

BLEND~~E~~D

SPA

SWITCH OFF + REGENERATE

COMBOS

60 MINUTE MASSAGE & 60 MINUTE FACIAL	120 MINUTES AED 900
60 MINUTE FACIAL & 30 MINUTE MASSAGE	90 MINUTES AED 750
60 MINUTE MASSAGE & 30 MINUTE FACIAL	90 MINUTES AED 550

COUPLE'S ESSENTIALS

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

60 MINUTES MASSAGE	60 MINUTES AED 800
60 MINUTES MASSAGE & 30 MINUTES FACIAL	90 MINUTES AED 1100

BODY

LYMPHATIC DRAINAGE **60 MINUTES | AED 400** **90 MINUTES | AED 550**
DE-BLOATS | REDUCES FLUID RETENTION | RE-ENERGIZE | 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**
ENERGIZES 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 | MOISTURIZES | 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

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.

SPA FACIALS - QMS

24K GOLD

60 MINUTES | AED 800

**ANTI-AGING | INSTANT PLUMP | SKIN CELL RENEWAL | INCREASES COLLAGEN
DEEP CLEANSE**

Incorporating pure 24K gold. Suitable for all skin types, this luxurious one-of-a-kind gold blend is ideal for sun-damaged skin and to eliminate toxins.

BRIGHTENING

60 MINUTES | AED 550

DETOXIFIES | BRIGHTENS | BOOSTS RADIANCE

Detoxifies the skin, focusing on stimulating the micro circulation using a unique thermal active revitalising mask, instantly boosting complexion. For dehydrated, acne prone, dull, or tired skin.

HYDRATING

60 MINUTES | AED 550

LIFTS | TIGHTENS | DEFINES

Strengthens and regenerates the skin, focusing on areas that have a loss of elasticity. Delivering a lifting and tightening massage in combination with a collagen boosting treatment. Improves tonicity of jawline, cheeks, and brows.

LIFTING

60 MINUTES | AED 550

BOOSTS COLLAGEN | VOLUMISES | RESTORES

Restores and revitalises the complexion whilst maximising skin moisture and boosting collagen levels. Skin is left firmer, smoother and volumised in all the right areas. Defines, sculpts, and revitalises. For damaged or mature skin.

BALANCING

60 MINUTES | AED 550

PIGMENTATION | DARK SPOTS | DAMAGE

Delivers a specialised treatment targeting excessive or irregular pigmentation on the face. Eliminates dark-spots and helps to restore an even skin-tone. Focused treatment to eliminate dark spots and pigmentation.

ADVANCED SKIN SPECIALIST

HYDRA COOL PLUS

Combining four technologies in one machine, the Hydra Cool Plus brings safe, efficient and optimised treatments for your skin. The perfect all-in-one facial for skin cleansing, aqua-exfoliating, tightening and hydrating.

THE TECHNOLOGIES:

AQUA B TECHNOLOGY

Allowing water molecules to penetrate deeply and directly into the skin

VIBROX TECHNOLOGY

Produces countless CO2 bubbles to increase oxygen in blood circulation and revive skin cells

COLLAGEN + TECHNOLOGY

An advanced radio frequency (RF) treatment to stimulate collagen and elastin regeneration

ULTRAB TECHNOLOGY

Breaks down the molecular structure of skin hydrating and moisturising products into smaller molecules, allowing them to penetrate deep into the skin

THE TREATMENTS:

HYDRA ULTIMATE BLEND

60 MINUTES | AED 800

The ideal skin rejuvenation treatment for all skin types customised to you.

PURCHASE A PACKAGE OF 6 FACIALS FOR THE PRICE OF 5

LIFT & FIRM

45 MINUTES | AED 600

For mature skin with a lack of tone and elasticity.

BALANCE & CONTROL

45 MINUTES | AED 650

For oily to acne prone skin.

LIGHTEN & BRIGHTEN

45 MINUTES | AED 700

For uneven skin tone, dull and pigmented skin.

NOURISH & HYDRATE

30 MINUTES | AED 500

For dry, dehydrated skin with fine lines and wrinkles.

THERMAL JOURNEY

COMPLIMENTARY BEFORE OR AFTER SPA SERVICES - UNLIMITED TIME

1 SESSION | 30 MINUTES | AED 75

5 SESSIONS | AED 338

10 SESSIONS | AED 600

HIMALAYAN SALT SAUNA

REDUCES STRESS | DEEPER SLEEP | HEALTHIER SKIN | IMPROVED BREATHING

A truly unique sauna experience, the Himalayan Salt Sauna counterbalances the influx of positive ions from electronic devices we use every day improving your physical fitness and overall wellness, leaving you in a complete state of relaxation.

SALT CAVE

REFRESHES BODY | REJUVENATES SKIN

Known as halotherapy, this one-of-a-kind experience allows you to stop, inhale and exhale, exposing you to a natural Himalayan Salt Cave with the purest microclimate.

COLD PLUNGE POOLS

RECOVERS BODY PAIN & TENSION | REDUCES INFLAMMATION | AIDS RECOVERY

Cold plunge pool therapy, otherwise known as cold-water immersion, or a cryotherapy bath, is a revitalizing practice to recover and reset the body. Ideal for post workouts and increasing circulation.

ADVANCED SKIN SPECIALIST

MILLION DIRHAM FACIAL

60 MINUTES | AED 700

VELLUS HAIR REMOVAL | BRIGHTENS AND SMOOTHS | SCAR REDUCTION | HYDRATES

A Luxury experience where science meets results and relaxation. This experience has been designed to deeply exfoliate, remove vellus hair and brighten complexion whilst stimulating your natural collagen and cell turnover. We include a deep cleanse, steam, dermaplaning, micro needling, LED therapy and sheet mask with jade rollers.

MICRO NEEDLING COMPLETE

60 MINUTES | AED 550

IMPROVES SCARRING | ROSACEA REDUCTION | SHRINKS PORES | BRIGHTENS SKIN

Micro needling involves pricking the skin with tiny, sterilized needles. The small wounds cause your body to produce collagen and elastin, which heals and firms your skin.

DEEP CLEANSE

60 MINUTES | AED 500

DRAINS TOXINS | REDUCES SEBUM AND PORES | BRIGHTENS | CLEARS SKIN

A detoxifying facial for congested skin, begin with a deep cleanse and exfoliation, followed by a double revitalising mask, and concluding with a mineral-rich clay mask.

DERMAPLANING COMPLETE

45 MINUTES | AED 500

BRIGHTENS | REFRESHES | HYDRATES | FUZZ REMOVAL

Removes the outer layer of dead skin cells and fine hair to reveal an instantly brighter complexion. Followed by a hydrating mask.

CHEMICAL PEELS

LIGHTENING LIFT

60 MINUTES | AED 600

UNEVEN SKIN TONE | DISCOLOURATION | DARK SPOTS

This results-driven treatment combines the most innovative and effective botanical brighteners with echinacea plant extracts and anti-aging peptides immediately leaving the skin younger looking and luminous.

WRINKLE LIFT

60 MINUTES | AED 600

AGING | FINE LINES AND WRINKLES | SUPPORTS COLLAGEN AND ELASTIN

This ultra-resurfacing blend of glycolic acid combined with retinol visibly reduces the appearance of fine lines and wrinkles leaving skin firm and revitalized.

ACNE LIFT

60 MINUTES | AED 600

CONGESTED AND BREAKOUT PRONE SKIN | REDUCES REDNESS | IMPROVES UNEVEN SKINTONE

A potent blend of alpha and beta hydroxy acids to reduce blemishes, redness and diminish post-breakout dark spots.

FACIAL ADD ONS

HYDROGEL MASK

AED 100

SKIN WARRIOR | FUSION | GOLD | CHARCOAL | ILLUMINATE | BLEMISH

Choose your mask based on your skin concern, for the perfect skin recharge.

PROTON LIGHT THERAPY

AED 80

RED | BLUE | YELLOW | GREEN | PURPLE | ORANGE

LED technology combining 6 spectrum with near infra-red light, stimulating the skin's natural healing process.

STEAM & EXTRACTIONS

AED 50

KNESKO MASKS

FACE

AED 120

DECOLLETE

AED 125

NECK

AED 70

EYES

AED 55

LIP

AED 60