

## COMBOS

<b>60 MINUTE MASSAGE &amp; 60 MINUTE FACIAL</b>	<b>120 MINUTES   AED 900</b>
<b>60 MINUTE FACIAL &amp; 30 MINUTE MASSAGE</b>	<b>90 MINUTES   AED 750</b>
<b>60 MINUTE MASSAGE &amp; 30 MINUTE FACIAL</b>	<b>90 MINUTES   AED 550</b>

### COUPLE'S ESSENTIALS

Relax and unwind together in our private suite, complete with pre and post treatment refreshments for the ultimate experience.

<b>60 MINUTES MASSAGE</b>	<b>60 MINUTES   AED 800</b>
<b>60 MINUTES MASSAGE &amp; 30 MINUTES FACIAL</b>	<b>90 MINUTES   AED 1100</b>

## BODY

**LYMPHATIC DRAINAGE**      **60 MINUTES | AED 400**      **90 MINUTES | AED 550**  
**DE-BLOATS | REDUCES FLUID RETENTION | RE-ENERGISE | AIDS DIGESTION**

A light massage which stimulates the lymph flow and allows the body to naturally dispose of toxins.

**HOT & COLD GEMSTONE**      **60 MINUTES | AED 400**      **90 MINUTES | AED 550**  
**INCREASES CIRCULATION | AIDS RECOVERY | IMPROVES SLEEP**

A therapeutic full body massage incorporating a combination of thermal and cryo techniques.

**THAI QI FLOW**      **60 MINUTES | AED 400**      **90 MINUTES | AED 550**  
**ENERGISES BODY | RELEASES TIGHT MUSCLES | PROMOTES WELL-BEING**

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

**MUSCLE MELT**      **60 MINUTES | AED 400**      **90 MINUTES | AED 550**  
**REMOVES LACTIC ACID | RELAXES BODY | RELEASES TENSION**

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

**SUNKISS (BEFORE OR AFTER SUN) 60 MINUTES | AED 400 90 MINUTES | AED 550**  
**NOURISH | MOISTURISES | PROTECTS**

The perfect massage to protect against dehydration and preserve the skin's youthfulness whilst enjoying the sun.

Pre-Sun - SPF30

Post-Sun - Replenishing Gel & Recovery Moisturiser

**VIBRO-ACOUSTIC**

**75 MINUTES | AED 450**

**RELEASES ENERGY | DE-STRESS | ENHANCES MENTAL CLARITY | ALLEVIATES PAIN**

Reset the body's nervous system through the power of sound vibrations combined with marma points.

**PRE-NATAL & POST NATAL**

**75 MINUTES | AED 450**

**EASES ACHING BACK | REDUCES FLUID RETENTION | ALLEVIATE STRETCH MARKS**

Promotes the ultimate state of calm. Developed specifically to address the body's needs during and after pregnancy.

## **FOCUSED**

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**DEEP TISSUE SPORTS – ASSISTED STRETCHING**

**30 MINUTES | AED 200**

**ELIMINATES MUSCLE STIFFNESS | IMPROVES JOINT RANGE | ENHANCES PERFORMANCE**

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

**SCRUB RITUAL**

**30 MINUTES | AED 200**

**SHINY & SMOOTH | DEEP CLEANSSES | REMOVES DEAD SKIN | INCREASES CIRCULATION**

Tailored to your concerns, we select the best scrub, freshly dried herbs, and essential oil blends to reset your mind and body.

**REFLEX**

**30 MINUTES | AED 200**

**REMOVES ENERGETIC BLOCKAGES | REBALANCES THE BODY**

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