



DOLPHIN HOUSE

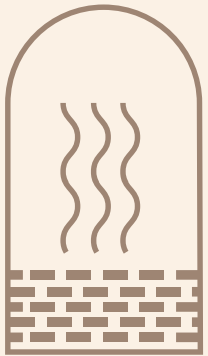
AT DOLPHIN SQUARE

THE THERMAL EXPERIENCE AT DOLPHIN HOUSE SPA

Step into a sanctuary of warmth, tranquillity and restoration. Our thermal experience has been carefully curated to encourage relaxation, improve circulation and support overall wellbeing.

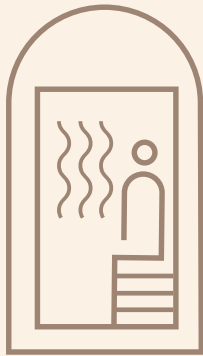
Whether preparing for a treatment or simply taking time to unwind, allow yourself to move slowly through each experience at your own pace.

Your Thermal Journey



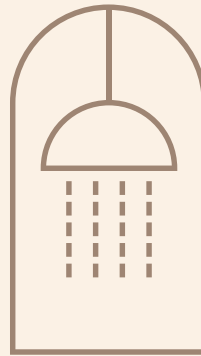
Salt Inhalation Room

10–20 minutes



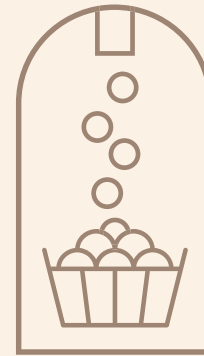
Infrared Sauna

15–20 minutes



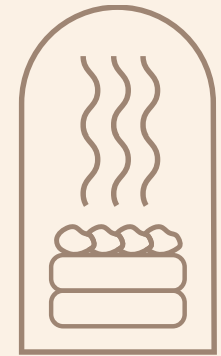
Experience Shower

30–60 seconds



Ice Fountain

30–60 seconds



Stonebath®

15–20 minutes

We recommend drinking water throughout your thermal journey and allowing your body time to cool naturally between experiences.



Salt Inhalation Room

BREATHE. RESTORE. RELAX.

Our Himalayan salt inhalation room creates a peaceful environment where microscopic salt particles support respiratory wellbeing while encouraging deep relaxation. A gentle pause here helps prepare the body for the warmth of the thermal experiences ahead.

Benefits

- Supports respiratory wellness
- Encourages relaxation



Infrared Sauna

GENTLE THERAPEUTIC HEAT

Unlike traditional saunas, infrared technology warms the body directly rather than heating the surrounding air. The result is a deeply relaxing experience at a lower ambient temperature, helping to ease muscular tension while promoting circulation.

Benefits

- Relaxes tired muscles
- Supports circulation
- Comfortable lower temperatures
- Promotes recovery



Experience Shower

AWAKEN THE SENSES

Combining varying water temperatures and pressures with light and fragrance, the experience shower creates an immersive, multi-sensory experience. Alternating sensations help to invigorate the body, stimulate circulation and awaken the senses, leaving you feeling refreshed and revitalised.

Benefits

- Eases muscle tension
- Supports circulation
- Creates a mental reset



Ice Fountain

COOL DOWN

Designed to provide a refreshing contrast after heat-based experiences, the ice fountain allows crushed ice to be gently applied to the skin to cool and invigorate the body. The sudden change in temperature helps stimulate circulation and awaken the senses, leaving you feeling refreshed and revitalised.

Benefits

- Refreshes and invigorates
- Stimulates circulation



Stonebath®

SLOW DOWN

Heated sauna stones are automatically lowered into ice-cold water, creating a dramatic burst of steam and warmth throughout the room. This unique thermal ritual releases minerals from the stones while creating a soothing, atmospheric experience designed to encourage relaxation and wellbeing.

Benefits

- Deep relaxation
- Reduces stress

Guest Guidance

SHOWER BEFORE ENTERING

Please use the shower in between areas to refresh your experience.

SWIMWEAR

Appropriate swimwear should be worn at all times.

STAY HYDRATED

Drink water before, during and after your thermal experience.

FOLLOW THE RECOMMENDED TIMINGS

Move slowly and allow time to rest.

MEDICAL ADVICE

If you have a medical condition or are pregnant, please speak with a member of the team.

LISTEN TO YOUR BODY

Leave the heat whenever you feel uncomfortable.

BE SAFE

To ensure a safe and relaxing experience for everyone, please enjoy alcoholic beverages in moderation.

