

SHUIQI

SPA & FITNESS



A Journey Into Another World...

ShuiQi Spa and Fitness presents a memorable experience, awakening your senses, within awe-inspiring and serene water surroundings. Set over two magnificent floors within the Royal Towers of Atlantis, the Spa provides a sublime range of treatments, bathing options, traditional and water therapies. With his and her separate areas and sessions, every guest can find the ideal treatment or therapy. The six Laconium thrones in his quarters serve to stimulate circulation and strengthen the body's defense system. Walk the earth-hue natural stone steps along streaming water pathways to one of the 27 treatment rooms or discover the secluded Royal Spa Suite. We welcome each guest and visitor warmly, extending an invitation to sample our spa products, talk with our spa hosts for assistance in personalising your treatment, or enjoy the fitness centre overlooking the pool and outdoors. We delight in being your guide into a tranquil place of serenity, opulence and pure indulgence.



SHISEIDO

TREATMENTS AT SHUIQI SPA & FITNESS



SHISEIDO A LEADER IN HEALTH AND BEAUTY SOLUTIONS FOR OVER 130 YEARS...

A pioneer of the 19th century and still unique today, SHISEIDO is the fruit of an alliance between Eastern traditions and philosophies and Western science and technology. Even if SHISEIDO constantly evolves with the rest of the world, its three main values remain the same since 1872 and are really present in the SHISEIDO treatments:

Rich - Human science - Omotenashi

Rich means the continual research for beauty and aesthetics.

Human science is focused on the humanity behind the creation of a product or the ritual of a treatment.

Omotenashi is about the devotion to Clients.

These core values are present in the SHISEIDO philosophy and treatments.

The attention paid to the Clients, the treatments, the decoration and design, the devotion of the Beauty Therapists, everything is here for one thing: the absolute satisfaction of the Client. Everything is done to make them find their path to complete well-being and serenity.

The symbols of the 5 senses play an important role within the SHISEIDO Qi treatments... Each treatment begins with a 'Spa Senses Menu' where you will choose your very own Aroma and Refreshment.

Aroma Breathing follows, allowing the Client to fall into a deep rhythmical state of relaxation.

The Qi treatment concludes with a gradual return to an alert state of mind combining a set of stretching and stimulating movements.

SHISEIDO SIGNATURE TREATMENTS EXCLUSIVELY DESIGNED FOR SHUIQI

THE SHUIQI SPA & FITNESS – FACE AND BODY EXPERIENCE 2HRS 30 MINS

The perfect combination for a man or woman...

Commencing with our Kuroho Body Bliss; A thorough body exfoliation to exquisitely and expertly exfoliate, cleanse and leave your body luxuriously smooth. A blissful Qi body massage follows; finishing with a specialised facial. A sublime fragrance of Ylang, Ylang, Rose and Jasmine is introduced within this spa experience, ending with a soothing and calming refreshment of Jasmine tea.

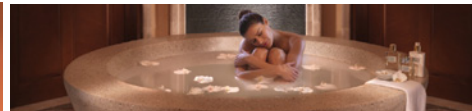
THE SHUIQI SPA & FITNESS – JAPANESE RITUAL 4HRS

(WITHIN THE ROYAL SPA SUITE)

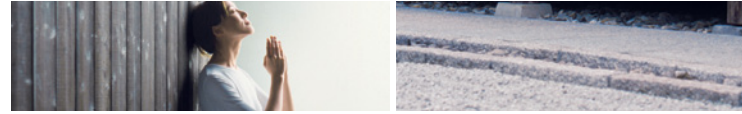
Lose yourself at ShuiQi's 'Royal Spa Suite'. An exclusive and private Spa, just for you...

An infused rose petal foot bath awaits you, allowing you to completely indulge and relax, followed by a Japanese inspired body bathing to enrich your senses. This ritual will then commence with a full body Qi massage and Shiseido's most beautiful and premium facial, Future Solution LX Facial Ceremony for her, and for him, the 'Time Fighting Facial' - incorporating a sublime scalp massage.

Included within this package, is a taste from Japan. An elegant Sushi selection and a delicate Japanese Green Tea.



FACIAL COLLECTION FOR LADIES AND FOR MEN



The Facial Collection includes a deep cleanse, steam, exfoliation and mask. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced facial products. Includes a truly unique, specialised and unwinding Qi facial massage, incorporating a Japanese Spa Secret, Qi Massage Cream that contains Japanese and Chinese plant extracts. The massage is designed to relax, firm and define facial contours. Stimulating tsubo points to release tension and stress, resulting in wonderfully radiant, plumped and rejuvenated skin.

FACIAL COLLECTION FOR LADIES*

PERFECT PURIFYING FACIAL

'FEEL HYDRATION** - LOOK MATTE' 1HR 1HR 15 MINS

Give your skin power over shine, imperfections and dehydration. A deep cleansing facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing Mask.

This facial will help limit oil production, and keep the skin shine-free.

HYDRO-NOURISHING FACIAL

'MOISTURE** - CONSISTENT SKIN' 1HR 1HR 15 MINS

Now skin can create its own moisture. An intensive hydrating and soothing facial treatment for a dry/sensitive skin. The Skincare line feeds the skin with thirst quenching ingredients to give a cushioned plumpness back to the skin. A specialised Japanese mask technique will enrich the skin with comfort and moisture.

ULTIMATE RADIANCE FACIAL

'LUMINOSITY AND BRIGHTNESS' 1HR 1HR 15 MINS

For a brighter, clearer and radiantly glowing skin. If you have pigmentation concerns or dull, cloudy, lacklustre skin, Ultimate Radiance Facial is your answer. This facial will help to counteract pigmentation, and give that ultimate glow to your skin.

SUPER REFINING FACIAL

'THE ULTIMATE SKIN RENEWAL' 1HR 1HR 15 MINS

Smooth, even and retexture your skin, combining the vitality of nature and the power of science. An advanced resurfacing technique to effectively balance the thickening layer of the epidermis and bring fresh, radiantly healthy skin cells to the surface.

WRINKLE LIFTING FACIAL

'SCULPT, LIFT AND REFINE' 1HR 30 MINS

Give your skin supple resilience, firmness and richness. Utilising an Anti-Ageing skin care line renowned for its luxuriously rich textures, preventing the formation of lines. This facial will help to restore your youthful energy. Including a specialized skin lifting technique. The result: a better toned, lifted and nourished skin.

PURE BEAUTY BOOST

'MATTE, PURIFY, PERFECTION' 30 MINS

This facial will help limit oil production, and keep the skin shine-free. (please note this facial does not include massage).

* Please note that extraction is not included within the Shiseido facials.

** Upper layers of epidermis. Please note that a 1 hr 15 minutes facial includes exfoliation and a facial steam, in contrast to a 1 hr facial.

FACIAL COLLECTION FOR LADIES AND FOR MEN



SUPER CORRECTIVE BEAUTY BOOST 'TOTAL ANTI-AGEING' 30 MINS

Using the latest time-fighting formula serum, with a caption 'In just one day, you can achieve timeless skin' (please note this facial does not include massage).

ADVANCED EYE BRILLIANCE AND LIP CONTOUR TREATMENT 30 MINS

'Reawaken, Rejuvenate and Firm' This advanced treatment will reawaken and leave the eye area looking alleviated from dark circles, puffiness and fatigue.

FUTURE SOLUTION LX FACIAL CEREMONY

'THE SCIENCE OF SHISEIDO. THE FUTURE OF INFINITE BEAUTY' 2HRS

An exclusive and beautiful, premium Qi Facial combining SHISEIDO's most luxurious and advanced skin care line 'Future Solution LX', specially developed to maximize skin beauty and smooth the signs of aging.

This particular path to beauty includes a specialized mask to lift and sculpt the facial contours, together with a unique massage cream combining the 'Future Solution LX' fragrance of Rose, Plum and Cherry Blossom.

This facial ritual also incorporates a scalp, hand and foot massage. Concluding with a 'taste' of SHISEIDO, combining Japanese Green Tea to truly indulge the senses.

FUTURE SOLUTION LX EYE AND LIP CONTOUR CEREMONY 45 MINS

A premium targeted treatment to help prevent wrinkles and sagging around the delicate eye and lip contour area.



FACIAL COLLECTION FOR MEN*

DEEP CLEANSING DETOX FACIAL

'FEEL HYDRATION - LOOK MATTE' 1HR 1HR 15 MINS

Give your skin power of shine, imperfections and dehydration. A deep cleansing and detoxifying facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing Mask. This facial will help limit oil production, and keep the skin shine-free.

DAMAGE DEFENCE FACIAL

'SOOTHE AND COMFORT' 1HR 1HR 15 MINS

Soothe, calm and hydrate your skin. The Men's Damage Defence Facial tackles the unique concerns of male skin: dehydration, sensitivity, dryness and oiliness, which are all aggravated by daily shaving. To soothe, calm and moisturise the skin, a specialised Japanese Mask technique will be applied during this facial treatment.

TIME FIGHTING FACIAL

'ANTI AGEING SKINCARE' 1HR 1HR 15 MINS

The value of SHISEIDO Men offers the power of positive ageing. A high performance facial focusing on wrinkles and fine lines. This facial will help reduce roughness and boost firmness on the skin. An all-encompassing time-fighting treatment to leave your skin with maximum hydration and firm to the touch.

* Please note that extraction is not included within the Shiseido facials.

BODY COLLECTION FOR LADIES AND FOR MEN



'EAST MEETS WEST': A COMBINATION OF EASTERN TRADITIONS AND WESTERN STYLE TECHNIQUES

A complete indulgence for the mind, body and soul. Deep and caressing massage techniques allow the body to relax and unwind. These massages boost lymphatic micro circulation. Unique Japanese techniques allow for positive energy flow, stimulating tsubo points and allowing the channels of energy to flow positively. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced Body products.

BODY COLLECTION FOR LADIES

KUROHO SPA JOURNEY'S

'A true Japanese tradition. A creation of sublime spa journeys.'

The following journeys incorporate a premium line of body products, containing KUROHO, a fragrance treasured by the Japanese aristocracy in the 9th century, and still used today. Using superior fragrance technology, Shiseido has recreated the aristocratic KUROHO scent with rare and valuable ingredients. This modern arrangement is an exhilarating, revitalising fragrance.

KUROHO BODY BLISS 'TOTAL BODY REPLENISHMENT' 2HRS

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. A blissful Qi body massage follows, followed by an application of our replenishing body cream.

KUROHO BODY MOISTURE 'LUXURIOUS MOISTURE' 1HR 30 MINS

This body massage concludes with the application of replenishing body cream, specially designed to provide nutrients, moisture and give a complete alluring beauty.

KUROHO BODY POLISH 'SMOOTHED AND REFINED SKIN' 45 MINS

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. Concluding with an application of Shiseido's replenishing body cream.

TOTAL 'ZEN' DELIGHT 'BEAUTIFULLY FRAGRANT SKIN' 1HR 30 MINS

The fragrance of joy, the fragrance of brilliance. The burst of sparkles changes to a dewy, modern sweetness. A translucent and profound sensuality enfolds you in many layers.

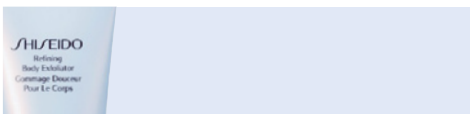
BODY SCULPTING* 'SHAPE, CONTOUR AND SCULPT' 1HR

This body massage targets cellulite and local water retention, to help stimulate the senses and refine your silhouette.

HIP, LEG AND THIGH SCULPT* 'TARGETED CONTOURING' 45 MINS

This specialised treatment soothes legs and feet and reduces the uncomfortable sensation. Your silhouette will also feel more refined and sculpted.

* Specific Body Methods, additional to Qi.



BODY COLLECTION FOR MEN

DEEP CLEANSING BACK TREATMENT 'DETOXIFY AND RELAX' 1HR

A special treatment for the back... If you are suffering from break-outs and pimples on the back and shoulders, this is the perfect fix. Incorporating deep cleansing with gentle steam to clean the pores. Together with a deep cleansing mask to detoxify and re-mineralise. An application of appropriate body products concludes this treatment.

QUICK TENSION RELEASE 'TARGETED STRESS MASSAGE' 30 MINS

Concentrates on key stress areas such as the neck, shoulders and back to ease away stress, leaving you feeling deeply calm and relaxed. Why not combine it with one of our Qi Facials?

BODY COLLECTION FOR LADIES AND MEN

RELAXING MASSAGE 'RELAX AND UNWIND' 1HR 30 MINS

Unwind under the skilful hands of your Beauty Therapist. A prescribed application of Body products will leave you with a sense of well-being and inner calm.

DEEP TENSION RELIEF* 'RELIEVE TIRED MUSCLES' 1HR

A massage technique that focuses on the body tensions. Aims to release the chronic patterns of tension in the body through slow strokes and finger pressure on the tensed areas, either following the muscle fibres. Ideal for Men and avid sport fans.

JAPANESE JET LAG THERAPY 'STRESS RELIEVING INDULGENCE' 1HR

Back, and Scalp massage. The perfect spa indulgence for after a long flight or when you feel a loss of energy and fatigue. Starts with our 'Qi' back, neck and shoulder massage to reduce tensions, leaving you feeling truly relaxed. Includes a delightful Japanese scalp treatment. Your feet and lower legs will be massaged to relieve feeling of heaviness and alleviate excess water retention. This wonderful treatment combination will relax the body and mind while rejuvenating and reawakening the senses.

JAPANESE SCALP AND SHOULDERS MASSAGE 45 MINS

'WELL-BEING AND TRUE RELAXATION'

A deeply relaxing and unwinding experience. Let your thoughts escape under the skilful hands of your Beauty Therapist. This beauty treatment will reawaken the senses giving incredible tension relief through delicate massage and specific pressure points.

* Specific Body Methods, additional to Qi.

JAPANESE BATHING CEREMONIES FOR LADIES AND FOR MEN

JOURNEY OF WELL-BEING AND INNER CALM

The ultimate in 'Spa Indulgence' to help you relax and unwind... a journey from beginning to end. This Spa ceremony commences with a Japanese foot bath ritual followed by an all-over invigorating body exfoliation to polish your skin to perfection. You will then be immersed into a beautifully fragrant Japanese hydro-therapy bath. While bathing, you will be served with a refreshment of your choice. You will select your scent for the remainder of the treatment and then be left to relax and unwind... A SHISEIDO Qi full body massage will follow, stimulating tsubo points and allowing positive energy.

REPLENISHING BATHING CEREMONY 2HRS 30 MINS

This Bathing Ceremony concludes with the application of replenishing body cream, specially designed to provide nutrients, moisture and give a complete alluring beauty.

SCULPTING BATHING CEREMONY 2HRS 30 MINS

This bathing ceremony targets cellulite and local water retention, helping to stimulate the senses and refine your silhouette.

ZEN BATHING CEREMONY 2HRS 30 MINS

The fragrance of joy, the fragrance of brilliance. The burst of sparkles changes to a dewy, modern sweetness. A translucent and profound sensuality will unfold you in many layers, leaving your skin incredibly smooth and beautifully fragrant.

* Specific Body Methods, additional to Qi.



SHISEIDO SPA PACKAGES

'A PERFECT COMBINATION OF SHISEIDO TREATMENTS'

We are pleased to recommend four SHISEIDO perfect treatment combinations.

JOURNEY OF RELAXATION 2HRS 15 MINS

- RELAXING BODY MASSAGE
- HYDRO-NOURISHING FACIAL

JOURNEY OF SENSES 2HRS 45 MINS

- RELAXING BODY MASSAGE
- 1HR 15 MINS FACIAL TO CHOOSE FROM OUR COLLECTION
- JAPANESE SCALP AND SHOULDERS MASSAGE

JOURNEY OF ENERGY 2HRS 15 MINS

- DEEP TENSION RELIEF*
- QI 1HR 15 MINS FACIAL

JOURNEY OF REFINEMENT 1HR 30 MINS

- BLISSFUL BODY POLISH
- BODY SCULPTING*

FACE AND BODY EXPERIENCE 2HRS 30 MINS AED 1.600
JAPANESE RITUAL 4HRS AED 4.480 (WITHIN THE ROYAL SPA SUITE)
PERFECT PURIFYING FACIAL 1HR AED 600 1HR 15 MINS AED 700
HYDRO-NOURISHING FACIAL 1HR AED 685 1HR 15 MINS AED 750
ULTIMATE RADIANCE FACIAL 1HR AED 685 1HR 15 MINS AED 750
SUPER REFINING FACIAL 1HR AED 700 1HR 15 MINS AED 800
WRINKLE LIFTING FACIAL 1HR 30 MINS AED 950
PURE BEAUTY BOOST 30 MINS AED 400
SUPER CORRECTIVE BEAUTY BOOST 30 MINS AED 400
ADVANCED EYE BRILLIANCE & LIP CONTOUR TREATMENT 30 MINS AED 400
FUTURE SOLUTION LX FACIAL CEREMONY 2HRS AED 1.530
FUTURE SOLUTION LX EYE & LIP CONTOUR CEREMONY 45 MINS AED 475
DEEP CLEANSING DETOX FACIAL 1HR AED 600 1HR 15 MINS AED 700
DAMAGE DEFENCE FACIAL 1HR AED 600 1HR 15 MINS AED 700
TIME FIGHTING FACIAL 1HR AED 600 1HR 15 MINS AED 700
KUROHO BODY BLISS 2HRS AED 1.100
KUROHO BODY MOISTURE 1HR 30 MINS AED 750

KUROHO BODY POLISH 45 MINS AED 420
TOTAL 'ZEN' DELIGHT 1HR 30 MINS AED 750
BODY SCULPTING* 1HR AED 650
HIP, LEG AND THIGH SCULPT* 45 MINS AED 550
DEEP CLEANSING BACK TREATMENT 1HR AED 650
QUICK TENSION RELEASE 30 MINS AED 360
RELAXING MASSAGE 1HR 30 MINS AED 750
DEEP TENSION RELIEF* 1HR AED 600
JAPANESE JET LAG THERAPY 1HR AED 600
JAPANESE SCALP AND SHOULDERS MASSAGE 45 MINS AED 390
REPLENISHING BATHING CEREMONY 2HRS 30 MINS AED 1.320
SCULPTING BATHING CEREMONY 2HRS 30 MINS AED 1.320
ZEN BATHING CEREMONY 2HRS 30 MINS AED 1.320
JOURNEY OF RELAXATION 2HRS 15 MINS AED 1.380
JOURNEY OF SENSES 2HRS 45 MINS AED 1.530
JOURNEY OF ENERGY 2HRS 15 MINS AED 1.380



Aromatherapy Associates

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning Aromatherapy Associates have believed passionately in the healing powers of natural plant extracts. Aromatherapy Associates have brought knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating unique, recognizable aromas, Aromatherapy Associates maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

Middle Eastern Aqua Cure

2h 30 Mins

Experience the aromatic ritual of oriental essences with our delightful Middle Eastern Aqua Cure. Nourish your body with a regenerative rose facial to soften and hydrate, enjoy a sensual body exfoliation using an exotic scrub of Coffee, Frankincense and Almond Oil. Leaves a feeling of ultimate elation.

Tropical Aqua Cure

2h 30 Mins

Experience the aromatic ritual of oriental essences with our delightful Middle Eastern Aqua Cure. Nourish your body with a regenerative rose facial to soften and hydrate, enjoy a sensual body exfoliation using an exotic scrub of Coffee, Frankincense and Almond Oil. Leaves a feeling of ultimate elation.

The Tropical Aqua Cure is inspired by sensual flowers of Arabia. An idyllic, luxurious facial transforms and regenerates with the power of Frankincense. A Jasmine body exfoliating scrub stimulates and moisturizes, whilst exotically scented essential oil is massaged gently into the scalp. An enriching body massage, with Ylang Ylang deeply moisturizes and improves skin texture. Dissolve tension and feel amazing.



Amazon Deep Forest Aqua Cure

1h 40 Mins

Spices contain deeply restorative properties designed for tight, stressed out muscles that need warming and soothing. A vigorous exfoliation and a mud wrap in mineralising fresh water black mud, with extracts of Almond Oil. Relax with the infusion of essences of Rosemary and Frankincense, relieving and easing Black Pepper and Ginger; the therapeutic mask is gently rinsed away. The Cure comes to a blissful close with a deep tissue massage, transforming you to a sublime level of restfulness.

Dubai Glamour Ritual

2h 20 Mins

This unique ritual, designed for the most glamorous women of today, begins with a full body exfoliation designed to leave the skin feeling silky smooth. Be cocooned in an intensely slimming and detoxifying wrap with grapefruit and sweet orange gels, Invigorate your senses with our signature Dubai Glamour full body massage: stimulating with Pine and boosting circulation with Juniper berry. Rejuvenate yourself with our decadent, luxurious Damask Rose facial ritual to firm the eye area and lips and visibly rejuvenate your complexion. The perfect prep for a very special night out, for an extremely special you.

Atlantis Sunset Ritual

2h 20 Mins

As the golden sun slowly sinks into the sea, the Atlantis Sunset Ritual envelops you in the rejuvenating power of essential oils. Unwind with a deeply softening body exfoliation of Olive and Petigrain. Experience a deeply relaxing and soothing Mediterranean aromatherapy full body massage with oil of Lavender and Mint to cool and comfort. The ritual culminates with a fragrant, rejuvenating facial therapy, using precious essences of Rose, Geranium and Evening Primrose. Emerge feeling relaxed, toned and calmed, ready to face the evening ahead.

Scrubs and Wraps



Purifying Seaweed Wrap

60 Mins

A detoxifying, slimming and energy boosting treatment, this envelopment begins with a gentle massage of Luminary Powder and warm Botanical Body Milk to boost circulation. Formulated with a moisturizing marine complex, firming chlorella algae, nourishing shea butter and vitamins-rich cereal germ oils with anti-free radical properties, A natural seaweed wrap will kick start and maintain the elimination of toxins and waste, with Intensive Draining essential oils of cinnamon, cedar, Turkish rosemary and ginger, which help stimulate the venous circulation and promote elimination of toxins. An essential body treatment to support a detox or weight management program.

Sea Minerals Scrub

60 Mins

Using the natural power from the sea of Botanical Body Oil and Luminary Powder, this revitalizing body polish is designed to stimulate the circulatory system, leaving the skin silky smooth. Botanical Body Milk helps rebuild the hydrolipidic film and effectively protects the skin from the drying effects of the environment. Enjoy the effect of a soothing sea- mineral wrap and sweet aroma of the essential oils.

Marine Body Polish

60 Mins Enrich

An exotic Coffee and Frankincense scrub invigorates your body and enlivens your senses whilst gently buffing your skin to prepare it for a sensuous Tuberose and Ylang Ylang wrap. Whilst enjoying the pleasures being enveloped, your body is gently massaged to relax and bring you to another level. With the power of exotic sensual oils, you will truly be taken to another level of enrichment.

*Please note all scrubs and wraps include a 20 Mins Hydrotone bath to stimulate circulation, calm tension in the body, hydrate the skin and relieve muscle tension

Facials



The Palm Signature Deep Cleanse Facial

60 Mins

This purifying treatment, based on traditional European deep cleansing techniques, is designed for all skin types. Cleansing and toning with steam, extractions and hot towels, using highly effective essential minerals and Kaolin Clay extracts is followed by an intensive facial massage with penetrating oils and calming and uplifting aromas. A rich mask with organic minerals with moisturizing action is applied for deep, penetrating facial stimulation and balancing, leaving the complexion fresh and purified.

Rose Blossom Facial

80 Mins

This luxurious facial harnesses the regenerative properties of rose to nourish, soften, and hydrate. Using pure regenerating Damask Rose, your skin is cleansed, exfoliated and toned. A traditional aromatherapy pressure point massage releases tension, whilst lymphatic drainage eliminates toxins and congestion with a relaxing back massage. Hydrating and deeply moisturizing masks, gels and creams of the three roses, completes a divine experience and leaving unsurpassed softness.



Fragrant Jasmine Rejuvenation

80 Mins

A nurturing, nourishing anti-aging treatment reduces the signs of aging and stimulates collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of Pomegranate and Rosehip seed oil work on slowing down the effects of aging skin. Cleanse tone and exfoliate, and then enjoy a massage in oils renowned for cell renewal properties including Raspberry Seed oil and Date Palm Oil. Complete your rejuvenation with a double application of masks and a luxurious scalp massage to finish turning back time for a more youthful you.

Express Radiance

45 Mins

An express treatment before a big night out is ideal for focusing on the important eye and lip areas. This mini facial promotes a smooth, radiant complexion, improving skin suppleness and elasticity around the eye area for more luminous eyes, along with deep conditioning and protection for smoother, more supple and softer lips with lasting sheen. Brings out your true radiance.

Men's Facials



Natural Hydrating Facial for *Mature/* *Dehydrated Skin*

60 Mins

This incredibly regenerative facial works on the skin at a deep level, firming and toning skin to keep it fresh and youthful. Cleansing, exfoliating and firming properties of Jojoba and Frankincense, all leave the skin nourished and hydrated. Arms, hands and scalp are also massaged to complete this restorative treatment releasing stress and leaving a more relaxed and youthful you to maintain your busy lifestyle.

Natural Purifying Facial for Normal to Oily Skin

60 Mins

Using the most refining and balancing properties in essential oils, this treatment totally regulates your skin. With extracts of Ylang Ylang and Tea-Tree, the skin is calmed, cleansed and remineralised leaving it toned and tension free. Face and scalp massage promotes deeper relaxation to leave you absolutely refreshed.

Natural Balancing Facial for Combination Skin

60 Mins

Discover the skin enhancing properties of essential oils with your very own personalized facial. Combining products to revive your skin and pressure point massage to boost your circulation, this enhancing treatment embraces the uniqueness of your skin and maintains texture with plant extracts to regenerate the natural properties leaving all skin types balanced and conditioned.

Male Maintenance

75 Mins

An intense and purifying facial to cleanse deep down and alleviate common areas of concern. Involves exfoliation with steaming and extractions combined with hot towels and a freshwater mud mask. Facial massage using drainage techniques eliminates toxins and eases stress and tension. Includes a scalp and hand massage, and total back cleanse for complete care. A refreshing and re-balancing experience.

Scalp Treatments



Exotic Hair and Scalp Treatment

25 Mins

An exotically scented treatment to harmonize your hair and appeal to the senses. Geranium to balance, Rosemary to encourage circulation, Ylang Ylang sensually balancing and Murumuru Butter to finally moisturize and condition your hair and scalp.

Shiatsu Scalp & Hair Treatment

60 Mins

Intense treatment for dry and sun stressed hair and face. To enrich, condition and bring back life to out of condition areas. Essential oils of Patchouli, Damask Rose and Frankincense soak into your hair and skin, giving it nourishment and harnessing the regenerative properties to protect. A luxurious indulgence, a necessity for your total beauty.

Massages



Traditional Thai Massage

90 Mins

This traditional Thai massage treatment applies pressure along the meridians in order to unblock trapped energy and improve vitality. Thai massage relaxes and revitalises the entire body by stretching joints gently and balancing all the major muscle groups. Thai pyjamas are provided for your use during the treatment.

Sport Aqua Vitae

90 Mins

This ultimate relaxing experience combines deep, vigorous massage with steaming hot towels and aromatic herbs of arnica, rosemary and bay laurel. Feel your body sigh in relief, as tension bound within muscles is unravelled and released by this energising treatment.



Desert Hot Stones

80 Mins

Inspired by and incorporating the vital energy of the Arabian Sahara, the Desert Hot Stone Therapy is a deeply soothing and healing treatment that relaxes and balances body and soul. Smooth, hot basalt stones are applied gently to warm and release areas of tension, with particular attention paid to the shoulders, back and legs. The smooth, flat stones provide deep comfort and a vital reconnection with nature. Expect to emerge rebalanced, renewed and re-energised.

Swedish

60/90 Mins

During this traditional body massage, the therapist varies the amount of pressure applied to meet an individual's specific needs and preferences. The pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment.

Herbal Fusion

60/90 Mins

A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness. A fragrant combination of lavender and lavender that complements the massage to make this a uniquely relaxing and rejuvenating aromatherapy experience.

Jet Lag Recovery

60/90 Mins

This special treatment provides a stimulating aromatic scalp and full body massage designed to release deep-rooted tension. Energising evergreen essences of silver fir and white pine are blended with pink grapefruit and green mandarin, then gently warmed and applied vigorously to the scalp, neck and shoulders. A restorative full body massage, including a hand and foot treatment, completes the restorative journey.

Detoxifying Seaweed Body Massage

60/90 Mins

First, a detoxifying massage with juniper and cypress oil helps the body eliminate excess water retention, restore vitality and promote an overall feeling of wellness. Then to aid the body in gentle cleansing of toxins, the session concludes with the application of a mineral rich seaweed serum fortified with a potent blend of herbal extracts.

Lymphatic Drainage

90 Mins

This toning / slimming body treatment incorporates special lymphatic drainage techniques to help eliminate toxins from the body more effectively and improve cellular metabolism. The result is a deeply hydrated, luminous and silky soft skin.

Foot Retreat

60 Mins

This treatment, performed on the soles of the feet, not only offers a sublimely relaxing experience, but also provides benefits to the body as a whole. The therapy focuses on points of the soles corresponding to specific areas of the body; when stimulated, these points can rectify imbalances so as to help the body to repair itself.

Reflexology massage

60 Mins

Reflexology is an astounding ancient healing art based on the principles that there are reflexes in the hands and feet that correspond to every part, organ and gland in the body. Stimulating nerve endings has an effect on the whole body's nervous system, which promotes healing. Reflexology corrects and balances the pathway energy in the whole body.



Balinese Massage

60/90 Mins

Based on the healing expertise of Balinese people, a breathtaking massage handed down through generations. Using traditional Balinese techniques such as thumb circling, gentle stretches, hand over hand, and long knead stroking to stimulate and heal the body system, restore balance and feel spiritually renewed.

Mother To Be Massage

60 Mins

Our pure natural pregnancy oil combined with gentle massage techniques is especially tailored to relieve the stress and tension many expectant mothers experience. What a lovely and welcome way to pamper the mother-to-be!



Ayurveda

Sirodhara

90 Mins

It is a unique spa experience based on the treatment for balancing the Vata dosha, helping to relax the nervous system as well as the mind.. Herbal oil, medicated milk or buttermilk is poured in a steady stream on the forehead for 30-45 minutes followed by gentle scalp massage making yourself fresh and totally calm.

Abyangam

60/90 Mins

The herbal oil seeps in the body to improve the muscle flexibility, joints mobility, and absolutely calming the nervous system.

Ear candling

45 Mins

It is a very holistic treatment using 2 Ear Candles. Originally it was practiced as an Indian American spiritual treatment then it developed as a holistic treatment. Ear candling treatment is excellent to relax the mind, take away the excessive Ear wax, sinus problem. It is especially recommended before and after diving, travelling and swimming

Four hands Abyangam

75 Mins

The synchronized and continuous movement generates heat and pressure to improve blood and lymph circulation, relax the body and mind, 2 well trained therapists are working on the same time on the body to create unforgettable experience.



Middle Eastern Aqua Cure 2h 30 Mins AED 1,440

Tropical Aqua Cure 2h 30 Mins AED 1,530

Amazon Deep Forest Aqua Cure 1h 40 Mins AED 1,020

Dubai Glamour Ritual 2h 20 Mins AED 1,380

Atlantis Sunset Ritual 2h 20 Mins AED 1,320

Purifying Seaweed Wrap 60 Mins AED 480

Sea Mineral Scrub 60 Mins AED 420

Marine Body Polish 60 Mins Enrich AED 420

The Palm Signature Deep Cleanse Facial 60 Mins AED 501

Rose Blossom Facial 80 Mins AED 684 AED

Fragrant Jas Minse Rejuvenation 80 Mins AED 684

Express Radiance 45 Mins AED 390

Natural Hydrating Facial for Mature/Dehydrated Skin 60 Mins AED 510

Natural Purifying Facial for Normal to Oily Skin 60 Mins AED 510

Natural Balancing Facial for Combination Skin 60 Mins AED 510

Male Maintenance 75 Mins AED 510

Exotic Hair and Scalp Treatment 25 Mins AED 210

Shiatsu Scalp & Hair Treatment 60 Mins AED 390

Traditional Thai Massage 90 Mins AED 654

Sport Aqua Vitae 90 Mins AED 654

Desert Hot stones 80 Mins AED 816

Swedish 60/90 Mins AED 510/654

Herbal Fusion 60/90 Mins AED 510/654

Jet Lag Recovery 60/90 Mins AED 510/654

Detoxifying Seaweed Body Massage 60/90 Mins AED 510/654

Lymphatic Drainage 90 Mins AED 654

Foot Retreat AED 510

Balinese Massage 60/90 minutes 510/654 AED

Mother To Be Massage AED 510

Reflexology Massage 60 Mins AED 450

Ayurveda 90 Mins AED 795

Abyangam 60/90 Mins AED 510 /654

Four hands Abyangam 75 Mins 995 Dhs

Ear candling 45 Mins 299 Dhs



Clarins Facials

The Clarins story began 50 years ago in a Beauty institute created by Jacques Cortin, Clarins in Paris. A journey into the world of plants, Clarins ongoing quest for plants with the most powerful active ingredients revolves around a single goal: the beauty and well being of a woman. Clarins treatments invite you on a path to beauty from the shores of Europe. Clarins Treatments use botanicals combined with the magic of the most sensitive and intelligent tools, the hand. A place where machines are banished so that a total alchemy between key ingredients, palms and skin is achieved.



Youthful Lift Facial Treatment with Hops

50 Mins

This treatment is an age-control treatment for younger looking skin. Your skin is immediately firmer, smoother and fine lines are minimized. Facial features are better defined

Ultra-Hydrating Facial Treatment with Katrafay

50 Mins

This treatment has nourishing and stimulating actions which restore the skin's natural balance and prevent the appearance of lines

Radiant and Pure Facial Treatment with Tanaka Powder

50 Min

This treatment is a truly matte treatment with skin-matifying, softening and purifying properties. Your skin texture is fresher and cleaner even close up.

Contouring Body Treatment with Uncaria Tomentosa from Peru

50 Min

A pleasant treatment in a slimming program for all those looking to regain a light-feeling body. After this treatment, the body appears healthier and more refined

Totally Gentle Facial Treatment with Christophine

50 Min

This treatment is an SOS treatment for sensitive skins. Your skin is immediately soothed and repaired.

Firming Body Treatment with Ginkgo Biloba Extracts

50 Min

body boosting treatment to help reveal new skin. This complete body massage wakes up skin firmness and promotes soft, supple, radiant skin.

Moisture-Relax Body Treatment with Peach Milk

50 Mins

A bath of moisture and comfort for thirsty skins that deeply nourishes and replenishes your body's skin to promote a wonderful feeling of comfort and suppleness.

Total Body Relaxer

50 Mins

Complete body treatment to erase signs of stress and tension. A relaxing break for those who are busy and feel stressed.



Youthful Lift Facial Treatment with Hops AED 450

Radiant and Pure Facial Treatment with Tanaka Powder AED 450

Ultra-Hydrating Facial Treatment with Katrafay AED 450

Totally Gentle Facial Treatment with Christophine AED 450

Contouring Body Treatment with Uncaria Tomentosa from Peru AED 450

Firming Body Treatment with Ginkgo Biloba Extracts AED 450

Moisture-Relax Body Treatment with Peach Milk AED 450

Total Body Relaxer AED 450

Facial for Men with Bison Grass AED 450



Hommage Men's Grooming

Hommage believe in high performance formulations and results driven treatments. Their singular passion is for transforming a routine into an experience to be savoured, a distinct personal grooming ritual for men to complement their lifestyle and transcend the everyday. The skincare line has been specifically developed to help stop the inflammation caused by everyday shaving, through their potent combinations of antioxidants and anti-inflammatory ingredients. Hommage's delivery of innovative performance, experience and design in every product and treatment has set the new standard in men's grooming.

Royal Shave

45 Mins

Designed for men who require their face to be in top condition before a critical professional or personal endeavor. This treatment focuses on refreshing and recharging the face by thoroughly rejuvenating the skin and promoting tissue regeneration. The process starts with cleansing the face and softening of the hair stubble using white truffle oil. Followed by a “touch up” shave using the HOMMAGE Monaco razor and brush set. A black silt mask application is applied after the shave to cool the skin and to tone the skin in order to reduce the appearance of pores and fine lines. Acupressure massage is applied while the mask dries, focusing on stress relief points which encourage deep relaxation and a free mind.

Traditional Shave

30 Mins

Designed for the man with a demanding schedule that requires a clean shave before a critical appointment. The five o'clock shadow is immediately softened with white truffle extract before a precise shave is delivered, then instantly soothed and rehydrated with a post-shave moisturizing treatment. Time is always allocated for a forearm and shoulder massage and a treatment around the eyes so that the face is completely rejuvenated



Scalp Shave

30 Mins

Your scalp will be gently cleansed, after which an application of priming oil with white truffle extract is massaged in to soften the hair and prepare the scalp for a meticulous shave. The Hommage three blade razor and Badger hair brush will be used to ensure the closest shave possible. An application of the soothing shave balm will cool and calm the skin and help promote cellular repair.



Royal Shave 45 Mins AED 300

Traditional Shave 30 Mins AED 250

Scalp Shave 30 Mins AED 200

Additional Grooming Services

Men's Hair Cut AED 156

Men's Cut & Blow Dry AED 256

Colour AED 336

Moustache Trim AED 78

Beard & Moustache Trim AED 78

Neck Clean up AED 60

Child Hair Cut AED 100



Ionithermie

Body Treatments

Ionithermie's collection of award-winning skin- and body-care products are known throughout the world. Founded in France over 30 years ago by renowned biochemist Olivier Fouchet, Ionithermie is recognized for its scientific approach to skin and body-care with results-oriented products, treatments and protocols.

Super Detox Treatment Ultimate Ionithermie

1 h 30 Mins

The ultimate Ionithermie treatment, working on the thighs and tummy to combat cellulite and firm the skin. The body is initially prepared with an exfoliator and tonic for better absorption of the products used throughout. A+B Ampoule is then smoothed onto the skin to activate your body's own cellulite reducing process, followed by a mixture of slimming and firming creams. This combination helps to improve lymphatic circulation and boost the metabolism in order to eliminate toxins. The Thermal Clay Algae Mask is then spread over the area that you want to re-sculpt, acting as a conductor for the gentle current stimulating the muscles.

Results are visible after just one session – the contours of your silhouette are sleeker, your skin is smoother, firmer, tighter and the appearance of cellulite is reduced. To measure your inch-loss, measurements are taken throughout a course of treatments.

Cheek Lift Treatment The Derriere Treatment

1 h 30 Mins

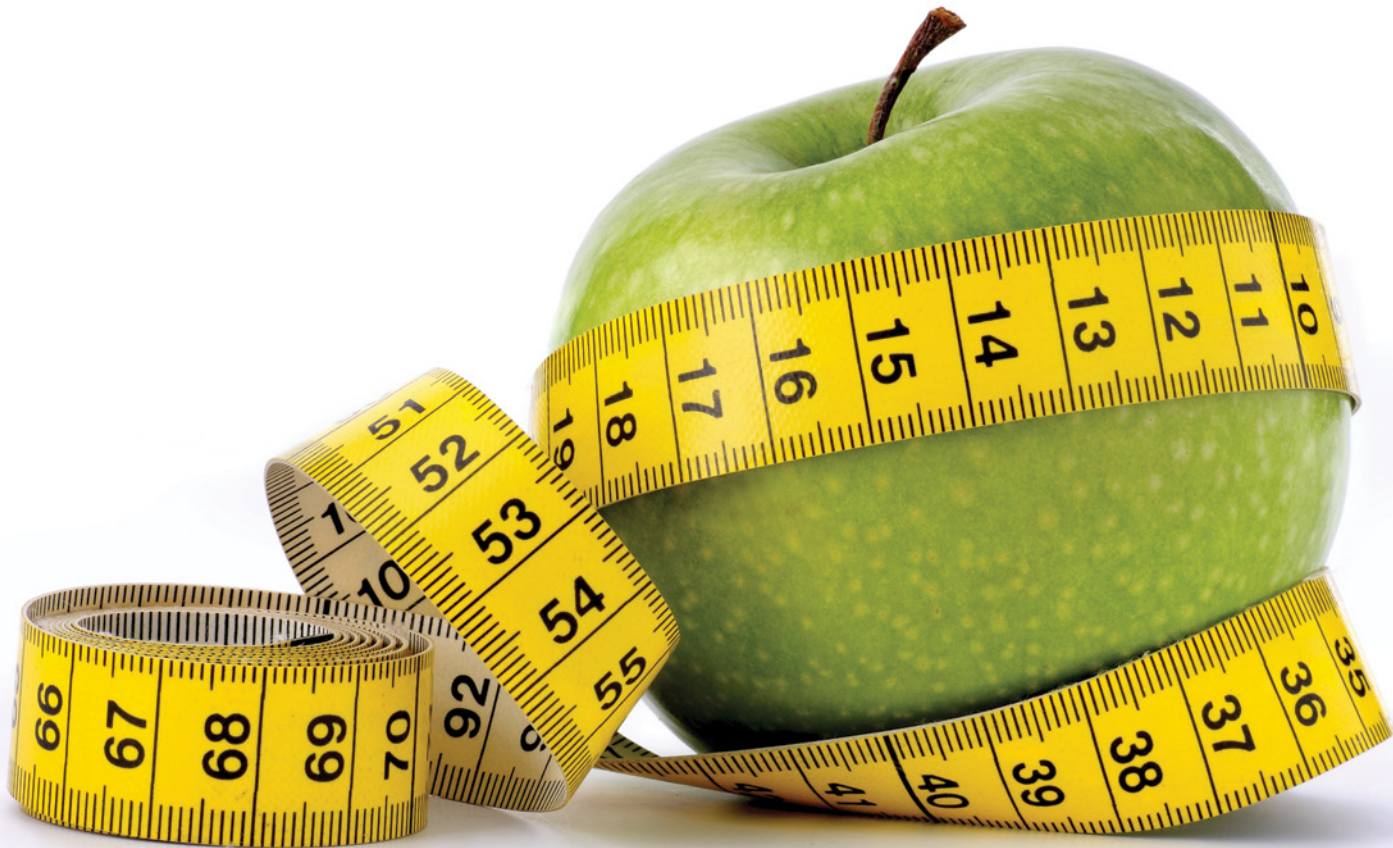
The 'Cheek Lift' or 'Derriere Treatment' is ideal for a those who want a pert bottom and tighter tummy. Designed to trim, lift and tone the derriere, this treatment is a firm favourite among celebrities. Focusing on the lower body and buttocks, carefully selected products are applied to areas of concern, followed by an application of the Thermal Algae Clay Mask and gentle electrical stimuli. Your first treatment will include an exfoliation of the treated area, repeated every other treatment in a course.



The Deluxe Duo

1 h 30 Mins

'Perk up' with this lifting and toning treatment, aimed at improving the overall shape of the bust and arms whilst smoothing the delicate skin of the décolleté. This treatment uses specialized products with firming properties to improve skin texture, whilst gentle stimuli concentrate on muscle tone. The arm trim effortlessly tones your upper arms, providing instant and lasting results for firmer triceps. A superb treatment for both men and women concerned with improving muscle tone around the bust and chest area.



Super Detox Treatment Ultimate Ionithermie 1 hour 30 Mins AED 475

Cheek Lift Treatment The Derriere Treatment 1 h30 Mins AED 475

The Deluxe Duo 1 hour 30 Mins AED 475



Bastien Gonzalez Treatments

Bastien Gonzalez believes luxury is defined by two principles: quality and service. Quality is what makes Bastien Gonzalez technique and his products unique. Service is the relationship between his patients and himself. A relationship based on mutual respect, trust and understanding. Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Thanks to his professional expertise and experience of French Podiatrist, he designed and developed exclusive treatments for feet, nails and hands whose uniqueness lies in the fusion of well-being and beauty. Bastien selects and trains every member of his team to his treatment protocols, guaranteeing their excellence all over the world.

Bastien's Duo

75 Mins

This synchronized four hands treatment focus on your nails, hands, feet, legs and arms. The ultimate in luxury and total relaxation.

Bastien's Pedicure

60 Mins

An overall pedicure, including a nail treatment, a natural beauty finish and a genuine massage from the toes up to the legs relieving any from tension and heaviness.
cuticles and dryness on the soles of feet

Foot Refoundation - Foot and leg massage

35 Mins

A relaxing massage from the toe up to the leg focusing on muscular flexibility, joint mobility, blood circulation, skin elasticity and volume of the plantar pads.

Bastien's Manicure

45 Mins

An overall manicure, including a nail treatment, a natural beauty finish and a genuine massage of the Fore arms, wrists, hands, and fingers: unforgettable.



Paraffin Touch

20 Mins

Intensify your Bastien's manicure and/or pedicure with this supplement. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration.

Colour Touch

20 Mins

Select your preferred lacquer color from our range of lacquers, which are formaldehyde free, toluene free, DBP free. Includes nail reshaping.

French Touch

30 Mins

A white line is applied on the nails tip, followed by a natural soft pink lacquer to the whole nail. Giving a perfect French paint. Includes nail reshaping.



Bastien's Duo 75 Mins AED 720

Bastien's Pedicure 60 Mins AED 470

Foot Refoundation Foot & Leg massage 35 Mins AED 360

Bastien's Manicure 45 Mins AED 310

Paraffin Touch 20 Mins Hand AED 150 / Feet AED 150

Colour Touch 20 Mins AED 100

French Touch 30 Mins AED 100



ShuiQi Salon

has a female salon using the brands L'Oreal and Kerastaste to take care of all your hair needs including cutting, coloring & blow-dry's to even creating a totally new look with Hair Dreams Hair extensions.

Hairdreams is recognized worldwide as the leading hair extension system offering premium quality 100% human hair in a wide range of standard and lengths. Its patented bonding system perfectly blends with client's own hair and requires minimal daily maintenance. Hairdreams legendary "Special Hair" extensions are carefully hand-selected and offer superior quality that can be re-used and re-bonded. This one-of-a-kind, multi-step hand-selection process results in the hair strands that feel as soft and silky as the client's own hair.

Ask for a complimentary Hair Extension Consultation.

*Prices vary depending on length, type of hair and how many strands of hair used.



St. Tropez Spray Tan

30 Mins

There's nothing quite like a healthy, glowing, natural-looking tan to make you look and feel fantastic. St. Tropez have been making and applying revolutionary tanning treatments for over 10 years, all over the world. St. Tropez self and gradual tans are quick and easy to use, and give great, long-lasting results on all skin types. All you have to do is take a word from the wise our tanning gurus, and follow our simple tips, hints and regime to ensure you have a tan that not only looks fabulous but lasts longer, too.

Shampoo Cut & Blow dry Short/Medium Hair AED 280

Shampoo Cut & Blow dry Long Hair AED 300

Shampoo & Blow dry Short/Medium Hair AED 210

Shampoo & Blow dry Long Hair AED 240

Cut Only AED 150

Roots Color AED 300

Full Color AED 350

Full Head Highlights - Long Hair AED 470

Full Head Highlights- Short Hair AED 390

Half Head Highlights Long Hair AED 390

Half Head Highlights Short Hair AED 470

St. Tropez Spray Tan 30 Mins AED 250

Hair Extensions Quotation upon request.