

SPA BROCHURE

Relax. Restore. Rebalance.

WATERFRONT
SPA & HEALTH CLUB

www.waterfrontspa.co.uk

Welcome to Waterfront Spa

A peaceful retreat designed for relaxation, restoration and wellbeing.

At Waterfront Spa & Health Club, our treatments combine modern spa therapies with traditional healing rituals to create a truly restorative experience for both body and mind.

Whether you are joining us for a relaxing treatment, an indulgent spa day or a deeper wellness journey, we invite you to slow down, unwind and rediscover balance in a tranquil waterfront setting.



*Set along Dover's historic seafront,
The Waterfront Spa offers a calming escape
where wellness meets the rhythm of the sea.*

MASSAGES & BODY TREATMENTS

Drift Away - Relaxing Massage

60 mins - £90

A calming full-body massage to release tension and restore balance.

Work It Out - Deep Muscle Massage

30 mins - £65

60 mins - £105

Targets deep muscle tension to relieve stress and improve mobility.

New Beginning - Pregnancy Massage

30 mins - £65

60 mins - £95

A gentle, nurturing treatment to ease tension and promote relaxation.

Aaahhh! Leg & Foot Massage

30 mins - £65

Revives tired legs and feet, improving circulation and restoring energy.

Indian Head Massage

30 mins - £65

Relieves tension in the scalp, neck and shoulders for deep relaxation.

Stress Relief - Neck & Back Massage

30 mins - £65

Focused treatment to release tension in the neck and upper back.

Rock of the Mediterranean - Hot Stone Massage

60 mins - £95

Warm stones ease muscle tension and promote deep relaxation.

Body Scrub

30 mins - £65

Exfoliates and smooths the skin, leaving it soft and radiant.

Body Wrap

60 mins - £95

A nourishing treatment to hydrate, detoxify and restore the skin.

Wellness Journey - Dover Marina Heaven

120 mins - £180

A complete spa ritual combining exfoliation, massage and facial.

Add-On Enhancements

£15 each Choose from:

Hot Oil Scalp Massage, Mini Facial, Mini Foot Massage

Enhance your treatment with an extra moment of indulgence.





GUINOT FACIALS

Advanced Guinot facials tailored to restore radiance, hydration and balance to your skin

Hydradermie 1000 – Electrical Facial

60 mins - £105

Deeply cleanses, hydrates and revitalises the skin using advanced ionisation techniques for improved radiance and hydration.

Hydradermie 1000 with Extraction – Electrical Facial

75 mins - £110

A deep-cleansing facial with extraction to purify, refine texture and restore clarity.

Hydradermie Jeunesse Deluxe 1000 Age Logic – Electrical Facial

50 mins - £115

An advanced anti-ageing facial to improve firmness, smoothness and overall radiance.

Hydradermie Lift 1000 – Electrical Facial

60 mins - £114

A lifting and toning treatment that firms the skin and redefines facial contours.

Serenity Hydra Summum – Manual Facial

60 mins - £85

A deeply hydrating facial designed to calm, comfort and restore healthy glow. Using light touch therapy designed to calm both mind and body.

Age Summum - Manual Facial

60 mins - £96

Reduces visible signs of ageing while restoring firmness.

Lift Summum - Manual Facial

60 mins - £92

Lifts and smooths facial contours for a youthful appearance.

Hydra Summum - Manual Facial

60 mins - £80

Deeply hydrates for plump, smooth and glowing skin.

Équilibre Puret  - Manual Facial

50 mins - £55

Purifies and rebalances oily or congested skin.

Hydra Peeling with Hydrabrasion - Manual Facial

60 mins - £87

Gently resurfaces the skin to improve texture and radiance.

Detoxygene Facial - Manual Facial

60 mins - £65

Detoxifies and protects the skin while restoring a healthy glow.

Hydra Peeling (Hydra pH)

60 mins - £87

Target pigmentation and brighten.



AYURVEDIC TREATMENTS

Ancient healing rituals rooted in balance between body and mind

Abhyanga - Full Body Massage

60 mins - £95

A traditional Ayurvedic massage using warm herbal oils and rhythmic movements to nourish the body, calm the nervous system and improve circulation.

Prista Abhyanga - Back Massage

45 mins - £70

A focused Ayurvedic massage designed to relieve stiffness and tension in the back while improving circulation and flexibility.

Pada Abhyanga - Foot Massage

45 mins - £70

A grounding therapy concentrating on the feet and lower legs. This treatment helps relieve fatigue, stimulate circulation and promote relaxation.

Shirodhara

60 mins - £110

A deeply calming treatment where warm herbal oil gently flows across the forehead. This therapy is known for helping to quiet the mind and promote restful sleep.

Course of 3 sessions - £299

Udvarthana - Herbal Powder Massage

60 mins - £104

A stimulating treatment using herbal powders to exfoliate the skin and invigorate circulation.

Pinda Sweda - Herbal Bolus Massage

60 mins - £104

Warm herbal poultices are used to massage the body, helping to ease muscle stiffness and joint discomfort.

Nasya - Nasal Therapy

45 mins - £70

A traditional Ayurvedic therapy using medicated oils to cleanse and refresh the head and sinus areas.

Course of 3 sessions - £199

Nourishing Ayurvedic Facial

60 mins - £80

A deeply hydrating facial using botanical ingredients to nourish the skin and restore natural radiance.

Anti-Ageing Ayurvedic Facial

60 mins - £85

A rejuvenating facial designed to support skin elasticity and reduce the appearance of fine lines.

Akshitarpana - Eye Therapy

45 mins - £70

A revitalising treatment designed to soothe tired or strained eyes

Greeva Basthi - Neck Therapy

45 mins - £70

Warm herbal oils are applied to the neck area to relieve stiffness and support mobility.

Kati Basthi - Lower Back Therapy

45 mins - £80

A therapeutic treatment using warm oils to help relieve lower back discomfort and tension.

Janu Basthi - Knee Therapy

45 mins - £80

A nourishing treatment designed to support knee strength and flexibility.

BOOK YOUR AYURVEDIC CONSULTATION

30 mins - £40 | 60 mins - £80

A personalised consultation designed to identify your body constitution (dosha) and recommend treatments and lifestyle practices to restore balance.

Unwind in our Spa Facilities

Enhance your spa experience with access to our relaxing wellness spaces, thoughtfully designed to help you slow down, reset and fully relax.

Whether before or after your treatment, take time to enjoy a peaceful environment by the sea.

Hot Tub • Sauna • Steam room • Relaxation lounge • Gym



A space to pause, restore and rebalance.



*Take time before or after your treatment to relax
and unwind in our peaceful spa environment.*

Indulge in a day of luxurious self-care

Unwind by the sea with our curated spa experiences

TREAT & TEA SPA DAYS

£79 Weekday | £89 Weekend

A relaxing spa experience designed to offer a gentle escape from the everyday.

- 30-minute spa treatment
- Afternoon tea
- Full spa access
- Robe, towel and slippers

Choice of 30-minute treatments include:

Indian Head Massage | Leg & Foot Massage | Back & Neck Massage | Body Scrub | Express Facial

SERENITY RENEWAL SPA DAY

£109 Weekday | £119 Weekend

A calming spa experience designed to restore balance and wellbeing.

- Choice of one 60-minute Relaxing Massage or two 30-minute treatments
- Full spa access
- Robe, towel and slippers
- Light Lunch

Choice of 30-minute treatments include:

Indian Head Massage | Leg & Foot Massage | Back & Neck Massage | Body Scrub | Express Facial

BLISSFUL HARMONY SPA DAY

£135 Weekday | £145 Weekend

A complete spa experience designed to restore harmony and enhance overall wellbeing.

- 45-minute hot stone massage
- 30-minute facial
- 15-minute leg & foot massage
- Full spa access
- Robe, towel and slippers
- Light lunch or dinner

MARINA WELLNESS JOURNEY

£170 Weekday | £180 Weekend

An immersive experience designed to relax the body, restore balance and enhance overall wellbeing.

- 60-minute treatment of your choice
- 30-minute facial
- 30-minute body scrub
- Full spa access
- Robe, towel and slippers
- Light lunch or dinner

BESPOKE PACKAGES

For hen parties, pregnancy packages or to create a day tailored to your wishes, please do contact a member of the spa team. Packages can be fully customised, from the quantity of treatments to food and beverage upgrades.

Ayurvedic Wellness Retreats

A deeper journey into balance, restoration and holistic wellbeing

AYURVEDIC WELLNESS ESCAPE

£179 per person

Immerse yourself in Ayurveda with a full day dedicated to balance, relaxation and personalised care.

Designed as a holistic wellness journey, this experience allows time to slow down, reset and reconnect with your wellbeing.

- 60-minute personalised Ayurvedic consultation
 - 60-minute balancing Ayurvedic massage
 - Spa access
 - Ayurvedic meal
-

WEEKEND REBALANCE RETREAT

£559 per person

Two nights of restorative wellbeing by the sea.

This immersive retreat combines daily spa treatments with guided relaxation practices designed to restore balance and calm the mind.

Each day includes a carefully curated programme of massage, yoga and meditation alongside nourishing Ayurvedic-inspired meals, creating the perfect environment to relax, reset and recharge.

FIVE-DAY HEALING RETREAT

£1300 per person

A transformative Ayurvedic wellness programme designed to restore balance to body and mind.

This retreat features traditional Panchakarma-inspired therapies, yoga, meditation and personalised Ayurvedic guidance.

Each day is designed to support deep relaxation and renewal through a combination of treatments, mindful practices and tailored nutrition.

Health Club & Fitness

A complete approach to wellbeing, combining movement, strength and relaxation in a calm and welcoming environment.

Our health club is designed to complement your spa experience, offering a seamless balance between fitness and recovery in a refined seafront setting.

Equipped with modern cardio and strength facilities, alongside space for stretching and mobility, it provides everything needed to support your routine in a relaxed and considered environment.

For those seeking a more tailored approach, personal training is also available, helping you achieve your individual goals while maintaining balance and wellbeing.



Scan the QR code to view our memberships and join online



Vogue Hair and Beauty

Vogue Hair & Beauty offers a professional salon experience designed to complement your spa visit.



HAIR SERVICES

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

BEAUTY SERVICES

- Shellac Nails – **from £20**
- Eyes & Brows - **from £18**
- Waxing - **from £10**
- Foot Peel Treatment - **from £45**



Scan the QR code to view full treatment list and prices



GIFT VOUCHERS & MEMBERSHIPS

THE GIFT OF RELAXATION

A Waterfront Spa gift voucher is the perfect way to treat someone special to a moment of relaxation and wellbeing. Whether celebrating a birthday, anniversary, wedding or simply saying thank you, our vouchers can be redeemed across a wide range of spa experiences including treatments, spa days and wellness journeys.

Beautifully presented and easy to purchase, vouchers are available online or directly from spa reception.

SPA MEMBERSHIPS

For those who love to return, our spa memberships offer exceptional value and year-round wellness. Members enjoy unlimited access to our spa facilities, exclusive discounts on treatments, priority booking for popular weekends and special member-only offers throughout the year.

It is the perfect way to make relaxation and wellbeing part of your regular routine

CORPORATE WELLNESS

The Waterfront Spa also offers bespoke wellness experiences for businesses looking to invest in the wellbeing of their teams. Our corporate wellness packages can include spa days, relaxation experiences and tailored wellbeing programmes designed for team-building events, staff rewards or client incentives.

Please contact our team to discuss creating a personalised corporate wellness experience.

SPA CONDITIONS OF USE

To ensure a safe and relaxing experience for all guests, we kindly ask that the following guidelines are observed during your visit.

Age Requirement

Spa facilities are available to guests aged 18 and over.
Gym access is available to guests aged 18 and over.

Opening Hours

Spa Facilities: 6:00am – 9:00pm
Gym: 4:00am – 10:00pm
Spa Treatments: 9:00am – 8:00pm
Spa treatments must be booked in advance.

Health & Safety

Please inform your therapist of any medical conditions, allergies or pregnancy before treatments begin.
Pregnancy massage is offered between 3-8 months of pregnancy.
Certain treatments may not be suitable.

Arrival Time

Please arrive 20 minutes prior to your appointment to allow time for consultation and relaxation. Late arrivals may result in a shortened treatment.

Cancellations

A minimum of 48 hours' notice is required to amend or cancel a booking. Late cancellations may incur a charge.

Valuables

The spa cannot accept responsibility for loss or damage to personal belongings. Lockers are provided for guest use.

Tranquillity

To maintain a peaceful environment, mobile phones and electronic devices should be switched off or on silent within spa areas.

Swimwear & Attire

Appropriate swimwear must be worn in the Jacuzzi, steam room and sauna. Robes and slippers are provided for use within the spa.

Refreshments

Light refreshments are available. Alcohol is not permitted within spa areas.

Right to Refuse Service

Waterfront Spa reserves the right to refuse treatments or access if guests are under the influence of alcohol or drugs, or behaving inappropriately.

A discretionary 10% service charge is added to your bill. All service charges are distributed among our team.

Prices and information are correct at the time of publication (June 2026) and may be subject to change.

BOOK YOUR EXPERIENCE

01304 203633

WhatsApp 07741 911528

www.waterfrontspa.co.uk

Begin Your Spa Journey

Dover Marina Hotel & Spa
Waterloo Crescent
Dover CT17 9BP

01304 203633

WATERFRONT
SPA & HEALTH CLUB

www.waterfrontspa.co.uk