

TREATMENTS

Opening Hours

The Dorchester Spa is open from 7am to 9pm Mondays to Saturdays and from 8am to 9pm Sundays and Bank Holidays. The first treatment begins an hour after opening.

Contact Details

The Dorchester Spa,
Park Lane, London, W1K 1QA.
Telephone: +44 20 7319 7109
Email: spa.dorchester@dorchestercollection.com
Hotel Guests: Please dial 12

An introduction
to our expert partners.

Carol Joy London

Carol Joy London brings innovation to international skincare with a technological breakthrough in the field of anti-ageing. Over a decade of extensive Swiss research has resulted in an exclusive product range containing Golden Millet Oil in its purest, most concentrated form.

Kerstin Florian

Kerstin Florian combine the ancient healing traditions of Europe with a selection of products infused with the earth's richest natural ingredients sourced from the highest quality resources.

Aromatherapy Associates

Aromatherapy Associates have been at the forefront of aromatherapy for over 30 years. Their essential oils, with unique and recognisable aromas, are highly effective in enhancing physical, mental and emotional wellbeing.

FACIALS

Carol Joy London Signature Facial

55 minutes

£105

A luxurious balancing facial tailored according to your skin type. This lifting and firming treatment includes a steam to cleanse skin and remove all impurities. A pure collagen mask, infused with the powerful *IV Ever Serum*, boosts the skin's collagen production, plumps skin cells and repairs UV damage at cellular level to immediately eliminate signs of fatigue and stress. A youthful finish is achieved with the application of the tightening *IV Lifting Mask*. Your skin is instantly revitalised, features uplifted and fine lines give way to increased firmness with a radiant glow.

Carol Joy London Flawless Facial

1 hour 40 minutes

£195

Two highly effective products – a personalised collagen mask and the exclusive boost and seal patches – work in synergy to produce the most outstanding and immediate results. This luxurious, exceptionally relaxing yet highly intensive facial includes a soothing, lifting and sculpturing face and décolleté massage. The collagen mask, infused with the powerful *IV Ever Serum*, highly concentrated in diamond dust, is applied to stimulate the skin's collagen production. This treatment aids cell regeneration and provides intensive hydration resulting in a flawless youthful radiance.

Carol Joy London Precision Facial

40 minutes

£75

For those with limited time requiring the best results, this treatment focuses on the exclusive boost and seal patches. Enjoy a face sculpturing massage whilst these deeply moisturising patches dissolve into the skin, boosting cellular activity and sealing in the benefits for lasting results. Skin is immediately rejuvenated and radiant.

FACIALS

Facials by Kerstin Florian.

Caviar Facial

1 hour 25 minutes £165

A truly decadent experience with regenerative benefits. Exclusive caviar products infuse the skin with age defying nutrients to smooth fine lines and improve texture. The acu lift massage visibly firms and tones while the bio marine matrix mask provides intense hydration to immediately restore radiance, leaving the skin looking supple, healthy and luminescent.

Bespoke Facial

55 minutes £95

A treatment that improves the condition of any skin type to rejuvenate and nourish, rehydrate and repair or to heal and balance. Combining a deeply relaxing massage with a mask specifically chosen to suit your skin type.

Advance Repair Facial

1 hour 25 minutes £150

This is a results-orientated treatment, a customised facial that will effectively reduce the signs of ageing, improving texture and fine lines. This treatment includes an exclusive multi-acid peel that will balance and heal problematic skin.

Sensitive Skin Facial

55 minutes £105

Ideal for sensitive skin, this facial is designed for those with skin suffering from environmental damage, roseacea, flight dehydration, aggressive medical peels and laser treatments. The facial includes a soothing alginate peel-off mask to calm inflammation, nourish, protect and heal reactive skin conditions.

Eye Revive

25 minutes £50

Enhance any Kerstin Florian facial with our Eye Revive treatment. This intensive eye treatment diminishes fine lines and wrinkles, improves dark circles and puffiness for brighter more luminescent eyes.

Best for Men

All the facials described above are suitable for men. However, we particularly recommend a Bespoke Facial in which products designed exclusively for men's skin will be used to address specific concerns such as razor burn.

BODY TREATMENTS

Lavender Crush

1 hour 25 minutes £130

Experience the healing and soothing powers of wild lavender combined with earthy minerals for an invigorating and detoxifying exfoliation. This is followed by a soothing scalp and body massage incorporating warm healing stones on the back.

Moor Mud Experience

1 hour 10 minutes £100

Glorious moor mud is legendary for its powerful therapeutic properties and has been used for centuries to improve circulation, strengthen immunity and to soothe and rejuvenate tired, aching muscles. This treatment is not preceded by an exfoliation as the PH level of the moor mud naturally exfoliates and hydrates the face and body. The treatment includes a scalp massage.

Spirulina Detox Wrap

1 hour 10 minutes £125

Using an all-natural, live spirulina algae, this seaweed treatment imparts essential vitamins, minerals and protein to nourish and revitalise the body and face. The wrap is preceded by a full body exfoliation, a heavenly scalp massage is provided during the wrap and an application of marine firming crème to the body to finish. This is a very effective treatment for detoxifying and combating cellulite.

Body Exfoliation

40 minutes £55

Turkish mineral body scrub mixed with essential oils tailored to your mood will leave the skin smooth and soft. The exfoliation is followed by an application of thermal mineral crème. This treatment perfectly prepares the skin for other spa body or massage treatments.

Sunless Tanning Treatment

55 minutes £85

A luxurious treatment beginning with a gentle exfoliation using a chamomile scrub followed by an application of botanical firming sunless tanning lotion.

25 minutes £35

A second application is available within 24 hours to deepen colour.

Rose Cocoon

55 minutes £110

Precious essential oil of damask rose works on capillary circulation, renewing the skin whilst soothing the emotions and lifting the spirits. The treatment begins with a gentle olive grain exfoliation followed by layers of warmed rose gel, oil and cream. While cocooned in your rose wrap, a wonderful scalp massage will calm and soothe the mind.

BODY TREATMENTS

Jet Lag Remedy

1 hour 25 minutes £145

The perfect treatment for weary travellers. Beginning with a eucalyptus inhalation to clear the airways, followed by body brushing, prior to a stretching and invigorating massage to help ease aching legs and reactivate sluggish circulation.

Best for Men

All the body treatments described above are suitable for men.

However, we particularly recommend the Moor Mud Experience and thermal mineral body exfoliation for men's skin.

MASSAGE

Hot & Cold Stone Therapy

1 hour 25 minutes £160

Using a combination of smooth hot basalt stones and cold organic marble stones across the full body area. The treatment is ideal for those suffering from physical and emotional stress, tension and muscle strain. The effect of using hot & cold stone therapy provides a deeper dimension of relaxation than ordinary massage techniques, bringing balance to the mind, body and soul.

Signature Massage

1 hour 25 minutes £145

A deeply relaxing full face, head and body massage experience using warm aromatherapy oils. Incorporating heated stones and soothing techniques, this treatment also includes an acupressure facial massage and soothing scalp massage. Pure indulgence.

Deep Tissue Massage*

55 minutes £110

1 hour 25 minutes £155

This intense massage is specifically designed for releasing pain and tension in tight, stressed and aching muscles. Stretching, draining and cross muscle fibre techniques are combined with oils containing black pepper, rosemary and ginger to warm the muscles and help disperse the build up of lactic acid.

Aromatherapy Experience*

55 minutes £100

1 hour 25 minutes £145

Using aromatherapy oil chosen to suit your mood, the therapist will apply gentle pressure to stimulate the nervous system. Swedish and neuromuscular techniques will relieve tension and lymphatic drainage will encourage healthy circulation. Working from head to toe this massage will dissolve away stress and tension.

Swedish Massage*

25 minutes £60

55 minutes £95

1 hour 25 minutes £135

With pressure tailored to your request, this classic Swedish massage is designed to reduce tension and mental fatigue resulting in a feeling of well-being and total relaxation.

MASSAGE

Traditional Thai Massage

55 minutes £110

This traditional and specialised treatment will help to increase flexibility, relieve muscular and joint tension, stimulate circulation and heighten the body's energy levels. **Loose and comfortable clothing should be worn for this treatment.**

De-Stress Massage*

25 minutes £55

An extremely relaxing therapy for the face, neck, shoulders and scalp. If desired, warm oil can be applied to condition hair and nourish the scalp.

Immune Recovery

55 minutes £110

Keep your sinuses clear and your immune system strong with this purifying and fortifying back and facial massage. Perfect for those recovering from seasonal allergies or chest complaints or for those who spend too much time in polluted or air-conditioned environments. A scalp massage lightens a heavy head, while drainage massage movements unblock sinuses and ease headaches.

Footloose*

25 minutes £55

A divine massage treatment to ease tired and aching soles. The perfect pick-me-up after a hard day on your feet.

Treatments marked * are available in-room for resident guests. Please contact the Spa Receptionist for further details and charges.

Best for Men

All the massage treatments described above are suitable for men. However, we particularly recommend the Signature Massage and the Deep Tissue Massage for the male physique.

PREGNANCY TREATMENTS

All of the following treatments are suitable from the 12th week of pregnancy and for nursing mothers.

Pregnancy Massage

55 minutes £100

Feel nurtured and supported in a time of change, and allow a moment to appreciate the joy of pregnancy. Particular attention is paid to tight, tense shoulders, legs are massaged to ease swelling and a blissful scalp and facial massage completes this top to toe treatment.

New Mother Cocoon

55 minutes £110

Give your skin some special attention after the stresses of pregnancy with this nourishing treatment. An olive grain body exfoliation polishes the skin in preparation for layers of damask rose gel, oil and cream. While you are cocooned in a warming wrap, an Ayurvedic scalp massage promotes healthy hair growth.

Nurturing Cocoon

55 minutes £110

Precious essential oil of damask rose enhances the emotions while its skin cell renewing properties assist expanding skin. Rich moisturising oils and creams are layered onto freshly exfoliated skin before being gently cocooned in a warming wrap, during which the face and scalp are massaged.

MANICURES AND PEDICURES

Prior to the commencement of all manicure and pedicure treatments a warm wrap is applied to relax and de-stress. For ladies, prescribed nail protein formula is applied to nails to ensure resistance to peeling, chipping and splitting prior to the application of the Essie varnish colour of your choice. For gentlemen, nails are buffed to a high shine if required.

Aroma Manicure

Ladies – 40 minutes £55

Gentlemen – 25 minutes £45

Hands are soaked in thermal minerals and essential oils. Cuticles are enriched with myrrh nail oil while hands and arms are massaged with ylang ylang, melissa and lavender essences.

Luxurious Caviar Manicure

Ladies – 55 minutes £80

Gentlemen – 45 minutes £70

This sublime treatment provides the application of a caviar mask for soothing, age-defying hydration and a therapeutic massage of the hands and arms using caviar firming complex, which speeds up the natural production of collagen and plumps up the skin.

Alpine Pedicure

Ladies – 55 minutes £70

Gentlemen – 40 minutes £55

This treatment begins with a foot soak in thermal mineral salts enhanced with eucalyptus oil. Rough skin is exfoliated with a creamy eucalyptus oil mixture then massaged with a natural foot balm rich in menthol, eucalyptus and lavender.

Luxurious Caviar Pedicure

Ladies – 1 hour 10 minutes £95

Gentlemen – 55 minutes £70

This luxurious treatment includes the application of a caviar mask for soothing, age-defying hydration, a Turkish salt scrub rich in eucalyptus, hyssop and lavender and a therapeutic massage using the exclusive caviar

firming complex for ultimate smoothness and softness.

Shape & Polish

25 minutes £35

For nails that require re-shaping and varnishing.

French Polish

15 minutes £10

Please advise the Spa Receptionist at the time of booking if you require a French Polish manicure or pedicure with any of the above services so that additional time may be allocated.

BEAUTY

Make up from

£95

Eyes

Eye Brow Shape with tweezers

£30

Eye Brow Tidy with tweezers

£20

Flutter - by appointment

Application of full set of eyelashes

£250 (2 hours)

Application of infill lashes

£125 (1 hour)

Application of infill lashes

£80 (30 minutes)

Waxing For Ladies

Half leg

£40

Full leg

£60

Underarm

£30

Half arm

£40

Full arm

£60

Bikini Line from

£50

Waxing For Men

Chest

£60

Back

£60

TREATMENT COLLECTIONS

Our Treatment Collections make fabulous presents as Gift Vouchers, see the “Gifts” section for more information. Collections are also perfect booked in pairs and experienced in our Double Suites where you can relax side by side and let life’s stresses melt away.

Full Preen

6 hours 25 minutes £550

A truly wonderful combination of an Aromatherapy Massage followed by the sublime Carol Joy London Flawless Facial. Pause for Afternoon Tea and a glass of Champagne in The Spatisserie. The luxurious Caviar Manicure and Caviar Pedicure follow. Finally your hair will be washed and blow dried at Royston Blythe at The Dorchester.

Full Groom

3 hours 30 minutes Female £335
3 hours 10 minutes Male £310

For all over grooming, we recommend a Deep Tissue Massage incorporating stretching, draining and cross muscle fibre techniques to iron out those tight, stressed muscles, followed by the Bespoke Facial. Pause for a light

lunch with a glass of Champagne in The Spatisserie and then relax with an Aroma Manicure and Alpine Pedicure.

Feeling Rosy

2 hours 25 minutes £260

Your body is treated to a gentle olive grain exfoliation, followed by a massage with warm rose oil. After your body has been layered with rose oil, gel and cream, you will be cocooned while you enjoy a blissful pressure point face and scalp massage. Finally you will adjourn to The Spatisserie for a glass of Rosé Champagne and cake. You will leave The Dorchester Spa looking radiant and feeling, quite simply, rosy again.

High Flyer

2 hours 25 minutes £250

The perfect remedy for stressed out, overworked and tired-eyed, high flying executives. The treatment begins with The Dorchester Spa Signature Massage which provides the soothing benefits of hot stones and warm oil. This is followed by the Eye Revive which is the perfect antidote to computer screen eyes. Finally, weary feet will be revitalised by Footloose, a delicious foot massage treatment.

TREATMENT COLLECTIONS

Fine Romance (for 2)

1 hour 50 minutes £390

Enjoy a romantic couple of hours with your beloved. We propose the Aromatherapy Massage followed by the Bespoke Facial. A Spa Kiss Cocktail is included and will be served in The Spatisserie after your treatment.

Baby-moon (for 2)

1 hour 55 minutes £360

Enjoy some time together in peaceful surroundings before you two become three. For Mother-to-be we propose the Pregnancy Massage followed by the Bespoke Facial. (Suitable after the 12th week of pregnancy only). Father-to-be will enjoy the Deep Tissue Massage and the Bespoke Facial.

Yummy Mummy

3 hours 30 minutes £350

A few months after the arrival of your little

bundle we recommend making time for yourself. The Collection begins with the New Mother Cocoon for post pregnancy skin and a Bespoke Facial. Hair will be shampooed and styled at Royston Blythe at The Dorchester bringing you back to your former glory, followed by a light lunch in The Spatisserie before your day concludes with the Caviar Pedicure. Includes an 'I'd rather be at The Dorchester' baby grow.

Little Spa Party

1 hour 55 minutes £195

A little treat beginning with a gentle exfoliation followed by a relaxing massage and finishing with the Carol Joy London Precision Facial. The Little Spa Party includes a complimentary glass of Champagne and a cake in The Spatisserie, and can be booked for parties of up to six.

Luxury Spa Party

All day £830

The ultimate spa experience commencing with an Aromatherapy Massage followed by the sublime Carol Joy London Flawless Facial. Pause for a light lunch in The Spatisserie with a glass of Champagne. During the afternoon enjoy the luxurious Caviar Manicure and Caviar Pedicure after which your hair will be washed and styled at Royston Blythe at The Dorchester and then your make up expertly applied. Your fabulously luxurious day concludes with a three course dinner with sommeliers choice of wine at the three Michelin starred Alain Ducasse at The Dorchester. Again the Luxury Spa Party can be booked for parties of up to six.

HAIR

Royston Blythe at The Dorchester

Royston Blythe and his partner Nick Malenko, offer a comprehensive range of hair styling services with exceptional personal attention. The Royston Blythe team are regularly called upon by the fashion world to create collection looks for well know luxury fashion brands, and are Global Ambassadors for L'Oréal Professionnel. Salon products are by Kerastase and colouring by L'Oréal Professionnel.

Royston Blythe at The Dorchester
is open from:

Monday to Friday: 9am to 7pm

Saturday: 9am to 6pm

Sunday and Bank Holidays:

10am to 5pm

Telephone: +44 20 7319 7090

Hotel Guests: Please dial 22

rblythe@dorchestercollection.com

The Dorchester Barber Shop

The Dorchester Barber Shop has been providing gentlemen with the finest traditional grooming services for over 30 years. In addition to the traditional wet shave, clients can enjoy hair cuts, manicures and pedicures and treatments.

The Barber Shop is open from:

Monday to Friday: 9am to 6pm

Saturday: 9am to 4pm

Telephone: +44 20 7319 7199

Hotel Guests: Please dial 21

GIFTS

Gift Vouchers

Beautifully presented and personalised Dorchester Spa Gift Vouchers starting from a minimum value of £90 are available for a single treatment, Treatment Collections, or for a specific value allowing the recipient to choose their treatment(s). Please telephone the Spa Receptionist on +44 (0) 20 7319 7109 for more information and to order your Gift Voucher or visit The Dorchester online shop, www.thedorchester.com.

Gift Vouchers may be collected from The Dorchester Spa Reception (please allow a minimum of three hours from the time of ordering) or we will post to the purchaser or directly to the recipient. There is no additional charge for postage and packing within the United Kingdom.

Gift Vouchers are valid for one year from the date of purchase and are not refundable. The Dorchester Spa's postponement and cancellation policy (see essential reading) also applies to treatments payable by Gift Voucher.

Treatment Products

All of The Dorchester Spa's fabulous treatment products are available for purchase and we would be happy to provide them beautifully wrapped for presentation as gifts.

ESSENTIAL READING

You will be provided with a locker which contains a personal safe, robe and slippers. The Dorchester regrets that it will not take responsibility for valuables not placed in the locker safe.

You are respectfully advised that the full treatment cost will be incurred if less than 24 hours notice is given of an appointment postponement or cancellation. For non-resident clients, credit card details are required at the time of booking to secure your appointment.

Regrettably late arrival will shorten your treatment time so please endeavour to arrive 15 minutes prior to your appointment to allow time to change and relax.

Facial, spa body and massage treatment durations include a few minutes for you to discuss any health concerns or potential contraindications with your therapist that she/he should be aware

of prior to the commencement of the treatment. You will also be required to complete a consultation form prior to using the spa facilities. This is treated in the strictest confidence and held for six months only.

You are welcome to enjoy the Relaxation Room and spa facilities up to one hour prior to or following your appointment.

Expectant mothers and those having waxing are advised not to use the steam room.

A minimum of 24 hours must separate waxing from any other body treatment or use of a heat facility e.g. steam room.

The Dorchester Spa respectfully reserves the right to decline to administer any treatment.

Children under the age of 16 are not permitted in The Dorchester Spa. We regret that we do not provide a treatment

service to children under the age of 16 years.

All treatment details and prices are subject to change and subject to availability.

