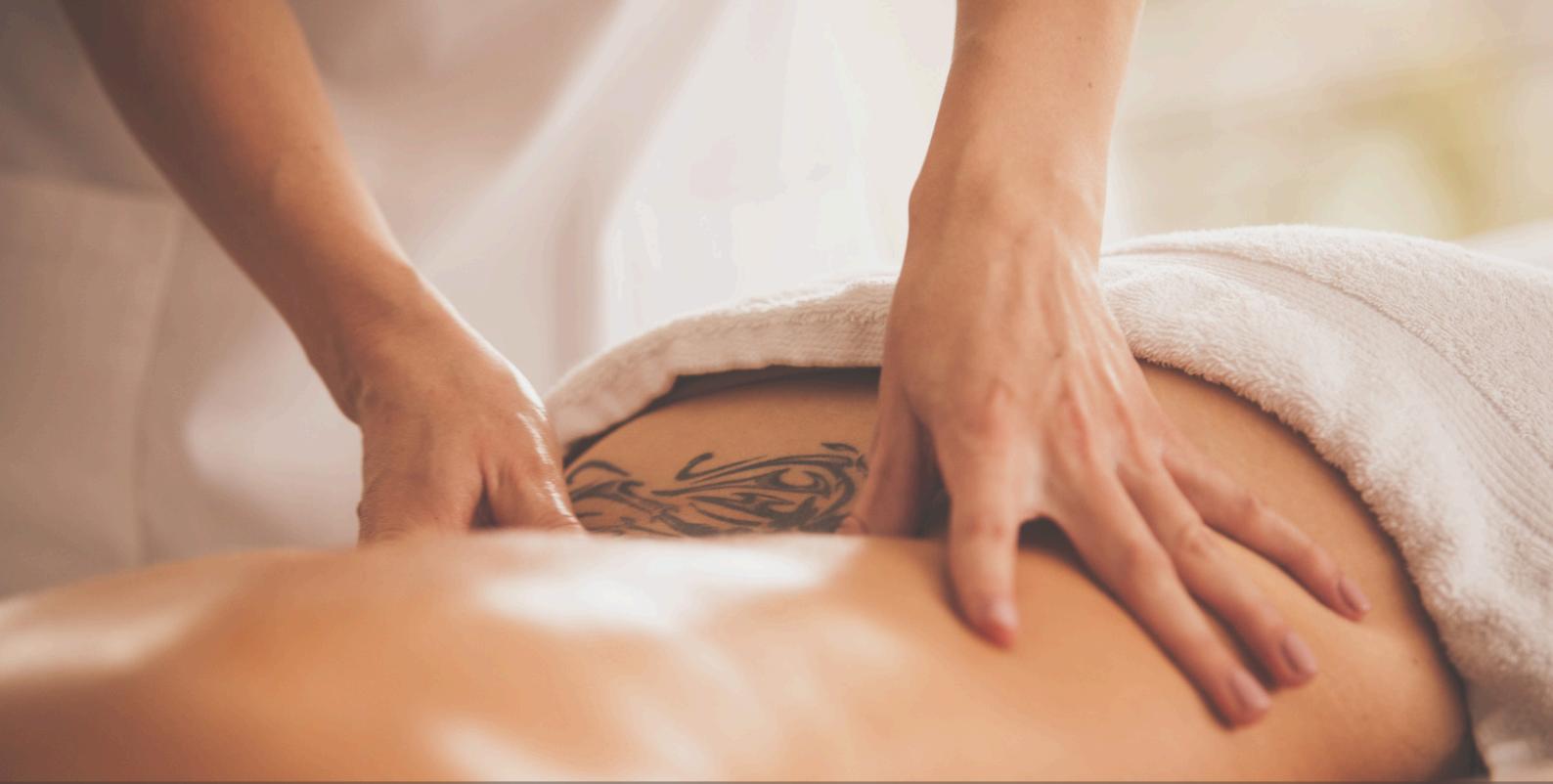
Cut, style, colour
Beauty Treatments



◆ **Gym & Fitness**

Gym, classes and trainers





Spa & Body Treatments



Spa Treatments

Drift Away – Relaxing Massage

60 mins | £90

A soothing full-body massage to melt tension, ease stress, and calm the mind. Perfect for deep relaxation.

Work It Out – Deep Muscle Massage

30 mins | £65 | 60 mins | £105

A firm, targeted massage to release tight muscles, improve circulation, and restore energy.

New Beginning – Pregnancy Massage

30 mins | £65 | 60 mins | £95

A gentle, nurturing massage to ease backache, reduce swelling and promote relaxation for mums-to-be. Includes face and scalp massage. (After 1st trimester)



Aahhh! Leg & Foot Massage

30 mins | £65

Revives tired, heavy legs with cooling gels and soothing strokes to boost circulation.

Indian Head Massage

30 mins | £65

A calming head, neck and shoulder treatment using warm oils and acupressure.



Spa Treatments

Stress Relief – Neck & Back Massage

30 mins | £65

A focused massage to ease stiffness and tension in the neck, shoulders and back.

Rock of the Mediterranean – Hot Stone Massage

60 mins | £95

Warm volcanic stones glide across the body to release deep tension and promote profound relaxation.

Body Scrub

30 mins | £65

A revitalising exfoliation using mineral salts and oils for radiant, smooth skin.

Body Wrap

60 mins | £95

A hydrating wrap to detoxify, firm and renew the skin.

Wellness Journey – Dover Marina Heaven

120 mins | £180

A full ritual combining a body scrub, relaxing massage and express facial.

Add-On Enhancements

£15 per item

Hot Oil Scalp Massage

Mini Facial

Mini Foot Massage



A close-up photograph of a woman receiving a massage. Two white, rounded pouches, likely containing herbs or essential oils, are being applied to her back. The pouches are tied with a twine-like cord. Her eyes are closed, suggesting relaxation. The background is softly blurred.

Ayurveda - Ancient Healing Rituals



Ayurveda - Ancient Healing Rituals

Ayurvedic Consultation

30 mins | £40 | 60 mins | £80

A personalised consultation to identify your dosha and receive tailored lifestyle guidance.

Abhyanga – Full Body Massage

60 mins | £95

A warm oil massage with flowing strokes to calm the nervous system and restore balance.

Prista Abhyanga – Back Massage

45 mins | £70

A targeted back massage to relieve stiffness and tension.

Pada Abhyanga – Foot Massage

45 mins | £70

A grounding therapy to improve circulation and ease fatigue.

Shirodhara

60 mins | £110

A warm oil flow over the forehead to calm the mind and improve sleep.
Course of 3 available.

3 sessions x 60 mins | £299



Udvarthanam – Herbal Powder Massage

60 mins | £104

A full-body herbal powder massage to exfoliate and energise.



Ayurveda - Ancient Healing Rituals

Pinda Sweda – Herbal Bolus Massage

Warm herbal poultices ease muscle and joint stiffness.

60 mins | £104

Nasya – Nasal Therapy

A medicated oil nasal treatment to clear sinuses and refresh head and neck.

Course of 3 available.

45 mins | £70

3 sessions x 45 mins | £199

Nourishing Ayurvedic Facial

Botanical oils restore moisture and radiance to the skin.

60 mins | £80

Anti-Ageing Ayurvedic Facial

A rejuvenating treatment that smooths fine lines and boosts elasticity.

60 mins | £85





Specialised Ayurvedic Therapies

Akshitarpana – Eye Therapy

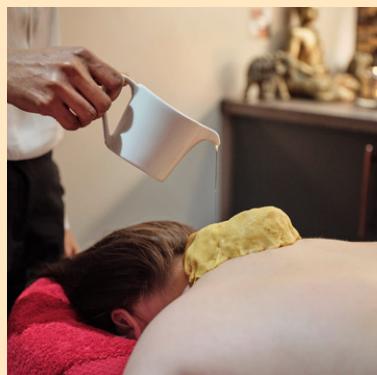
45 mins | £70

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.

Spa Packages

1

Serenity Renewal

A perfect midday escape.

Enjoy a soothing 30 minute back massage and rejuvenating 30 minute 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 45 minute Hot Stone back massage, followed by a glow-enhancing 30 minute facial and a revitalising 15 minute 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 60 minute consultation, a balancing 60 minute massage, calming spa time, and a nourishing Ayurvedic meal — restoring balance from the inside out.

£179

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.

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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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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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A 10% discretionary service charge apply.

HAIR SALON



SALON READY HAIR

- Cut & Finish – from £45
- Colour & Balayage – from £70
- Highlights / Foilayage – from £60
- Blow-Dry & Styling – from £35
- Hair Spa Treatments – from £20

Please scan here for full price list:





Beauty - The Guinot Collection

SALON READY HAIR

- Guinot Facials – from £55
- Electrical Facials – from £64
- Eyes & Brows – from £18
- Waxing – from £10
- Foot Peel Treatment – from £45

Please scan here for full price list:



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

Train smarter with expert personal trainers.

Kev McCully – Muscle building, weight loss, toning, and strength.

Carmina Ballantine – Personal Trainer & Sports Nutritionist specialising in weight loss, nutrition, strength, and cardio. 1-to-1 and group sessions with tailored nutrition support.

£40 per hour



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 16 and over only and gym use 18 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.



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
by Hilton™

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