

# theSpa

PIMLICO SW1

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## The Spa

Inspired by the essence of Morocco, the spa is a fusion of ancient therapies and contemporary spa philosophies for him and for her.

## Unique to our Spa.

Dolphin Square's mineral rich water is drawn from the only working Artesian well in the City of Westminster.

Coming directly from the water table this makes a significant contribution to Spa treatments, Dolphin Square's & Westminster's environmental status.



# Core Principles

## CLEANSING & PURIFYING

Unleash the purifying and detoxifying secrets of authentic Moroccan Hammam and Rhassoul rituals. Combine your ritual with a Hammam to cleanse and exfoliate the skin leaving it hydrated and soft, a Rhassoul to draw out toxins and impurities and Salt Infused Steam to benefit respiratory conditions and soothe weary aching bodies.

## RELAXATION & BALANCE

Allow us to whisk you to Morocco for the day with tailored and signature spa treatments to help you feel relaxed, revived and restored. With a choice of treatment and relaxation areas; from our courtyard, deep relax room and tepidarium which will allow you to feel the warmth of Morocco through heated stone loungers.

All guests having a spa treatment will receive a complimentary Moroccan mint tea, with orange slices and dates at the end of their experience allowing them to take time for themselves to relax and rebalance.

## PRESCRIPTIVE MAINTENANCE & REPAIR

A no fuss time conscious approach to results driven regular maintenance and with treatments such as manicures and pedicures as well as your regular waxing in a luxurious Moroccan inspired environment.

## THE SPA RESERVATION & MENTOR TEAM

Our mentors are on hand to answer your questions from the moment you enquire, make a booking and on arrival. We use an online booking system, for ease of booking at any time of day. They will ensure you get the most from your treatments and your visit is relaxing and stress free.

## FOR HIM & FOR HER

Treatments are suitable for him and for her with a few exceptions, please ask our Spa Mentor if you need advice.

## PRODUCT HOUSES

Our Product houses have been chosen to support the essence of Morocco and spa principles.

### *La Sultane de Saba*

Ancient rituals using authentic Moroccan ingredients that have been passed down through generations.

### *Comfort Zone*

Arabian influenced range for face and body rituals combining the best of science and nature in developments and production of spa skin care products.

### *Moroccan Oil*

Innovative formulas which provide dramatic results on hair and scalp. Discover the performance behind the headlines.

## YOUR SPA EXPERIENCE

Please arrive at least **30 minutes** prior to your spa appointment, to complete a lifestyle questionnaire with the Spa Mentor. We request that you disclose any medical condition, including pregnancy and allergies, prior to your treatment as some services may be contra-indicated. Continue your spa journey at home by choosing products from our handpicked retail selection. During certain peak times we may be unable to accept bookings for treatments under 55mins.

## **Cleaning & Purifying.**

Unleash the purifying and detoxifying secrets of authentic Moroccan Hammam and Rhassoul rituals. Combine your choice of ritual with a Hammam to cleanse and exfoliate the skin leaving it hydrated and soft, a Rhassoul to draw out toxins and impurities and Salt Infused Steam to benefit respiratory conditions and soothe weary aching bodies.



# Moroccan Cleansing Rituals

## HAMMAM RITUAL – cleansing experience

A traditional Moroccan treatment experienced in the warmth of the Hammam. Your body is doused with warm water as a Tellak exfoliates away impurities using a Kessa glove and Savon Noir, a cleansing soap made from crushed olives, olive oil and Eucalyptus. For best results combine your ritual with a massage or facial.

£55 25 mins

## LUXURY HAMMAM RITUAL £90 55 mins

Your complete top-to-toe Moroccan cleansing experience begins with a foot ritual. As your body is doused with warm water by a Tellak, Savon Noir is applied to wash away all impurities. A Kessa glove is used to exfoliate your skin and a bespoke blend of purifying Rhassoul clay and nourishing Shea Butter is applied to your body. The ritual finishes with an application of beauty oils to leave your skin soft and nourished.

£90 55 mins

## SALT INFUSED STEAM £25 15 mins

Salt helps the healing process of a variety of skin and respiratory conditions. The salt infused steam room is a hot humid chamber inspired by Arab culture that mimics the benefits of the sea air, producing negative ions to fight destructive free radicals. It draws out toxins, whilst soothing weary or aching muscles and joints to induce a state of deep relaxation.

£25 15 mins

## RHASSOUL RITUAL - purifying experience

(Self-administered Treatment)

Rhassoul lava clay sourced from the Atlas mountains, it has unique active properties to draw out toxins and to soothe and nourish the skin. Apply the Rhassoul lava clay to your body and relax in the heat of the chamber with 15 minutes of steam to allow the lava clay to work. Finally, shower away the clay leaving skin soft, smooth and cleansed. Complete your treatment by applying one of our body oils or conditioning milk.

£50 40 mins

## LUXURY RHASSOUL

(Self-administered Treatment)

Beginning with the purifying Savon Noir to cleanse your body, the treatment follows with your special blend of pure Rhassoul lava clay with melted Shea Butter applied to the body, while luxurious Honey & Rose mask hydrates your face. Relax whilst impurities are removed and the skin is conditioned, smoothed and refined. Complete your experience with an oil or moisturising milk to lock in the goodness.

£70 55 mins

## SCRUB & NOURISH

Using a combination of movements and luxurious body scrub for a thorough full body exfoliation, followed by an all over application of nourishing body oil to lock in the goodness and drift away with spicy amber aromas.

£60 40 mins

## Relaxation & Balance.

Allow us to whisk you to Morocco for the day with tailored and signature spa treatments to help you feel relaxed, revived and restored. With a choice of treatment and relaxation areas; from our courtyard, deep relax room and tepidarium which will allow you to feel the warmth of Morocco through heated stone loungers.



## Moroccan Signature Rituals

### ARABIAN BACK, FACE & SCALP RITUAL

Using exotic Moroccan fragrances and Arabian influenced movements, this treatment commences with a warm oil back massage to relax and indulge, followed by a hydrating facial with a hypnotic scalp massage, ideal for restoring mind and body.

£145 1hr 25 mins

### SACRED NATURE RITUAL

A wonderfully nourishing face and body ritual. This top to toe treatment is nourishing and protective, offering a natural treatment indicated for all skins, including even the most sensitive. This Nature Ritual detoxifies and protects the skin in a pleasant and embracing way.

(This treatment is also suitable during pregnancy)

£145 1hr 25 mins

### SPA & DELIGHT

Experience what our Moroccan inspired spa has to offer with a Bespoke spa experience; choose between one of the authentic cleansing and purifying rituals; Hammam Ritual or Rhassoul Ritual, followed by a choice of 55-minute massage or facial to the value of £85.

£145 1hr 25 mins  
Hammam  
1hr 40 mins  
Rhassoul Experience

### MOROCCAN NIGHT

Drift away with relaxing and luxurious body massage designed for busy urban lifestyle. This unique treatment uses the synergy of a special blend of essential oils, Ayurvedic and Indonesian Sea Malay movements combined with the use of soft brushes. This ritual gently helps you to achieve a quiet and peaceful mind and body, promotes healthy sleep and recovery from jetlag side-effects.

£85 55 mins

## Moroccan Signature Rituals

### MOROCCAN MAJORELLE

Enjoy a full body cleanse in the warmth of the Hammam followed by a luxurious Shea Butter massage to leave you feeling renewed from top to toe. Drift away with a relaxing scalp massage while rich and hydrating Honey & Rose mask is applied to your face, to reveal your natural glow.

£145 1hr 25 mins

### ARABIAN CEREMONY

This ancient ritual is inspired to free the mind and relax the body. Commencing with a foot cleansing ritual, the ceremony will continue with a full body exfoliation, preparing the skin for a hydrating massage for the body, hands and feet. The ritual will conclude with a soothing scalp massage for ultimate relaxation.

£170 1hr 55 mins

### 23 CARAT GOLD CEREMONY

Encapsulating the precious anti-ageing beauty secrets of 23 carat gold to immediately smooth, enhance and illuminate from top to toe. This treatment combines a gold hammam cleanse, followed by gold massage using precious oils and luxurious 23 carat gold facial.

1hr 25min includes Gold Hammam, 25min Gold Facial & Gold Back Massage  
2hr 25min includes Gold Hammam, 55min Gold Facial & Full Body Gold Massage

£145 1hr 25 mins  
£210 2hr 25 mins

### JOURNEY OF THE SPICES

A burst of flavours washes over as a full body spice scrub is performed from the toes up. A copper shirodhara bowl then drizzles spice infused oils across the body creating a hypnotic flow, combined with long rhythmical massage techniques. Then our pure Argan Oil facial works to nourish and replenish the complexion. Extend your Journey to include our deeply relaxing and stress relieving Warm Poultice Massage.

1hr 25min includes Spice Scrub, 25min Facial & Back Massage  
2hr 25min includes Spice Scrub, 55min Facial & Warm Poultice Massage

£145 1hr 25 mins  
£210 2hr 25 mins

\* All Moroccan Signature Rituals include light snacks.



## For the Body

### SHEA BUTTER MASSAGE

A blend of exotic Moroccan oils and heavenly Shea Butter nourish and soften the skin, soothing tired aching muscles.

£55 25 mins  
£85 55 mins  
£115 85 mins

### THE ULTIMATE AROMATHERAPY MASSAGE

A truly relaxing massage following traditional aromatherapy practices, choose your own oil to release tension and help to rebalance the body's systems leaving you feeling renewed and revitalised.

£55 25 mins  
£85 55 mins  
£115 85 mins

### HOT STONE MASSAGE

An intensely relaxing massage with Hot Stones to ease away your knots and tension, incorporating the Tranquillity essence to help induce relaxation and leave the skin softened and nourished.

£65 25 mins  
£95 55 mins  
£125 85 mins

### MUSCLE RESTORING MASSAGE

An intensive massage that works deep into stiff, tight, aching muscles to instantly release pain and tension.

£65 25 mins  
£95 55 mins  
£125 85 mins

### MEDINA OF RELAXATION

With the hustle and bustle of daily life, feel as your stress and strains are swept away with this relaxing foot ritual. Starting with a reviving and exfoliating foot soak, drift away with a comforting foot and lower leg massage. All using your chosen oil leaving you veiled in 'a sense of calm'.

£55 25 mins

### MOROCCAN OIL SCALP MASSAGE

Using Moroccan Oil's signature scent of spicy amber aromas that merge with sweet florals let us whisk you to the Moroccan beach front with our hypnotic scalp, neck and shoulder massage.

£55 25 mins

## Body Ceremonies

### BODY ACTIVE RITUAL

The perfect Ritual for those post workout muscles with an intensive remineralizing firming treatment and innovative body mask made up of Yellow Clay and Plankton extract. An exclusive massage that combines the use of a Wood Massage Roller with Tui-Na techniques.

£145 85 mins

### CAFFEINE RITUAL

An express thermogenic treatment to help reduce the typical signs of cellulite, for those short on time but with cellulite to shift. For added benefits either add our Scrub & Nourish or Hammam Ritual to start the treatment.

£65 25 mins

### PURIFYING BACK TREATMENT

A cleansing treatment to an often neglected area. Combined with a leg and foot massage, this is a results driven treatment - ideal before a holiday or a glamorous night out.

£65 25 mins

## For the Face

### BESPOKE FACIAL

Through a tailored consultation your therapist will create bespoke facial to suit your skin needs.

25 minute Bespoke Facial will include; cleanse, exfoliation, facial massage or mask with scalp massage. All facials are finished with bespoke retail recommendations to continue your spa experience at home.

55 minute Bespoke Facial will include; cleanse, exfoliation, facial massage, facial mask and scalp massage to leave you in a complete state of relaxation.

### SILK & ROSE FACIAL

A facial to enhance your skin clarity and texture leaving you with a more dewy, fresh-faced complexion. The silk is an ancient wonder: the secret is in the sericin, this natural sap is rich in proteins and famed for anti-ageing and skin clearing virtues. Combined with the soothing essence of rose which natural pigment immediately enhances skin tone. A powerful duo that reduces blemishes and clogged pores whilst deeply hydrating and smoothing the skin.

### DEEPLY BALANCING

A deep cleansing treatment that gives an immediate luminous, smooth and even appearance. Characterised by an innovative mattifying peel-off spirulina algae mask. Intense and delicate at the same time, it purifies and balances the skin, leaving it fresh and toned.

£55 25 mins  
£85 55 mins

£85 55 mins

£55 25 mins  
£85 55 mins

## For the Face

### DEEPLY HYDRATING

A deeply hydrating face, neck and décolletage treatment to replenish the skin's moisture levels. The Hydra balance of the skin is restored, and the skin is beautifully luminous and toned with a fresh, youthful complexion.

£55 25 mins  
£85 55 mins

### DEEPLY NOURISHING

A renewing, strengthening and soothing treatment, fragrance-free, recommended for skins which are sensitive, fragile and prone to redness. Smooths and restores the protective skin barrier through a delicate dermal-affinity action.

£55 25 mins  
£85 55 mins

### URBAN LIFESTYLE

The perfect antidote to modern fatigue and urban lifestyle, this facial is ideal for time-pressed clientele with stressed, dull and ageing skin. The facial is designed to cleanse, detoxify and promote skin regeneration. A gentle, yet effective peel reveals your natural glow followed by a bespoke booster which recharges and revives your skin while a unique blend of essential oils and Longevity Complex helps to protect your skin from day to day stress and pollution.

£95 55 mins

### LIFTING & FIRING FACIAL

Powerful lifting facial targeting sagging cheeks, jowls, chin and neck for a visible rejuvenating effect. The advanced mask with ingredients that mimic the action of Botox helps to oxygenate skin cells and gives an instant firming effect. The result is beautifully nourished, illuminated, firmer and lifted skin.

£95 55 mins



## Couples Suite

*Whether coming with a friend or partner, enjoy time together in our Moroccan inspired Couples Suite.*

### **SHEA BUTTER SUITE FOR TWO**

**£220** 55 mins

A blend of natural Shea Butter and Moroccan Oils to nurture the skin while your therapist revitalises tired aching muscles.

### **TRANQUIL ESCAPE FOR TWO**

**£240** 55 mins

An intensely relaxing massage with Hot Stones to ease away your knots and tension, incorporating the Tranquillity essence to help induce relaxation and leave the skin softened and nourished.

### **MOROCCAN DELIGHT FOR TWO**

**£270** 55 mins

A traditional Moroccan treatment experienced in the warmth of the Hammam. Your body is doused with warm water as a Tellak exfoliates away impurities using a Kessa glove and Savon Noir, a cleansing soap made from crushed olives, olive oil and Eucalyptus. Followed by the ultimately relaxing Aromatherapy 25-minute back massage.

*If you would prefer to choose your own treatments, you can hire the spa suite for £50 on top the treatment value.*

## PREGNANCY MASSAGE

Relieve stresses and strains, heavy legs and an aching back with this all over body treatment that includes a relaxing and rejuvenating full scalp and facial massage. Only suitable for clients who have passed their first trimester (12 weeks) or more.

£55 25 mins  
 £85 55 mins  
 £115 85 mins

## SACRED NATURE RITUAL

A wonderfully nourishing face and body ritual. This top to toe anti-aging treatment is nourishing and protective, offering a natural treatment indicated for all skins, including even the most sensitive. This Sacred Nature Ritual detoxifies and protects the skin in a pleasant and embracing way.

£145 1hr 25 mins

## ME & MY BUMP PRE/POST NATAL

Before or after baby's arrival enjoy a relaxing back massage and treat those tired legs to a much needed massage. A brightening and hydrating facial using gentle yet effective cleansing and moisturising remedies, is combined with a relaxing face, neck and shoulder massage. The treatment is then finished with a file and paint on feet.

£210 1hr 55 mins

## HAREM IN THE HAMMAM

Enjoy the Hammam experience together, with our renowned Saviour Noir cleansing Hammam ritual which will wash and purify the skin. As your tellak sloughs away the dead skin with a kessa glove, new silky-soft skin is revealed like never before. Choose your preferred moisturising milk to apply and lock in the moisture. Including light snacks.

£65 40 mins

(Price based on minimum of 4 or more people booking.)

## MARRAKECH RITUAL

A ritual named after the city that inspired The Spa. With your friends enjoy a Hammam Ritual, followed by a choice of a Bespoke Facial 25 minutes or Shea Butter Massage 25 minutes.

£99 55 mins

(Price based on minimum of 4 or more people booking.)

## CLEANSE & CLAY FOR 2

The ultimate skin cleanse and detox, to be shared with a friend the time honoured traditional Moroccan treatments of the Hammam and Rhassoul. Leaving you both relaxed and restored. Price based on minimum of 2 people booking.

£99pp 1hr 20 mins

*Please enquire with our Spa Mentors for bespoke packages and exclusive spa use.*

**Prescriptive Maintenance  
& Repair.** A no fuss time  
conscious approach to results  
driven regular maintenance  
and with treatments such as  
manicures and pedicures as  
well as your regular waxing in  
a luxurious Moroccan inspired  
environment.



## For the Hands

### MINI MANICURE

File, relaxing hand massage and polish to finish.

£25 25 mins

### ARABIAN NIGHTS MANICURE

A ritual which will help your hands and nails regain their tip-top shape. The treatment begins with cuticle and nail treatment, followed by a nourishing hand massage. The relaxing experience finishes with an application of your preferred lacquer.

£40 40mins

### LUXURY ARABIAN NIGHTS MANICURE

Enjoy our signature hand ritual to leave the skin soft and nourished. Commencing with nail and cuticle work, the treatment includes gentle exfoliation, nourishing mask and luxury hot stone hand massage. Finished with an application of your preferred lacquer.

£55 55 mins

## For the Feet

### MINI PEDICURE

File, relaxing foot massage and polish to finish.

£25 25 mins

### ARABIAN NIGHTS PEDICURE

A ritual which will help your feet and nails regain their tip-top shape. The treatment begins with a foot soak, cuticle and nail treatment, followed by exfoliation and nourishing foot massage. Finished with an application of your preferred lacquer.

£55 55 mins

### LUXURY ARABIAN NIGHTS PEDICURE

Experience our signature foot ritual to leave your skin soft and nourished. Commencing with nail and cuticle work, the treatment includes a foot scrub, nourishing mask and luxury hot stone foot massage. Finished with an application of your preferred lacquer.

£70 70 mins

## For Hands & Feet

### SHELLAC ADD ON

Add on shellac polish to any manicure or pedicure for long lasting, high shine colour for up to 2 weeks.

£15

### SHELLAC REMOVAL

Removal of shellac polish, followed by a buffing on the nails. This is complimentary when booked with any Shellac manicure or pedicure.

£15



## For Essential Maintenance

### WAX

Please note: allow 12 hours after any heat treatment before taking a wax appointment. Strip or hot wax available.

|                   |     |                        |     |
|-------------------|-----|------------------------|-----|
| Full leg          | £45 | Half leg               | £30 |
| Three quarter leg | £35 | Forearm                | £20 |
| Full arm          | £25 | Underarm               | £18 |
| Bikini line       | £20 | Neck & shoulders       | £25 |
| Back              | £35 | Back, Neck & Shoulders | £45 |
| Chest             | £35 | Ears                   | £15 |
| Stomach           | £25 | Brazilian              | £45 |
| Hollywood         | £55 | Eyebrows               | £15 |

### TINTS & LASH

Tinting treatments require a test patch at least 24 hrs prior to application.

|   |     |
|---|-----|
| Eyebrow tint                              | £12 |
| Eyelash tint                              | £18 |
| Eyelash tint and eyebrow tidy             | £25 |
| Eyebrow tint, eyelash tint & eyebrow tidy | £35 |

## Stays.

To be enjoyed overnight, on your own for a little ‘me’ time, with friends, a special occasion or as a gift. Choose from different spa stays for your overnight spa experience.

## Stays

*Indulge and relax in The Spa before a blissful night's sleep in a contemporary Dolphin House serviced apartment, renowned for the spaciousness and comfort of the pocket sprung king size beds, exquisite pillows, duvets and linen. All the benefits of staying in a central London location with the privacy, flexibility and comfort of home.*

*All Stays include accommodation in a one bedroom apartment based on 2 people sharing, full English breakfast, use of fitness and leisure facilities including the swimming pool and specified treatments. Sole occupancy apartment rates are available on request.*

### **ONE NIGHT ARABIAN SIGNATURE SPA BREAK FOR TWO PEOPLE**

price from £437

Use of the salt infused steam room, and the spa facilities relax with the Arabian Back, Face & Scalp Ritual. This ritual uses exotic Moroccan fragrances and Arabian influenced movements, treatment commences with a warm oil back massage to relax and indulge, followed by a hydrating facial with a hypnotic scalp massage, ideal for restoring mind and body.

### **ONE NIGHT ARABIAN STAY SPA BREAK, INC. 40 MIN BODY SCRUB FOR ONE**

price from £292

Use of the salt infused steam room, and the spa facilities, enjoy the Scrub and Nourish Ritual. Using a combination of movements and luxurious body scrub for a thorough full body exfoliation, followed by an all over application of MoroccanOil Dry Body Oil to lock in the goodness and drift away with spicy amber aromas.



**ONE NIGHT JEWEL OF MARRAKECH  
SPA BREAK FOR 3 PEOPLE**

The perfect treat for three; Use of the salt infused steam room, and the spa facilities with a Shea Butter Massage 25 minutes. Focussed on the back, honey and rose balm is infused with Shea Butter to hydrate the skin during the massage.

price from £499.50

**ONE NIGHT RELAX & RHASSOUL  
SPA BREAK FOR TWO**

Use of the salt infused steam room, and the spa facilities the Luxury Rhassoul 55 minutes. Beginning with the purifying Savon Noir to cleanse your body. The treatment follows with your special blend of pure Rhassoul lava clay with melted Shea Butter, which can be applied from head to toe. Relax whilst impurities are removed and the skin is conditioned, smoothed and refined. Complete your experience with an oil or moisturising milk to lock in the goodness.

price from £352



**All our Spa treatments can be purchased as Gift Vouchers.** Monetary Vouchers are available in multiples of £25 and £50. Gift Vouchers are available to purchase either online from our spa shop, or in the spa directly.

Please note: vouchers are valid for 6 months from date of purchase and are non-refundable.

Find our spa shop online at  
[spa.dolphinsquare.co.uk](http://spa.dolphinsquare.co.uk)

### SPA ATTIRE

We provide you with robes and suitable footwear for use in the wet areas. As is custom in Morocco nudity is not permitted in the Hammam, or any wet areas of the The Spa. Swimming costumes are required. We provide disposable underwear or alternatively you may wear your own. Therapists are professionally trained in draping techniques to ensure your privacy and comfort.

### YOUR SPECIAL THINGS

As we do not accept liability for the loss, damage or theft of personal items, we recommend you do not bring valuables.

### SILENCE IS GOLDEN - WiFi & MOBILES

The Spa is a place of relaxation we ask clients to kindly keep noise levels to a minimum. Whilst we have WiFi for your convenience, we ask that the sound on all mobile devices and computers be turned off on entry to The Spa, and request you refrain from using them for conversations and photos to ensure tranquillity.

### PARKING

Visitors to The Spa are able to park in Dolphin Square's underground car park at the Grosvenor Road entrance. Parking must be arranged in advance of your visit. It is chargeable at £6 per hour. Dolphin Square is outside of the Congestion Charge Zone.

### YOUNG SPA GO-ERS

No persons under 18 are permitted. Contact us to discuss specialist skin care treatments for teenagers accompanied by an adult.

### LATE ARRIVAL

Unfortunately late arrival will result in your treatment time being reduced, or we may be unable to honour the appointment.

### BOOKING & CANCELLATION

Your attention is drawn to your booking confirmation. Please note a minimum of 48 hours notice is required to amend/change or cancel your booking otherwise the full charge is made. For group bookings payment is taken in advance and a minimum of 7 days notice is required to amend or cancel your booking. For full terms and conditions please visit [spa.dolphinsquare.co.uk](http://spa.dolphinsquare.co.uk)



## OPENING HOURS

Monday - Tuesday 10.30 - 19.00


Wednesday - Sunday 09.30 - 20.00


## The Spa

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