

# TREATMENTS

## 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.

## Carol Joy London

Carol Joy London, a luxury British brand, is a pioneer in clinically-proven pure collagen spa treatments. With beautiful and luxurious skin, hair and body care, Carol Joy London combines the best of science and nature to provide instant and transformational results. Treatments are driven by quality and integrity, using ingredients such as golden millet oil, clinically-proven to regenerate, repair and protect against environmental damage while increasing moisture levels.

## La Prairie

La Prairie traces its heritage to the renowned Clinique La Prairie in Montreux, Switzerland, a pioneer in anti-ageing therapy. Going beyond conventional spa treatments, La Prairie uses breakthrough biotechnology and cosmetic artistry, reinforced by head-to-toe relaxation techniques.

## Valmont

For 30 years, Valmont has relied on the expertise of Swiss cellular cosmetics, the legacy of the famous Valmont Clinic, with treatments offering instant and lasting results of unparalleled quality. Switzerland's pure, protected environment is the foundation of these cosmetics, and their exceptional qualities are derived from an alliance between Alpine ingredients and cutting-edge scientific expertise.

## Opening hours

The Dorchester Spa is open from 7am to 9pm Monday to Saturday and from 8am to 9pm on Sundays and bank holidays.

## Contact details

Book online at [dorchestercollection.com](http://dorchestercollection.com)  
+44 (0)20 7319 7109  
[Spa.TDL@dorchestercollection.com](mailto:Spa.TDL@dorchestercollection.com)  
Hotel guests: please dial 129



# THE DORCHESTER SPA INFORMATION

You will be provided with a locker which contains a personal safe, robe and flip-flops. The Dorchester regrets that it cannot take responsibility for valuables not placed within 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. Credit card details are required at the time of booking to secure your appointment.

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.

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

## Aromatic steam room

The steam room at The Dorchester Spa is provided by Helo UK, who pride themselves of the innovation and design of their steam generators. Dependable, quality-focused, and energy-saving, they produce a faultless high-humidity climate for relaxation and revitalisation.

Steam has purifying qualities on the body, assists with unwinding tight muscles and stimulates blood flow.

## Sound advice

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

We recommend a minimum of 24 hours between waxing and any other body treatment or exposure to heat.

## Conditions

The Dorchester Spa respectfully reserves the right to decline to administer any treatment. Treatments are suitable from the 14th week of pregnancy and for nursing mothers.

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

## Relaxation Room

This serene and spacious room is dedicated to deep relaxation and features a choice of day beds and winged armchairs. The Relaxation Room can accommodate up to 14 guests and you are welcome to enjoy it and the spa facilities up to one hour prior to or following your appointment. This applies to treatments of 55 minutes or more.

## Fitness studio

The Dorchester fitness studio is equipped with Techno-Gym cardiovascular and resistance equipment, as well as a full set of free weights, swiss balls, a BOSU ball and a range of medicine balls. It is available to spa members and hotel guests and is open daily from 7am to 9pm.

# THE DORCHESTER SPA INFORMATION

## Personal trainer at The Dorchester

Take your fitness to the next level and work out with personal trainer Simon Inman in the beautiful surroundings of Hyde Park, as well as in the Techno-Gym at The Dorchester Spa.

With more than 25 years' experience, Simon's bespoke programmes combine HIIT with strength and nutritional advice to help you work out more efficiently.

Start your fitness journey with a one-hour consultation where we will look at your lifestyle and discuss how you can stay motivated, healthy and achieve your personal fitness goals.

To book an initial consultation, please contact The Dorchester Spa:  
+44 (0)207 317 6583  
[spa.TDL@dorchestercollection.com](mailto:spa.TDL@dorchestercollection.com)

## Yoga and Pilates

We offer a variety of one-on-one yoga and Pilates sessions for all abilities. These sessions are by appointment and can take place in your hotel suite, in the fitness suite or in a private area with one of our fitness professionals.

# FACIALS

## Aromatherapy Associates Rose Facial

60 minutes

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions. This treatment helps to boost circulation and promote cell renewal and regeneration, leaving your skin radiant.

## Aromatherapy Associates Soothing Facial

60 minutes

A soothing and calming facial suitable for irritated or inflamed skin, helping to restore its defence system. A soothing facial massage is performed with a calming blend of camomile oils, as well as a relaxing scalp, neck and shoulder massage.

## Valmont Energy Ritual

60 or 90 minutes

This cellular renewal booster treatment begins with a rejuvenating facial massage using their Prime Renewing Pack to feed vital nutrients to the skin for a youthful glow. The regenerating collagen mask smooths and hydrates for an immediate tensing and firming effect.

## Valmont Anti-Ageing Ritual

60 or 90 minutes

To delay and prevent the effects of ageing, Valmont has created a powerful anti-wrinkle and firming treatment. Fine lines are visibly minimised, the face looks re-contoured and lifted, skin is plumped and tone is enhanced.

## La Prairie Caviar Facial

60 or 90 minutes

With a high concentration of caviar extract, to combat the signs of ageing, alpha hydroxy acids and sea proteins give instant results, leaving skin transformed, lifted and illuminated.

## La Prairie Cellular Swiss Ice Crystal Facial

60 or 90 minutes

This new facial encourages younger looking skin, infused with moisture and vital energy, whilst combining patent-pending biotechnology with the power of nature. The Swiss ice crystal complex is a scientific breakthrough that helps skin protect itself from the environment and the effects of time.

## La Prairie Platinum Rare Facial

90 minutes

From the anti-ageing experts at La Prairie comes a head-to-toe treatment with an infusion of pure platinum to restore balance and a sense of wellbeing. Two therapists pamper the skin using the high-performance Platinum Collection, including cellular cream and serum, leaving skin hydrated and glowing.



# FACIALS

## Carol Joy London Pure Collagen and Oxygen with Diamond Touch

90 minutes

The ultimate facial for skin displaying signs of photo-ageing, environmental damage and stress-related concerns, such as redness, blemishes and dry, uneven patches. Diamond touch microdermabrasion diminishes the pigmentation and refines skin texture. Collagen-boosting cellular vacuum massage plumps and drains toxins, and pure hyperbaric oxygen boosts cell renewal and repairs damage. These amazing results are enhanced with regenerating organic golden millet oil. The myo-col lift technique, combining the pure collagen mask and myofascial lifting massage, sculpts face, neck and shoulder contours, providing an instant lift. Relaxation is further enhanced with a choice of soothing acupressure scalp massage, leg and foot massage, hand and arm massage or a digestion-calming stomach massage.

## Carol Joy London Pure Collagen Sculpting Eye Lift

35 minutes

Using pure collagen, this eye lifting treatment delivers instant and transformational results for those needing a quick fix. The eye contour is sculpted, plumped and brightened with our unique myo-col lift technique, which combines the pure collagen eye mask and myofascial lifting massage techniques. These are further enhanced with organic golden millet oil. The lymphatic system is boosted to increase drainage, reducing puffiness and dark circles with precious jade, while a scalp massage induces relaxation. The result: firm, hydrated, bright and radiant eyes. Ideal for lines, puffiness, dark circles, wrinkles and head tension.

## Carol Joy London Pure Oxygen Cell Rejuvenation

60 minutes

Designed for skin subject to environmental damage and cellular ageing, this machine-led facial delivers pure hyperbaric oxygen to boost cell renewal and repair damage. This allows active ingredients, including organic golden millet oil, collagen-boosting peptides and hyaluronic acid to balance and calm skin. During the application of a skin-plumping pure collagen mask, a neck and shoulder massage eliminates tension. Ideal for city dwellers, frequent flyers, mature, sensitive, or stressed skin.

# FACIALS

## The Dorchester Spa Signature Facial by Carol Joy London

60 minutes

This massage-based facial is deeply hydrating, lifting and plumping. Youth-promoting properties rejuvenate and instantly brighten even the driest, dull, complexions, thanks to organic golden millet oil, and a pure collagen mask. A face, neck and shoulder massage defines and lifts facial contours, during which, you can also opt for an acupressure scalp massage, leg and foot massage, hand and arm massage or a digestion-calming stomach massage. Ideal for dry, dull, irritated skin.

## Carol Joy London Pure Collagen Youthful Lift

90 minutes

This luxurious massage-based facial delivers clinically-proven results to skin lacking elasticity and vitality. The myo-col lift technique combines the pure collagen mask and myofascial lifting massage to sculpt face, neck and shoulder contours, providing an instant lift, whilst stress-reducing acupressure boosts energy. During the lifting mask, you can opt for a soothing acupressure scalp massage, leg and foot massage, hand and arm massage or a digestion-calming stomach massage.

Best for lack of tone, devitalised, dull and environmentally damaged skin.

# BODY TREATMENTS

## La Prairie Cellular Energising Back Ritual

60 minutes

Men and women alike will benefit from this intensive treatment for the back. Cleansing, exfoliating and a mask application hydrates and pampers this often overlooked area, while a heavenly back, foot and hand massage lets you drift away.

## Aromatherapy Associates Rose Cocoon

60 minutes

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.

## Aromatherapy Associates Intense Nourishment

90 minutes

A deep treatment for dry, devitalised skin. Includes a body scrub and a layer of serum, followed by velvety body butter.

## Body Exfoliation

30 minutes

Enjoy this exfoliating body treatment to polish away dead skin cells to leave the skin soft and smooth. Perfect to boost the circulation and prepare the skin for a body massage or body treatment. Body lotion is applied to the skin to complete the treatment and to hydrate and nourish the skin.

# PREGNANCY TREATMENTS

The following treatments are suitable from the 14th week of pregnancy and for nursing mothers.

## Aromatherapy Associates Rose Cocoon

60 minutes

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 warming rose gel, oil and cream. While cocooned in your rose wrap, a wonderful scalp massage will calm and soothe the mind.

## Aromatherapy Associates Pregnancy Massage

60 minutes

Relieve stresses and strains, heavy legs and an aching back with this all-over body massage, which includes a relaxing and rejuvenating scalp and facial massage.

## Mum's the Word

4 hours

Let our expert therapists relax your mind, body and soul during your aromatherapy massage and facial. Enjoy our foot massage treatment and a file and polish for your toes or fingernails to finish.

## The Dorchester Signature Manicure

60 minutes

Our signature manicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate, leaving your hands smooth and radiant. This treatment is completed with a flawless application of your preferred polish.

## The Dorchester Signature Pedicure

60 minutes

Our signature pedicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate your feet, leaving them smooth and radiant. Specially designed to energise and invigorate legs and feet, this treatment is completed with a flawless application of your preferred polish.

# MASSAGE

## The Dorchester Signature Massage

90 minutes

A deeply relaxing full body massage experience using warm oil. Incorporating heated stones and soothing techniques, this treatment also includes a facial massage and a soothing scalp massage.

## The Dorchester Swedish Massage

60 or 90 minutes

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

## The Dorchester Traditional Thai Massage

90 minutes

This traditional and specialised treatment helps increase flexibility, relieves muscular and joint tension, stimulates circulation

and heightens the body's energy levels. Loose and comfortable clothing should be worn for this treatment.

## Aromatherapy Experience

60 or 90 minutes

Using aromatherapy oil chosen to suit your mood, the therapist will apply gentle pressure to stimulate the nervous system. Swedish and soft tissue techniques relieve tension, whilst lymphatic drainage encourages healthy circulation, dissolving stress.

## Aromatherapy Deep Tissue Massage

60 or 90 minutes

This intense massage is designed to release pain and tension in tight, aching muscles. Stretching, draining and cross muscle fibre techniques are combined with oils containing black pepper, rosemary and ginger to warm muscles and disperse the built-up lactic acid.

## The Dorchester Signature Foot Massage

25 minutes

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

## The Dorchester De-Stress Massage

25 minutes

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.

## Express Luxury Back, Neck and Shoulder Massage

25 minutes

Specifically for tired and aching backs. using classic Swedish massage techniques to reduce tension.

# MASSAGE

## Reflexology

60 minutes

Reflexology is a deeply relaxing treatment which incorporates massage and specialised techniques to stimulate specific reflex points on the feet, which represent a map of the body. Tension is released, muscles are soothed, and blood vessels relaxed, allowing the body to eliminate toxins and impurities. This massage can be enjoyed as a one-off relaxation treatment or on a regular basis to target specific health conditions.

## Sports Massage – by appointment

60 minutes

This sports massage is a deep and intense treatment based on elements of Swedish massage, but incorporating other techniques, including stretching, Soft Tissue Release (STR) and Muscle Energy Technique (MET). The skilled therapist combines these techniques with advice during treatment, bringing about optimum performance to prevent injury during training and after events. Stress and tension, which builds up in the body's soft tissues during physical activity, is eliminated. Suitable for all, including those who work in a physically demanding job or anyone experiencing, emotional and postural stress.

# TREATMENTS FOR MEN

## Aromatherapy Associates Men's Facial

60 minutes

Extensive research and development has resulted in a new and improved skincare collection specifically formulated for men. Combining cutting-edge technology with the finest quality ingredients, the Refinery collection is rich in essential oils and plant extracts. This deep cleansing and brightening facial leaves your skin looking clean and luminous.

## La Prairie Cellular Energising Back Ritual

60 minutes

Many men will benefit from this intensive treatment, which includes cleansing, exfoliating and a mask application to hydrate and pamper this often overlooked area, while a back, foot and hand massage lets you drift away.

## Valmont Men's Facial

60 or 90 minutes

An exclusive fatigue-fighting, moisturising treatment for men, using powerful products and massage techniques to decongest the eye contour area and rejuvenate the skin. Available for a choice of durations: express, complete and intensive.

# GENTLEMAN'S GROOMING

## Gentleman's Manicure

25 minutes

Our signature manicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate the skin, leaving your hands smoother and radiant.

## Gentleman's Pedicure

45 minutes

Our signature pedicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate your feet, leaving them smooth and radiant. Specially designed to energise and invigorate legs and feet.

## Chest Wax

60 minutes

## Back Wax

60 minutes

## Eyebrow Shape with Tweezers

Can be booked as an addition to other treatments

## PACKAGES

All packages include a two-course lunch and use of spa facilities, which include the aromatic steam room, experience shower and relaxation room.

### It's a Man's World

Allow at least 3 hours

Take some time out of your busy schedule to enjoy this package, which includes a deep tissue massage followed by a moisturising 90-minute Valmont Facial. Just the ticket to help you unwind and refocus.

### Love is....

Allow at least 4 hours

In one of our couples suites, relax on our warmed couches, where you may both enjoy a 55-minute aromatherapy massage to help you unwind. Without moving a muscle, you will then receive an Aromatherapy Associates Rose or Refinery Facial. (For two people)

# BEAUTY AND GROOMING

## Manicure-Pedicure Suite

A suite comprising two manicure and two pedicure stations, featuring two glass walls containing 1,700 nail polishes in a colourful, creative display.

## Champagne Manicure

60 minutes

Our signature manicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate, leaving your hands smooth and radiant. This treatment is completed with a flawless application of your preferred polish and includes a glass of Laurent-Perrier Cuvée Rosé champagne.

## Champagne Pedicure

60 minutes

Our signature pedicure is infused with anti-ageing ingredients formulated to cleanse, exfoliate, treat and hydrate your feet, leaving them smooth and radiant. Specially designed to energise and invigorate legs and feet,

this treatment is completed with a flawless application of your preferred polish and includes a glass of Laurent-Perrier Cuvée Rosé champagne.

## French polish add-on

10 minutes

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.

## Express Shape and Polish

hands or toes

25 minutes

For nails that require re-shaping and polish. Great if you are short of time.

## Additional sessions at a glance

- Eyebrow shape using tweezers
- Make-up by appointment
- Full arm wax
- Full leg and bikini line wax
- Full leg wax
- Half arm wax
- Half leg and bikini line wax
- Half leg wax
- Standard bikini wax
- Underarm wax

Please contact reception for details of the duration of these additional sessions.



# SPA PACKAGES

All packages include lunch and use of spa facilities, which include the aromatic steam room, experience shower and Relaxation Room.

## Love is...

Allow at least 4 hours

In one of our couples suites, relax on our warmed couches, where you may both enjoy a 55-minute Aromatherapy Massage to help you unwind. Without moving a muscle, you will then receive an Aromatherapy Associates Rose or Refinery Facial. (For two people)

## Revitaliser

Allow at least 4½ hours

Perfect for those needing a pick-me-up. A 25-minute Swedish massage eases tension, followed by our Signature Foot Massage Treatment. The Carol Joy London Signature Pure Hydration Facial and Eye Reviver leaves your skin glowing. Complete your visit with a blow-dry in the Carol Joy London Hairdressing Salon.

## Somewhere in Time

Allow at least 5 hours

Stop the clocks for a few hours, and enjoy our invigorating Body Exfoliation, followed by Valmont's 90-minute Energy Ritual Facial before finishing with The Dorchester Signature manicure and pedicure. You will be ready to face the world again.

## Memories of Mayfair

Allow at least 4 hours

For a truly fabulous spa experience, enjoy our Signature Massage and La Prairie's 90-minute Caviar Firming Facial, a luxurious treatment that will leave you glowing.

## Mum's the Word

Allow at least 2½ hours

Let our expert therapists relax your mind, body and soul during a 55-minute Aromatherapy Pregnancy Massage and a 60-minute Aromatherapy Rose Facial. Enjoy a file and polish on your hands or toes to finish.

## It's a Man's World

Allow at least 3 hours

Take time out of your busy schedule for an Aromatherapy Deep Tissue Massage, followed by a moisturising 90-minute Valmont Facial - just the ticket to help you unwind and refocus.



# HAIR

## Carol Joy London Hairdressing Salon

Located within The Dorchester Spa, Carol Joy London Hairdressing Salon is the latest salon from Dorchester Collection. Expert stylists offer a premium hair service from consultation through to cutting, styling and colouring. Carol Joy London's intensive hair treatments use ingredients such as golden millet oil and diamond dust, both found in the luxury hair and beauty range available in the spa. In-room hair services are subject to availability and an additional fee.

### Opening times:

Monday to Wednesday 9am – 7pm  
Thursday 9am – 8pm  
Friday 9am – 7pm  
Saturday 9am – 6pm  
Sunday 10am – 5pm

### Contact:

+44 (0)20 7319 7090  
Hotel guests can dial 22  
[dorchester@caroljoylondon.com](mailto:dorchester@caroljoylondon.com)

## The Dorchester Gentleman's Barber Shop

The Dorchester Gentleman's Barber Shop has been providing the finest traditional grooming services for over 30 years. In addition to the traditional wet shave, clients can enjoy haircuts, manicures and pedicures and treatments.

### Opening times:

Monday to Friday 9am – 6pm  
Saturday 9am – 4pm

### Contact:

+44 (0)20 7319 7199

## GIFT CARDS

Beautifully presented and personalised, The Dorchester Spa gift cards start from a minimum value of £50 for treatments and spa experiences, 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 card, or visit The Dorchester online shop at [shop.dorchestercollection.com](http://shop.dorchestercollection.com)

Gift cards 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.

Gift cards 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 where payment method is with a gift card.

## THE SPATISSERIE

Exclusive to The Dorchester Spa is the uniquely named 'The Spatisserie', an opulent, intimate space for light lunches, and afternoon tea with bite-size cakes, biscuits, pastries, savoury nibbles, and champagne and spa cocktails – all reflecting the ethos that 'a little of what you love is good for you'.

The Spatisserie is an informal dining space open to both restaurant guests and spa appointment clients. It serves light lunches packed with healthy goodness including a choice of four Bento boxes, crafted with specific health goals in mind. Each includes a drink, starter, main course and healthy dessert.

Please kindly note the dress code ranges from normal daywear to dressing robes. Children 16 years and older are welcome in The Spatisserie.

The Spatisserie is also available for private events such as swan parties and baby showers.

For more information, please contact The Dorchester Spa on +44 (0)20 7629 8888

# PRICES FROM...

## Facials

Aromatherapy Associates Rose Facial - 60 minutes	£110
Aromatherapy Associates Soothing Facial - 60 minutes	£110
Carol Joy London Pure Gold and Collagen Facial - 60 minutes	£220
Carol Joy London Pure Collagen and Oxygen with Diamond Touch - 90 minutes	£230
Carol Joy London Pure Collagen Sculpting Eye Lift - 35 minutes	£70
Carol Joy London Pure Oxygen Cell Rejuvenation - 60 minutes	£150
The Dorchester Spa Signature Facial by Carol Joy London - 60 minutes	£140
Carol Joy London Pure Collagen Youthful Lift - 90 minutes	£190
Valmont Energy Ritual - 60 minutes	£165
- 90 minutes	£210

La Prairie Caviar Lift Facial - 60 minutes	£150
- 90 minutes	£180
La Prairie Cellular Swiss Ice Crystal Facial - 60 minutes	£140
- 90 minutes	£170
La Prairie Platinum Rare Facial - 90 minutes	£270

## Body treatments

La Prairie Cellular Energising Back Ritual - 60 minutes	£120
Aromatherapy Associates Rose Cocoon - 60 minutes	£110
Aromatherapy Associates Intense Nourishment - 90 minutes	£170
Body Exfoliation - 30 minutes	£60

## Pregnancy treatments

The Dorchester Signature Manicure	£50
The Dorchester Signature Pedicure	£60
Aromatherapy Associates Rose Cocoon - 60 minutes	£110
Aromatherapy Associates Pregnancy Massage - 60 minutes	£120
Mum's the Word Package - 4 hours	£365

## Luxury express treatments (all 25 minutes)

Back, Neck and Shoulder Massage	£80
De-Stress massage	£50
The Dorchester Spa Signature Foot Massage	£70
Valmont Express Facial	£50
Pure Collagen Sculpting Eye Lift	£70
Express Shape and Polish	£40

Please be advised the rates published are starting prices and the final charge will depend on the time of the day your appointment is scheduled and may therefore increase by up to £30 with the exception of the packages.

# PRICES FROM...

## Massage

The Dorchester Swedish Massage - 60 minutes	£120
Aromatherapy Experience - 60 minutes	£120
Aromatherapy Deep Tissue Massage - 60 minutes	£120
Reflexology - 60 minutes	£130
The Dorchester Signature Massage - 90 minutes	£170
The Dorchester Swedish Massage - 90 minutes	£170
The Dorchester Traditional Thai Massage - 90 minutes	£170
Aromatherapy Experience - 90 minutes	£170
Aromatherapy Deep Tissue Massage - 90 minutes	£170
Sports Massage – by appointment - 60 minutes	£160

## Treatments for men

Aromatherapy Associates Refinery Facial - 60 minutes	£110
Valmont Complete Facial - 60 minutes	£165
Valmont Intensive Facial - 90 minutes	£210
La Prairie Cellular Energising Back Ritual - 60 minutes	£120
Gentleman's Manicure - 25 minutes	£40
Gentleman's Pedicure - 45 minutes	£55
Chest Wax - 60 minutes	£60
Back Wax - 60 minutes	£60
It's a Man's World - at least 3 hours	£362
Love is... - at least 4 hours (for two)	£530

## Beauty and grooming

Express Shape and Polish – hands or toes - 30 minutes	£40
Champagne Manicure - 60 minutes	£50
Champagne Pedicure - 60 minutes	£60
French polish, add on - 10 minutes	£10

## Personal training

by appointment	
Personal training - 60 minutes	£150
Personal training - 90 minutes	£225

## Additional services

Eyebrow shape using tweezers	£30
Eyebrow tidy using tweezers	£30
Half arm wax	£40
Full arm wax	£60
Half leg wax	£40
Full leg wax	£60
Half leg and bikini line wax	£70
Full leg and bikini line wax	£90
Standard bikini wax	£50
Underarm wax	£40

## Packages

Love is... - at least 4 hours (for two)	£530
Revitaliser - at least 4½ hours	£415
Somewhere in Time - at least 5 hours	£475
Memories of Mayfair - at least 4 hours	£390
Mum's the Word - at least 2½ hours	£365
It's a Man's World - at least 3 hours	£362

Please be advised the rates published are starting prices and the final charge will depend on the time of the day your appointment is scheduled and may therefore increase by up to £30 with the exception of the packages.

THE DORCHESTER SPA