

Treatments for your Face

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!

The Power Breakfast Facial - Express Facial for all Skin Types

30 minute treatment **£40**

Looking for results, like now? This revitalising facial includes a deep power cleanse, nutritious clay mask, lymph drainage techniques for rapid turnaround topped off with a wake-up scalp massage. Quick, go!

My Kinda Skin- Bespoke Prescriptive Facial

60 minute treatment **£65**

Let us analyse 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.

The Totally Quenched & Drenched - Rehydrating Facial

60 minute treatment **£70**

This divine treatment includes a cryogenic mask, intense eye therapy, lymph draining & lifting massage techniques and a special remedy to encourage deep hydration and eliminate fine lines. You could call it a facial iron!

Champagne & Truffles - The Crème De La Creme Of Anti-Ageing Facials

60 minute treatment **£85**

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.

Go Guy - The Executive Men's Facial

60 minute treatment **£65**

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

Windows Of The Soul - Anti-Ageing Eye Treatment

30 minute treatment **£35**

Perfect for when you look tired, with gentle formulas and 'cold therapy' to tighten and tone, plus special eye massage techniques to lift, smooth and revitalise. Puts the sparkle back into your eyes. Can also be added to any facial.

Treatments For Body

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

30 minute treatment **£45**

60 minute treatment - full body **£75**

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 Massage - Deep Muscle Massage

30 minute treatment **£50**

60 minute treatment - full body **£80**

A detoxifying, deep tissue massage that relieves fluid retention and works out tired, aching muscles. Using the 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 work out - working on knots, tensions and tightness to help the detox process. Detox-licious!

Rocks Of The Mediterranean - Hot Stone Massage

30 minute treatment **£45**

60 minute treatment - full body **£80**

This popular Thermal Stone massage is a glorious treatment using warm basalt stones to massage the body from head-to-toe. This wonderfully, warming treatment works on energy points located throughout the body to rebalance and harmonise. 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

30 minute treatment **£45**

60 minute treatment - full body **£75**

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.

New Beginning's - Mum To Be Massage

30 minute treatment **£45**

60 minute treatment - full body **£75**

Pregnancy is a most wonderful time that requires treatments specially designed for you. You will enjoy a full body massage, without the need to lie on your tummy. Our specially trained therapists know exactly how to work those sore, tired and aching muscles while you feel completely comfortable and relaxed. The treatment is complete with a face and scalp massage leaving your skin feeling baby soft all over. You never know, your little bambino might enjoy the sense of calm too!

I'll Be Back - A Facial For The Back

30 minute treatment **£40**

This invigorating treat includes an exfoliation scrub, a deep cleanse with warm purifying mud followed by a stimulating massage. Leaves you with a back to be proud of.

The Outer Glow - Body Exfoliation

30 minute treatment **£40**

An invigorating and refreshing all-over exfoliation treatment that leaves skin soft, revitalised 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!

Go Figure - A Firming, Toning, Tightening Body Detox Treatment

60 minute treatment **£70**

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!

Aaahhh! Leg & Foot Energiser

30 minute treatment **£40**

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

30 minute treatment **£45**

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.

Finishing Touches

Hot Oil Scalp Massage

15 minute treatment **£25**

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

15 minute treatment **£25**

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

15 minutes £25

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.

Eyes

Eyelash tint - 30 minute treatment £ 1
8

Eyebrow tint - 15 minute treatment £ 1
5

Eyelash and eyebrow tint - 30 minute treatment £ 3
0

Mini Manicure £25 / Pedicure £30

30 minute treatment

A maintenance treatment to help you keep your nails in tip top condition. Create a sparkle or a gloss by adding a splash of colour for that perfect finishing touch.

Men's Manicure

30 minute treatment £25

A treatment for the hands, this specialist manicure will strengthen and condition your hands and nails. Shake hands with confidence.

Prescriptive Therapeutic Manicure

60 minute treatment £45

A luxury treatment for the hands, this specialist manicure will strengthen and condition your hands and nails and includes use of our specially designed heated mitts and a Jessica Midi polish to finish and take away with you.

Prescriptive Therapeutic Pedicure

60 minute treatment £55

Sheer bliss for your feet, this conditioning treatment nourishes and softens the skin, using a cooling mask to leave your skin feeling silky soft and finished with revitalising Jessica Midi polish to take away with you.

Gel Nails Overlay

30 minute Express Gel Manicure £30

30 minute Express Gel Pedicure £35

60 minute Gel nails Manicure £50

60 minute Gel nails Pedicure £55

15 minute Gel Removal £15

A revolutionary soak-off gel polish that offers a longer lasting manicure with total protection for your nails unlike previous gels. It's quick, easy and dries in seconds. Smudge and chip resistant giving active women the freedom to literally work hard and play hard whilst keeping their nails looking their best.

Please note this treatment does not provide an extension to the natural nail.

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Waxing

Full leg	45 mins	£35.00	Full leg & bikini	60 mins	£39.00
1/2 leg	30 mins	£28.00	Bikini	15 mins	£15.00
Eyebrows	15 mins	£15.00			
Lip & chin	20 mins	£18.00			
Lip or Chin	15mins	£12.00			

Dover Marina Hotel & Spa,

Dover Waterfront, Waterloo Crescent, Dover, Kent CT17 9BP

Tel: 01304 203633 www.waterfrontspa.co.uk

A stunning spa experience

Our day spa programmes are designed to meet your individual health and beauty needs and offer the opportunity to get the most value out of your visit.

For flexibility and convenience our day spa packages are time orientated, as opposed to treatment led. They incorporate a combination of dedicated therapist treatment time coupled with the opportunity for you to experience our luxurious pool and poolside facilities as well as our large relaxation room.

So, booking a spa experience is based on you making just two decisions:

1. How much time you can spend with us
2. How you want to feel when you leave us - relaxed, revitalised or restored

Our time packages come in either half day or full day options, so, once you know how long you will be spending with us, you can choose between three programmes, each designed to provide a slightly different experience.

The Discover Experience - for the first time spa goer who may be unsure about having treatments and therapies, or for those who prefer to have more time in our luxurious facilities, the Discover package offers a great way for you to discover the delights of the day spa.

The Enrich Experience - if you can't decide whether its more treatment time or relaxation in our luxurious facilities time you want, why not opt for the Enrich experience giving you time to make the most of both. Kick back and we will bring you back to your very best and leave you feeling on top of the world.

The Indulge Experience - is pure pampering at its best! With extended treatment time you can enjoy more of our fabulous therapies and still have plenty of time in our luxurious facilities.

At this stage no specific treatment booking is required in advance. Part of your overall experience is the freedom to select your treatment on the day of your visit. Choose from our extensive range of massages, facials and body treatments to suit your needs.

When you arrive - Sit down and tell us how you feel, if there are specific areas you would like to concentrate on and most importantly how you would like to feel on leaving us – relaxed, restored or revitalised. Our therapists will then go through our range of face, body and alternative treatments and help you to create a personalised plan tailored to meet your needs.

The treatment time included within these packages is designed for any of our Massages, Facials or Body treatments. Any of the treatments from the Finishing Touches menus can be booked as additional to your package, subject to availability.

When you leave - We want you to have both enjoyed your time and developed a greater understanding of the short and long term benefit of Spa treatments. All we ask is that you tell us how you feel, what worked for you and how you imagine your next visit to us will be.

So now you know the Imagine concept, simply use our at a glance guide to select the perfect experience for you.

Length of visit	Experience	Therapist time	Spa time	Mon-Fri	Sat-Sun
Spa Access			240 mins	£20	£30
Half Day	Discover	30 mins	210 mins	£60	£70
	Enrich	60 mins	180 mins	£80	£90
*Full Day	Discover	60 mins	420 mins	£100	£110
	Enrich	90 mins	390 mins	£130	£140
	Indulge	120 mins	360 mins	£160	£170

*All full day experiences include a light lunch.

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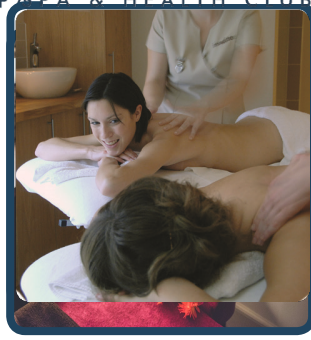
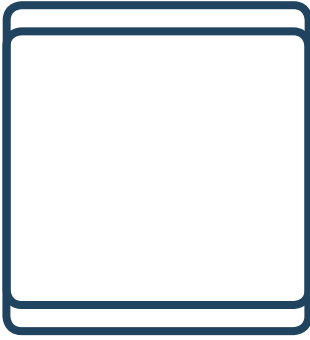
We're passionate about the quality standards and service we offer to our members and guests. That's why we ensure everything from the receptionist's greeting through to the development of individually tailored spa experiences is always delivered how you want it, when you want it.

Our treatments incorporate a selection of the finest products from all over Europe, adding an extra bit of luxury to our range of multi-sensory health and beauty therapies. Using a unique blend of healing oils, natural pure plant extract, organic seaweed, minerals and fruits, all our treatments will be tailored to your need and adapted to create a relaxing, restoring or revitalising effect.

From body wraps, exfoliations and a range of massages to rejuvenating facials, our professional therapists can deliver them all in our five beautifully appointed treatment rooms. In addition, we also have a dedicated manicure & pedicure area where your therapist will give your nails some special attention and leave you looking fabulous. A series of mud wraps and massages that will soothe away all your aches and pains.

Waterfront's facilities include a large Jacuzzi sauna and steam room ideal for relaxing and helping to detoxify the skin, All helping to maximise the benefits and effectiveness of your spa treatments. Whether before, during or after your treatment, why not also spend some time in our relaxation room, which provides the ideal environment to unwind Or enjoy a nice cup of tea and a catch up with family or friends in our spa lounge in the comfort of your robes.

So what are you waiting for? Give us a call now to arrange the best spa experience you could possibly imagine!



Waterfront Spa is the ultimate spa experience in Dover...

Waterfront Spa is Dover's unique and luxury day spa. Our warm welcome and expert staff will ensure you feel relaxed and comfortable from the moment you walk through the door to the time you leave whether it's your first time in a spa or you're a regular.



We know that attention to detail makes a big difference. That's why there is no need to stress about booking specific treatments before you arrive. Simply book a block of time and, on arrival one of our friendly, professional therapists will help you create a personally tailored spa visit including your treatments and time in our luxurious thermal suite. No planning. No prior experience. No difficult decisions. Easy! And always an expert on hand to guide you. Of course you can also book any of our treatments individually should you prefer.

The Waterfront ethos encapsulates flexibility, informality and clarity. Our aim is to offer you a unique experience based on freedom of choice where you are in control of how you spend your time with us.

Our friendly, quiet, intimate atmosphere means you can instantly switch off from kids, life, work, laptops, mobile phones and recharge your own batteries!

You no longer have to imagine, you just have to visit us!

Call: **01304 203633** to book

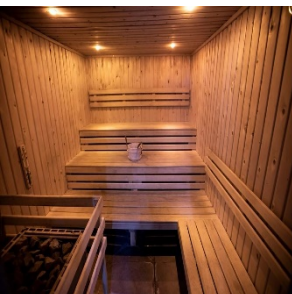
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Our hen party packages will guarantee a fun relaxing party with plenty of time to chat and catch up without the planning stress and makes a perfect venue for a real hen party treat.

Hen Pamper Party (4 hours)

Monday - Friday £65 per person; Saturday - Sunday £75 per person

Includes glass of bubbly and chocolates on arrival, full use of the spa facilities and a 30 minute treatment of your choice.



Hen Party Pamper Plus (up to 8 hours)

Monday - Friday £85 per person; Saturday - Sunday £95 per person

Includes glass of bubbly and chocolates on arrival, full use of the spa facilities and a 60 minute treatment of your choice.

Don't forget, the Bride-to-be goes FREE with groups of 10 or more!

Call us now to discuss your Waterfront Hen Pamper Party on

01304 203633

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For more information contact the Spa on **01304 203633**, visit www.waterfrontspa.co.uk or email spa@dovermarinahotel.co.uk