



## THE DORCHESTER SPA

# FACIALS

## Natura Bissé Age-Defying Glow

60 minutes

£350

ENERGISES AND ADDS LUMINOSITY, SMOOTHS  
WRINKLES, REJUVENATES

This five-star treatment infuses energy into your skin, reviving complexions dulled by environmental stress and premature aging. It blends crystal-infused acupressure, an advanced myofascial massage and an exclusive Acu-Energy method, designed with our expertise in neuroscience.

## Natura Bissé The Youthful Firm and Lift

60 minutes

£400

VISIBLE LIFTING EFFECT, TIGHTER APPEARANCE, DEFINED  
FACIAL CONTOURS

In collaboration with Lyma, this advanced treatment helps minimise the effects of gravity, such as sagging skin and lack of definition, while smoothing the appearance of wrinkles on the face, neck and décolleté. It's a high-performance protocol that provides a lifting effect for the face, perfect as an alternative or accompanied by medical-aesthetic procedures.

## Natura Bissé The Ultimate Timeless Radiance

90 minutes

£600

EXCEPTIONAL REJUVENATING ACTION, RADIANT SKIN,  
RESTORES SUPPLENESS

The mother of all age-defying treatments, this facial captures the essence of the Diamond Age-Defying Collection to reveal dramatically rejuvenated skin. Cutting-edge anti-aging actives and techniques such as Shirodhara Ayurvedic massage work to help reduce visible lines and wrinkles for a youthful-looking glow.



## Natura Bissé Pure Vitamin C Vitality Facial

60 minutes

£350

RESTORES NATURAL GLOW, REVITALISES AND HYDRATES,  
LUMINOUS SKIN

Give sun-damaged skin a new lease of life. In this invigorating treatment, an infusion of collagen-boosting vitamin C is applied with sculpting spoons to minimise signs of premature aging for firmer-looking, intensely luminous skin.

## Natura Bissé Diamond Acu Energy X Suzanne Kalan

60 minutes

£550

RESTORES BALANCE, ENHANCE RADIANCE, PROMOTES  
YOUTHFUL APPEARANCE

A celebration of the Diamond Collection's 25th anniversary, this treatment combines the power of facial gem therapy and auriculotherapy to restore balance, enhance skin radiance, and promote relaxation. Expertly applied diamonds invigorate tired skin, boosting oxygenation for a youthful, glowing complexion.

ishga Personalised Marine Facial	60 minutes	£210
	90 minutes	£270
<p>Revitalise and repair skin using the collagen-stimulating properties of Hebridean seaweed. Suitable for all skin types, this facial brightens and balances tone and texture. Meanwhile, seaweed's potent antioxidant properties help protect your newly-glowing skin from environmental damage.</p>		
Carol Joy London Classic Facial	60 minutes	£220
<p>This results-driven facial enhances your skin's natural luminosity and promotes cell regeneration. Restore vitality with a combination of innovative massage techniques, plus a mask enriched with botanical actives and collagen-boosting ingredients. Finally, cooling rose quartz rollers encourage lymphatic drainage and reduce inflammation to leave skin feeling silky smooth.</p>		
Valmont Hydration of the Bisses	60 minutes	£290
	90 minutes	£340
<p>Reveal vibrant, supple, re-plumped skin with a slow, delicate, and relaxing massage that targets the lymphatic system to improve fluid flow, powered up by the ultra-hydrating H2O Boost. It takes its name from the irrigation channels known as 'bisses', used by highlanders of Switzerland's Valais region, as it imparts a similar level of deep hydration to your skin.</p>		
Bespoke Facial	60 minutes	£300
	90 minutes	£450
<p>Personalised skincare treatments designed to address your unique skin type and concerns. Our expert therapist conduct a thorough skin analysis to determine the most effective combination of techniques and products, ensuring optimal results for your skin's needs.</p>		





## MASSAGE

### ishga Personalised Wellbeing Massage

This relaxing, medium pressure full-body massage combines elements of aromatherapy, lymphatic drainage and traditional Swedish massage techniques to reduce muscle tension, re-energise the body, and leave you feeling absolutely wonderful.

60 minutes      £210

90 minutes      £290

## ishga Poultice Massage

60 minutes

£240

This rebalancing, light massage uses heated sea salt and seaweed granule-filled poultices to relax your muscles, release tension and nourish your skin with a host of vitamins and minerals. Heated to maximise their detoxing effect, the poultices are rhythmically stroked and kneaded over your body, while your therapist also uses manual massage techniques to send you into a state of deep relaxation.

## ishga Intense Freestyle Muscle Release Massage

60 minutes

£210

Powerful, deep and attentive techniques make this tailored massage perfect for relieving aching muscles. It features a stimulating muscle recovery oil containing ishga's signature antioxidant-packed Fucus Serratus seaweed extract, a natural anti-inflammatory. This is combined with rosemary, peppermint and more to ease muscle tension and physical fatigue. Your therapist will work on one to two body areas of your choice, creating a treatment that's bespoke to you.

## ishga Tides Of Change

90 minutes

£310

Balance your masculine and feminine energies, soothe stressful symptoms, and embrace elevated wellbeing. Using ishga's multi-award-winning skincare products alongside holistic techniques that nurture the abdomen, where emotional and hormonal imbalances often manifest. Designed but not limited to women in various stages of menopause, this treatment focuses on gentle lymphatic stimulation, nervous system regulation, and emotional balance.



## BODY TREATMENT

### ishga Detox Body Wrap

60 minutes

£210

Detox your body with the rich bioactive compounds of Hebridean seaweed. This treatment combines an antioxidant-packed seaweed gel with a Hebridean sea salt scrub to stimulate collagen production, and a scalp massage to promote deep relaxation. It works on a visible level to help improve skin tone and texture, and on an invisible level to eliminate toxins and congestion from the body.

### ishga Nourishing Body Wrap

60 minutes

£210

Transform dull, tired skin with this body wrap treatment. You'll enjoy a hydrating salt and oil scrub infused with sweet almond, jojoba and rose geranium, followed by a cocooning gel body mask to soothe, hydrate and tone. The nourishing experience includes a warmed rose geranium oil scalp massage, and body oil application to leave your skin glowing.

## ishga Marine Back Treatment

60 minutes

£200

Rejuvenate your back to reveal brighter, healthier skin. This treatment begins with a cleanse, tone and exfoliation before a powerful heated seaweed clay mask is applied to soften the skin and provide a collagen-boosting dose of rich moisture. Finally, a back massage extending down the back of your legs eases muscular aches and pains to leave you refreshed and relaxed.

## PREGNANCY TREATMENT

The following treatments are suitable from the 14th week of pregnancy and for nursing mothers. To make an appointment or to discuss your pregnancy treatment preferences, please call our spa reception team on +44 (0)20 7319 7109

### ishga Pre And Post-Natal Massage

60 minutes

£210

Designed to safely pamper you, this nurturing full-body massage is suitable after the first trimester of pregnancy. It focuses on comforting the changes in your body during pregnancy, enhancing wellbeing and aiding relaxation as it helps calm the mind and body, eases leg cramps, muscle fatigue and other aches and pains, and reduces water retention and puffiness. It's performed using ishga's nourishing Nurturing Oil to hydrate the skin, helping to improve elasticity and the appearance of stretch marks.



# ADVANCED TREATMENTS

## ishga Oncology Touch Therapies

60 minutes

£210

Relax and nurture the mind and body with our range of treatments suitable for anyone currently undergoing cancer treatment or in recovery. Our expertly designed therapies combine the health benefits of Hebridean seaweed skin care with a range of simple but effective facials and massages.

Let your spa therapist guide you through a bespoke 60-minute experience by combining what is best for your current needs, or you may choose any two of the following spa treatments. The seaweed content of your therapy is dependent on your chosen oil.

- Mini facial
- Comforting foot and leg massage
- Head and scalp massage
- Reflexology face massage
- Seaweed foot or hand treatment
- Back massage

## Back, Face & Scalp Sound Treatment

90 minutes

£320

Embark on a journey to the Hebrides with this 90-minute treatment – designed to work in harmony with an immersive soundtrack capturing the transportive, calming and relaxing essence of the ocean. You'll begin with a stimulating Hebridean sea salt back exfoliation, followed by a back, neck and shoulder massage that's tailored to you and incorporates hot stones and essential oils to relieve tension. Next, you'll enjoy a deep cleansing facial with a lifting facial massage, before finishing with a therapeutic scalp massage and gentle stretching.

Sound treatment techniques can alter your brain wave state by activating the parasympathetic nervous system, lowering blood pressure and heart rate and inducing inner calm and clarity.

# NAILS

We're delighted to partner with Mii, whose prescriptive treatment formulas are designed to deliver healthy, natural nails, finished with a flourish of Colour Confidence Nail Polish or Statement Gel Polish.

## MANICURES

Treat Mii	60 minutes	£110
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A hand-reviving exfoliation, moisturising massage and cuticles made neat and tidy. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish. The treatment is completed with a flawless application of your preferred polish.

Fly By Mii	45 minutes	£100
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Enjoy extra nail protection, extra fast. For this express treatment, hands are cleansed and conditioned, and cuticles moisturised. Nails are beautifully shaped and treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

Naturally Mii	30 minutes	£90
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Select from the above Mii services but go colour free. Nails can be buffed to a natural sheen or finished with a prescriptive base coat.

Renew Mii	30 minutes	£90
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To brighten and renew your skin. Renew Mii includes a hand-reviving exfoliation, indulgent hydrating hand mask, restorative serum and a heavenly hydrating hand and forearm massage. This treatment does not include polish.



## PEDICURES

### Treat Mii

60 minutes

£110

Feet are cleansed and exfoliated, with hard skin removed and cuticles made neat and tidy. Feet and ankles are massaged with conditioning creams. Nails are analysed, shaped, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

### Fly By Mii

45 minutes

£110

Get pedi-ready in an instant. Feet are cleansed and conditioned, with hard skin removed and cuticles moisturised. Nails are trimmed and tidied, then treated with a prescriptive base coat, before the final flourish of your chosen Colour Confidence Polish and high shine top coat to finish. Alternatively, select a Statement Gel Polish.

### Naturally Mii

45 minutes

£100

Select from the above Mii services but go colour free. Nails can be buffed to a natural sheen or finished with a prescriptive base coat.

# GEL ADD-ONS

Remove Mii	30 minutes	£70
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Fast, efficient and gentle removal of Statement Gel Polish. We take the greatest care of the cuticles and natural nails, leaving them conditioned and hydrated, with a blissful coconut fragrance.

Refresh Mii	30 minutes	£70
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Prolong your existing Statement Gel manicure or pedicure. Cuticles are made neat and tidy and regrowth is infilled with an additional layer of gel.

# SPA EXPERIENCES

## Time for Two

Experience ultimate relaxation with a friend or loved one. You'll both enjoy our 60-minute ishga Nourishing Body Treatment and 60-minute ishga Marine Facial, designed to leave your skin feeling nourished and refreshed. During your spa experience, you'll indulge in a delicious two-course lunch in The Spatisserie.

Allow four hours  
£930 for two people  
Available every day

## From Here to Maternity

With our Carol Joy London Classic Facial, enjoy a gentle and relaxing facial that will leave your skin feeling hydrated and rejuvenated, and keep your toes in tip-top shape with the Indulge Mii Pedicure. Afterwards, join us for a delicious two-course lunch in The Spatisserie.

Allow four hours  
£400 per person  
Available every day

## Pure Indulgence

Indulge in our Carol Joy London Classic Facial, a gentle and relaxing facial that will leave your skin feeling hydrated and rejuvenated. After your treatment, enjoy a glass of bubbly with our Champagne Afternoon Tea in The Spatisserie.

Allow three hours  
£340 per person  
Available every day

## Detox Spa Experience

Enjoy our luxurious ishga Seaweed Body Wrap, designed to detoxify your skin and leave you feeling refreshed. You'll also receive an ishga Marine Facial to leave your skin feeling nourished and rejuvenated. To complement your treatments, you'll finish with a delicious herbal tea to help relax and detox your body.

Allow three hours  
£440 per person  
Available every day



# Escape in the City

Choose between an ishga Personalised Wellbeing Massage or an ishga Marine Facial to start your spa day off right. Our experienced therapists will tailor your treatment to your specific needs, ensuring that you leave feeling refreshed and rejuvenated. After your treatment, enjoy a delicious two-course lunch in The Spatisserie.

Allow three hours  
£300 per person  
Available every day

# The Ultimate Dorchester Spa Experience

Start your stay at The Dorchester in style. This experience is suitable for groups of up to six.

£610 per person  
Exclusively for  
hotel residents

11 am	Drop your bags at the front desk, and we'll take them to your room once ready
11.15am	Enjoy a welcome cup of tea in The Spatisserie
11.45am	Freedom to use facilities including Welhamis loungers and steam room
1 pm	Two-course lunch in The Spatisserie
2.30pm	60-minute ishga Personalised Wellbeing Massage
3.30pm	60-minute Valmont Energy of the Glaciers Facial
4.30pm	Enjoy tea and cake in The Spatisserie
5.30pm	Check-in to your room, where a blissful night's sleep awaits you later.

# WELLNESS SPA EXPERIENCE

Rest and recharge with a session at The Dorchester Spa. You'll enjoy facilities including our steam rooms (separate for ladies and gentlemen), shared relaxation room, and fitness studio with Technogym Live-equipped machines and strength training options.

Included in your visit is an experience on one of our Welnamis loungers. Located in our beautiful relaxation room, this meditative treatment brings physical vibrations together with a binaural soundtrack, delivered through headphones, to bring you into a state of deep relaxation.

*Please wear suitable gym attire and footwear at all times in the gym area.*

8am – 12pm or

1 – 5pm daily

£150 per person

Includes: Use of gym, steam room and Welnamis lounger for up to 30 minutes

Available to book for up to four people

## Extend the experience

Don't want your spa trip to end? Choose to add another experience to your day.

Our recommendations include:

- A booking at Carol Joy London hair salon
- A 60-minute treatment of your choice
- Breakfast, lunch or a glass of champagne in The Spatisserie

# WELLNESS EXPERIENCE

## TREATMENT BEDS

MLX Quartz Treatment beds – inspired by millennial ancient healing traditions from Egypt, Morocco and Japan, the MLX Quartz treatment beds provide a cocooning effect along with inversion gravity that facilitates a more efficient stretching of the spine for greater wellness benefits. The Alpha Quartz is a master healer, amplifying the effectiveness of the treatments by absorbing, storing, releasing, regulating heat and ultimately balancing our entire body functions.

Enjoy wonderful treatments on these beds:

Revitalising Treatment	60 minutes	£310
30-minute express Carol Joy facial		
30-minute foot massage		
Invigorating Treatment	90 minutes	£400
Dry body brushing		
Back scrub		
30-minute back massage		
45-minute facial		
Poultice Heaven	60 minutes	£300
Ishga poultice massage		
Ishga Back, Face and Scalp Sound Treatment	90 minutes	£380
Bespoke Massages	60 minutes	£270
Ishga Personalised	90 minutes	£350

Sound Healing Treatment Experience on the MLX Quartz bed	90 minutes	£370
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Refresh your body, mind and spirit with our immersive Sound Healing Treatment. You'll enjoy a poultice massage and inversion gravity on a quartz bed designed to promote deep relaxation, as well as the therapeutic benefits of singing bowls. Inspired by the ancient practice of sand bathing, quartz treatment helps to relieve chronic pain and boost immune system functions, leaving you feeling rejuvenated and profoundly peaceful.

Sound Meditation on the Welnamis lounge	30 minutes	£60
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Let us lull you into a state of deep relaxation with the Welnamis lounge. Physical vibrations from the bed merge with the multi-layered, binaural acoustic soundscape that you'll listen to through headphones, bringing body and mind together in a powerful experience of calm.