



Awaken Your Senses

For a better you.™

Take time for yourself: Massages

HEAVENLY SPA SIGNATURE MASSAGE

A heated compress invites back muscles to relax and ease before a Swedish massage leaves you feeling physically rested and mentally uplifted.

50 or 80 minutes 425 / 625 Dirhams

DRIZZLE DEEP MASSAGE

Pure shea, cocoa and mango butters are melted, drizzled and massaged into skin for a deeply restorative and warming deep tissue full body massage.

Choose from: Plum Chiffon or Marshmallow Nourishing Shea Butter Melt.

50 or 80 minutes 435 / 635 Dirhams

AGAVE STONE MASSAGE

A powerful stone therapy massage utilizing a light oil, infused with Agave plant extracts, to significantly improve skin's transepidermal water loss, resulting in a hydrated, plumper, less wrinkled appearance.

50 or 80 minutes 435 / 635 Dirhams

THAI BALANCE MASSAGE

An expert therapist will use time-honoured techniques, pressing the elbows and feet upon the body and vigorous stretching and pulling.

Helps to release tension and encourage blood flow and flexibility.

Massage will be experienced in our Male or Female Balance room.

Traditional Thai Massage attire will be provided.

50 or 80 minutes 435 / 635 Dirhams

DOSHA REBALANCE MASSAGE

Using traditional inspired blends of Ayurvedic oil combined with Abhyanga techniques, this treatment is rhythmic and relaxing while also clearing stagnant energy using warm oils and varying amounts of pressure with a focus on restoring the flow of "prana", the life force that simulates your body's vital energy.

50 or 80 minutes 445 / 645 Dirhams

PREGNANCY MASSAGE

Benefit from this customized pregnancy service relieving muscle aches and joint pain and reducing swelling.

Note: Massage is not performed during the first trimester.

50 minutes 445 Dirhams

CITRUS BACK MASSAGE

Vitamin-rich oils with crisp citrus or herbal notes will refresh and rejuvenate the mind while we concentrate on relieving all the stress on your back.

Choose from: Clementine or Citrus Cilantro.

30 minutes 255 Dirhams

REFLEXOLOGY

In this ancient technique, the therapist presses upon various reflex points in the feet, resulting in a release of toxins and enhanced circulation. Emerge feeling rested and renewed.

30 minutes 235 Dirhams

Couples

COUPLES MASSAGE

Enjoy a massage for two in the comfort of our couple's treatment suite. Choose from any of our massage selections to customize your experience. Take time to embrace wellness together in our couple's relaxation area with plunge pools and experience showers, allowing you to find Harmony and Synergy together.

50 or 80 min 925 / 1,325 Dirhams

Hamмам

HEAVENLY HAMMAM

All the secrets of the Hammam are in this all-rounded ritual. Begin with a black soap application and a light steam followed by a wrap with purifying ghassoul. This treatment is revitalizing and leaves a soft and satin-smooth skin.

60 minutes 525 Dirhams

TURKISH BATH

Inspired by the tradition in Turkey, the unique ritual Turkish bath begins with a soft steam and full scrub with black soap followed by a massage in a cloud of foam. The skin regains its original texture.

75 minutes 645 Dirhams

Feel alive and inspired: Body Treatments

GREEN COFFEE SCULPTING

Reduce puffiness and bloating for a firmer, slimmer silhouette, focusing on the thighs, waist, tummy and bottom. This treatment starts with dry skin brushing followed by our thermogenic chilli and coffee oil massage to help break down fat cells. Stimulate the circulation and metabolism with a final application of resculpting body gel.

50 minutes 465 Dirhams

ROSE RENEWAL

Tap into your own reservoir of youth. A rejuvenating treatment with a full body salt scrub and purifying wrap that envelopes the body with the nourishing essences of Rose & Jasmine for the perfect balance.

80 minutes 585 Dirhams

DETOX CLEANSING RITUAL

Regulate fat metabolism in the body during this intense full body scrub with stimulating and detoxifying blend of salt, seaweed and lemon. A potent wrap of seaweed and eucalyptus with rare fossil mud is applied to leave the body deeply enveloped, cleansed and stimulated.

80 minutes 585 Dirhams

AVOCADO SOOTHER

This cooling treatment brings a renewed energy to your heat-filled skin. Begin with a Nectar Whole Milk bath soak that soothes skin. Followed by a lightly chilled, refreshing Guac Star mask application which will infuse your skin with moisture-locking ingredients and antioxidants.

50 minutes 455 Dirhams

GENTLEMAN'S HOT SCOUR

Pure refinement and relaxation. After a thorough dry brushing exfoliation technique, a warm molten scrub down with a Brown Sugar scrub will leave skin radiant and renewed.

30 minutes 275 Dirhams

Face every moment with a smile: Facials

CRYSTAL LYMPHATIC FACIAL

Skin will be deeply cleansed, followed by three masks to decongest, brighten and hydrate the skin. Lymphatic drainage followed by acupressure massage firms and reduces puffiness. A relaxing massage of feet, hands, arms and scalp leaves you totally relaxed and your skin fresh and glowing.

50 or 80 minutes 465 / 675 Dirhams

HYDRA-DIAMOND FACIAL

Ideal for sun-damaged skin, acne scars, age spots, and dull skin with enlarged pores. Densely packed diamonds glide over the skin to exfoliate and remove dead cells. Vitamin infused hydrating water infuses and hydrates the skin and a customised mask leaves the skin looking instantly brighter.

50 minutes 515 Dirhams

PAPAYA PEEL FACIAL

Resurface and brighten. Deep cleansing combined with fruit acid exfoliation, target age spots, pigmentation, fine lines and uneven skin to reveal brighter, nourished and exceptionally smooth skin. Drainage massage and a hydrating mask stimulate new skin cells and elasticity leaving skin with a rejuvenated glow.

50 minutes 455 Dirhams

FOOD-FOR-THE-SKIN FACIAL

Begin with a creamy green tea milk wash cleanse to remove makeup and dirt with a nourishing finish. Next, skin is smoothed with a natural buffing biscuit blend made with calming burdock root, mango butter, skin-enhancing rice powder and whole milk. A refreshing seasonal mask is then applied followed by a Three Milk peptide moisturizer bringing on a refreshed appearance.

30 or 50 minutes 285 / 455 Dirhams

URBAN MEN'S FACIAL

The ultimate urban facial for Men. Deep cleansing, exfoliating and hydrating facial with a relaxing massage leaving the skin looking fresh, bright and revitalized.

50 minutes 445 Dirhams

Add ons:

ADD ON ANY OF THE FOLLOWING ENHANCEMENTS TO CUSTOMIZE YOUR TREATMENT

15 minutes 135 Dirhams

SEASONAL BATH

Seasonal bath set up before your treatment

SINUS SOOTHER

Rosemary Mint soak compress + acupressure facial massage relieves pressure and congestion

CHOCOLATE CITRUS DECOLETTE TREATMENT

A chocolate antioxidant CoQ10 mask + Spotted Leaving Serum evens and brightens decolette

HAIR'S TO YOU

Warm Agave Nectar Oil hair & scalp treatment + scalp massage

HAND TREATMENT WITH STEAMING WRAP CHOOSE FROM:

- Warm Agave Nectar Oil
- Marshmallow Shea Butter Melt
- Honey Heel Glaze

HONEY GLAZE FOOT COOCOON

Sweet Cream Sea Salt Foot Scrub + Honey Heel Glaze moisture serum application + steaming foot wrap

BACK IN ACTION

Seasonal back scrub treatment to exfoliate before massage

SUN SOOTHER RELIEF

Sun soothing application with cool towel compress

SWEET SUGAR LIPS

One Fine Day Shea Sugar lip exfoliation + Marshmallow Shea Butter balm application

Discover a new you: Packages

ARABIAN TREAT

Treat yourself to an afternoon in the spa with local inspiration. Our organic mist in Oud or Rose will be massaged into pulse points of your scalp and neck followed with the Rose Renewal body treatment to awaken your senses. Continue your relaxation with a Heavenly Signature Massage and then enjoy a Lymphatic Facial to leave you looking refreshed. Complete your experience while relaxing in our wet areas with a cup of tea and traditional dates taking you into a true Arabian spirit.

180 minutes 1,185 Dirhams

FROM-THE-GARDEN RITUAL

Begin with Avocado Refresher Body Treatment to soothe your skin, followed by our 30 minute Citrus back Massage. End with a 30 minute Food-for-the-Skin Facial using our seasonal natural product selection. Enjoy a fresh smoothie of the day while you relax in our lounge. Consider enjoying time after your package at the pool or perhaps a Yoga session.

110 minutes 795 Dirhams

DETOX CLEAN START

Begin with the Detox Cleansing body treatment to promote immediate stimulation of the body and regulate your system. Follow this with a Thai Balance massage to stretch out your muscles. Finish with an antioxidant Super Food Smoothie to complete your detoxification. This package is best paired with a Personal Training Session, and for even better results consider a series of three.

130 minutes 825 Dirhams

With training session: 180 minutes 1,025 Dirhams

HEAVENLY ESCAPE

Spend time together whilst enjoying your treatment in our couples suite. Begin by relaxing in our couples dedicated wet area and use our plunge pools and specialty showers. Then experience The Heavenly Hammam ritual together followed by side by side Signature Massages. Finish your experience together with a selection of tea and leave in a state of bliss.

120 minutes 1,825 Dirhams

SERIES

Buy any series of 3 services or packages and receive specialty pricing.

WAXING

Available upon request.