



FOUR SEASONS RESORT
Dubai at Jumeirah Beach



THE PEARL SPA

FACIALS

An expert consultation at the beginning of your facial ensures the best treatment choices for your skin type. Each facial includes a deep-tissue firming and lifting facial massage. Our expertise combine the latest technologies in anti-aging with exclusive natural ingredients.

SIGNATURE PEARL FACIAL

90 Minutes

Begin your facial with a dual action pearl extract exfoliation using AHA and red algae, followed by a 3D mask which stimulates collagen synthesis. This treatment is a powerful antioxidant and filler. End this wondrous facial with a marine pearl serum releasing hyaluronic acid, one of the most active anti-aging ingredients.

DIAMOND INFUSION

90 Minutes

Unparalleled skin rejuvenating effects from cosmeceutical grade skincare, using specific massage techniques. This intensive treatment ensures brighter, firmer and noticeably younger looking skin. A global skin rejuvenation that restores the youthful definition of the facial contours, improves skin texture and diminishes fine lines and wrinkles in just one session.

ROSE QUARTZ CRYSTAL FACIAL

110 Minutes

This facial uses a sequence of timeless anti-aging techniques and a Rose Quartz Crystal Facial massage to brighten the skin and significantly improve signs of aging. An indulgent scalp treatment follows, with soothing warm compresses, rich in the aromas of oud and rose. A luxurious, moisture rich hair and scalp mud is then massaged across the scalp to deeply nourish the hair and encourage hair growth.





24 CARAT GOLD SKIN PERFECTION FACIAL

90 Minutes

An intense dose of green caviar and 24 carat gold trace elements along with the use of ultrasound allows actives to penetrate deeper on a cellular level, repairing and revamping the skin. With the power of Swiss anti-aging excellence, this treatment suits skins in need of a regenerative boost.

CORRECTIVE WHITENING

75 Minutes

A treatment that effectively evens skin tone with the application of AHA, preventing the formation of new pigment and effectively reducing dark spots of different sizes, depths and intensity. Finally, an exclusive illuminating veil provides a long-lasting sense of well-being to the skin, revealing an extremely radiant and even complexion.

THERMAL INFUSING FACIAL

90 Minutes

This is an intensive organic boost of all nature's vitamins and minerals. An exclusive warm infusing mask will maximize penetration of these essential vitamins and minerals into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skin's needs, to purify and deeply cleanse and nourish, leaving your skin hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it's nature's face lift.

VITAMIN BOOST

60 Minutes

A facial ritual that provides the perfect combination between the richest products, such as Mediterranean citrus and the most exclusive contouring massage techniques. This incredible experience ends with an exquisite citrus aromatherapy. The result is luminous and radiant skin.

DETOX CLEANSING CURE

60 Minutes

A meticulous cleansing protocol based on a thermo-active enzymatic detox: enzymatic heat to open and soften pores and botanical freshness to close and purify them. In addition to extractions performed with an innovative technique, this facial includes a deeply cleansing mask with soothing and revitalizing properties.

SKIN RECOVERY

60 Minutes

This powerful repairing treatment visibly improves dilated capillaries, redness and skin congestion. Highly effective herbal extracts soften and soothe, reinforcing the skin to combat hypersensitivity and inflammation. The soothing effects of cryotherapy strengthens the skin, helping to recapture its optimal state of comfort. This facial is a luxurious treatment designed to preserve the beauty and health of the skin.

SPA THERAPY JOURNEYS

CONNECT

DETOX & RENEW

175 Minutes

This first class session begins with a Marine Mineral Scrub to exfoliate your skin and prepare it for the next treatment. A detox mask is applied all over the body to deeply cleanse and detoxify. A warm seaweed wrap allows a rich array of minerals, vitamins and enzymes to penetrate your pores and nourish your skin. Continue on your journey with a contouring and slimming massage to help remove blockages and eliminate toxins using a specially formulated detoxifying body oil. Conclude your experience with a detoxifying facial with extractions, leaving your skin cleansed, renewed and your senses revived.

Includes: Full Body Scrub, Body Wrap, Slimming Massage and Detox Cure Facial

NURTURE

DEEPLY RELAX & CALM

180 Minutes

Begin your journey with a 5 minute guided meditation. Further indulge with a 90 Minute Aromatherapy Massage with herbal poultices as well as a Lymphatic Facial using jade rollers to drain and decongest. End this ritual with a relaxing Acupressure Head Massage with a scalp treatment mask.

Includes: Aromatherapy massage, Facial using jade rollers, Acupressure Head Massage with Scalp Treatment Mask

BALANCE

REBALANCE & SOOTHE

180 Minutes

Commence your treatment with chakra balancing, followed by a deeply soothing, yet intense massage combined with hot stones to melt away tension and to help increase circulation and eliminate toxins. A blissful way to end your treatment is with a 24 Carat Gold Skin Perfection Facial with soothing gel eye pads to reduce puffiness and dark circles.

Includes: Chakra Balancing, Hot Stone Massage, 24 Carat Gold Vitaskin Facial with decongestive gel eye pads.



INSPIRE

REENERGEISE AND UPLIFT

195 Minutes

Relive the majestic customs of the ancient Arabic rituals beginning with a 'Memories of Arabia' Body Treatment. Lie back and allow this treatment to be intensified with a full body massage using our signature Arabian oud blend. End this wondrous experience with a fresh facial and a warm Crystal Facial Massage. A truly authentic experience that you will never forget.

Includes: Full Body Scrub, Body Wrap with Argon Oil Hair Treatment, Signature Massage and Fresh Facial with Crystal Facial Massage.



BODY TREATMENTS

The skin is the largest and only unprotected organ of the body. Our body treatments will offer detoxifying, regenerative and ultra nourishing solutions to protect the skin. All body wraps include a spine-tingling scalp and neck massage, bringing you total relaxation and an overall feeling of well-being.

MEMORIES OF ARABIA

75 Minutes

Begin your authentic beautifying ritual with a Full Body Argan Shell Exfoliation. Allow the rich emollient oils of camel milk and the warm aromas of honey to envelop your body. This is followed by a traditional deeply nourishing Argan Oil Hair Treatment to restore and repair hair. This ritual leaves skin hydrated, nourished and rejuvenated.

CHOCOLATE INDULGENCE

75 Minutes

Begin with a full body exfoliation, followed by a Royal Chocolate Indulgent Wrap where ultimate firming and nourishment are achieved through the actives found within Swiss chocolate. Used in conjunction with our Anti-Ageing Concentrate, the skin is left firmer with lustre restored.

SWISS SALT CRYSTAL DETOX BODY WRAP

75 Minutes

Extracted from the glaciers of the Swiss Alps, our salt crystals are rich in therapeutical minerals to detoxify your body. This treatment will renew and help to regenerate the surface cells of the skin. This slimming ritual is complete with an application of a specialized contouring body cream to your body, leaving skin toned and firmed.

HAMAM INSPIRED RITUALS

MOROCCAN INSPIRATION

90 Minutes

This exotic treatment was inspired by the enchanting Moroccan Hamams. Begin with a facial cleanse, followed by an application of our pure cold pressed black soap. While relaxing in the steam, allow the rich essential fatty acids and vitamins to deeply penetrate the skin; using a Kessa glove, this full body exfoliation ensures in-depth cleansing. A Ghassoul Body Wrap is then applied to purify and balance the skin. End this ritual with a rinse and moisture application to the face and body.

TURKISH INSPIRATION

90 Minutes

This exotic treatment was inspired by the traditional Turkish baths. Begin with a steam session followed by a full body exfoliation making use of a traditional Kessa glove. Further indulge with an authentic Turkish Cloud Foaming Massage and Acupressure Head Massage using the finest handmade olive oil soap. A facial cleanse and hair cleanse is then followed with a refreshing rinse. End this ritual with a full body lotion application to the face and body.





COUPLES' RETREATS

Create memories that last a lifetime. Rediscover the meaning of togetherness with our luxurious couples' spa facility, complemented by our unique paired experiences.

THE PEARL SPA JOURNEY

240 Minutes

Embark on a journey, a story of culture, a story of time. Discover the ancient traditions of the pearl industry with a Pearl Oyster Opening Demonstration in your own private relaxation lounge where you will find your very own real pearl from the Arabian Gulf. Your journey continues as you relax in tandem in your private soaking tub enjoyed in the romance of scented candlelight with a glass of bubbly. Continuing with a full body massage with the aromatic warming essence of Arabian oud to melt tension away, a relaxing Signature Facial using the customized Pearl Spa Collection concludes your very unique experience.

ARABIAN ROMANCE

180 Minutes

Begin your romantic journey with caviar, canapés and bubbly as you unwind in a deeply relaxing warm bath-soak. Drift away side by side during the custom couples top-to-toe nourishment in the form of a fullbody mask, specially created to treat your hair, face and body. Relax in the Ghassoul whilst the natural clay and essential oil formulations take effect. After a cleansing under a refreshing rain shower, the second stage of the treatment begins as you awaken your senses with your chosen oil. An intense massage drawn from eastern and western techniques allows your therapist to work on your body, soothing your mind. Every aspect of this indulgent ritual is tailored to your emotional and physical needs.

STARLIGHT ESCAPE

120 Minutes

Unify the bond between you and your partner with this exclusive retreat for two. Commence your journey with a Swedish Massage followed by a private swim under the dazzling Dubai skylight. Then enjoy taking a dip together in the private jacuzzi and indulge in strawberries and bubbly brought directly to you! You will also be handed personalized Four Seasons bathrobes, so you can remember your time spent at the Pearl Spa, long after you have left.

CLASSIC MESSAGES

Guided by healing traditions from around the world, The Spa's therapists use an array of massage techniques to restore the mind-body-spirit connection. Any of our Body Massages can be booked in our exclusive Couple Spa Suite with additional fees, for special occasions or to unwind side by side, each with your own personal therapist in the same private environment.

SIGNATURE MASSAGE

90 Minutes

This treatment uses a luxurious oud oil, rich with rose and frankincense to melt tension away. A deep tissue massage that uses slow strokes and firm pressure along with Thai herbal poultices to ease stress, leaving the body aligned and relaxed with improved movement and circulation.

DUAL SYNERGY MASSAGE

60 Minutes

Conducted by the hands of two therapists working as one, this beautifully synchronized massage delivers twice the benefit, double the relaxation and faster results. The ultimate massage indulgence with two skilled therapists working in perfect tandem for a healing and sensory experience.

HOT STONE MASSAGE

90 Minutes

Classic massage techniques are enhanced by heated basalt stone therapy, warming and soothing aching muscles to induce a state of deep relaxation.

MASSAGE TENSION RELIEF

90 Minutes

These movements are a combination of deep tissue, Swedish, lymphatic drainage and acupressure points. This specialized full body massage has been created to work deep into the muscle to help release tension. This treatment also contains a heated back treatment which helps combat the effect of accumulated toxins in the body, relieving tension and improving range of motion.

AROMATHERAPY MASSAGE

60 | 90 Minutes

This therapeutic massage uses gentle to medium pressure combined with pure aromatherapy oils customized for your desired results to relax muscles and promote health and well-being.

SWEDISH MASSAGE

60 | 90 Minutes

This gentle form of massage employs long strokes, kneading, deep circular movements, vibration and tapping to induce relaxation and energize the body.

DEEP TISSUE MASSAGE

60 | 90 Minutes

Using slow, deep tissue techniques and strokes to target the deeper layers of muscle and connective tissue. This trigger-point massage focuses on areas of concentrated tight muscular fibers that form after injury or overuse. It's an excellent therapy for chronic pain and restricted range of motion.

LOMI LOMI MASSAGE

60 | 90 Minutes

A deeply therapeutic massage designed to release muscle tension and physical stress. This healing ritual unblocks the meridians through the vital energy flows. A fusion of Mediterranean and Pacific massage techniques using arms and forearms to ease stress, relieve tension and restore physical and mental wellbeing.

BALINESE MASSAGE

60 | 90 Minutes

Delivered from the heart of Indonesia, this medium to firm invigorating massage features thumb and palm pressure with flowing strokes and skin rolling techniques which aims to rid muscles of tension and stimulate blood circulation.

LYMPHO ROLLING MASSAGE

40 Minutes

This massage consists of rolling movements that palpate and roll the skin. A light lymphatic massage to drain fluids, reduce water retention and aid in slimming and detoxifying. It encourages the connective tissue to relax, circulation enhances and in turn stimulates lipolysis, resulting in smoother texture, firmer skin and more contoured figure.

REFLEXOLOGY

50 Minutes

An ancient Chinese pressure point massage of the feet to target reflex zones that correspond to organs within the body. Reflexology stimulates energy meridians which relax and promote a sense of balanced and reawakened energy.

GENTLEMAN'S TREATMENTS

GENTLEMAN'S RETREAT

160 Minutes

Your journey begins with a full body scrub, followed by a full body Sports Massage. It's an excellent therapy for chronic pain and restricted range of motion. Conclude your journey with a fresh facial leaving your skin cleansed and refreshed.

MANKIND FACIAL

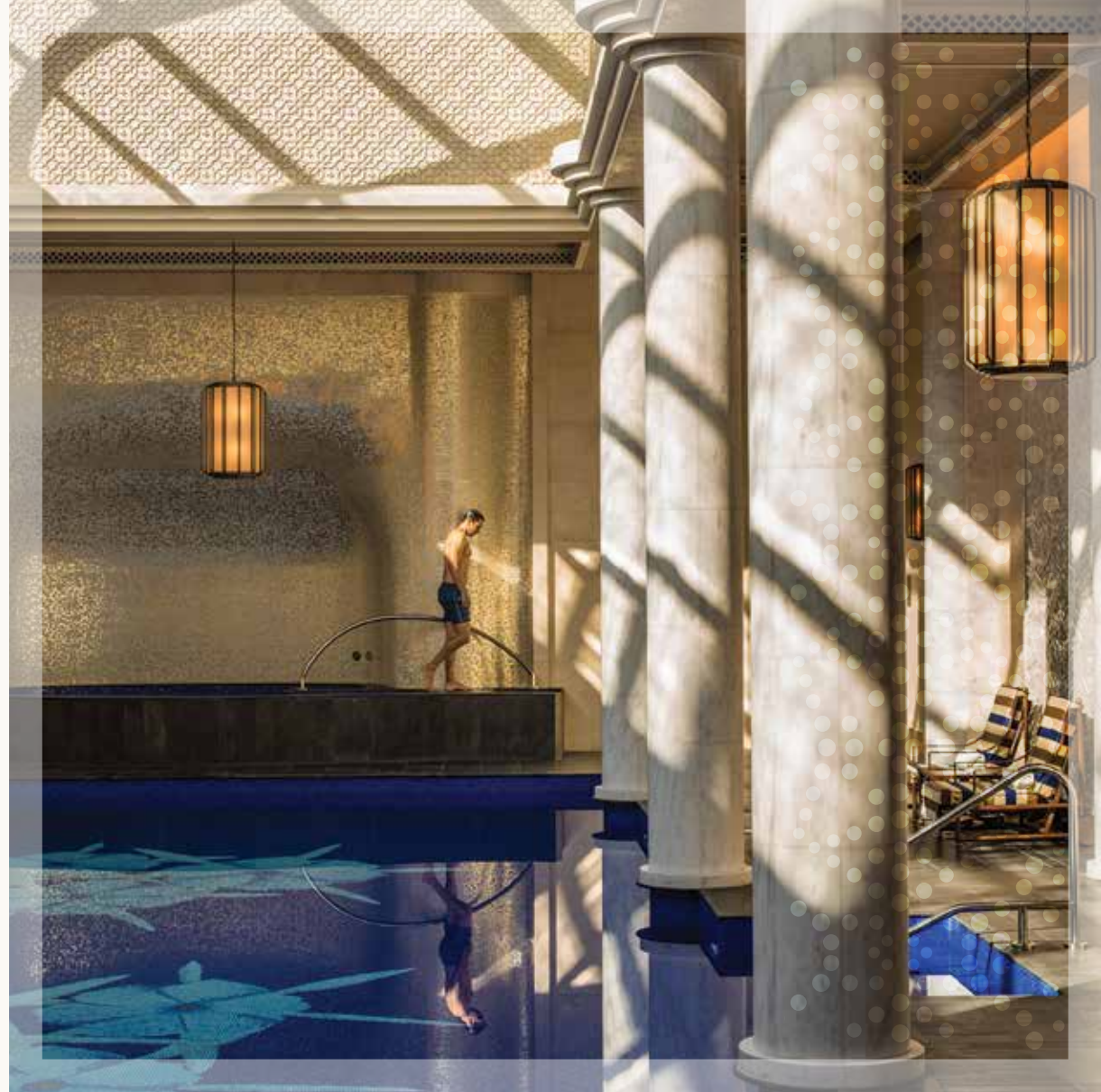
160 Minutes

Begin with a relaxing Himalayan Salt Therapy Back Massage that will ease stress and reduce tension in the mind and body. Continue with a deep cleansing and exfoliating facial that balances the skin's natural oils and assists in preventing ingrown hairs. Soothing mists with woody aromas will desensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

METRO MALE GROOMING

150 Minutes

Begin with a male manicure and pedicure, followed by a back, neck and shoulder massage, ending with a fresh facial using products to suit your skin's needs.





MUM TO BE

Relax, unwind and celebrate this magical time with our tailor made services for mothers to be, before, during and after birth.

MOTHER TO BE WRAP

90 Minutes

Tailored to nurture both mother and child, this rejuvenating therapy is extremely beneficial in the treatment of renewing scar tissue and stretch marks. Treatment includes a Vanilla Body Exfoliation and a nurturing and refining body mask. This treatment is safe and effective before, during and after pregnancy.

PRE & POST NATAL MASSAGE

60 Minutes

Relax tense muscles and ease sore areas while improving circulation and mobility with this full body massage using a vitamin rich body oil. This massage is only recommended after the first trimester. Mothers should consult with their physicians before undergoing any body treatment.

Pre/ Post Natal Yoga and Spabike sessions are highly recommended during this special time. Ask at reception for more information.

LUXURIOUS ADDITIONS

	Minutes
BACK MASSAGE	30
BACK FACIAL	30
FRESH FACIAL	30
HAND MASSAGE	30
FOOT MASSAGE	30
INDIAN HEAD MASSAGE	30
HAIR TREATMENT	30
FULL BODY SCRUB	30
STRETCHING	30

ENHANCEMENTS

GOLD FIRING	30
VITASKIN	45
OCCULAR ILLUMINATION	30
LIP COLLAGEN THERAPY	30
EXTRACTIONS	30
HAIR MASK	15

THE PEARL SPA SPECIALITIES

ENERGY HEALING	75
CHI NEI TSANG DIGESTIVE HEALTH	45
EAR CANDLING	30
HEAVY LEG RELIEF	30

SPABIKE PACKAGES

- Single Session
- 5 Sessions
- 12 Sessions
- 24 Sessions

WEDDING JOURNEY

HERE COMES THE BRIDE AND GROOM

Spend the day before your wedding in complete relaxation whilst we prepare you from head to toe. Together we can choose the right combination of bespoke treatments and beauty enhancements for your skin and body. Allow us to support and guide you through a journey to complete relaxation, so you will look and feel just as you had always hoped for on your big day.

KIDS'/TEENS' MENU

This special menu offers perfect choices for the junior spa-goer. A parent or guardian must be present for all spa services, which makes it a perfect time for a mother-daughter visit to the spa. (9am-3pm)

FACIAL 4 TEENS	30 Minutes
BACK, NECK & SHOULDER MASSAGE	30 Minutes
PRINCESS MANI	30 Minutes
FANCY FEET	30 Minutes

BEAUTY SERVICES

WAXING	15 90 Minutes
THREADING	15 30 Minutes

ANTI-AGING ROYAL 3 DAY CURE

Day 1: Beauty Analyzer followed by Signature Pearl Facial

Day 2: Vitaskin treatment

Day 3: 24 Carat Gold Skin Perfection Facial finishing with Beauty Analyzer

SLIMMING DETOXIFYING 3 DAY CURE

Day 1: Detox Body Wrap followed by Lympho Rolling Massage

Day 2: Lympho Rolling Massage followed by Lipo Draining Cryofit

Day 3: Spabike session and Lympho Massage





FOUR SEASONS RESORT
Dubai at Jumeirah Beach

THE PEARL SPA

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