

# EAST RIVER SPA

FOR BODY AND MIND

WELCOME TO A SERENE URBAN  
RETREAT. PUT YOURSELF ENTIRELY  
IN OUR CARE AND LET US PUT  
TIME ON HOLD. LOSE YOURSELF  
IN THE CALM OF OUR RELAXATION  
ROOM. EMERGE INDULGED,  
ENERGISED AND ASSURED OF  
LASTING RESULTS.



# WELCOME TO EAST RIVER SPA

## Upon Arrival

We invite you to arrive up to 45 minutes prior to your reservation to make the most of our spa facilities and 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
- Three experience shower sensations
- Relaxation room

## Just Ask

We welcome any queries you may have and are more than happy to devise tailored packages and advise on individual concerns and needs.

## Leisure Passes

Non-members are welcome to use the spa facilities. \*Leisure passes can be purchased for £30, which will allow you access to our facilities for two hours. Non-residents of the hotel will be required to provide photo ID on arrival. Space is limited so please ensure you book in advance to avoid disappointment.

If you are a residential guest, use of the gym is complimentary throughout your stay.

## What To Bring

Waffle robes, towels and flip-flops\*\* are provided on arrival. Hair dryers and toiletries are available in the changing rooms. Do not forget your swimwear and workout kit if you plan to use the gym.

Remember to bring open-toed footwear if you have booked a pedicure.

\*Leisure passes are £30 per person and we advise pre-booking.

\*\*Only included with treatment appointments and Leisure Passes.



# 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 one year from the date of purchase, and these may be purchased online. Vouchers cancelled within seven days of purchase will be fully refunded. After seven days, no refund will be given. The original voucher must be presented upon arrival. Full payment will be taken if appointments are cancelled within 48 hours. For more information, visit [eastriverspa.com/gifts](http://eastriverspa.com/gifts).

## 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 and adapt our treatments to care for a pregnant woman's every need. In particular, we would strongly recommend treatments that are coded (P). These treatments can be performed following the first trimester of pregnancy.

## Securing Your Booking

A 50% deposit will be taken at the time of booking. We require 48 hours' notice of cancellation or rescheduling, otherwise full payment will be taken.

## Age Requirements

Persons under the age of 16 are not permitted inside East River Spa and Gym.

## 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.

# SPA & GYM MEMBERSHIP

## Gym Facilities

We use Technogym equipment and boast a large, functional workout space with a range of cardiovascular and resistance training equipment, suitable for all interests and abilities.

We also offer a multifunctional frame for body weight exercises, with monkey bars, a rowing machine and a Curve machine. The completely self-powered, manual Curve Treadmill offers a one-of-a-kind workout experience that requires zero electricity.

Feel the freedom of this totally manual treadmill while running or walking on the unique curved running surface where you are the motor. The Curve Treadmill challenges the entire body while burning up to 30% more calories than any other treadmill.

Please feel free to come and visit East River Spa. It would be a pleasure to show you round, introduce you to our team and explore the facilities.

If you have any further queries, please call us on 020 8820 8123.

## Spa & Gym Membership

Set in a contemporary environment, we offer exceptional service coupled with state-of-the-art equipment and facilities. Our stunning health spa offers the ultimate in relaxation, wellbeing and vitality, and your membership will include the use of the following facilities and benefits:

- State-of-the-art gym, fully equipped with a wide range of cardio and resistance equipment
- Gym studio with active-strength equipment including free weights, medicine balls, kettlebells, gym balls, punch bag and yoga mats
- Wet spa facility with stone-oven sauna, crystal aromatic steam room, three experience showers and ice experience
- Spacious changing rooms, amenities and refreshments available
- Complimentary gym induction
- Extensive range of spa treatments with 15% off when booked Monday – Sunday
- 15% off in our bars and restaurants

## Membership Fees

Minimum six month contract\*

Individual - £60 per month

Joint - £55 per person, per month\*\*

\*Pay in advance for six months and receive one month complimentary. You will also receive a complimentary Leisure Pass for one guest. Three-month contracts are available online only.

\*\*Must join together on same day. Payments will be taken from one bank account.



# LAZY DAY SPA PACKAGES

Our spa packages have been designed to give you a day of unrivalled relaxation. We take great care in providing the right treatments for every individual, leaving you delighted with the results.

Paying great attention to every detail and needs, we also offer full use of our spa facilities to ensure a perfect and complete spa experience.

**City Dweller (45 mins)** £179

For two guests. Select from one of the following treatments each: Facial, Massage or Natural Nail treatment. Also includes a glass of Moët & Chandon Champagne each.

**Inner City Escape (1 hour)** £135

Select from one of the following treatments: Facial, Massage or Signature Manicure or Pedicure.

**Together (1 hour 35 mins)** £340

For two guests. You can both indulge in a 60-minute massage and 45-minute Moroccan steam.

**Detox Experience (2 hours)** £198

Your experience includes: Detox Aroma Massage, Detox Algae Wrap and Exfoliating Body Scrub.

**Urban Retreat (30 mins)** £85

Select from one of the following 30-minute treatments: Facial, Massage, Body Polish or Mini File & Polish Nail Treatment.

All massages included in packages are relaxing body massages. Other options are available at an additional charge on the day. Subject to availability.

All packages include a two-hour spa access prior to your treatment.

You should allow four hours for the full spa experience. Cancellation policy is 48 hours prior to appointment. All drinks are served in the restaurant.

Inclusive afternoon tea can be exchanged for a set lunch. Please ask for details.



# SIGNATURE TREATMENTS

Start this unforgettable spa journey by enjoying two hours of our spa facilities. Warm up your muscles and soothe your mind before your treatments take you to another dimension.

## The Reviver (120 mins) £155

Targeting both body and mind, The Reviver is perfect for relieving tensions and instilling a sense of pure calm. Exfoliate and nourish your skin with a full body warm oil body scrub, followed by a full aromatherapy massage. For the final 30 minutes, enjoy a rejuvenating facial featuring exclusive ESPA products.

**Treatment includes:** Warm oil full body scrub, full aromatherapy massage and ESPA facial.

## Cosy Moment (120 mins) £130

Indulge in a moment of you-time, featuring a body polish that exfoliates and hydrates your skin. To soothe and soften tired feet, a warm foot treatment will be applied before your final treat: a stress-relieving hot stone massage, dispelling toxins and improving skin tone.

**Treatment includes:** Full body polish, a warm foot treatment and a hot stone massage (including face and scalp).





# TREATMENT MENU

## ESPA Treatments

Our facials begin with a detailed and advanced consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you using skincare products that are chosen for your individual needs to achieve the best possible results. All facial therapies over 60 minutes also include a hair scalp treatment.

To maintain the ultimate in healthy radiant skin, we recommend a facial once a month.

### ESPA Optimal Skin Profacial (1 hour) £105

Reveal naturally beautiful and visibly healthy skin with this targeted facial. Designed to rebalance, hydrate and revitalise, Tri-Phase cleansing technology is enhanced with Clarisonic brushing for a deep cleanse. Best-selling ProSerum combines the potent natural actives of a serum with the advanced nourishment of a face oil to deliver visible skin health and radiance.

**Treatment includes:** Deep brush cleanse, skin analysis with SkinVision™ lamp, facial treatment mask, ESPA Optimal Skin product range, facial and eye area massage, hand and arm exfoliation and treatment.

### ESPA Personalised Facial (30 minutes) £55 ESPA Personalised Facial (1 hour) £95

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, triple cleanse, exfoliation, personalised facial mask, facial and scalp massage, lymphatic drainage and pressure point release, finishing with an application of a booster serum to suit your skin.

**Treatment includes:** Triple cleanse, skin analysis with SkinVision™ lamp, facial massage, personalised mask and scalp massage.

- Brighten: Instantly reveal a radiant and visibly healthy complexion.
- Hydrate: Soothe and replenish dry, dehydrated skin, leaving it soft, supple and nourished.
- Purify: Calm and balance problematic skin with this clarifying facial treatment.
- Age defy: Regenerate, firm and nourish the skin, leaving supple and youthful appearance.

# TREATMENT MENU

## ESPA Body Therapies

We offer a wide range of solution-led ESPA body treatments, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits, depending on your needs.

### ESPA Body Ritual (90 mins) £179

This total body experience combines a body wrap and massage for maximum benefits to skin, body and mind. Purify the body and speed up the elimination of toxins as you hydrate skin with this specialised treatment.

**Treatment includes:** Body exfoliation, nourishing mud wrap, scalp massage and aromatherapy massage.

### ESPA Invigorating Foot Treatment (30 mins) £55

Relax the mind and centre the body with this uplifting and grounding foot massage.

**Treatment includes:** Foot and lower leg exfoliation and foot massage.

### ESPA Detox Wrap (1 hour) £110

A body wrap inducing perspiration to help speed up the elimination of toxins and improve circulation. Following skin brushing and exfoliation, a complete body wrap of Marine Algae combined with a detoxifying blend helps purify the body and hydrate the skin.

**Treatment includes:** Skin brush, body exfoliation, Detox Algae wrap and a relaxing scalp massage.

## ESPA Body Scrubs

### ESPA Body Polish (30 mins) £55

Reveal nourished, smooth and supple skin with this exceptionally softening full body exfoliation.

**Treatment includes:** Body brushing and body exfoliation.

### ESPA Salt & Oil Scrub (30 mins) £55

This exceptional skin-softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application, Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

### Lifesaving Back Treatment (45 mins) £75

Hero back treatment. Targeting skin health and muscular tension. Includes back exfoliation, aromatherapy back massage and heated marine mud to cleanse and purify the skin, finishing with a lower leg and foot massage. Leave your skin truly nourished, smooth and refreshed. Great pre-holiday or pre-wedding treatment.

### Moroccan Steam Cleansing Ritual

For One (45 mins) £79

For Two (45 mins) £99

Lather yourself with your own indulgent selection of exotic, mineralising muds and natural salts, whilst deeply relaxing in your own private steam chamber for two.

Based on an ancient Egyptian cleansing ritual, experience this for yourself or with a partner.

## Massages Unique To You

Choose a massage that is unique to you. Pick your favourite elements and book an in-depth sensory consultation with one of our therapists to find the right technique to suit your needs. Perhaps you prefer an aromatherapy massage with individually chosen oils? Alternatively, why not try the deep muscle option, with hot stones to alleviate tension and stress.

These treatments are perfect for both men and women.

### ESPA Inner Calm Massage (30 mins) £65

### ESPA Inner Calm Massage (1 hour) £105

Our 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.

### ESPA Pre And Post-Natal Treatment (30 mins) £65

### ESPA Pre And Post-Natal Treatment (1 hour) £105

### ESPA Pre And Post-Natal Treatment (90 mins) £143

Target areas prone to stress and tension during pregnancy with this deeply nourishing body treatment. Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches whilst helping to relax, restore and revitalise.

**Treatment includes:** Back exfoliation (if required), personalised body massage and scalp massage.

### ESPA Deep Tissue (30 mins) £65

### ESPA Deep Tissue (1 hour) £105

Deep tissue focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.\*

### East River Spa Scalp, Neck (45 mins) and Shoulder Massage £75

Ease tension where you need it most with this fast-acting de-stressing treatment. Personalised to your unique needs, targeted massage with pure aromatherapy blends relaxes tense muscles, re-energises your body and calms your mind.

**Treatment includes:** Massage to the back, neck and shoulders.

### ESPA Hot Stone Massage (60min) £105

### ESPA Hot Stone Massage (90 min) £150

Discover lasting relaxation for mind and body with this aromatherapeutic treatment. Tailored massage with hot stones unravels persistent muscular tightness and discomfort while pure, aromatic essential oils encompass the mind to relieve stress, recharge spirits and leave you feeling rejuvenated.

**Treatment Includes:** Full body aromatherapy massage with hot stones – scalp massage.

All treatments are suitable for both men and women. Special treatments only available with selected therapists/or on selected days.

\*Supercharge your aromatherapy or deep tissue massages by adding hot volcanic stones for only £10 extra.

# ADDITIONAL SERVICES

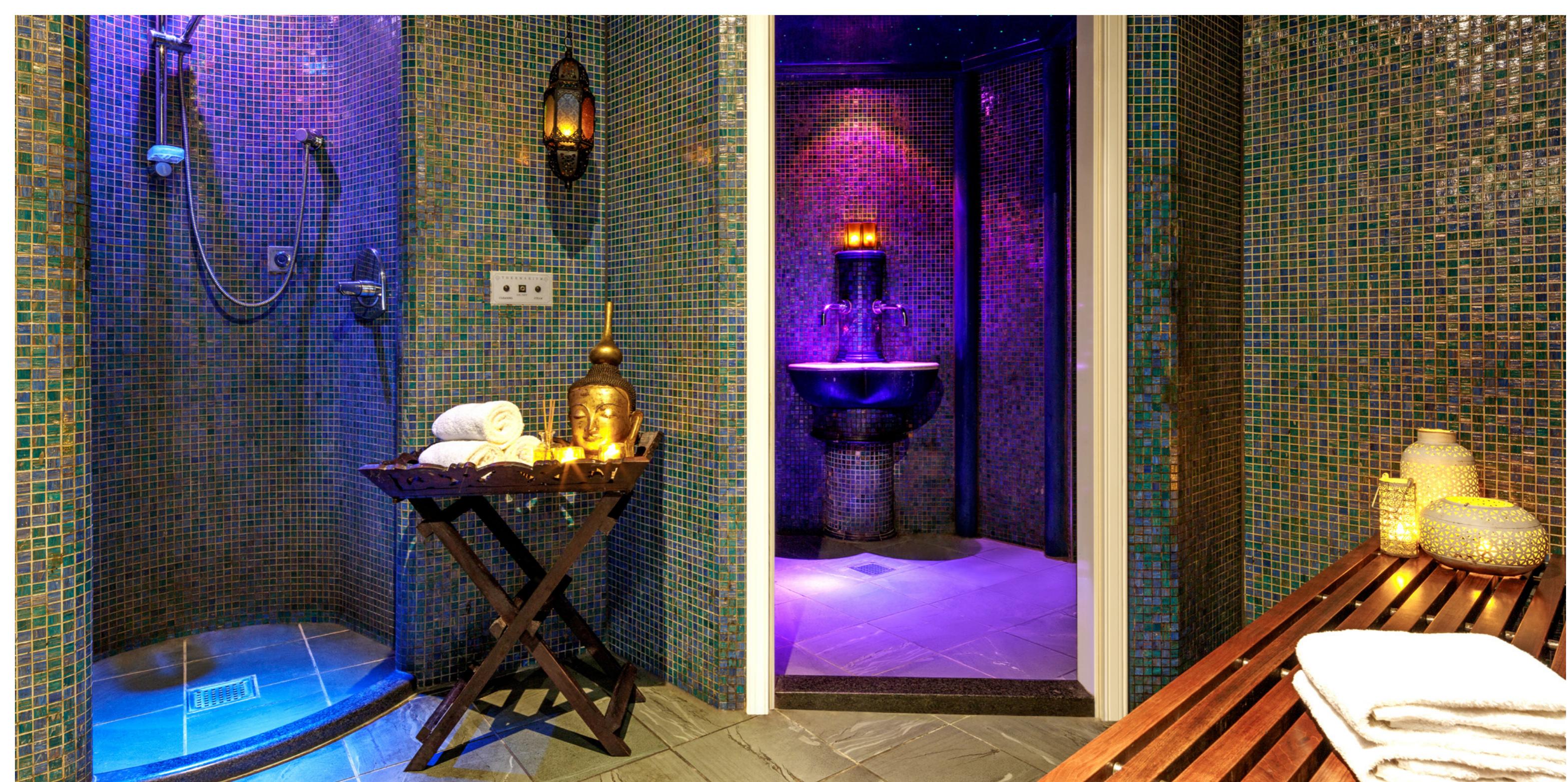
Manicures & Pedicures	Time	Cost	Eye Treatments*	Time	Cost
Manicure	40mins	£35	We use RefectoCil tinting products, leaving lashes in good health and with lasting colour.		
Signature Manicure	55mins	£47			
Pedicure	40mins	£35	Eyelash Tint	30mins	£17
Signature Pedicure	55mins	£47	Eyebrow Tint	15mins	£15
Signature Handcare	25mins	£30	Eyebrow Shape	15mins	£15
Signature Footcare	25mins	£30	Eyelash & Eyebrow Tint	25mins	£30
<b>Gel Nail Treatments</b>			We recommend a patch test 24 hours prior to any tinting appointments in the spa.		
Gel Polish Manicure or Pedicure	65mins	£47	<b>Waxing</b>	Time	Cost
Gel Overlays Hands or Feet	30mins	£40	We use Perron Rigot warm and hot wax products.		
Gel Soak Off & Reapply	30mins	£40	Half Leg Wax	25mins	£26
<small>Does not include Cuticle Work, Scrub or Massage</small>			Full Leg Wax	40mins	£34
Gel Polish Soak Off	35mins	£20	Standard Bikini Wax	15mins	£17
<small>Does not include Cuticle Work, Scrub or Massage</small>			Underarm Wax	15mins	£17
File & Polish	20mins	£25	Lip Wax	10mins	£12
			Chin Wax	10mins	£12
			Forearm Wax	20mins	£23
			Back Wax	25mins	£28
			Chest Wax	25mins	£28
			Brazilian Bikini wax	25mins	£30
			Hollywood Bikini wax	40 mins	£40

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

Do not use the sauna or steam room 24 hours before/after any waxing treatments.

\*We recommend having a patch test.





**EAST RIVER SPA**

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