



**BLENDED**  
FOR HIM

THE  
**BARBERSHOP**  
BY BLENDED

# BARBERSHOP

— BY BLENDED

**T**he modern man knows that it is essential to be well-groomed. A curation of the world's leading, hand-picked talent, you can feel confident knowing you are putting your best foot forward with our professional barber and dedicated male grooming services.

**BREAK THE STEREOTYPE AND CHALLENGE THE FUTURE  
OF MALE HEALTH AND WELLNESS.**

# HAIR

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## HAIR PAINT JOB

Full hair colour

45 MINUTES | FROM AED 295

## JACK OF ALL FADES

Consultation, cut, wash, skin fade and style

45 MINUTES | AED 180

## AFRO FADE

Consultation, gradual hair tapering and style

45 MINUTES | AED 180

## JACK THE LAD

Consultation, cut, wash and style

30 MINUTES | AED 150

## GET BUZZED

One grade clipper cut

20 MINUTES | AED 85

## THE FINISHER

Express tidy up - no messing

15 MINUTES | AED 70

# BEARD & TASH

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## THE DELUX

Steam, deep cleanse, oil ritual, wet shave, balm, cologne

45 MINUTES | AED 200

## THE WET

Steam, cleanse, wet shave

30 MINUTES | AED 140

## BAD LAD

Dry cut and tidy, beard & tash

15 MINUTES | AED 90

## BLUE STEEL

Line and define, beard & tash

15 MINUTES | AED 85

## TOUCH UP

Beard & tash colour

20 MINUTES | FROM AED 80

## PITT STOP

Jack Of All Fades, The Wet, hair removal - nose and ears

70 MINUTES | AED 295

## M.O.T

Jack Of All Fades, Bad Lad, hair removal - nose and ears

55 MINUTES | AED 235

## FACE

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### THE HOT SHOT FACIAL

30 MINUTES | AED 190

Deep clean, exfoliate, steam, mask, massage and moisturize

### THE QUICK DATE FACIAL

20 MINUTES | AED 120

Steam, deep clean and moisturize

### HAIR OF THE DOG

15 MINUTES | AED 100

Hair removal trio, wax or thread

EYEBROW | EAR | NOSE

### ADVANCED EYE TREATMENT

30 MINUTES | AED 100

Lift, tone and refresh the entire eye area

### FACE IT RAPID GEL MASK

15 MINUTES | AED 100

Advance mask, suited to all skin types

CHARCOAL | AGELESS | NUTRITION | BALANCE

## LAZYBOY

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### UNDER PRESSURE

30 MINUTES | AED 100

Barber chair head, neck and shoulder massage

### A STEP A'HEAD

15 MINUTES | AED 50

Barber chair head massage

## NAILS

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### IN THE DRIVER'S SEAT

30 MINUTES | AED 200

Tonic Manicure and Tonic Pedicure

### TONIC PEDICURE

30 MINUTES | AED 120

Soak, scrub, tidy up, massage

### TONIC MANICURE

30 MINUTES | AED 100

Soak, scrub, tidy up, massage

# FACIALS

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## BLENDING PRO-AGING

60 MINUTES | AED 350

Relieve deep tension with this anti-ageing facial. Includes a muscle-lifting massage, reducing the appearance of fine lines.

**LIFT | PLUMP | HYDRATE**

## BLENDING TONIC HYDRATE

45 MINUTES | AED 300

Specifically designed to combat dry, flaky, and rough skin. Infused with hyaluronic acid, this hydrating treatment cleanses, exfoliates, moisturizes and combats signs of ageing.

**MOISTURIZE | REFRESH | RESTORE**

## BLENDING TONIC DETOX

45 MINUTES | AED 300

Relieve congestion, minimize pores and eliminate blackheads with our award-winning, deep cleansing facial. Ideal for oily, combination skin that is prone to breakouts. Includes antioxidant peels and pore-refining mask.

**CLEANSER | REFINE | REVITALIZE**

# BODY

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## HOT & COLD

60 / 90 MINUTES | AED 400 / AED 550

A therapeutic full-body massage, incorporating a combination of thermal and cryo techniques. Hot basalt and iced rose quartz ease inflammation and deliver the perfect hot/cold experience to balance the body and mind.

**INCREASES CIRCULATION | AIDS RECOVERY | IMPROVES SLEEP**

## THAI FLOW

60 / 90 MINUTES | AED 400 / AED 550

Balance the body and mind. Integrating Thai herbal compresses with hands-on techniques, stretches and acupressure for an authentic massage experience.

**ENERGIZES BODY | RELEASES TENSION | PROMOTES WELL-BEING**

## MUSCLE MELT

60 / 90 MINUTES | AED 400 / 550

A complete fusion. Enjoy a targeted blend of Shiatsu pressure point therapy, therapeutic massage techniques, corrective stretches and warming body oils.

**RELIEVES STIFFNESS AND TENSION | RELAXES ACHING MUSCLES**

**BACK CLEANSE TREATMENT****40 MINUTES | AED 300**

Remove oil congestion, impurities and dead skin with a steamy back cleanse.

**UNBLOCKS PORES | TARGETS IMPURITIES | REMOVES DEAD SKIN****REFLEXOLOGY****45 MINUTES | AED 280**

A holistic therapy using the fingers and thumbs to apply pressure on the reflex points.

**REMOVES ENERGETIC BLOCKAGES | REBALANCES THE BODY****FOCUSED****30 MINUTES | AED 200****DEEP TISSUE – ASSISTED STRETCHING**

Release tension and correct muscle imbalances with a targeted deep tissue massage or assisted stretching session.

**ELIMINATES TENSION | IMPROVES JOINT RANGE | ENHANCES PERFORMANCE****HAIR REMOVAL****FULL BODY****60 MINUTES | AED 600****BACK****20 MINUTES | AED 200****CHEST****20 MINUTES | AED 200****STOMACH****20 MINUTES | AED 200****FULL LEG****30 MINUTES | AED 180****HALF LEG****20 MINUTES | AED 130****FULL ARM****30 MINUTES | AED 180****HALF ARM****20 MINUTES | AED 130****UNDER ARM****10 MINUTES | AED 120****EYEBROWS****5 MINUTES | AED 60****EAR****5 MINUTES | AED 60****NOSE****5 MINUTES | AED 60****BROW TINT AND TIDY****15 MINUTES | AED 80**

wax / thread with colour

# DUBANYA

BY BLENDED



# DUBANYA FIRST IN GULF

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**L**nspired by the deep cultural roots of the Russian banya, Dubanya by Blended is an innovative interpretation of a traditional Russian bath house, situated on the golden shores of the Palm Jumeriah, Dubai.

Bringing the tradition to today, Dubanya blends ancient cleansing and detoxifying practices with new-age health and wellness rituals to offer a place of healing, calmness and tranquility.

**BREAK AWAY FROM THE DAY TO DAY AND FIND YOURSELF AT  
DUBANYA BY BLENDED.**

Inspired by the deep roots of the Russian banya, Dubanya, located at Blended Wellness on the golden shores of the Palm Jumeirah, Dubai, is an innovative interpretation of a traditional Russian bath house. An ancient cleansing and detoxifying practice that restores strength, health and energy, the banya is a place of calm and healing.

A cultural ritual believed to be sacred, the Russian banya connects with nature, uniting the elements of fire, water, earth and air to invigorate energy levels, recharge and reset the body and soul. A place where time stands still, banyas embrace a unique collaboration of heat and ice with the natural benefits of oak and birch valiks, igniting the senses and awakening the body through touch, sight, sound, smell and taste.

Beginning your journey in the heart of the banya, deep steam experience inside the timber steam room is enhanced with natural aromatherapy herbal infusions, believed to cleanse, heal and detoxify the body and mind. These infusions are poured onto the hot stones of the banya oven, heated to roughly 95 degrees celsius.

Once warm, the body is massaged amidst the hot steam using fragrant brooms of birch and oak, transferring natural healing powers to improve blood circulation, refresh and restore physical and mental well-being. The leaves release phytoncides that stimulate the body's immune system, tannins act as a natural astringent and flavonoids, known for their anti-inflammatory properties. This phase of the banya is valued for its ability to drive a meditative state through massage, awakening dormant capillaries, renewing skin cells, cleansing pores and detoxifying the body.

The banya is completed with a dip in the ice-cold plunge pool, bringing the body back to base temperature. The contrast in temperatures encourages the spinal cord to produce red bodies, encouraging the body defend against viruses and illness, closing the pores and toning the skin.

Break away from the day to day to meditate, reflect and relax. Dubanya is an unparalleled experience, offering an array of benefits, both physical and mental. A truly special ritual, Dubanya is a way of life.

BE BRAVE | DUBANYA

# THE BANYA

150 MINUTES | AED 1,750

A traditional Russian cleansing and detoxifying ritual using organic, natural ingredients. Known to boost the immune system and increase circulation, the Dubanya experience consists of multiple treatments to boost overall health and wellness.

Dubanya is an entire body detoxification, paired with natural aromatherapy oils, performed by authentic Russian Banskik. It combines relaxing steam therapy, oak and birch venik treatment with a hot and cold plunge pool experience like no other. Our organic products include smoked birch, oil tar soap and recycled washcloths, sourced from the heart of the Siberian forests.

## THE JOURNEY

One Banskik

**HOT AROMA STEAM TREATMENT**

**RUSSIAN OAK AND BIRCH VENIK TREATMENT**

**PURIFYING ORGANIC SCRUB**

**TAR OR HERBAL SOAP CLEANSE**

**TRADITIONAL HERBAL TEA AND REFRESHMENTS**

## CHOOSE YOUR INTENSITY

**BRAVE** 

**THE HIGH INTENSITY EXPERIENCE**

**BOLD** 

**THE MEDIUM INTENSITY EXPERIENCE**

**BESPOKE** 

**THE LOW INTENSITY EXPERIENCE**

To complete the journey, signature herbal teas, organic honey, homemade jams and fresh fruits will be served to nourish.

# THE RUSSIAN SPIRIT

150 MINUTES | AED 2,750

Two Banshik

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The traditional Russian Banya Ceremonies to activate the body's metabolic process and deep skin cleansing, but with two Banshiks rather than one. The ultimate experience, amplified.

**DOUBLE THE INTENSITY**  
**DOUBLE THE EXPERIENCE**  
**DOUBLE THE RESULTS**

## SOCIAL BANYA ZONE

150 MINUTES | AED 700

No Banshik

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Curate your own experience, at your own pace. Immerse into the hot steam rooms, take a dip in the Banya plunge pools or simply sit back, relax and enjoy the oil aromatherapy zone without a Banshik.

## ADDITIONAL SERVICES

Elevate your experience

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<b>OAK AND BIRCH VENIK TREATMENT</b>	<b>AED 300</b>
<b>ORGANIC SCRUB</b>	<b>AED 150</b>
<b>LYKO EXFOLIATION</b>	<b>AED 150</b>

**BLENDED**  
AESTHETIC

# BLEND~~E~~D AESTHETIC

~~POWERED~~ BY

**BEVERLY HILLS**

Wellness and Aesthetics

**P**

owered by Beverly Hills Aesthetics and Wellness Clinic, Blended Aesthetics is a state-of-the-art cosmetic clinic – with distinction.

Promoting confidence, health and longevity, the expertise of the Hollywood team brings the latest in facial rejuvenation techniques and advanced skin modalities, incorporating cutting-edge laser technology, medical grade devices and an extensive paramedical product range.

**ENHANCE. APPRECIATE. CELEBRATE.**

**BE YOU AT BLENDED AESTHETICS.**

# IV DRIPS

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## VIP+

AED 1,800

The personalised touch. Our physician will work with you to tailor a nutrient formulation, curating an infusion that truly meets all your needs.

## NAD+

AED 1,850

Activate your brain's neuron function and prolong your lifespan. NAD+ (a coenzyme found in all living cells) is the ultimate IV supplementation to improve your health and overall feeling of wellness.

**SLOWS COGNITIVE DECLINE | IMPROVES FOCUS | INCREASE ENERGY LEVELS |  
BOOST METABOLISM | AID RECOVERY | SLOWS AGING**

## PRE / POST-SURGERY

AED 1,250

Aid rapid recovery and cell rejuvenation

## GUT CLEANSE

AED 1,100

Heal from the inside out

## LIVER CLEANSE

AED 1,100

Put the spring back in your step

## HAIR CARE

AED 1,100

Hair loss preventative

## IMMUNITY

AED 1,050

Boost, protect and build resilience

## RADIANCE

AED 1,050

Flush out toxins and reveal your glow

## YOUTHFULNESS

AED 1,050

Restore collagen and elastin

## ENERGIZE

AED 1,050

Vitalize, invigorate, and empower

## CALM

AED 1,050

Enjoy your best night's sleep

**TIP\* OUR IV DRIPS CAN BE OFFERED MOBILE SO ENJOY ANYWHERE INSIDE OR  
OUTSIDE OF THE CLINIC FOR YOUR OWN COMFORT AND CONVENIENCE**

# BOOSTER SHOT

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## MICC

AED 345

AIDS METABOLISM TO DISSOLVE FATS | REDUCE INFLAMMATION | BOOST ATHLETIC PERFORMANCE

## MAGNESIUM

AED 295

REDUCE INFLAMMATION | BOOST ATHLETIC PERFORMANCE | IMPROVE BONE HEALTH

## BIOTIN

AED 295

STRENGTHEN HAIR, SKIN AND NAILS | BOOST IMMUNITY | REGULATE METABOLISM

## SELENIUM

AED 295

POWERFUL ANTIOXIDANT | AID THYROID HEALTH | SUPPORT COGNITIVE FUNCTION

## ZINC

AED 295

BOOST IMMUNITY | ACCELERATE WOUND HEALING | REDUCE OXIDATIVE STRESS

## VITAMIN B12

AED 245

INCREASE ENERGY AND CONCENTRATION | BOOST IMMUNITY | IMPROVE METABOLISM

## VITAMIN C

AED 245

BOOST IMMUNITY | FIGHT AGING | POWERFUL ANTIOXIDANT

## UPGRADE

ADD ANY BOOSTER TO YOUR IV TREATMENT

AED 200\*

\*EXCLUDING MICC



# PRP

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The Platelet-Rich Plasma (PRP) procedure was formed in the 1970's, harnessing the power of your own body's growth factors to rejuvenate tissues.

## **SUPERMAX**

**AED 1,850**

PRP treatment with added skin cells stimulates cell generation which, in turn, reconstructs the skin to a denser quality. Delivering impressive anti-ageing and anti-wrinkle properties. Stem cells also trigger the secretion of human growth hormone which binds to human stem cells inside of hair follicles, resulting in continuous rebirth to control and prevent hair loss.

## **HYDRATION**

**AED 1,050**

PRP treatment with added hyaluronic acid improves the hydration of the skin after just one treatment. Hyaluronic Acid helps to increase the skin's moisture and reduces the appearance of fine lines and wrinkles.

## **PRP FOR HAIR**

**AED 850**

Target hair loss and thinning. Your own concentrated platelets are injected or rubbed into the scalp, followed by a derma roller treatment. This will trigger and maintain natural hair growth by increasing blood supply to the hair follicle and thickness of the hair shaft.

## **PRP FOR FACE**

**AED 850**

Reduce fine lines and improve skin tone. Your own concentrated platelets are injected into the skin with tiny, but painless, needles. Improving the overall complexion and stimulating new collagen growth. A truly remarkable, and natural, treatment helping your skin carry a more youthful appearance and glow.

**RECOMMENDED ONCE PER MONTH FOR THREE MONTHS.**

# ADVANCE TREATMENTS

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## BODY FX

Tone up, shape, smooth and treat cellulite. The BodyFX is a non-surgical treatment that delivers powerful radio frequency energy to optimum heating for reduction, contraction, and contouring.

	1 SESSION	3 SESSIONS	6 SESSIONS
STOMACH & LOVE HANDLES	AED 1,800	AED 4,500	AED 7,500
THIGHS	AED 1,500	AED 3,800	AED 6,300
GLUTES	AED 1,500	AED 3,800	AED 6,300
DOUBLE CHIN	AED 1,000	AED 2,500	AED 4,200
JAWLINE	AED 1,000	AED 2,500	AED 4,200

## LUMECCA

Diminish signs of aging including vascular lesions, sun damage, pigmentation, and rosacea with our state-of-the-art Lumecca treatment. Restore an even skin tone, improve skin clarity, and reveal your healthy, youthful glow.

The dramatic results are achievable within a short period of time. Although visible after just one session, multiple are recommended to experience the full benefits.

	1 SESSION	3 SESSIONS	6 SESSIONS
FACE	AED 1,200	AED 3,000	AED 5,000
NECK & DECOLLETAGE	AED 1,200	AED 3,000	AED 5,000
BACKS OF THE HANDS	AED 1,200	AED 3,000	AED 5,000

**NO ANESTHESIA REQUIRED | APPROXIMATELY 30 MINUTES PER SESSION |  
NO DISCOMFORT DURING TREATMENT | NO DOWNTIME AFTER TREATMENT**

# EVOKE

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The ultimate facial contouring solution. The Evoke is a clinically proven, FDA approved device that retains the elasticity of the skin and tautness of the jowls in a non-invasive manner. Using radiofrequency technology, the Evoke is capable of penetrating deeper into the dermal layer, encouraging cell turnover, tighten loosen skin, and the burning of facial fat. You can combine this with any other treatment.

**TREATABLE AREAS: DOUBLE CHIN | JAWLINE**

	<b>1 SESSION</b>	<b>3 SESSIONS</b>	<b>6 SESSIONS</b>
<b>INDIVIDUAL AREA</b>	<b>AED 1,500</b>	<b>AED 3,800</b>	<b>AED 6,300</b>
<b>BOTH AREAS</b>	<b>AED 2,500</b>	<b>AED 6,300</b>	<b>AED 10,500</b>

## AQUA GOLD

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**AED 1,975**

Indulge with the gold standard of skincare. Aqua Gold is a micro needling treatment that uses tiny 24 karat gold needles to apply hyaluronic acid and Botox for long lasting, anti-aging and skin refining results.

**RECOMMENDED ONE TREATMENT PER YEAR.**

# THREADS

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NON-SURGICAL FACE LIFT	60 MINUTES   AED 10,000
NON-SURGICAL HALF FACE LIFT	60 MINUTES   AED 6,000
NECK LIFT	60 MINUTES   AED 6,000
FACIAL REJUVENATION	60 MINUTES   FROM AED 800 TO AED 4,000
BODY THREADS	60 MINUTES   FROM AED 800 TO AED 15,000

# PROPHILO®

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30 MINUTES PER SESSION

Experience a revolutionary 'beneath the skin' hyaluronic acid moisturising treatment. Profhilo® is made with the patented NAHYCO® technology and when injected into skin, stimulates the cell receptors to counteract skin laxity and improve and restore firmness. Profhilo® not only boosts and hydrates the skin, but also remodels ageing and sagging tissue.

1 SESSION	AED 1,500
2 SESSIONS	AED 2,800
3 SESSIONS	AED 4,000

# FACE BIO REVITALIZATION

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20 TO 25 MINTUES PER SESSION

Targeting a wide variety of imperfections, including wrinkles and aging, acne scars, chicken pox scars, Rosacea, Crows feet and stretch marks, the Face Bio Revitalization is a breakthrough treatment that combining trichloroacetic acid (TCA) with hydrogen peroxide (H2O2) to provide previously unseen benefits to the skin without causing caustication. Non-aggressive on the epidermal layers, the treatment effects are immediately visible, and is ideal as a primer for other aesthetic medicine treatments such as mesotherapy, fillers, threads, physical stimulation devices, PRP, radiofrequency, etc.

1 SESSION	AED 1,000
3 SESSIONS	AED 2,500
6 SESSIONS	AED 4,000

DOCTORS CONSULTATION AED 250 REDEEMABLE UPON TREATMENT BOOKING.  
PLASTIC SURGERY CONSULTATION AVAILABLE UPON REQUEST WITH ONE OF OUR  
PLASTIC SURGEONS FROM THE US.

# BOTOX

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FROWN LINES	AED 900
FOREHEAD	AED 900
EYEBROW LIFT	AED 900
CROW'S FEET	AED 900
GUMMY SMILE	AED 500
MOUTH CORNERS	AED 500
BUNNY LINES	AED 500
NOSE TIP LIFT	AED 500
NOSTRIL	AED 500
LIP-FLIP	AED 500
EXCESSIVE TRANSPIRATION	AED 3,500
FACE SLIMMING	AED 2,500
TEETH GRINDING	AED 1,500
HEADACHE TREATMENT	AED 2,000

# FILLERS

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SCULPTRA	PER VIAL AED 2,500
VOLUMA	PER ML / SYRINGE AED 2,500
DERMA	PER ML / SYRINGE AED 2,000
BODY FILLER - HYDRACORP	PER ML AED 2,500
BODY FILLER - JUVELIFE	PER ML AED 2,300

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PLASTIC SURGEONS FROM THE US.

**BLENDED**  
FIT

# BLENDED FIT

— POWERED BY

**BENZONE**

**A**t Blended Fit, we believe in building bodies, not breaking them. Discover a collective of modern performance and meditation techniques that challenge the standard of fitness. From yoga, pilates and meditation, to cardio, boxing and spin, your journey starts here.

**IT'S MORE THAN A TRAINING PROGRAM.  
IT'S A WAY OF LIFE.**

# YOGA & PILATES

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## ASHTANGA YOGA

**75 MINUTES**

Ashtanga yoga originates from West India. It synchronizes breath and movement into a progressive and precise series of postures always practiced harmoniously.

## VINYASA FLOW YOGA

**60 MINUTES**

A dynamic style where movement is coordinated with breath work to encourage a fluid flow. Focus on the rhythm of music, whilst reaching to a more challenging movement.

## YIN YOGA

**60 MINUTES**

A slow, meditative form of yoga tuning both body and mind. Postures are held for a longer time allowing your body to stretch and lengthen those rarely used tissues.

## YIN YANG YOGA

**60 MINUTES**

Begin with Yang to warm and energize the body, before following to Yin, leaving you in a state of deep release through longer stretches, light movements and ultimate relaxation.

## HATHA YOGA

**60 MINUTES**

The Hatha practice involving sun salutations, a combination of yoga poses and deep breathing techniques. Hatha yoga is slower paced, a gentler form of yoga suitable for all.

## YOGALATES

**60 MINUTES**

A fusion of Yoga and Pilates. Begin with warm ups, controlling the breath, and stretching the joints before increasing to the pace of Pilates focusing on stability and strength.

## PILATES MAT

**60 MINUTES**

Pilates Mat is a popular low-impact workout comprised of core exercises working to flatten and tone your mid-section. An amazing workout to support your spine and back.

## PILATES REFORMER

**60 MINUTES**

Performed on a reformer machine using spring resistance where you will isolate more muscles. Guaranteed to tone muscles, strengthen core, and gain postural alignment.

## BLENDED ZEN

**75 MINUTES**

This unique yoga variation is a blend of the most effective yoga and relaxation techniques. Begin your journey with an exploration of meditation and breath work, followed by gentle yoga movements and deep yoga stretches, infused with essential oils and sound healing. Complete your experience with a mindful yoga nidra meditation.



# FUNCTIONAL

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## FUNCTIONAL CARDIO

60 MINUTES

A high energy workout guaranteed to enhance physical fitness, overall health, and wellness.

## FUNCTIONAL STRENGTH

60 MINUTES

A mix of foundational and functional fitness, focusing on strength, endurance, body composition and mobility.

## TRX

60 MINUTES

Improve strength and core stability. The total body workout uses your body weight to enable greater performance. Add dumbbells and kettle bells to increase intensity.

## PRO PEACH

60 MINUTES

This super-focused workout engages the lower body and sculpts. Building stronger, rounder, firmer, and lifted glutes while also toning your legs and core.

## SPIN IT

60 MINUTES

Endure a full body blitz with a combination of fast paced and strategic light rest intervals on a stationary bicycle. High energy and low impact.

## BARRE

60 MINUTES

Inspired by elements of ballet, yoga, and Pilates, build strength and muscle flexibility with our Barre workout. No, you do not have to be a dancer to try this low-impact, yet high-intensity workout.

# BOX

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## BOX FIT

60 MINUTES

Get lean and in fighting shape. The ultimate boxing-themed workout, guaranteed to burn calories, fat, and excuses. Focusing on interval training, combining punching drills on the boxing bag, and bodyweight training to condition and strengthen the entire body.

## KICKBOX

60 MINUTES

Combining kicking and punching, Kickboxing requires entire body control. Practiced for self-defence, general fitness, or as a contact sport. Improve your cardiovascular health whilst challenging your core strength and focus.

# FIT CLASSES

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## FIT CLASS PACK

50 CLASSES	VALIDITY 3 MONTHS   AED 5,750
40 CLASSES	VALIDITY 3 MONTHS   AED 5,000
20 CLASSES	VALIDITY 3 MONTHS   AED 3,100
15 CLASSES	VALIDITY 2 MONTHS   AED 1,950
10 CLASSES	VALIDITY 1 MONTH   AED 1,500
1 CLASS	VALIDITY 1 MONTH   AED 200

## FIT UNLIMITED

12 MONTHS	AED 20,000
6 MONTHS	AED 11,000
3 MONTHS	AED 6,000
1 MONTH	AED 2,200

## FIT PT

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### ONE ON ONE

1 INTRO SESSION	AED 250
20 SESSIONS	AED 6,500
15 SESSIONS	AED 5,775
10 SESSIONS	AED 4,000
5 SESSIONS	AED 2,225

### PARTNER

10 SESSIONS	VALIDITY 2 MONTHS   AED 5,500
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# BLENDDED MOVE

Boost your physical and mental health with a new wave of dance.

Elevate your mood, break a sweat and improve posture and flexibility.

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## CONFIDANCE

60 MINUTES

Immerse in the rhythm and forget everything else. The physical, mental, and emotional health benefits of dance are endless.

## AERIAL

60 MINUTES

Take your workout to new heights - literally. Relieve tensions, tone up, and improve flexibility, poise and posture, while toning the entire body. Push yourself out of your comfort zone and allow your body the freedom to move in ways like never before.

HAMMOCK | SILK | HOOP

## COMMERCIAL

60 MINUTES

Socially-influenced movements and routines. High energy dance styles, including hip hop, street and jazz to popular music. Multi genre / multi level.

## LEVEL UP

60 MINUTES

A fun, sensual, vibe class. A comfortable place to feel empowered, learn musicality and train in heels.

# MOVE CLASSES

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## MOVE CLASS PACK

10 CLASSES

VALIDITY 2 MONTH | AED 1,000

5 CLASSES

VALIDITY 1 MONTH | AED 550

1 CLASS

AED 120

**BLENDED**  
WITHIN

# BLENDDED WITHIN

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**A**t Blended Within, we understand your need to be heard. Today's fast pace and modern world has meant we have learnt to accept and adapt to norms that do not necessarily serve us well. This stress affects our mind, body and soul in negative ways as we strive to keep up.

Created on the foundations of our CEO, Dominique Laird's personal battle with mental health, the importance of Blended Within is prominent. It lies at the heart of the Blended Wellness destination – a symbol of both its meaning to Dom and its integral purpose in the overall brand.

Our dedicated team of practitioners will partner with you to focus on supporting your emotional well-being, resetting your nervous system and addressing underlying stressors to quiet the mind and overcome the fears, blockages and emotional issues that are holding you back. From personal coaching, to couples, group sessions and corporate opportunities, our vision at Blended Within is simple – listen to be heard, not to react, then work together to overcome.

**BLENDDED WELLNESS CELEBRATES WHO YOU ARE, WALKING WITH YOU AS YOU CHOOSE YOURSELF DAILY, AND ENCOURAGING US TO LOVE OURSELVES, WHOLLY. THIS IS YOUR JOURNEY.**