



THE DORCHESTER SPA

THE ULTIMATE DORCHESTER SPA EXPERIENCE

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

- 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 Welnamis loungers and steam room
- 1pm 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.

£610 per person

FACIALS

ishga Personalised Marine Facial

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £190 | £210 |

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.

ishga Anti-Ageing Facial

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £200 | £220 |

Nourish your skin and smooth fine lines and wrinkles away. First, a rich Marine Cleansing Balm is applied, packed with hydrating fatty acids to plump and rejuvenate. It's followed by a firming gel mask to tighten and tone. Both contain a high content of seaweed extract, scientifically proven to preserve the skin's natural collagen and repair damaged skin cells with its powerful anti-ageing properties.

ishga Ultimate Luxury Facial

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 90 minutes | £250 | £270 |

Indulge in the regenerating and hydrating properties of Hebridean seaweed with a luxurious facial that uses three active masks to exfoliate, nourish and protect. Meanwhile, a lifting facial massage, the application of warmed sea salt and seaweed poultices, and lymphatic drainage techniques all work together to rejuvenate skin, adding a boost of vitamins and minerals into your face and upper body.



Carol Joy London Classic Facial

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 60 minutes | £200 | £220 |

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.

Carol Joy London Lifting Facial

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 60 minutes | £220 | £240 |

This stimulating treatment uses electrical waves to sculpt and work your facial muscles. You'll enjoy an invigorating lifting massage to boost your circulation and promote elasticity – leaving you with supple, glowing skin – then a nutrient-rich mask brightens the complexion to leave skin visibly toned and lifted.

Carol Joy London Diamond Facial

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 90 minutes | £300 | £320 |

This facial draws on the powers of precious diamond to restore elasticity and firmness to your skin. First, a diamond microdermabrasion polishes and resurfaces skin and targets pigmentation, while diamond dust activates microcirculation. Then you'll enjoy a pure collagen and vitamin C mask to brighten your complexion and reduce fine lines.

Carol Joy London Oxygen Facial

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £250 | £270 |

Revive and awaken your skin with the cooling effects of pure oxygen. This circulation-boosting facial delivers nutrients and antioxidants deeper into the skin, encouraging cell renewal to repair environmental damage. It's finished with an icy cryo globe to reduce inflammation and tighten pores, leaving the skin energised and healthy-looking.

Valmont Elixir des Glaciers (Majestic Treatment)

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 90 minutes | £450 | £470 |

A nourishing, sculpting and remodelling treatment for incomparable, opulent beauty. For 90 delightful minutes, you'll enjoy two cleansings, three massages and four masks targeting the face, décolleté and hands, providing deep rejuvenation for even the most demanding skin.

Valmont Lift from the Peaks

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £270 | £290 |
| 90 minutes | £320 | £340 |

Smooth your skin and reduce stress in wrinkle-prone areas. Inspired by fasciotherapy and performed with Lift Boost, reserved exclusively for beauty professionals, this slow, deep massage fights wrinkles by relaxing and toning muscles. Taking its name from ski lifts – the gravity-defying devices that carry skiers up to mountain peaks – this treatment visibly elevates the quality of your skin with a powerfully smoothing and stress-relieving effect.

Valmont Hydration of the Bisses

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £270 | £290 |
| 90 minutes | £320 | £340 |

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.

Valmont Luminosity of Ice

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £270 | £290 |
| 90 minutes | £320 | £340 |

Look at an ice crystal and it sparkles like pure diamond – that's the inspiration behind this treatment. It's designed to help you create softer, smoother and more radiant skin, reducing the appearance of irregularities for a glow as immaculate as a snow-covered landscape. Grounded in facial reflexology and performed with Lumi Boost, the massage focuses on specific areas of the face to detoxify and brighten the skin.

Valmont Firmness of the Hills

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £330 | £350 |
| 90 minutes | £380 | £400 |

A nourishing, sculpting and remodelling treatment designed to improve skin firmness. You'll enjoy a facial massage incorporating therapeutic deep massage techniques and slow, smoothing strokes to sculpt and define. Its effects are supercharged thanks to Valmont's powerful Firm-C Boost – a concentrated serum that delivers triple DNA, Vitamin C and collagen to the skin. Reveal a younger-looking face with a radiant glow, plump texture, and visibly more definition.

Valmont Energy of the Glaciers

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £300 | £320 |
| 90 minutes | £350 | £370 |

Want to look as fresh and rosy as if you'd spent a day hiking over glaciers? This oxygenating facial leaves your skin with a radiant glow thanks to a dual-action massage that focuses on the vascular system to energise and relax. This works in tandem with the ultra-oxygenating formula of Vital Boost – a product reserved exclusively for beauty professionals – to create an oxygen-rich, revitalised complexion.

EXPRESS FACIALS

Valmont Purity of the Alps

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 45 minutes | £220 | £240 |

More than just a simple skin cleansing, this facial offers skin a true revival. Designed to purify and balance, it's made up of 12 steps that cleanse, hydrate and leave your skin deliciously soft. Blending delicate strokes with the efficacy of Valmont products, it's a perfect choice for a first time facial or as a maintenance treatment at any time of year.

Valmont Youthful Eye Treatment (Reflection on a Frozen Lake)

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 45 minutes | £110 | £130 |

This comprehensive, targeted treatment is designed to eliminate fine lines, shadows, bags and swelling – leaving you with a dazzling, youthful gaze. Following a cleanse, you'll enjoy a gentle massage to reduce puffiness, moving into techniques that lift and sculpt to target wrinkles and crow's feet. Reflexology pressure points around the eye are stimulated to target dark shadows, and finally you'll enjoy a nourishing collagen mask to plump and soothe skin before protective treatments are applied.

MASSAGE

ishga Personalised Wellbeing Massage

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £190 | £210 |
| 90 minutes | £270 | £290 |

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.

ishga Poultice Massage

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £220 | £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

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £190 | £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.



BODY TREATMENT

ishga Detox Body Wrap

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £190 | £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

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £190 | £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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 60 minutes | £180 | £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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 60 minutes | £190 | £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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 60 minutes | £190 | £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 skincare 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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 90 minutes | £300 | £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

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £90 | £110 |

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.

Indulge Mii

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 75 minutes | £100 | £120 |

Hands drink in all the benefits of the Treat Mii Manicure with the additional indulgence of a rich hand mask and heavenly hand and forearm massage. Add Statement Gel Polish for a long-lasting finish.

Fly By Mii

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 45 minutes | £80 | £100 |

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

MON-THURS

£70

FRI-SUN

£90

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

MON-THURS

£70

FRI-SUN

£90

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

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 60 minutes | £90 | £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.

Indulge Mii

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 75 minutes | £120 | £140 |

Feet drink in all the benefits of the Treat Mii Pedicure, plus the additional indulgence of a deeply rich and nourishing foot mask and rejuvenating foot and lower leg massage.

Fly By Mii

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 45 minutes | £90 | £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

| | MON-THURS | FRI-SUN |
|------------|-----------|---------|
| 45 minutes | £80 | £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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 30 minutes | £50 | £70 |

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

| | | |
|------------|-----------|---------|
| | MON-THURS | FRI-SUN |
| 30 minutes | £50 | £70 |

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

Allow four hours

£930 for two people

Available every day

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.

From Here to Maternity

Allow four hours

£400 per person

Available every day

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.

Pure Indulgence

Allow three hours

£340 per person

Available every day

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.

Detox Spa Experience

Allow three hours

£440 per person

Available every day

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.

Escape in the City

Allow three hours

£300 per person

Available every day

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.

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.

- Available 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

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

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 these wonderful treatments on these beds:

| | | | |
|---|------------|------|------|
| Revitalising Treatment 30-minute express Carol Joy facial 30-minute foot massage | 60 minutes | £290 | £310 |
| Invigorating Treatment Dry body brushing Back scrub 30-minute back massage 45-minute facial | 90 minutes | £380 | £400 |
| Poultice Heaven Ishga poultice massage | 60 minutes | £280 | £300 |
| Ishga Back, Face and Scalp Sound Treatment | 90 minutes | £360 | £380 |
| Bespoke Massages Ishga Personalised | 60 minutes | £250 | £270 |
| Ishga Personalised | 90 minutes | £330 | £350 |

Sound Healing Treatment Experience on the MLX Quartz bed

90 minutes

£300

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 lounger

30 minutes

£60

Let us lull you into a state of deep relaxation with the Welnamis lounger. 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.