

EAST RIVER SPA

FOR BODY AND MIND

WELCOME TO EAST RIVER SPA

Enter the delights of EAST RIVER SPA and put yourself entirely in our care. We offer the ultimate in spa experiences – you will 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 and to ensure your experience really is the most luxurious treat. Included in the price of all our spa treatments is full use of the following facilities

- Stone oven sauna
- Aromatic crystal steam room
- 6 Experience shower sensations
- Panoramic Relaxation room

This indulgent heat sequence will let you 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 via our website at www.eastriverspa.com

PAMPER PARTIES

Please enquire with our receptionist if you are interested in making a group booking (4-10pax). We can tailor make your day for any occasion.

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 (p)

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.

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. No persons under the age of 16 are allowed access to the sauna or steam rooms.

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.

MURAD FACIAL THERAPIES (p)

60mins

£75

A high performance product line uniquely formulated by Dr Howard Murad and based on all inclusive health and the science of cellular water. These dermatological treatments and products are expertly developed using key ingredients which guarantee to provide results to surpass your expectations.

Sun Undone Vitamin C infusion Facial – restore radiance!

Radiance boosting, brightening and anti-ageing facial with pure vit C for age spots, sun damage and the effects of city living

Resurgence Renewal Facial – get glowing!

Restore the luminous glow you used to know with our most indulgent facial specifically designed for menopausal and hormonal skin. Luxurious and lasting hydration restores suppleness, texture and tone.

AHA Rapid Exfoliator Anti-ageing Facial – youthful you!

Uniquely formulated to reduce the visible signs of ageing, this exfoliating treatment will reduce the appearance of lines and wrinkles and reveal smoother, healthier and younger looking skin.

Redness Therapy Facial – Redness free!

This intensely soothing facial will calm your skin like nothing else you have experienced. Dr Murad's miracle treatment will gently soothe, calm, hydrate and strengthen even the most sensitive skin, broken capillaries and rosacea.

Booster Facial

30mins

£45

Swiftly and dramatically reduce the appearance of wrinkles with powerful exfoliators while infusing the skin with long lasting hydration. This booster facial will leave your skin brighter, smoother and firmer after just one treatment.

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.

FACIAL INCORPORATING MICRODERMABRASION

60mins

£75

Combine the benefits of your prescribed 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.

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 Rasul 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 two	45mins	£90
Chocolate Steam Cleansing Ritual for two	45mins	£95

BODY THERAPIES

TIME

PRICE

MURAD CELLULITE & STRETCHMARK TREATMENT

60 mins

£75

30 mins

£45

For the ultimate firming and toning body treatment. Reduce the signs of cellulite and stretch marks while increasing skin firmness and elasticity with this results driven treatment.

AROMATHERAPY SALT GLOW

30 mins

£40

60mins incl 30min massage

£75

90mins incl 60min massage

£105

A deep full body exfoliation. Using a blend of 100% organic sea salts and aromatherapy 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.

DEAD SEA MUD WRAP

60mins

£75

90mins incl 30min massage

£105

Firms, contours and detoxifies your body. This deeply relaxing and intensely detoxifying spa treatment starts with a sea salt scrub before you are enveloped in warm Dead Sea mud. Allow yourself to be gently wrapped in a heated cocoon, whilst your therapist performs a deeply relaxing scalp massage. Using 100% organic salts and mud's from the dead sea, this treatment offers proven results that will leave your skin glowing from within.

MASSAGE

TIME

PRICE

We use only the highest grade 100% natural and organic massage oils for all our massage treatments. Allow your therapist to take you through an in-depth sensory consultation to choose the right oil along with the right massage technique to suit your specific needs.

TRADITIONAL SWEDISH MASSAGE (p)

30mins

£40

60mins

£75

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 program for stress management. The pressure can be varied to suit your taste.

AROMA MASSAGE

60mins

£75

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.

HOT STONE MASSAGE

90mins

£105

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 6x deeper than a traditional massage, this is the ultimate treatment for those seeking an intensive massage. The pressure can be varied to suit your individual taste.

COUPLES MASSAGE

60mins pp

£150

If you are looking for that special treatment to experience with your partner, please enquire after our couples massage treatment room.

LAZY DAYS

TIME

PRICE

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 treatments 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, as well as individual treatments, can be bought as gift vouchers, and come beautifully presented, ready to surprise and delight.

PERFECT PEACE

2hrs

£135

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

- Prescribed Facial (60mins)
- Full Body massage (60mins)

MUCHO MACHO

2hrs30min

£175

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 Booster facial to boost and rejuvenate any skin type. Although originally designed especially for men, it has become a popular choice for women too.

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

DETOX PACKAGE

3hrs

£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 Aroma Salt Glow, before you are enveloped in a warm Dead Sea 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 a deeply cleansing facial.

- Aroma salt glow (30mins)
- Dead Sea Mud wrap (30mins)
- Detox Aroma massage (60mins)
- Prescribed Facial (60mins)

TAKE TWO

1hr45mins £240

Take pleasure in sharing the ultimate spa experience with someone special. Whether it be your partner or your best 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.

- Moroccan Steam Cleansing Ritual for two (45mins)
- Couples massage (60mins each)
- 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 10mins	£5	
Half leg wax	25mins	£23	
Full leg wax	45mins	£30	
Bikini wax	15mins	£15	
Brazilian Bikini wax	up to 30mins	£30	
Hollywood Bikini wax	up to 40mins	£40	
Underarm wax	15mins	£15	
Lip wax	10mins		£12
Chin wax	10mins	£12	
Forearm wax	20mins	£18	
Back wax	30mins	£25	
Chest wax	30mins	£25	