

# 45 PARK LANE

## Well-Being

### 45 PARK LANE TREATMENT MENU

These treatments can either be enjoyed in the comfort of your room or at The Dorchester Spa. Contact your host to make a reservation.

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#### THE 45 PARK LANE EXPERIENCE

This treatment has been designed specifically for our 45 Park Lane Guests

45 minutes £95

A full body experience beginning with body brushing that improves circulation and has an exfoliating effect on the skin. Followed by a soothing or invigorating massage to suit the individual guests requirements, using aromatherapy oils to relax the body or de-stress the mind.

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#### DEEP TISSUE MASSAGE

55 minutes £110

1 hour 25 minutes £155

This intense massage is specifically designed for releasing pain and tension in tight, stressed and aching muscles. Stretching, draining and cross muscle fibre techniques are combined with oils containing black pepper, rosemary and ginger to warm the muscles and help disperse the build up of lactic acid.

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#### AROMATHERAPY EXPERIENCE

55 minutes £100

1 hour 25 minutes £145

Using aromatherapy oil chosen to suit your mood, the therapist will apply gentle pressure to stimulate the nervous system. Swedish and neuromuscular techniques will relieve tension and lymphatic drainage will encourage healthy circulation. Working from head to toe this massage will dissolve away stress & tension.

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#### SWEDISH MASSAGE

55 minutes £95

1 hour 25 minutes £135

With pressure tailored to your request, this classic Swedish massage is designed to reduce tension and mental fatigue resulting in a feeling of well-being and total relaxation.