

BLEND~~E~~D

SPA

SWITCH OFF + REGENERATE

COMBOS

60 MINUTE MASSAGE & 60 MINUTE FACIAL	120 MINUTES AED 990
60 MINUTE FACIAL & 30 MINUTE MASSAGE	90 MINUTES AED 820
60 MINUTE MASSAGE & 30 MINUTE FACIAL	90 MINUTES AED 600

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 850
60 MINUTES MASSAGE & 30 MINUTES FACIAL	90 MINUTES AED 1200

BODY

LYMPHATIC DRAINAGE **60 MINUTES | AED 440** **90 MINUTES | AED 600**

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 440** **90 MINUTES | AED 600**

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 440** **90 MINUTES | AED 600**

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 440** **90 MINUTES | AED 600**

REMOVES LACTIC ACID | RELAXES BODY | RELEASES TENSION

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

***PACKAGES AVAILABLE, BUY ANY 4 TREATMENTS AND
GET A 5TH FREE**

SUNKISS (BEFORE OR AFTER SUN) 60 MINUTES | AED 440 90 MINUTES | AED 600

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 495

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 495

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 220

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 220

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 220

REMOVES ENERGETIC BLOCKAGES | REBALANCES THE BODY

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

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SPA FACIALS - QMS

24K GOLD

60 MINUTES | AED 880

**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 600

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 600

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 600

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 600

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.

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ADVANCED SKIN SPECIALIST

THE CLEANSSES

THE ESSENTIAL CLEANSE

60 MINUTES | AED 500

CLEANSE | EXFOLIATE | STEAM | EXTRACT | MASK | HYDRATE

A deep, detoxifying cleanse customised to your individual skin type and conditions designed to leave skin balanced, nourished and hydrated. Concluding with a customised mask.

THE ANTI-OXIDANT CLEANSE

60 MINUTES | AED 500

Built around multiple forms of vitamin C products to brighten, hydrate, nourish and revitalize environmentally damaged skin. This treatment will help to shield the skin against oxidative damage and reduce fatigue.

*Pair this with our Vitamin C IV Drip for the ultimate antioxidant cleanse +AED 300

THE SIGNATURE CLEANSE

60 MINUTES | AED 600

This treatment combines chemical, physical and enzymatic exfoliation to speed up cellular renewal. Vitamin C, Hydroxy acids are combined with stem cells and botanical skin brighteners leaving the skin deeply cleansed and infused with antioxidants. Customised mask and facial enhancer are included to meet your individual needs.

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ADVANCED SKIN SPECIALIST

THE PEELS

THE NON-CHEMICAL PEEL | THE ORGANIC PEEL

45 MINUTES | AED 550

UNBALANCED | SENSITIVE | IRRITATED | TEEN SKIN

This non-chemical peel rebalances, regenerates and restores skin using a blend of fruit enzymes and peptides while plant derived stem cell technology recharges your skins stem cells helping to maintain youthfulness. This treatment boosts cell turnover, exfoliates, hydrates and brightens.

THE CHEMICAL PEEL | LIGHTENING LIFT

45 MINUTES | AED 550

UNEVEN SKIN TONE | ALL FORMS OF PIGMENTATION

This results-driven treatment combines the most effective botanical brighteners with echinacea plant stem cells and powerful alpha hydroxy acids promoting a more even skin tone. Immediately leaving with an illuminated complexion.

THE CHEMICAL PEEL | ACNE LIFT

45 MINUTES | AED 550

BREAKOUT PRONE | REDNESS | BLEMISHES

A potent blend of alpha and beta hydroxy acids and botanical lighteners to reduce blemishes, redness and post breakout dark spots. This peel fights acne and promotes healthy, clear skin.

THE CHEMICAL PEEL | WRINKLE LIFT

45 MINUTES | AED 550

FINE LINES | WRINKLES | ROUGH COMPLEXION

The ultra resurfacing blend of glycolic acid combined with retinol and anti aging stem cells reduces the appearance of fine lines and wrinkles leaving the skin firm and revitalized.

ADD ONS

LED LIGHT THERAPY

20 MINUTES | AED 80

Amp up cellular healing and provide anti-aging benefits.

STEAM & EXTRACTIONS

15 MINUTES | AED 50

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THERMAL JOURNEY

COMPLIMENTARY BEFORE OR AFTER SPA SERVICES - UNLIMITED TIME

1 SESSION | 30 MINUTES | AED 85

5 SESSIONS | AED 400

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.