

A close-up photograph of several green dahlia buds. The buds are in various stages of opening, showing their layered, pointed petals. The color is a vibrant, slightly muted green. The lighting is soft, highlighting the texture of the petals. The background is a blurred green, creating a sense of depth.

dahlia

SPA

*Inspired by the rich culture of Abu Dhabi, DAHLIA SPA at Four Seasons Hotel combines tradition and innovation, to create an exclusive, sophisticated retreat focusing on results, customized experiences and **TOTAL RELAXATION.***



Bring your spa journey to life with our luxurious facilities including hamman, sauna, vitality pool, and beautifully appointed treatment rooms featuring our bespoke spa suite. Further enhance your wellness and lifestyle experience with our state of the art separate male and female fitness facilities or meditation room.

To complete your renewal enjoy direct access to our free-form rooftop pool offering health inspired cuisine and the best views of Abu Dhabi's skyline.

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Dahlia Journeys

Dahlia Spa Experience **3 hours**

Ensure your every need is catered to with our Dahlia Spa Experience. Starting with an extensive foot ritual, including acupressure points, the journey continues with a full body exfoliation. A customized massage follows, before a facial to finish, a treatment combination that will leave you both refreshed and completely relaxed.

Relaxing Together in our Exclusive Spa Suite **3 hours**

Our luxury Couple Spa Suite will be the perfect setting for this romantic journey. Enjoy 45 minutes of together time in our ultra-luxurious milk bath followed by two hours side by side massage and facial. Leaving you both reconnected.

Executive City Break **2 hours**

This balancing treatment inclusive of a body scrub and a massage or a facial will boost your energy while releasing tensions and leaving you deeply energized.

Jet Lag Recovery **2 hours**

A revitalizing treatment for the face and body restoring your natural balance after travel. Your therapist will begin with a detoxifying scrub and warm aromatic compresses to soothe your body. Your revival will be completed with a full body and face rejuvenating massage.

Pre and Post Natal Indulgence **2 hours**

Designed to restore and reconnect the mother's mind, body and spirit. This truly relaxing and soothing journey starts with light stretching movements. The full body massage helps to replenish energy while focusing on the mother's specific massage needs.



DAHLIA SPA TIME

Our most exclusive spa experience, a minimum of four hours of treatments are selected for a unique, tailor-made wellness journey. Whether looking for an invigorating, relaxing or pampering experience, our expert therapists will ensure the most suitable treatments are selected. The ultimate experience to cater to all your personal wellness needs.

*All treatments from our Spa menu can be chosen except Swiss Perfection Cellular Experiences.

Massage Selection

50 / 80 / 110 minutes

Dahlia Massage

Enjoy an exclusive massage experience by customizing your time using a blend of individually chosen oils and massage techniques. A personal consultation will ensure that you receive a unique treatment to suit your wellness needs.

Sodashi Signature Massage

A time to de-stress both mind and body with a relaxing, detoxifying or energizing massage, enhanced with Sodashi's Wholeness, Purity and Radiance ritual. Natural essential oils treat your specific body-care concerns, promoting a feeling of well being.

Regenerating Argan Oil Massage

The ultimate luxurious massage, performed with warm organic Argan oil, whose regenerating capabilities will fully nourish your skin and revive the entire body with its anti-oxidant ingredients.

Deep Tissue Massage

The deeper pressure is beneficial in releasing chronic muscle tension. The focus is on the deepest layers of muscle tissue, tendons and joints.



Anti-Cellulite Massage

This massage uses "palpé roulé" techniques to help eliminate toxins in your body and refine your figure. A manual treatment technique designed to reduce the "orange peel" appearance of skin, and tone your body to create slimmer contours.

Hot Stone Massage

Using an aromatic combination of essential oils, basalt stones are heated to the perfect temperature to create this deep one of a kind massage experience. Soothe and release tired muscles and float away on this luxury aromatherapy journey.



Exclusive Swiss Perfection Cellular Experiences

The Swiss Perfection high tech and high touch exclusive Anti-Aging facials are focused on immediate and lasting visible results. They include the unrivalled Cellular Active IRISA® technology combined with highly efficient plant extracts to effectively regenerate the skin and prevent from premature aging.

CELLULAR ANTI-AGING FACIALS

Cellular Exclusive Lift Concept 60 / 90 minutes

Inspired from Anti-Aging medical techniques, this five-step lifting treatment offers spectacular immediate results. Specific and highly concentrated formulas working in symbiosis targeting loss of firmness, sagging, and wrinkles.

Cellular Brightening Radiance 60 / 90 minutes

This specific treatment works deeply into the skin directly on the cells responsible of hyperpigmentation. A revolutionary facial that is specifically designed to rapidly lighten dark spots, leaving you with an even and bright complexion.

Cellular Anti-Oxidant 60 / 90 minutes

Through the power of pure vitamin C, this highly active anti-oxidant facial stimulates collagen production, restoring the skins radiance and firmness. This treatment is the perfect cure to fight premature signs of aging and counter-act environmental damage caused by free radicals.

Cellular Purifying Control 60 / 90 minutes

This effective treatment combines real solutions to repair imperfections and acne-prone skin. It balances the sebum production and deeply purifies your pores, while accelerating the tissue healing in order to calm all inflammations.



CELLULAR BODY TREATMENTS

Cellular Firming 90 minutes

Our intensive Cellular Firming body experience targets loss of firmness and elasticity offering an instant lift effect with visible and immediate results. By boosting the collagen production, the structure of the skin is renewed, smoothed, lifted and revitalized, resulting in an immediate toned silhouette.

Cellular Anti-Cellulite 90 minutes

Designed to reshape the body contours, this intensive treatment targets cellulite, orange peel and loss of tone, leaving a profound sensation of lightness and wellbeing. The body is perfectly defined, firmed and toned.



Exclusive Sodashi Organic Therapies

Sodashi combines natural ingredients with anti-aging, nourishing and balancing properties to create high performance natural skin care solutions.

BODY TREATMENTS

Sodashi Contouring Treatment 80 minutes

An invigorating exfoliation that combines finely ground pumice and volcanic clay is the perfect way to start your treatment. A comforting body wrap using Sodashi's warm body mask follows to stimulate the lymphatic system, removing accumulated toxins, a common cause of cellulite. After a refreshing shower, Sodashi's specialized contouring gel and cream are applied, leaving your skin toned and lustrous.

Sodashi Refining Treatment 80 minutes

Our treatment begins with Sodashi's Jojoba body polish which exfoliates and cleanses the entire body, before a nourishing full body mask is applied. Your body is then elevated to new heights of relaxation as you are cocooned in a comforting wrap, while enjoying a scalp massage.



HOLISTIC FACIALS

Samadara Ultimate Age-Defying Facial 80 / 110 minutes

Delivering exceptional results, this exclusive age-defying treatment uses a sequence of anti-aging techniques rooted in Ayurvedic healing traditions, that are designed to reawaken the skin's natural energies. Intensely hydrating and nourishing, the Samadara treatment visibly increases firmness and elasticity, reducing the appearance of wrinkles and restores a youthful glow. A soothing rose quartz crystal facial massage enables the powerful Samadara organic ingredients to penetrate deeply into the skin for maximum benefit.

Marine Mineral Facial 50 / 80 minutes

This facial uses the properties of marine plants to bring radiance and glow to your complexion. Tailored to your skin type and enhanced with the unique Sodashi facial massage, it is the perfect treatment to oxygenate, tone and revitalize the skin.

Pure Radiance Facial 50 / 80 minutes

We will take your skin on a journey of total renewal. You will deeply relax as you enjoy Sodashi's aromatic warm facial compresses that soften and exfoliate, and a nourishing face mask, rich in herbal extracts to purify and hydrate the skin.

Men's Skin Karma Facial 50 / 80 minutes

Balance the skin and cleanse away impurities. Sodashi's deep cleansing and exfoliating facial uses natural oils and woody aromas to soothe the skin. A relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.



Spa Etiquette

Dahlia Spa Arrival

Dahlia Spa is located on the 3rd floor.

We suggest you arrive 30 minutes prior to your appointment in order to enjoy our facilities. Therapeutic relaxation areas for men and women each include a large heated hydro pool, sauna, hammam, ice fountain, showers and heated lounge chairs with waterfront views. Zen meditation rooms provide you a relaxing sanctuary before, after or between treatments.

Etiquette

Our Spa is an environment of tranquility and relaxation. In consideration of other spa guests, we ask you speak in a quiet voice and switch off mobile phones.

Appointments

We recommend you book your spa treatments in advance to guarantee your preferred appointment times, please e-mail us at: spa.abudhabi@fourseasons.com or call on +971 (0)2 333 2222

A credit card number is required to secure your booking.

Our reservation desk is open from 9:00 am to 10:00 pm daily.

Online booking is available on www.fourseasons.com/abudhabi/spa

Gift certificates are available at our spa reception.

Service Charge

All prices are quoted in UAE Dirhams and subject to a 10% service charge and 6% tourism fee which will be added to your final bill.

In-room Treatments

In-room treatments are offered from our massage menu and a surcharge applies. Please enquire at spa reception for more information.

Cancellations

Missed appointments or cancellations within 24 hours of the scheduled time will be billed at full rate.

Health

Please refrain from shaving before all body treatments and men's facials. To maximize the benefits of your spa experience, please inform us of any health issues, allergies or injuries that may make the treatment you have chosen unsuitable so that we may advise safer alternatives.

Children

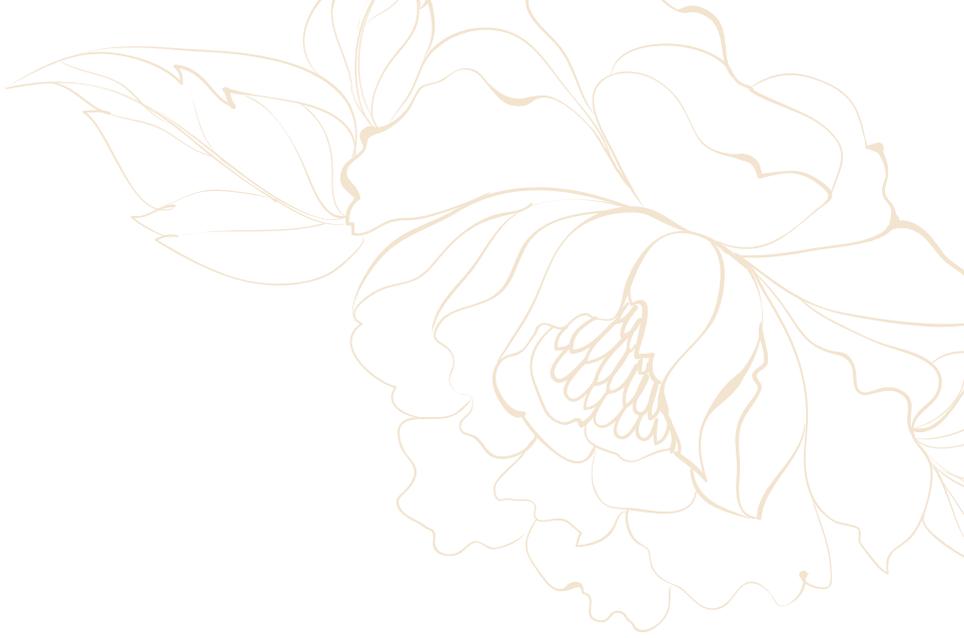
Spa areas are reserved for guests 16 years or older.

Hours of Operation

Fitness Center open 24 hours a day.

Dahlia Spa Reception is open from 7:00 am until 10:00 pm.

Spa treatments available from 9:00 am until 9:00 pm.



DAHLIA SPA
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HOTEL

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