DOLPHIN HOUSE

SPA

Treatment Menu

A refined urban retreat designed to restore balance and leave you feeling renewed.

Tucked within the iconic Dolphin Square in Pimlico, Dolphin House Spa is a hidden sanctuary designed to dissolve city stress and restore balance. Inspired by global traditions and a holistic approach to wellness, the space blends contemporary comfort with timeless sophistication. Expert therapists tailor each treatment with thoughtful precision, creating moments of stillness whether you're visiting alone or sharing a serene spa day. Guests are also invited to unwind in our Thermal Suite, featuring a salt therapy room, infrared sauna, Stonebath® and more. Experience a refined urban retreat where wellbeing is never rushed, leaving you feeling deeply renewed and effortlessly rebalanced.

The Science of Sophistication

Discover the heritage and innovation of Germaine de Capuccini, one of Europe's most prestigious skincare houses. Founded in Spain in 1964, the brand unites advanced cosmetic biotechnology with luxurious treatment rituals to deliver visible, long-lasting results. Every formula is developed in private laboratories, combining high performance active ingredients to target anti-ageing, hydration and skin clarity with clinical precision. Choosing Germaine de Capuccini at Dolphin House means embracing over six decades of expertise, where every treatment combines advanced scientific innovation with a deeply relaxing sensory experience.

GERMAINE DE CAPUCCINI

DOLPHIN HOUSE

SPA

Spa Days

Leave the city behind and step into a sanctuary where relaxation is a sensory journey. From our traditional Thermal Suite to our serene relaxation lounge, we invite you to immerse yourself in ancient cleansing rituals and refined tranquillity.

The Thermal Experience

Mon–Thurs £99 / Fri–Sun £119
Time Slots: 08:00–10:00 / 10:30–12:30 / 13:00–15:00 / 15:30–17:30 / 18:00–20:00

Enjoy a two-hour session in our Thermal Suite, with access to the main club and premium facilities. Robe and footwear are included.

The Indulgence Mini Escape

Mon–Thurs £165 / Fri–Sun £185

The perfect break for those with limited time. Includes any 30-minute treatment from the menu, two-hour Thermal Suite access, full-day club access, a £10 skincare voucher, plus robe and footwear.

City Sanctuary Spa Day

Mon–Thurs £215 / Fri–Sun £235

A half-day journey designed to help you feel relaxed, rebalanced and restored. Includes any 60-minute treatment from the menu, morning or afternoon spa and club access, a £10 voucher for our Café & Bar, a £10 skincare voucher, plus robe and footwear.

A Moment Together

Mon–Sun £325 for two

A shared escape designed to be enjoyed side by side, featuring a 50-minute joint Rasul experience, two-hour Thermal Suite access, and full-day use of our facilities. Includes a £10 voucher for our Café & Bar, a £10 skincare voucher, robes and footwear. Please note, this is a non-touch therapy.

Total Wellness Journey Day

Mon–Thurs £295 / Fri–Sun £315

The ultimate full-day immersion in serenity. Includes your choice of any 100-minute Dolphin House Signature Ritual, full-day Thermal Suite access, a £10 voucher for our Café & Bar, a fruit smoothie on arrival and a £10 skincare voucher. Robe and footwear are provided.

DOLPHIN HOUSE

SPA

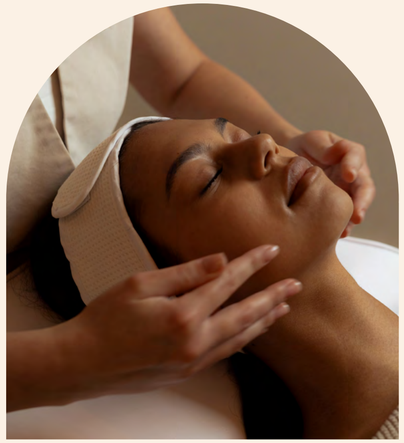
Facial & Massage Treatments

Curated facial and massage treatments designed to restore natural radiance and melt away the stresses of city living.

Vivid Awakening Facial

60 minutes £130

A revitalising facial featuring double-brush exfoliation and a tension-melting massage. A nourishing mask of Royal Jelly and passion fruit essences fortifies the skin, leaving your complexion beautifully luminous.



De-Stress Facial

60 minutes £130

The ultimate antidote for tired skin, this calming treatment uses potent antioxidants and protective serums to restore natural resilience. Expert techniques smooth and refresh the complexion, leaving both skin and spirit renewed.

Timexpert C+ Radiance Facial

60 minutes £155

Illuminate and revitalise your skin with the power of vitamin C and ume extract (Japanese plum). This advanced treatment combats the first signs of ageing, protects collagen and promotes firmness. It’s elevated by a specialised massage ball to enhance absorption and reveal a radiant, healthy glow.

Timexpert Wrink-Less

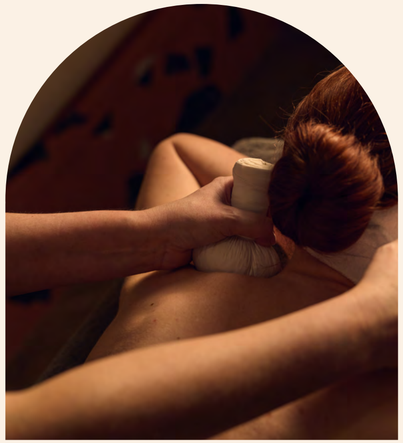
60 minutes £155

A powerful anti-ageing facial designed to rewrite the signs of youth. Featuring a gentle yet potent lactobionic peel and the exclusive, patented* CELASPEP-4™ complex, this treatment targets fine lines with wrinkle filling techniques, enhances contours and boosts natural collagen production for visibly smoother, more elastic skin.

Hydra-Expert Facial - Timexpert Hydraluronic

60 minutes £155

A deeply nourishing, plumping and hydrating facial. Advanced formulations deliver slow-release hyaluronic acid to smooth fine lines and support natural hydration, enhanced by a unique cooling massage tool that sculpts and refreshes facial contours for long-lasting radiance.



Harmony Body Massage

60 minutes £130

A tailored massage using your choice of aromatherapy oils and warm herbal poultices to release deep-seated tension. Your therapist will ensure the correct pressure to restore total balance and a sense of wellbeing.

Sunset Candle Massage

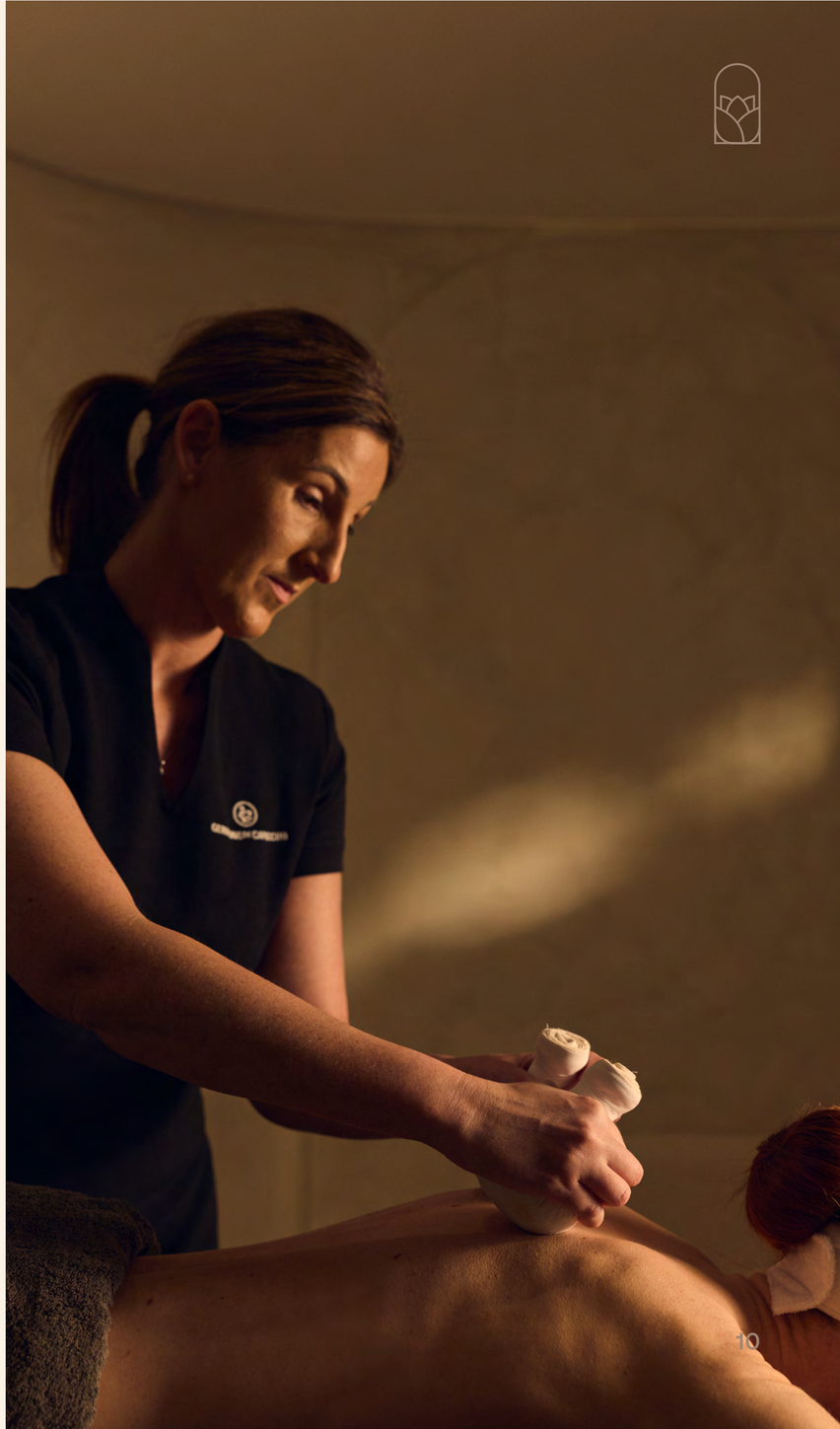
60 minutes £130

A warming Mediterranean ritual using melted lavender, olive or citrus candle oils. The warm, antioxidant-rich oil is massaged into the body using soothing movements to ease tension and intensely nourish the skin.

Deep Tissue Massage

60 minutes £140

A powerful massage using firm pressure and slow movements to ease tension. This treatment uses a specialised gel to boost circulation and detoxify the body, leaving you feeling lighter and rebalanced.



DOLPHIN HOUSE

SPA

Expert Jet Advanced Treatment Collection

Luxury aesthetics. Clinical precision. Visible results.

Six technologies in one advanced, non-invasive 60-minute treatment, combining: peel, advanced hydro dermabrasion, needle-free Mesojet infiltration for deep active delivery, Y-lift muscle stimulation, ultrasound, cryotherapy paired with exclusive peels, solutions and masks from the Expert Lab range. Delivers transformative results with no downtime.

Vital Age Control + TEC-Exosomes

60 minutes £165

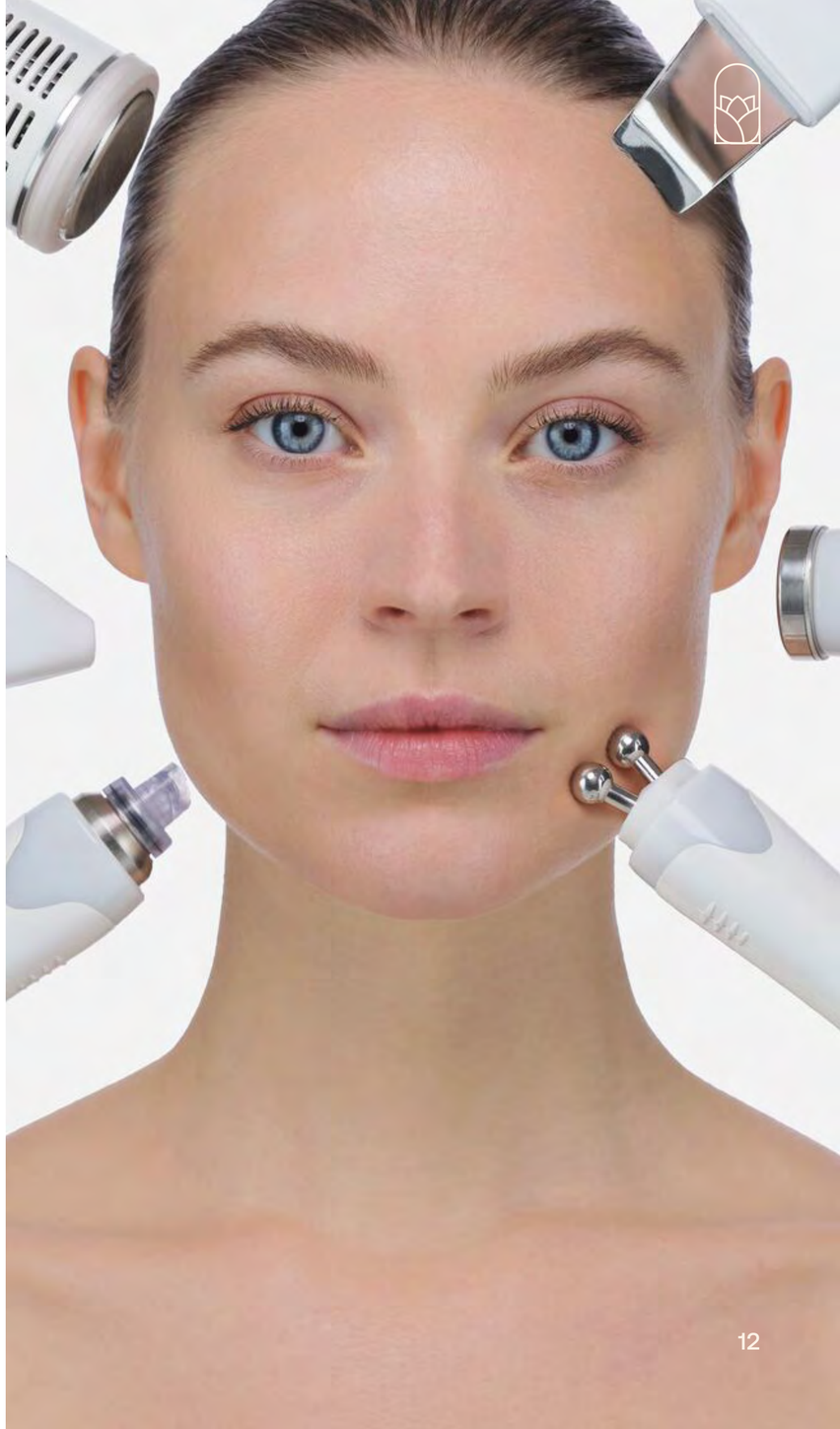
Select one of the advanced age-management rituals below. Each uses TEC-Exosomes and PDRN + HA to stimulate collagen, improve skin density and restore a youthful architecture.

Premium Lift
A high-performance lifting treatment using an anti-ageing liquid peel and plumping actives to redefine and contour facial structure.

Wrinkle Correct
A clinically corrective therapy targeting deep lines and loss of density with structural repair actives and a specialised Bio-Elastic mask.

Pigment Balance
A brightening treatment that combines gentle resurfacing with precision infusion to balance melanin and restore a uniform, luminous tone.

Stretch Mark Therapy
A targeted corrective treatment designed to stimulate skin regeneration and improve texture, elasticity and overall skin quality.



The New Era of Cellular Repair MITOCORE NAD+ Technology

MITOCORE™
NAD+

60 minutes £165

A patented complex that combines NAD+, lotus extract, specific amino acids and Manganese PCA to optimise oxygenation, cell longevity and antioxidant defence. Cellular energy reset acts from the cell nucleus to restore the mitochondrial network and reactivate energy production (ATP), vital for functional, firm and luminous skin. Deep oxygenation without aggression or exfoliation increases intracellular oxygen uptake and microcirculation, achieving more vital, detoxified and uniform skin from the first use.

DOLPHIN HOUSE

SPA

Dolphin House Signature Rituals

Immersive face and body rituals inspired by ancient traditions and global wellness, exclusively curated for Dolphin House.

All our rituals are inclusive of a full consultation and aftercare recommendation.

The Rasul Thermal Ritual

60 minutes £115 per person

A deeply immersive sensory journey that harnesses the transformative power of mineral-rich mud, heat and aromatic steam to detoxify the skin and melt away tension.

Within the privacy of our dedicated steam chamber, you will self-apply nourishing lava clays to the body, allowing the gentle infusion of heat to open pores and draw out impurities. This is a beautifully intimate experience, ideal for individuals, couples or friends alike. Please note, this is traditionally a self-administered treatment and is enjoyed without a therapist present.

The Residence Ritual

100 minutes £185
Soothing, Nourishing, Rebalancing

This Mediterranean escape begins with a smoothing olive exfoliation. Select your preferred massage candle – lavender, olive or citrus – to be melted and poured over the body for a grounding back massage. The treatment concludes with a cocooning olive-infused body wrap to replenish dry skin and restore equilibrium.

The Chadō Renewal Ritual

100 minutes £185
Elegant, Calming, Rebalancing

Inspired by Japanese tea traditions, this restorative therapy begins with a ceremonial moment of presence, a finely milled matcha and rice exfoliation. A flowing, deeply relaxing full body massage using a delicate rice and sesame milk emulsion encourages energetic harmony, leaving the body polished and the spirit quietly uplifted.

The Pomegranate Luminary Ritual

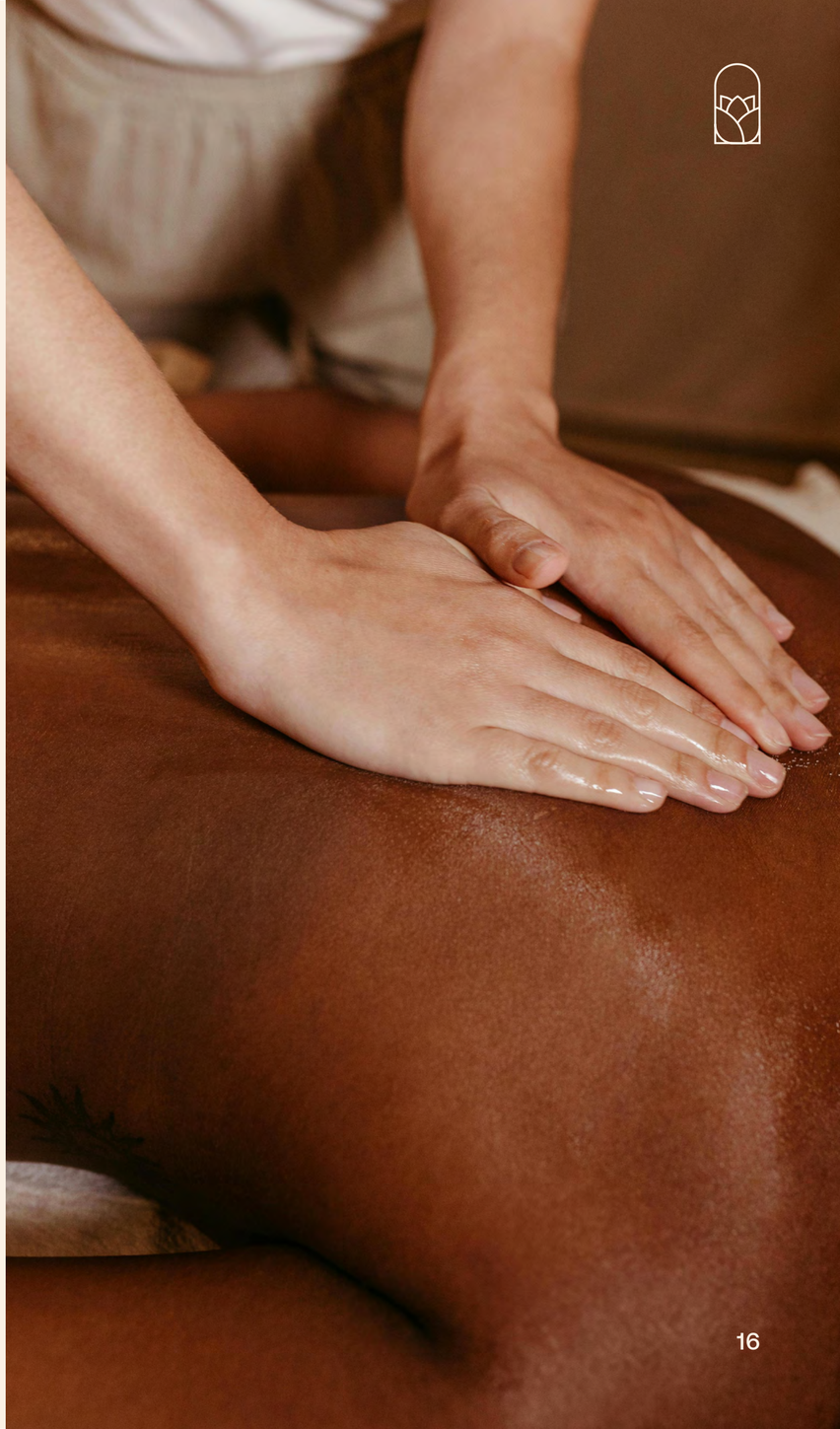
100 minutes £185
Soothing, Nourishing, Rebalancing

An antioxidant-rich journey designed to combat urban stress and fatigue. This high-performance ritual features a full-body pomegranate exfoliation and a hydrating body wrap, followed by a wave inspired back massage and a rhythmic Sea Breeze Shaker ritual to restore inner balance and skin radiance.

The Urban Greenhouse Rain Ritual

100 minutes £185
Energising, Nourishing, Restorative

An invigorating face and body ritual that begins with a rhythmic rain stick awakening. Following a botanical exfoliation, a wave inspired back massage by Lomi Lomi techniques uses long, sweeping forearm movements and tropical oils to stimulate circulation, release tension, and re-energise the senses like fresh rain.



DOLPHIN HOUSE

SPA

Express Essentials Collection

Immerse yourself in our collection of express treatments, crafted to rejuvenate and revitalise with unparalleled efficiency. Ideal as a standalone experience or a complement to any full treatment, these essentials offer transformative results for your skin and wellbeing, leaving you refreshed, radiant and revitalised.

Please note all our essential collections included consulation and aftercare recommendation.

Deep Heat Back, Neck & Shoulder

30 minutes £80

Experience a comforting deep heat massage using your chosen Harmony Collection oil. Each expertly crafted blend gently warms the muscles, while focused techniques target areas of built-up tension to help melt away stress, ease tightness, and restore balance to both body and mind.

Head in the Clouds

30 minutes £80

Drift into tranquillity as micro-tensions are gently released across the scalp in this deeply relaxing and invigorating massage. Infused with baobab, the treatment strengthens, nourishes and protects both hair and scalp, while a soothing neck massage completes the experience.

Express Awakening Facial

30 minutes £80

A revitalising facial designed to instantly refresh and reawaken the skin. Featuring gentle double-brush exfoliation and a tension-melting massage, this express treatment is completed with a nourishing mask of Royal Jelly and passion fruit essences. The complexion is left hydrated, refreshed and beautifully luminous.

Express De-Stress Facial

30 minutes £80

The ultimate antidote for tired skin, this calming treatment uses potent antioxidants and protective serums to restore natural resilience. Expert techniques help smooth and refresh the complexion, leaving both skin and spirit feeling renewed.

Lighter Legs

30 minutes £80

Revitalise tired legs with a fusion of cooling menthol and nourishing baobab oil, paired with a stimulating massage to refresh circulation. Ideal for when your legs are in need of relief, comfort and renewed lightness.

Nourishing Hands

30 minutes £80

A deeply relaxing hand treatment designed to restore softness and comfort. Featuring your chosen blend of essential oils for gentle exfoliation and massage, the experience is completed with our luxurious bamboo hand cream.

Papaya & Passion Fruit Body Smoothing Butter

30 minutes £80

Indulge in this opulent exfoliating treatment, where a rich, velvety butter infused with natural exfoliating particles gently polishes away dead skin cells. Skin is left beautifully smooth, nourished and renewed.

DOLPHIN HOUSE

SPA

Pregnancy Collection

Nurturing treatments designed especially for expectant mothers, they help soothe tension, ease stress and promote deep relaxation. Rich in natural nutrients, ethically sourced baobab seed oil helps reduce inflammation, improve skin elasticity, and diminish the appearance of stretch marks, supporting the body's natural journey through pregnancy. Please note, these treatments are suitable for those after their first trimester.

New Life Massage

60 minutes £130

Using ethically sourced baobab seed oil, this African-inspired full-body massage offers a relaxing, stress-reducing experience. The blend of natural oils provides anti-inflammatory benefits, a reduction in stretch marks and increased skin elasticity, making it the ideal pregnancy body treatment.

Cocoon Back, Neck & Shoulder Massage

30 minutes £80

A comforting back, neck and shoulder massage designed to relieve muscular aches and pains whilst promoting a sense of deep relaxation.

Mamma Face & Body Experience

60 minutes £130

A nurturing escape for body and skin. Begin with a soothing back, neck and shoulder massage using baobab oil to ease tension and restore balance. This is followed by our express Elixir Facial, featuring healing rosehip oil and Royal Jelly Elixir to calm stressed, sensitive skin, leaving your complexion nourished and your mind at ease. Suitable for all skin types.

DOLPHIN HOUSE

SPA

Wellness Recovery Collection

Gentle, restorative therapies designed for those navigating medical treatments or seeking profound stress relief. These safety-focused treatments soothe skin sensitivities and bodily discomfort, offering a compassionate space to relax, rebalance and heal.

Everlasting Calm Body Envelopment

75 minutes £150

A gentle, energy-focused therapy designed to restore inner harmony through light, mindful touch. This treatment settles the nervous system and encourages energy flow to release physical and emotional tension while deeply nourishing the skin. Finished with a serene scalp sequence to quiet the mind, it provides a safe, compassionate space for total restoration.

Royal Jelly Elixir De-Stress Facial

60 minutes £130

A restorative facial packed with antioxidants and nutrients to support tired, stressed, or environmentally challenged skin. This nurturing ritual replenishes the skin's barrier and boosts resilience against daily aggressions. Through mindful touch and potent formulations, the complexion is rebalanced and you are left feeling revitalised and calm.

Hydration Balance Facial Ritual

60 minutes £130

A calming facial designed to soothe sensitive skin and restore inner harmony. This ritual features a mindful cleanse, gentle exfoliation, and a cooling massage to ease redness and irritation. By layering deep hydration and using slow, nurturing movements, this treatment replenishes the skin's barrier while quieting the mind. Leave feeling refreshed and radiant.

Restorative Body Therapy

90 minutes £165

A restorative body ritual blending African and Asian traditions to harmonise the mind, body and spirit. The journey begins with a baobab and cacao exfoliation to reveal a radiant glow, followed by a slow-flowing full-body massage inspired by Madagascan Hilotra techniques. Designed to dissolve tension and restore energetic balance, this sensorial experience uses grounding touch and enveloping aromas to leave you feeling deeply nourished and renewed.

Nurture Hand, Foot & Scalp Ritual

75 minutes £150

A comforting therapy designed for skin sensitivity and medical recovery. The ritual starts with a water-free exfoliation for hands and feet to protect the skin's pH balance, followed by a hydrating Everlasting & Olive Mask to soothe dryness. It concludes with a revitalising red dragon fruit scalp and shoulder massage to encourage energetic flow and deep peace.

Booking policy & spa etiquette

To ensure a seamless and tranquil experience for all guests, please observe the following guidelines:

Reservations & Payment

- **Pre-payment:** Full pre-payment is required at the time of booking for all individual treatments, thermal sessions and spa day packages.
- **Arrival:** We recommend arriving 15–20 minutes before your scheduled appointment to complete a health questionnaire and transition into your spa attire. Late arrivals may result in a reduced treatment time.

Cancellations & Amendments

- **Individual Treatments:** We require at least 48 hours' notice for cancellations or amendments. Cancellations made within 48 hours, or non-arrivals, will be charged at 100% of the treatment cost.
- **Spa Days:** A 7-day notice period is required to cancel or move a spa day booking. Changes or cancellations made within 7 days of the arrival date are non-refundable and non-transferable.

Health & Wellbeing

- **Consultation:** All guests must complete a confidential health questionnaire prior to their treatment. Please inform us of any medical conditions, allergies, or if you are pregnant at the time of booking.
- **Maternity:** Specialised maternity treatments are available only after the first 12 weeks of pregnancy.
- **Medical Disclosure & Advice:** It is vital to inform the spa about your diagnosis and current treatment stage when booking. We strongly recommend consulting your oncologist or GP before your visit to confirm which treatments are suitable for you.
- **Restricted Treatments:** Standard high-pressure or deep-tissue massages are generally avoided. Instead, look for our Wellness Recovery collection, which uses gentle, rhythmic techniques that are safe for those with compromised immune systems.

Booking policy & spa etiquette

Spa Etiquette

- **Environment:** The spa is a sanctuary of peace. Please keep mobile phones on silent and maintain low noise levels in all relaxation areas.
- **Attire:** Swimwear must be worn in the Thermal Suite, pool and communal areas. Robes, towels and footwear are provided for your comfort.
- **Valuables:** We recommend leaving jewellery and valuables at home. The spa is not liable for any loss or damage to personal property.

DOLPHIN HOUSE

SPA

020 7798 6866 | spa@dolphinsquare.co.uk

Dolphin Square, Chichester Street, London SW1V 3LX