

A person in a white towel stands in a spa area, looking towards a large, curved wall covered in small, light-colored mosaic tiles. The scene is dimly lit, with a soft glow from a circular light fixture on the ceiling. The overall atmosphere is serene and relaxing.

EAST RIVER SPA

FOR BODY AND MIND



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 is a truly 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
- Gym

Just Ask

We welcome any queries you may have and are 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. Please remember to bring swimwear and workout attire if you plan to use the gym.

If you have booked a pedicure, please bring open-toed footwear.

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

**Only included with treatment appointments and leisure passes.

HELPFUL ADVICE

Pregnancy Treatments

While we currently do not offer treatments during pregnancy, we would be delighted to welcome you back for some well-deserved relaxation after your baby arrives. If you have any questions about treatment suitability, our team will be happy to advise.

Age Requirements

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

Securing Your Booking

Full payment will be taken at the time of booking. We require 48 hours' notice of cancellation or rescheduling. In the event of needing to change your booking, we will transfer the deposit already paid to another date within the next 12 months. We are unable to issue refunds.

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.





GYM

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 bodyweight 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.

We'd be delighted to welcome you to East River Spa. Come and visit us - we'd love to give you a tour, introduce you to our team, and show you around our facilities.

Spa and Gym memberships available, please contact us for further details and pricing.

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



TREATMENT MENU

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.

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.

Cosmopolitan Retreat £150

Our Cosmopolitan Retreat includes the choice of two 30-minute spa treatments or one 60-minute spa treatment per person. Followed by a two-course lunch or dinner from a set menu in the restaurant. This Retreat package also includes access to Spa Facilities. Robe, towel and slippers provided.

Two 30-minute spa treatment choices:

- Face Lift Massage with Cryo-Globes
- Scalp Massage with Scalp Mud Treatment
- Relaxing Back Massage
- Body Salt & Oil Scrub
- Hand & Foot Massage with warm and cold Cryo-Spheres

One 60-minute spa treatment choice:

- Tension Relief Full Body Massage with warm and cold Cryo-spheres
- Warm Oil Scalp Massage followed by Face, Neck and Décolleté massage

TREATMENT MENU

Mystery of the Divine £115

Includes one 50-minute spa treatment per person, a glass of Prosecco, Rosé or mocktail, and access to Spa Facilities. Robe, towel and slippers are provided.

Spa treatment choices:

- 25-minute Express Facial plus 25-minute Back, Neck & Shoulder Massage
- 50-minute Body Massage (Tension Relief or Swedish)
- 50-minute lymphatic-stimulating body brushing and massage

Glow Me Up £115

Includes 60 minutes of treatment time per person and access to Spa Facilities. Robe, towel and slippers are provided.

Spa treatment time inclusive of:

- Face, Neck & Décolleté Massage
- Head Massage & Scalp Mud Treatment
- Full Body Toning Scrub

Signature Reset £110

Includes 50 minutes of treatment time per person, a mocktail or glass of Prosecco or Rosé, and access to Spa Facilities. Robe, towel and slippers are provided.

Spa treatment time inclusive of:

- Back, Neck and Shoulder Massage
- Foot Massage and Hand Massage with Warm and Cold Cryo-Spheres

Pamper & Passion Couples Package (60min) £275 for two

Includes a Tension Relief Full Body Massage with Warm and Cold Cryo-Spheres, a two-course lunch or dinner from the set menu, and access to Spa Facilities. Robe, towel and slippers are provided.

Zen Day £188 for two

Includes a 30-minute Back, Neck & Shoulder Massage per person, plus a 15-minute treatment of your choice. Enjoy one glass of Prosecco, Rosé or mocktail, and access to Spa Facilities.

Add-on 15-minute spa treatment choices:

- Face & Décolleté massage
- Face & warm oil scalp massage
- Feet & Hand massage

Mystique Maroc Deluxe Experience £145

Includes a 30-minute Back, Neck & Shoulder Massage and 60 minutes of self-administered scrub, mineral clay, face mask and organic oil mixture in the Moroccan Hammam. Fruit on ice and a one-course lunch or dinner from the set menu are included, along with access to Spa Facilities. Robe, towel and slippers are provided.

Mystique Maroc £75

60 minutes of self-administered scrub, mineral clay, face mask and organic oil mixture in the Moroccan Hammam, fruit on ice, a glass of Prosecco, Rosé or mocktail, and access to Spa Facilities. Robe, towel and slippers are provided.

Urban Escape £115

Choice of one 30-minute spa treatment per person, one course lunch from a set menu at the hotel restaurant. Use of the spa facilities. Robe, towel and slippers provided

Your choice of spa treatment:

- Express Facial Massage
- Relaxing Back Massage



ADD-ON MINI TREATMENTS

Face, Neck & Décolleté Massage (15 min) £22

A soothing massage focused on the face, neck and décolleté to release tension, stimulate circulation and promote radiant glow. Perfect as a refreshing add-on or a moment of deep relaxation.

Face & Warm Oil Scalp Massage (15 min) £22

A deeply relaxing treatment using warm aromatic oil to nourish the skin and scalp, ease tension and calm the mind. Ideal for relieving stress and enhancing overall wellbeing.

Feet & Hand massage (15 min) £22

A revitalising massage targeting pressure points in the hands and feet to release tension, improve circulation and restore a sense of total balance.

Salt & Oil Body Scrub (15 min) £22

A rejuvenating exfoliation treatment using mineral salts blended with nourishing oils to deeply cleanse, smooth and refresh the skin.

SPA ACCESS

Spa Day £30

Includes access to the Stone-Oven Sauna, Crystal Aromatic Steam Room, Rain & Sensory Showers, Ice Experience, Fully Equipped Gym and Relaxation Area with heated loungers and views of the O2 Arena and River Thames. Herbal teas and infused water are provided. Robe, towel and slippers are included.

Wellness Spa Day £75

Enjoy all the benefits of a Spa Day, plus a glass of Prosecco or mocktail, a one-course lunch from our set menu, and an exclusive 20% discount on all Spa Treatments - the perfect balance of relaxation and indulgence.





SPA BODY MASSAGE

Aroma Dreamscape (60 min) £105

Relaxing full body massage using gentle, flowing techniques to ease tension and calm the mind. Warm and cold sensations from cryosphere are applied to stimulate circulation and enhance overall wellbeing.

Scandinavian Bliss (60 min) £110

Gentler than deep tissue massage and better suited for people interested in relaxation and tension relief. Swedish massage may loosen up tight muscles caused by daily activities such as sitting at the computer or exercising. Warm and cold sensations from cryosphere are applied to stimulate circulation and enhance overall wellbeing.

Core Relief (60 min) £110

Tension relief full body massage 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, lower back pain, leg muscle tightness.

Back, Neck & Shoulder Massage (30 min) £55

Relieve tension where it builds up most. The targeted massage focuses on your back, neck and shoulders. This massage applies pressure to muscles, to increase the oxygen flow and release toxins from the body.

Back in Balance
Relaxation Back Massage (45 min) £75

Revitalising back and leg massage using flowing Swedish techniques to relax muscles and improve circulation.

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

MEMBERSHIP

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:

- Access to the Sauna, Steam Room, Rain Showers, Ice Experience, Gym, Lounge area with heated loungers and changing facilities (towels not provided)
- 20% discount on Spa Treatments
- 10% discount in the restaurant
- 4 hours free parking

Membership Fees

Monthly gym & spa membership	£70
12-month membership	£840

Annual membership contracts are available with flexible options: 3 months, 6 months, or enjoy 15% savings with a 12-month plan.



EAST RIVER SPA

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