

A fabulous range of treatments including classic massage, bespoke facials and essential grooming.

The Body

Massage

The ultimate in relaxation. Reduce tension and relieve the negative effects of everyday stress. Your expert massage therapist will restore your sense of wellbeing using a combination of Swedish and aromatherapy style massage, reflexology and deep tissue techniques.

Massage	30 minutes	£45.00
	45 minutes	£55.00
	60 minutes	£65.00
Deep tissue massage	30 minutes	£50.00
Dukes signature massage	90 minutes	£95.00
Reflexology	45 minutes	£45.00
Foot massage	20 minutes	£30.00
Scalp massage	20 minutes	£30.00
Indian head massage	45 minutes	£45.00

Jet lag treatment 105 minutes £100.00

Alleviate the effects of long-distance air travel. Let our therapist soothe aching muscles and revitalise circulation for renewed energy and a sense of wellbeing. Enjoy a short steam followed by a hydro-shower, full body Swedish massage, express facial and scalp massage.

Stress buster 90 minutes £95.00

Relieve the tension and strain associated with stress. This treatment includes a short steam, hydro-shower and exfoliation of the back and neck, followed by a back, neck and shoulder Swedish massage, express facial and scalp massage.

Ultimate spa experience 120 minutes £120.00

This complete body treatment includes full body exfoliation and Swedish massage, plus a classic facial to target stress and tension while restoring health and wellbeing.

Chill out & relax 60 minutes £75.00

An indulgent treatment which includes a rejuvenating facial to restore wellbeing followed by a Dukes signature massage to soothe aching muscles.

Body Care

Hydro active mineral salt scrub 30 minutes £40.00

This therapy polishes skin to a soft glow while providing critical hydration and the nourishment skin needs. Mineral salts and seaweed exfoliate while skin-smoothing enzymes help dissolve dead skin cells for a smooth finish.

Body wraps 60 minutes £80.00

These treatments include a full body exfoliation, body wrap and moisturiser.

- **Enzymatic sea mud pack:** This detoxifying treatment is suitable for all skin types. A natural earth clay draws out impurities in the skin, whilst ginger and white tea help to stimulate and smooth the skin.
- **Hydro pack:** The ultimate in deep hydration for stressed, parched skin. After a body exfoliation you are cocooned in a thirst-quenching body wrap. Thoroughly hydrating you will immediately notice an overall improvement to the smoothness and texture of your skin.
- **Power recovery pack:** Ideal for those with premature signs of ageing or suffering from dry, sensitive skin. This wrap therapy is designed to smooth the skin and provide antioxidant protection.

Back facial 30 minutes £40.00

A deep cleansing treatment for your back and shoulders.

Fake Bake full body spray tan 30 minutes £25.00

Fake Bake has become the choice of beauty experts and celebrities alike. The Fake Bake spray tan gives an instant sun-kissed colour and develops into a long lasting sunless tan with natural-looking results. Say goodbye to streaks!

Facials

All our Dermalogica facial treatments are prescriptive. Choose from an express, classic, anti-ageing or men's facial and we will tailor the product and techniques based on a thorough skin analysis. Each step of the treatment is customised according to your specific skin concerns.

Express facial 30 minutes £35.00

A mini boost to brighten and rejuvenate skin. This includes cleansing, a light exfoliation, mask and pressure point massage.

Classic facial 60 minutes £63.00

A deep cleansing facial treatment which includes cleansing, exfoliation, massage and mask. Serums are used to nourish, calm or rejuvenate the skin.

Anti-ageing facial 75 minutes £75.00

This intensive anti-ageing facial treatment with combined vitamins and minerals helps to prevent and correct the signs of ageing.

Men's facial 45 minutes £50.00

The men's facial has been designed to minimise the effect of razor irritation using the Dermalogica Shave range to soothe and help desensitise the skin.

Manicures & Pedicures

A full range of treatments are available to enhance, maintain and re-hydrate hands and feet, using Jessica products.

Mini manicure	40 minutes	£37.00
Deluxe manicure	60 minutes	£47.00
Mini pedicure	30 minutes	£37.00
Pedicure	60 minutes	£47.00
Deluxe pedicure	75 minutes	£52.00
Varnish	15 minutes	£16.00
Men's manicure	30 minutes	£25.00

Prices include a touch up bottle of nail varnish to keep your nails looking good for longer!

Eyes

Revitalising eye rescue 20 minutes £25.00

This treatment firms, tones and brightens tired eyes with a unique blend of firming proteins and therapeutic vitamins to soothe and revitalize irritated and tired eyes.

Eyebrow and eyelash

Eyebrow tint	15 minutes	£10.00
Eyelash tint	30 minutes	£16.00
Eyelash & eyebrow tint	30 minutes	£20.00

Waxing

Half leg	30 minutes	£25.00
Full leg	40 minutes	£35.00
Half arm	20 minutes	£15.00
Full arm	35 minutes	£25.00
Bikini	20 minutes	£15.00
Full leg & bikini	60 minutes	£40.00
Underarm	15 minutes	£12.00
Lip	15 minutes	£10.00
Brow	15 minutes	£10.00
Chin	15 minutes	£10.00
Chest	45 minutes	£30.00
Back	30 minutes	£30.00
Back & chest	75 minutes	£50.00

The Health Club & Gym

The Gym is complimentary to all hotel guests and is open 24 hours.

Certified personal trainers are available with 48 hours prior notice for one-to-one training. Membership packages start from £60 per month off peak and £90 per month for full membership. Please ask for details.

Treatment Room

Open Monday to Friday 9.00am - 7.00pm

Steam Room

Open Monday to Sunday 8.00am - 8.00pm

After exercising, unwind in the marble steam room and follow with an invigorating hydro-shower so you emerge feeling relaxed and energised.

Cancellation Policy

Should you wish to cancel your appointment, please contact us at least 24 hours prior to your appointment. Any non-arrivals or cancellations made within 24 hours will be charged at the full amount.

Gift Vouchers

We are pleased to offer an extensive choice of gift vouchers at the Health Club to treat a loved one or enhance your stay at Dukes. Please ask at Reception or see dukeshotel.com/gifts for more information.

To book a treatment please call: 020 7318 6583
or email: healthclub@dukeshotel.com

Hotel guests please dial ext 6583.

The Health Club is located on the lower ground floor.