

A woman is lying down, receiving a facial massage. Her eyes are closed, and her expression is peaceful. Two hands are gently touching her face, one on her forehead and the other on her cheek. To the right of the woman, there is a bouquet of white orchids with yellow centers and green buds. The background is a light-colored, textured surface, possibly a towel or a wall. The overall mood is serene and relaxing.

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

At East River Spa, put yourself entirely in our care and let us put time on hold. Immerse yourself in our refreshing wet spa area. Lose yourself in the calm of our relaxation room. Emerge indulged, energised and assured of lasting results.

We invite you to arrive up to 45 minutes 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
- 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 are complimentary to hotel guests (to be pre-booked). This 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.

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. Don't 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.

*Relaxation room is only available with treatment bookings.

**Leisure passes are £25 per person and we advise pre-booking.

***Only included with booked treatments 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.

Most 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.

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

There is no access to East River Spa and Gym for persons under the age of 16.

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 Techno gym 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 multi-functional 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, meet our team and explore the facilities.

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

Spa & Gym Membership

We offer an exceptional service in an environment that boasts state-of-the-art equipment and facilities in a contemporary style. 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 – Friday
- 15% off in our bars and restaurants

Membership Fees

Minimum 12 month contract*

Individual - £60 per month

Joint - £55 per person, per month**

Corporate membership rates are available on request.***

*Pay in advance for 12 months and receive one month complimentary. You'll also receive a complimentary Leisure Pass for one guest.

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

***Minimum of three employees/colleagues to join together. Company details will be requested.



LAZY DAY SPA PACKAGES

We offer the ultimate in spa packages to give 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 also offer full use of our spa facilities to ensure your spa experience really is the most luxurious treat.

City Dweller (for two guests)

Select from one of the following 45-minute treatments each: Facial, Massage or Natural Nail treatment. Also includes a glass of Möet & Chandon Champagne each.

Inner City Escape

Select from one of the following 60-minute treatments: Facial, Massage or Signature Manicure or Pedicure.

Urban Retreat

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

Together (for two guests)

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

Hotel Spa Escape (for two guests)

Select from one of the following 60-minute treatments: Facial, Massage, Signature Manicure or Pedicure.

Men's Maintenance

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

Detox Experience

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

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 two hours access to the spa facilities 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.

For prices, please see the back of the brochure.

SIGNATURE TREATS

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 Revival

Body Exfoliation followed by Lift & Firm Body Wrap and Lift & Firm Facial finished off with a Body Toner.

Restore your vitality and revitalise your inner and outer energy with our latest unique signature treatment designed and adapted to meet your needs to lift and firm your skin.

We start with a full body brushing which stimulates the lymphatic system, allowing oxygen to circulate in the body. This is followed by a full body detoxifying exfoliation to reveal a nourished layer of supple and smooth skin,

While the Lift & Firm Body Wrap actively works through the skin, enjoy a 45-minute Lift & Firm Facial, followed by a body toning massage, made with a unique blend of enriched smooth and firm body butter and regenerating oil from ESPA.

East River Lava Shell Massage

A combination of hot and cold Lava shells, stimulating muscle tension and draining lymphatic system. An alternative experience to a Hot Stone Massage.

For the ultimate, calming massage, the Lava Shells Relax treatment is a soothing solution. As the therapist glides the marine-polished sea shells smoothly over the body, you will instantly drift into a blanket of warmth, falling into a state of utter relaxation and calm. During the massage, the shells are worked over the palms, arms, neck and shoulder area, with the focus of the massage surrounding pressure points.

Purifying Rose Crystal Facial

A stimulating and deep cleansing facial using the technology of the Clarisonic brush to penetrate the skins layers, the power of the rose quartz helps to flush the lymphatic system, giving the skin a clearer complexion.



TREATMENT MENU

ESPA Treatments

ESPA never compromise on quality and literally go to the ends of the earth to source the finest and most active natural ingredients to offer effective, holistic and advanced wellness therapies. With results-driven facial treatments and award-winning products, we can offer unparalleled, long-lasting results.

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

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.

Facials Unique To You

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.

Facials Unique To You - Express

Treatment includes: Consultation, double cleanse and exfoliation, application of facial oils tailored to your skin, scalp massage and booster serums.

ESPA Iconic Back, Face And Scalp Treatment

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp - making it the ideal treatment for anyone.

Treatment includes: Back exfoliation, aromatherapy back massage, facial and scalp massage.

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

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

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

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 Wrap

This personalised body wrap is a tailor-made experience designed to nourish and smooth the skin. A Marine Mud and essential oil blend leaves your skin feeling hydrated and totally relaxed.

Choose from the following:
De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner.

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

ESPA Body Polish

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

Treatment includes: Body brushing and body exfoliation.

ESPA Salt & Oil Scrub

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

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.

Massages Unique To You

Choose a massage that's 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 an aromatherapy massage with individually chosen oils is your preference? Alternatively, try the deep muscle option, with hot stones to alleviate tension and stress.* Perfect for both men and women.

Traditional Swedish Massage

Our 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.

Reflexology*

A holistic treatment based on the principles that each area of your body is reflected onto different zones on your feet, and that by manipulating these zones, overall health can be improved by balancing 'qi' or energy.

ESPA Pre And Post-Natal Treatment (P)

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.

Moroccan Steam Cleansing Ritual

A personalised ritual that can be enjoyed with a friend or a 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 room 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 body's systems.

Seasonal Moroccan steam treatments are also available on selected months. Ask at the spa reception for more details.

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

*Must be pre-booked to ensure therapist availability, especially for specialist treatments.

For prices, please see the back of the brochure.

ADDITIONAL SERVICES

Nail Services

Combining OPI systems with an authentic spa holistic twist to create a luxury nail service, we treat each nail individually, maintaining nail health. We include a relaxing Hot Stones Massage within our natural nail treatments (hands or feet). In signature natural nail treatments, receive an additional scalp massage, leaving you fully rejuvenated. OPI are leaders in nail technology and fashion trending colours.

Manicures & Pedicures	Time	Cost
Manicure	40mins	£35
Signature Manicure	55mins	£47
Pedicure	40mins	£35
Signature Pedicure	55mins	£47
Signature Handcare	25mins	£30
Signature Footcare	25mins	£30
Gel Nail Treatments		
Gel Polish Manicure or Pedicure	65mins	£47
Gel Overlays Hands or Feet	50mins	£40
Gel Soak Off & Reapply	65mins	£47
Does not include Cuticle Work, Scrub or Massage		
Gel Polish Soak Off	35mins	£20
Does not include Cuticle Work, Scrub or Massage		
File & Polish	20mins	£25

Eye Treatments*

We use RefectoCil tinting products, leaving lashes in good health and with lasting colour. Enjoy a relaxing dry scalp massage whilst your colour develops.

	Time	Cost
Eye Lash Tint	30mins	£17
	45mins	£45
Eye Brow Tint	15mins	£15
	45mins	£45
Eyebrow Shape	15mins	£15
	45mins	£45
Eye Lash & Eyebrow Tint (combined)	25mins	£30
	45mins	£45

We recommend a patch test 24 hours prior to any tinting appointments in the spa.

Waxing

We use Perron Rigot warm and hot wax products.

	Time	Cost
Half Leg Wax	25mins	£23
Full Leg Wax	40mins	£30
Standard Bikini Wax	15mins	£15
Brazilian Bikini Wax	up to 25mins	£30
Hollywood Bikini Wax	up to 40mins	£40
Underarm Wax	15mins	£15
Lip Wax	10mins	£12
Chin Wax	10mins	£12
Forearm Wax	20mins	£20
Back Wax	25mins	£25
Chest Wax	25mins	£25

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.

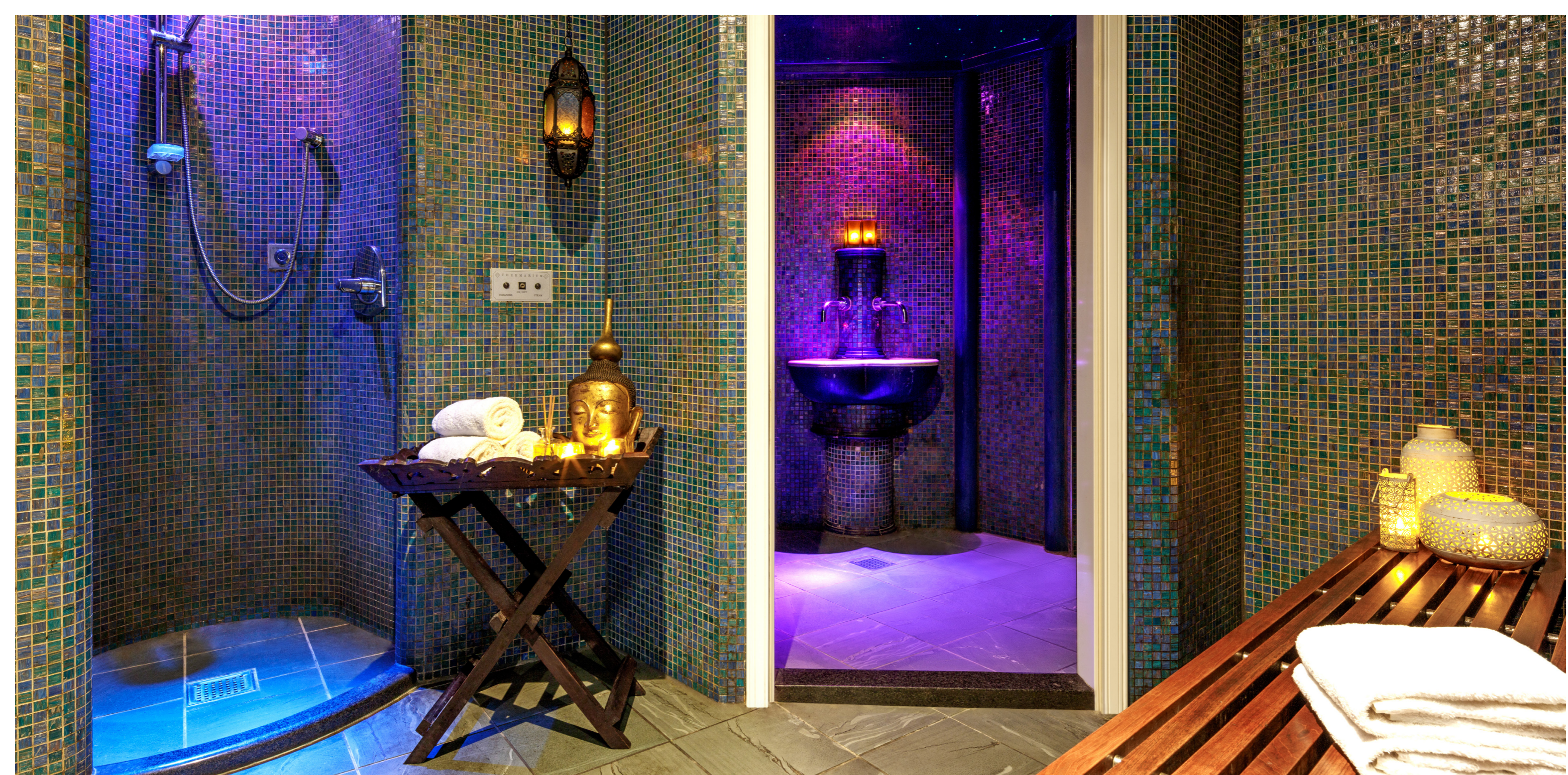
Selected treatments only available with selected therapist/or on selected days.

*We recommend having a patch test.



EAST RIVER PRICE LIST

Spa Packages	Time	Cost	ESPA Body Therapies	Time	Cost
City Dweller (per couple)	45 mins	£156	ESPA Body Ritual	90 mins	£149
Inner City Escape	1 hour	£115	ESPA Invigorating Foot Treatment	30 mins	£40
Urban Retreat	30 mins	£75	ESPA Detox Wrap	60 mins	£110
Together (for two guests)	1 hour 35 mins	£295	ESPA Body Wrap	60 mins	£110
Hotel Escape (for two guests)	60 mins	£342	ESPA Body Polish	30 mins	£40
Men's Maintenance	30 mins	£75	ESPA Salt & Oil Scrub	30 mins	£40
Detox Experience	2 hours	£159	Lifesaving Back Treatment	45 mins	£65
Signature Spa Treatments	Time	Cost	Massages Unique To You		
The Revival	105 mins	£149	Traditional Swedish Massage	30 mins	£45
East River Lava Shell Massage	45 mins	£65		60 mins	£75
	90 mins	£125	Reflexology	45 mins	£75
Purifying Rose Crystal Facial	75 mins	£90	Couples Massage	60 mins	£150
ESPA Treatments	Time	Cost	ESPA Pre And Post-Natal Treatment (P)	30 mins	£45
Facials Unique To You	60 mins	£75		60 mins	£85
Facials Unique To You - Express	30 mins	£45		90 mins	£125
ESPA Iconic Back, Face And Scalp Treatment	90 mins	£145	Moroccan Cleansing Ritual For One	45 mins	£79
ESPA Optimal Skin Profacial	60 mins	£80		45 mins	£99
			Deep Tissue Massage	30 mins	£55
				60 mins	£60
			Aromatherapy Massage	30 mins	£49
				60 mins	£85
			Indian Head Massage	45 mins	£65



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