

PHILOSOPHY
Results, luxury and you

WELCOME TO EAST RIVER SPA

Enter the urban hideaway of East River Spa and put yourself entirely in our care. We offer the ultimate in spa experiences – you'll feel indulged and energised, but you'll also gain lasting results.

UPON ARRIVAL

We invite you to arrive up to one hour prior to your booking to gain the most from our wet spa facilities so that your experience really is the most luxurious treat. Included in the price of all our spa treatments is full use of the following facilities:

- n Stone oven sauna
- n Aromatic crystal steam room
- n 6 experience shower sensations
- n Panoramic relaxation room

This indulgent heat sequence will allow you to unwind in the elements that make East River Spa so unique and ensure you maximise the effects of your chosen treatments.

JUST ASK

We understand that sometimes it is just easier to talk. We welcome any queries you may have and would be more than happy to devise tailored packages and advise on individual concerns and needs.

HELPFUL ADVICE

GIFT VOUCHERS

Gift vouchers are available for all our spa experiences, from a single treatment to a full day spa package. All gift vouchers are valid for 1 year from the date of purchase, and these may be purchased from reception, over the phone on 020 7915 2826 or via our website www.eastriverspa.com

PAMPER PARTIES

Please enquire with our receptionist if you are interested in making a group booking. We can tailor make your day for any occasion.

COURSES

At East River Spa we offer a 10% discount on all our treatments in courses of 6 and 10. Furthermore, on any facial course of 10 or more, you will receive a complimentary micro dermabrasion treatment. With any body course of 10 or more, you will receive a complimentary Cleopatra bathing experience for two.

COUPLES TREATMENTS

For a definitive spa experience, why not book our exclusive couples treatment room, which creates the perfect mood for you and your partner to enjoy your chosen treatments together. Please be sure to mention the couple treatment room at the time of booking. For more information, please enquire at reception.

HELPFUL ADVICE

MUMS TO BE

Throughout pregnancy a woman's skin and body can react in many different ways. We understand the changes pregnant women will experience; therefore we will adapt our treatments to care for a pregnant woman's every need. In particular we would strongly recommend treatments that are coded **11**

HIMSELF

All our treatments and packages are ideal for men. In particular we would strongly recommend treatments that are coded **11**

ENTRANCE TO THE SPA

Entrance to the spa is through the main hotel where you will find us on the 1st floor. If you have trouble finding us, please ask at the reception desk.

SECURING YOUR BOOKING

All bookings must be secured with a credit card number. All Day Spa packages must be paid for in full when booking. We require 48 hours notice of cancellation or rescheduling, otherwise full payment will be taken.

HELPFUL ADVICE

FACE AND BODY CARE PRODUCTS – BY MAIL ORDER

A full range of Pevonia, Algothem, Essie and Kimia products are available to purchase over the phone. These along with your receipt will be posted directly to you. Postage and packaging will be at an additional cost of £6, and we estimate to have the products delivered within 2 weeks.

AGE REQUIREMENTS

There is no access to the East River Spa and gym for persons under the age of 16 unless they are chaperoned by a parent or legal guardian.

LATE ARRIVALS

If you arrive late for your scheduled appointment, we will endeavour to accommodate you, but cannot promise your full treatment time. You will still be charged the full price of the treatment.

FACIAL THERAPIES

TIME

PRICE

Before all facial treatments, an advanced UV analysis will be carried out, to understand the unique makeup of your skin. Your therapist will then prescribe accordingly.

EAST RIVER SPA SIGNATURE FACIAL

75mins

£80

The key elements in this facial focus on gaining optimum results. From start to finish the whole experience is aimed at inducing a deep sense of relaxation, through an intensive facial massage sequence. Vital in obtaining optimal results and increasing the skin's ability to regenerate new cells, massage also helps in maximising product absorbency, eliminating waste and improving oxygen uptake in the skin.

PEVONIA FACIAL THERAPIES

60mins

£65

The most potent and effective natural source ingredients incorporated within technologically advanced formulae. These treatments deliver remarkable, highly visible results.

PRESCRIPTIVE FACIAL

An ideal facial as the first step in offering skin care advice is to develop your own personalised skin care programme.

ULTIMATE DEEP CLEANSE

A purifying facial ideal for oily, congested, blocked or acne-prone skin types.

AROMATHERAPY FACIAL

Offering a more holistic approach to skin harmony.

FACIAL THERAPIES

PLANTOMER FACIAL

Calms and soothes sensitive, stressed out skin, with redness or hormonal breakouts.

LUMINOUS 'C' AND SEA FACIAL

Ideal for radiance, anti-ageing, deep hydration and a visible glow.

ANTI FREE RADICAL FACIAL

For intensive re-hydration and nourishment. Helps repair damage caused by the elements, such as pollution and sun exposure.

ELASTO FIRM FACIAL

Intensive anti-aging treatment, which specifically targets fine lines and focuses on improving elasticity in the skin.

FLORACIDE FACIAL

An advanced and deep exfoliation for the treatment of stubborn pigmentation, thickened or congested skin for a brighter and more refined complexion.

RS2 ROSACEA TREATMENT

For the specific treatment of Rosacea and hypersensitive skin. This facial reduces heat and high colour to restore harmony in the skin.

MEN'S FACIAL

Designed specifically for male skin, targeting shaving irritation and refining open pores.

FACIAL THERAPIES

TIME

PRICE

ALGOTHERM FACIAL THERAPIES

60mins

£65

Through formulations that are exceptionally rich in marine actives, these therapies combine the concept of well being with high impact formulations and techniques.

SPECIFIC ALLIANCE FACIALS

Tailored to your specific skin type and current concerns.

BIOMORPHOSE MOISTURISING FACIAL

A super hydrating facial that plumps out fine lines and smoothes the appearance of wrinkles.

ALGONATIVE CELL RENEWAL FACIAL

Uses manual massage techniques designed to lift and firm the skin while stimulating cell renewal.

OXYGENATING TREATMENT

The perfect booster treatment to leave your skin purified, smooth and radiant.

KIMIA FACIAL THERAPY

45mins

£55

Using Kimia's active serum, this unique facial massage sequence will help to dramatically alter the deeper layers of the skin to reduce wrinkles and relieve the pressures of everyday life, leaving the skin exuding a youthful radiance.

FACIAL THERAPIES

TIME PRICE

AYURVEDIC FACIAL RITUAL

60mins £65

This ancient Indian holistic facial treatment will take you on a sensory journey to discover your own unique and distinct individual constitution (Dosha). Predominantly focusing on the use of aromatic concentrates and traditional Ayurvedic massage techniques, this facial offers a deep cleansing and divinely relaxing experience that clears blocked energy and reveals your skin's natural healthy glow.

GALVANIC FACIAL

60mins £65

Upgrade and intensify the results of any facial by incorporating this highly effective treatment, using a galvanic electrical current to aid your skin in the absorption of highly active concentrates for an immediate improvement. Only to be used in conjunction with the Pevonia product line.

FACIAL INCORPORATING MICRODERMABRASION

60mins £65

Combine the benefits of your prescriptive facial treatment with the advances of microdermabrasion, for the ultimate deep cleansing and rejuvenating facial treatment.

NB guests cannot use the steam room, sauna or sunbeds for 24hrs prior to and after this treatment.

SKIN ANALYSIS AND CONSULTATION

30mins £20

If you are looking for general skin care advice or seeking help with a specific skin concern, why not book a consultation with one of our highly skilled professional facial therapists for an advanced skin analysis and consultation. We will then be able to offer you personalised advice and prescribe a course of action tailored to suit your individual needs. The £20 charge for this consultation is redeemable against any products bought at the same time.

NB guests cannot use full facilities with the skin consultation.

ADVANCED FACIAL THERAPIES

TIME PRICE

CRYSTAL CLEAR MICRODERMABRASION

30mins £45

This deep and progressive exfoliation system offers exceptional results on a wide variety of skin concerns such as congestion, pigmentation, fine lines, thickened and blemished skin. See and feel results after just one treatment.

NB guests cannot use the steam room, sauna or sunbeds for 24hrs prior to and after this treatment.

CRYSTAL CLEAR OXYGEN THERAPY

30mins £55

The perfect rejuvenation treatment for dull, tired and ageing skin. This treatment replenishes lost oxygen in the skin, while active ingredients in the serum restructure the skin to visibly hydrate and plump out lines and wrinkles.

MICRODERMABRASION AND OXYGEN THERAPY

60mins £90

Combine the two treatments together for maximum results.

NB guests cannot use the steam room, sauna or sunbeds for 24hrs prior to and after this treatment.

CACI NON SURGICAL FACE LIFT

60mins £65

Known as "the non-surgical face lift", this electrical facial treatment utilises a unique combination of specific waveforms and frequencies which transmit tiny electrical impulses to stimulate muscle tone and have an intensive firming effect on the skin.

ENHANCE AND INTENSIFY

TIME PRICE

These treatments can be added on to any facial therapy:

Eye treatment for wrinkles	extra 15mins	£15
Eye treatment for puffiness	extra 15mins	£15
Eye treatment for dark circles	extra 15mins	£15
Youthful lip smoothing treatment	extra 15mins	£15
Bust treatment	extra 30mins	£15
Neck treatment	extra 15mins	£15
Your choice of three	extra 45mins	£35

MOROCCAN STEAM CLEANSING RITUAL

TIME

PRICE

A personalised ritual that can be enjoyed with a friend or loved one. Your therapist will guide you through the experience, but you are left alone to carry out the deeply relaxing steps in your own private steam chamber. Your cleansing ritual begins in the wet spa area prior to your appointment, where you can unwind and melt away any tension in the crystal steam room and stone oven sauna before drenching yourself under one of the refreshing experience showers.

Balanced and refreshed, you are then guided into the Rassul chamber where you are presented with your selection of products, including a natural salt scrub, mineral clay, mud and organic oil mixture.

A cold beverage complements your specific ritual, while the treatment concludes with a warm oil application leaving your skin glowing. This deeply nourishing and intensely cleansing ritual rejuvenates the skin and works internally to detoxify and stimulate the bodies systems.

Moroccan Steam Cleansing Ritual for one	45mins	£50
Moroccan Steam Cleansing Ritual for two	45mins	£80
Chocolate Steam Cleansing Ritual for one	45mins	£60
Chocolate Steam Cleansing Ritual for two	45mins	£90

BODY THERAPIES

TIME

PRICE

Allow yourself to be gently wrapped in a heated cocoon of your choice, whilst your therapist performs a deeply relaxing scalp massage.

PEVONIA BODY THERAPIES

AROMATHERAPY SALT GLOW – DEEP FULL BODY EXFOLIATION 60mins £65

Using a blend of aromatic sea salts and essential oils your skin is gently massaged, removing dead skin cells and stimulating circulation. This treatment will bring your skin back to superb radiance preparing it beautifully for further body treatments.

DETOX AROMATIC SEAWEED WRAP – DETOXIFYING 60mins £65

Relax and luxuriate in steady warmth while your skin detoxifies and absorbs intense benefits from the rich array of micronized minerals, vitamins and enzymes found in this seaweed wrap.

GREEN COFFEE BODY WRAP – BANISH CELLULITE 60mins £65

An effective treatment to combat cellulite. The powerful diuretic action of this wrap aids the break down of fatty tissue, while thoroughly hydrating and firming the skin.

DESERT HEAT BODY WRAP – REMINERALISING 60mins £65

Rich in copper, magnesium and zinc. This warm, soothing, bubbling cocoon soothes and relaxes every inch of your skin. As healing and nourishing minerals seep in, warm heat encourages aches, pains, fatigue and stress to flow freely out of your body.

BODY THERAPIES

TIME PRICE

AROMATHERAPY COCOON – DEEP RELAXATION

60mins £65

Natural herbal essential oils are applied in a warm, aromatic treatment, chosen to stimulate your body's own ability to release stress and restore peace and well-being to body and mind.

AROMATIC MOOR MUD WRAP – EASES ACHES AND PAINS

60mins £65

Gently vanquishing aches and pains, the moor brings a state of deep relaxation and wellness into the very fibres of your body. Rich in natural vitamins, minerals and enzymes, this unique natural black magma rejuvenates your skin and brings you back to healthy life.

TROPICAL ESCAPE – ANTI AGEING, REJUVENATING

60mins £65

Drenched and enveloped in the most exotic array of tropical fruit extracts. This decadent treat for the whole body combines the most potent concoction of anti ageing ingredients such as vitamin A, collagen and lestin. Your skin will emerge deeply nourished, rejuvenated and silky smooth

TROPICAL OASIS – FIRMING AND INVIGOURATING

60mins £65

Combining tropical extracts of mango and passionfruit this wrap is rich in fruit acids, essential fatty acids and very high concentrations of vitamin C. A creamy yoghurt formulation is applied to the skin, prompting fast and concentrated absorption of active ingredients. For smoother and visibly brighter skin.

ALGOTHERM BODY THERAPIES

MINERALISING BODY WRAP

90mins £95

Rich in oligo-elements and mineral salts, this treatment gives you all the protein and minerals necessary for your body's inner balance. You will feel revitalised, with a sensation of total wellbeing that lasts. Choose from one of the following individual wraps, each with a specifically designed massage and concentrate targeted at exact points of concern:

- n** Mineralising and slimming body wrap **n** Mineralising and toning body wrap
- n** Mineralising and detoxifying body wrap **n** Mineralising and relaxing body wrap

PHYTOPLUS SLIMMING WRAP

90mins £95

This versatile slimming treatment allows you to enjoy the benefits of slenderness in accordance with each body shape. This treatment can be customised to target stubborn, localised fat deposits and water retention, or use it for global anti-cellulite action.

- n** Slimming plus – For cellulite, water retention, orange peel skin
- n** Contouring and firming – For cellulite with lack of firmness
- n** Contouring and draining – For cellulite and toxin drainage
- n** Contouring and toning – For stubborn cellulite and microcirculation problems

MARINE MUD WRAP – RELIEVES MUSCULAR TENSION

90mins £95

Ideal for deep relaxation. The application of this warm Marine Mud will soothe tense muscles and joints, leaving your whole body recharged with minerals.

MESSAGE	TIME	PRICE
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TRADITIONAL SWEDISH MASSAGE n n	60mins	£65
	90mins	£95

Swedish massage combines a universal collection of techniques designed primarily to relax specific muscles to help ease tension. This technique is ideal for reducing both physical and emotional stress, and is suggested as a regular programme for stress management. The pressure can be varied to suit your taste.


AROMA MASSAGE	60mins	£65
	90mins	£95

Our therapeutic Aroma massage combines the physical and emotional benefits of massage with the therapeutic and immune boosting properties of essential oils, which aid in the restoration of harmony between the mind and body. This technique is primarily aimed at relaxation and uses long, flowing movements. The pressure is gentle and the focus is on nurturing.

AYURVEDIC MASSAGE RITUAL	90mins	£95
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This ancient Indian holistic treatment will take you on a sensory journey to discover and rebalance your own unique and distinct individual constitution (Dosha). Using gentle, long and fluid massage strokes combined with your own bespoke aromatic concentrate; we aim to induce a dream-like state of relaxation. This treatment is then completed with a thorough herbal body exfoliation to cleanse away blocked energy and impurities in order to rebalance your state of well-being.

MESSAGE	TIME	PRICE
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HOT STONE MASSAGE 	90mins	£95
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Best described as a thermo dynamic treatment, this style of massage combines the use of heated black basalt stones together with massage, to literally melt away tension. Up to six times deeper than a traditional massage, this is the ultimate treatment for those seeking an intensive massage. The pressure can be varied to suit your taste.

INCLUDE A FULL BODY SCRUB WITH YOUR MASSAGE extra 30mins £35

COUPLES MASSAGE	60mins	£130
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If you are looking for that special treatment to experience with your partner, please ask about our couples massage treatment room.

GOLDEN GLOW	TIME	PRICE
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AIRBRUSH SPRAY TAN BY AMBER MIST	20mins	£30
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NB cannot be applied directly before or after any other treatments.

We offer the ultimate in spa packages to offer you the most lavish day of all. What makes us unique is that we take great care in providing the right treatment for every individual, leaving you delighted with the results. We have also paid great attention to every detail and offer full use of our spa facilities to ensure your spa experience really is the most luxurious treat.

Our spa packages are the ideal gift solution for that special someone, and our comprehensive selection of spa packages present you with the best treatment options, to satisfy even the most discerning spa goer. All spa packages, like individual treatments, can be purchased as gift vouchers, and come beautifully presented, ready to surprise and delight.

PERFECT PEACE

2hrs £120

Combining two of our most sought-after treatments, this package offers the ideal total body treat. Enjoy all the benefits of your personally tailored facial before being drizzled in warm oil for a divinely relaxing Swedish massage.

- n Prescribed Facial (60 mins)
- n Traditional Swedish massage (60 mins)

MUCHO MACHO

2hrs30min £145

Melt away muscular tension with our intensive hot stone massage before having that hard to reach area – your back – cleansed and purified. This package is complemented with a Reviver Facial to boost and rejuvenate any skin type. Although originally designed especially for men, it has become a popular choice for women too.

- n Hot stone massage (90 mins)
- n Absolute back ritual (30 mins)
- n Reviver facial (30 mins)

JETLAG REVIVER

2hrs45min £160

Designed to revive even the weariest traveller, this spa package will boost mind and body leaving you feeling ready to face the world again. The individual components of this package have been combined to reverse the negative effects of long haul flying and a high altitude atmosphere. For the face, the Biomorphose facial targets dehydration, bringing your skin back to a radiant glow. While the body wrap works on puffy aching legs, the neck, shoulder and scalp are not forgotten, and a deep intensive massage eases away any last traces of tension.

- n Biomorphose Moisturising Facial (60 mins)
- n Moroccan steam cleansing ritual for one (45 mins)
- n Remineralising Mud Wrap (with neck, shoulder and scalp massage) (60 mins)

WARM AROMA DREAM

3hrs

£175

If relaxation is what you crave, then look no further. Focusing on a more holistic approach to your complete spa experience, begin with an invigorating body exfoliation using an aromatic blend of sea salts and essential oils, before being gently massaged and enveloped in a warm cocoon, to help induce a dream-like state of relaxation. Complete the package with a wonderfully therapeutic Aroma facial, which naturally rebalances the harmony in your skin.

- n Aroma salt glow (30 mins)
- n Aroma massage (60 mins)
- n Warm Aroma cocoon (30 mins)
- n Aroma facial (60 mins)

DETOX PACKAGE

3hrs30min

£205

Everything about this spa package is designed for those seeking a complete head to toe detoxification experience. Right from the start, your body will be cleansed and smoothed with the Algae seaweed peel, before being enveloped in a warm seaweed mud, which encourages toxins to be released from your body. This body wrap is complimented by the stimulating benefits of our Hot Stone Massage, however the package would not be complete without the purifying and rebalancing effects of our Ultimate Deep Cleanse facial.

- n Micronised seaweed body peel (30 mins)
- n Desert heat body wrap (30 mins)
- n Hot stone massage (90 mins)
- n Ultimate Deep Cleanse Facial (60 mins)

TAKE TWO

1hr45mins £210

Take pleasure in sharing the ultimate spa experience with someone special. Whether it be your partner or a friend, you can indulge your bodies with mineralising muds and salts in the unique Cleopatra Bathing Experience designed for two, followed by a luxurious massage in our exclusive couples treatment room. Finally, allow yourselves to be guided back to our relaxation room to enjoy a chilled glass of champagne complimented with succulent strawberries.

- n Cleopatra Bathing experience for two (45 mins)
- n Couples massage (60 mins)
- n Champagne and strawberries

ADDITIONAL SERVICES

TIME PRICE

Please note that use of our wet spa facilities and relaxation room are not included with our service treatments.

Manicure	45mins	£35
Mini Manicure	30mins	£25
Pedicure	60mins	£40
Mini Pedicure	30mins	£25
French polish		extra £5
Eye lash tint	30mins	£17
Eye brow tint	15mins	£15
Eyebrow shape	15mins	£15
Lower half leg wax	20mins	£23
Three quarter leg wax	30mins	£27
Thigh wax	20mins	£23
Full leg wax	45mins	£30
Bikini wax	15mins	£15
Underarm wax	15mins	£15
Lip wax	10mins	£12
Chin wax	10mins	£12
Full arm wax	30mins	£21
Forearm wax	20mins	£18
Back wax	30mins	£25
Chest wax	30mins	£25

For further information please call +44 (0)20 8820 8123
or visit eastroverspa.com

