



R E L A X • R E V I V E • R E N E W

The SPA is a tranquil sanctuary of contemporary luxury with a holistic and wellness integrated approach. You can choose from an array of therapies, sensory journeys and pampering treatments for both men and women and attain a quintessential body and mind balance by combining the best of nature and science.

With premium brands and unparalleled services, we will ensure that you find your path to complete well-being and serenity.

A sanctuary of wellness in the heart of DIFC.

FACIAL TREATMENTS

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 combines the latest technologies in anti-aging with exclusive natural ingredients.

SIGNATURE ORGANIC FACIAL

90 MINUTES

This powerful, yet gentle facial combines detoxing and anti-ageing elements to achieve a naturally radiant and rejuvenated look. The facial begins with a deeply relaxing massage and stimulation of Shiatsu pressure points of the face using signature Lymph Wands which help to eliminate toxins and reduce congestion. A cleansing and anti-ageing mask is then applied, delivering powerful antioxidants from rooibos and baobab, while enjoying a hand, head and neck massage. Finally, a pure aloe gel mask is applied to bring intense moisture, to stimulate collagen production and to prepare the skin to soak in omega rich botanicals.

AGE DEFYING COLLAGEN VITALITY

75 MINUTES

An intensive, luxurious massage-based facial that delivers instant clinically-proven results to skin lacking elasticity and vitality, due to the amazing, regenerating, clinically-proven properties of Refined Golden Millet Oil. The Myo-Col lift® technique, which is a combination of the Pure Collagen Mask and Myofascial lifting massage sculpts face, neck and shoulder contours to provide an instant 'lift', whilst stress-reducing acupressure boosts vital energy within the skin.



FACIAL TREATMENTS

24 CARAT GOLD CELLULAR REJUVENATION

60 MINUTES

This facial incorporates 24 carat gold to give optimum skin firming, rejuvenation and illumination. It starts with a deep cleanse to reduce congestion, followed by the signature Golden Touch Massage which lifts and tones the skin tissues and facial muscles, revealing a more youthful glow. To finish, a plumping Collagen Spray and toning Lifting Mask are applied to restore, revitalize and smooth. A truly indulgent facial.

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 nature's botanicals 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

DEFINITIVE COLLAGEN CEREMONY

120 MINUTES

Head to toe age defying collagen. The ultimate in luxury and relaxation. To begin, an invigorating full body exfoliation is followed by a 'Touch Of Silk' back massage to relieve stressed and aching muscles. Then, while the body is cocooned in 'Pure Collagen' a massage based facial is performed to deeply hydrate, lift and detox, leaving the skin radiant, youthful and glowing.

Includes: Full Body Exfoliation, Body Mask, Back Massage, Facial

AGE DEFYING JOURNEY

120 MINUTES

This is the ultimate in face and body indulgence. A results-driven massage based treatment that starts with a Myofascial back massage, to reduce tension in the connective tissue. The Myo-Col lift® technique, which is a combination of the Pure Collagen Mask and Myofascial lifting massage sculpts face, neck and shoulder contours to provide an instant 'lift', whilst stress-reducing acupressure boosts vital energy within the skin. Gentle steam softens and eliminates impurities.

Includes: Back Myofascial Massage and Cellular Ultimate Collagen Facial, Acupressure Scalp Massage and Foot Reflexology

TIME TRAVELLERS RECHARGE

120 MINUTES

Indulge in a deeply relaxing journey of luxurious sensations and travel to a place where the body and soul experience the harmony of nature. The journey begins in a Moroccan garden with a foot ritual and scents of cypress, cedar wood and peppermint, followed by a myrrh and red tea body scrub. Your body is then enveloped in a deeply hydrating aloe gel with scents reminiscent of the African Savannah. A slow, deep-massage using rich and generous organic shea butter results in profound relaxation, while the essential fatty acids and vitamins rehydrate, recondition and revitalise your body from head to toe. Finish with a fresh facial and a coconut oil head massage for complete relaxation.

Includes: Full Body Scrub, Aloe Gel Applications, Full Body Shea Butter Massage, Fresh Facial & Scalp Massage



FOUR SEASONS ELEMENTS

RECHARGE

These treatments are designed to help de-stress, reconnect body and mind, fight jet-lag and better your sleep. You can choose your massage oil from our selection of four aromatherapy blends.

RECHARGE HEAD, FACE & HAND

30 MINUTES

Begin to unwind with a relaxing face massage based on the Shiatsu pressure points of the face. Hot compresses infused with an uplifting blend of ylang ylang, rose geranium and sandal wood are placed on the shoulders while warm coconut oil is poured on the third eye chakra before performing a head massage. The treatment ends with hand reflexology and a hand massage. This quick fix will help you relax and soothe your mind.

RECHARGE HEAD, FACE, NECK & SHOULDERS

45 MINUTES

This treatment is similar to the Recharge Head, Face and Hand treatment but includes a neck and shoulder massage.

RECHARGE FULL BODY MASSAGE

60 | 90 MINUTES

Full body massage using long gentle strokes and acupressure on specific pressure point of the body to induce deep relaxation and improve sleep patterns. A grounding blend of vetiver, katrafay and basil is used in the massage.



REVITALISE

These treatments focus on detoxifying body and skin. Accumulation of toxins in the body is induced by lack of sleep and exercise, dehydration and stress which affect the optimal functioning of the organs.

REVITALISE LEG MASSAGE

30 MINUTES

This treatment focuses on the legs. The movements involve lymphatic drainage massage using our signature wooden tool combined with slow soothing strokes to improve circulation and reduce swelling.

REVITALISE LEG MASSAGE & DETOXING MASK

45 MINUTES

Begin with a Revitalising Leg Massage, followed by a vigorous exfoliation of the legs and thighs with coconut oil, salt and coffee beans that stimulates blood flow before applying a soothing and detoxifying mud for 20 minutes, leaving the legs feeling lighter and reducing swelling.

REVITALISE FULL BODY MASSAGE

60 | 90 MINUTES

This treatment focuses on lymphatic drainage of the entire body using a detoxifying massage oil and our signature tool. This massage consists of movements that palpate and roll the skin, which drain the fluids, reduce water retention and aid in slimming and detoxifying. It encourages the connective tissue to relax so circulation is enhanced and in turn stimulates lipolysis, resulting in smoother texture, firmer skin and a more contoured figure.



RELEASE

These treatments focus on releasing muscle tension as well as pains and aches in the muscles and joints that can be due to stress and travel or injuries. They aim to release the lactic acid in the muscles, reduce inflammation and loosen up the tension which causes pain and discomfort.

RELEASE NECK & SHOULDER

30 MINUTES

Indulge in a deeply relaxing journey of luxurious sensations and travel to a time and place where body and soul experience the harmony of nature. The journey begins in a Moroccan garden with a foot ritual and scents of cypress, cedar wood and peppermint, followed by a massage, focused on trigger points to relieve chronic pain and tension by using a blend of unique essential oils with strong analgesic and anti-inflammatory properties.

RELEASE NECK AND SHOULDER & BACK

45 MINUTES

This treatment is similar to the release neck and shoulder treatment but includes the back area. Cross muscle fiber massage techniques are used on the back area along with heated baobab seed pindas which are placed on problematic areas and along the spine. Cooling aloe gel with essential oils is massaged into the skin with wooden balls to alleviate deep seated tension.

RELEASE FULL BODY

60 | 90 MINUTES

Using a blend of unique essential oils with strong analgesic and anti-inflammatory properties, this massage focuses on releasing muscle tension as well as pain in the muscles and joints due to stress and travel or injuries. This massage uses a combination of stretching and pulling techniques; trigger points therapy and cross muscle fiber techniques. It also uses heat to help release the tension in the muscles. It aims to release the lactic acid in the muscles, reduce inflammation and loosen up the tension, which causes pain and discomfort.



B O D Y T R E A T M E N T S

The skin is the largest and only unprotected organ of the body. Our body treatments 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.

COLLAGEN DIFFUSION

60 MINUTES

This tailor made, layer locking, collagen cocoon is aimed to promote radiance and reduce the appearance of fine lines and wrinkles. A truly unique body experience, creating elasticity, enhancing the appearance and generating unbelievable smoothness. End this blissful experience with a full body collagen spray application.

ALGAE TRIM

60 MINUTES

This slimming ritual includes a contouring treatment using Golden Millet Oil, seaweed and a Myofascial massage to lift, contour and define specific areas of concern. Allow the therapeutic minerals to detoxify your body, while renewing and regenerating the surface cells of the skin.

DETOX AND RENEW

60 MINUTES

This organic detoxifying treatment starts with a dry exfoliation using fine salt and aromatic plants to polish the skin. Followed by an application of soothing and detoxifying mud combined with coconut oil, buchu and aloe that will leave your skin hydrated, revitalised and smooth. The treatment ends with a gentle massage using a luxurious, rich body butter fragranced with exotic omumbiri. This non-greasy formulation rejuvenates, moisturizes and softens the skin.



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, with a fresh facial and a coconut oil head massage for complete relaxation.

SIGNATURE BLUE TIGERS EYE MASSAGE

90 MINUTES

This treatment focuses on boosting energy levels and stimulating the immune system. It combines aromatherapy, acupressure and reflexology. Blue tigers eye crystal balls are used hot and cold to massage the body and face with rolling and pressing massage movements, while our signature tool is used for acupressure along the main meridians of the body to unblock energy pathways. Your body is left invigorated and your mind deeply relaxed.

DUAL SYNERGY MASSAGE

60 | 90 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

60 | 90 MINUTES

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

SPORTS 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.



CLASSIC MESSAGES

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.

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.

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.

GENTLEMEN'S TREATMENTS

EXECUTIVE MALE FACIAL

60 MINUTES

This deep cleansing and exfoliating facial balances the skins natural oils and assists in preventing ingrown hairs. Soothing mists with woody aromas will de-sensitize your skin and a relaxing facial massage will tone and firm the muscles leaving you looking fresh and revitalized.

METRO MALE GROOMING

120 MINUTES

Begin with a male manicure, 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 before, during and after birth.

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 work.

LUXURIOUS ADDITIONS

BACK MASSAGE

30 MINUTES

FRESH FACIAL

30 MINUTES

HAND MASSAGE

30 MINUTES

FOOT MASSAGE

30 MINUTES

SCALP AND NECK MASSAGE

30 MINUTES

INDIAN HEAD MASSAGE

30 MINUTES

STRETCHING

30 MINUTES

ENHANCEMENTS

FULL BODY SCRUB

30 | 45 MINUTES

AGE DEFYING EYE

15 MINUTES

LIP COLLAGEN THERAPY

15 MINUTES

EXTRACTIONS

30 MINUTES

BUST FIRING MASK

COLLAGEN EYE MASK

COLLAGEN FACE MASK

COLLAGEN FOOT MASK

COLLAGEN HAND MASK

COLLAGEN NECK MASK

BEAUTY SERVICES

POLISH CHANGE

30 MINUTES

CLASSIC MANICURE

60 MINUTES

CLASSIC PEDICURE

60 MINUTES

WAXING

15 | 90 MINUTES

NAIL MAINTENANCE HANDS

30 MINUTES

NAIL MAINTENANCE FEET

30 MINUTES



