

# Spa Treatment Menu

## Massages

### AROMATHERAPY (SOUL)

EMOTIONAL BALANCE | DESTRESSING | 60 MINS 280 | 90 MINS 310

**BENEFITS:** Enhances both physical and emotional health.

### HOT STONE THERAPY (SWEAT)

CHAKRA BALANCING | ENERGIZING | 60 MINS 280 | 90 MINS 320

**BENEFITS:** Reduces lymphatic congestion, energetically balance the mind, body and unlock the chakras

### DEEP TISSUE (STRENGTH)

RECHARGING | PAIN RELIEF | 60 MINS 280 AED | 90 MINS 310 AED

**BENEFITS:** Helps to relieve pain in areas such as neck, upper back, lower back, leg muscles and sore shoulders.

### BALINESE (SPIRITED)

EMOTIONAL BALANCE | SOOTHING | 60MINS 280 AED | 90MINS 310 AED

**BENEFITS:** Soothes damaged tissues, helps to boost your blood circulation which reduces stress and rebalance your body.

### PRE-NATAL MASSAGE (SEEDLING)

EMOTIONAL BALANCE | RESTORATIVE| EXFOLIATION | 90 MINS 320 AED

**BENEFITS:** Enhances both physical and emotional health. for mother and child

### SLEEP CEREMONY (STILLNESS)

CHAKRA BALANCING | ENERGIZING | 90 MINS 320 AED

**BENEFITS:** Improves sleep reduce lymphatic congestion, energetically balance the mind, body and unlock the chakras

### DETOXIFICATION (SERENITY)

EXFOLIATION | DETOXIFYING | 2HRS 350 AED

**BENEFITS:** Helps to maintain blood circulation and releases excess water from the body.

## Add Ons

### BACK, NECK AND SHOULDER MASSAGE

SOOTHING | 30 MINS 80 AED

**BENEFITS:** Realigns and reduces any back muscle tension.

### HEAD MASSAGE

SOOTHING | DESTRESSING | 30 MINS 80 AED

**BENEFITS:** Increases blood circulation to the head and eases any migraine or headaches.

### HAND OR FOOT REFLEXOLOGY

DESTRESSING | 30MINS 60 AED

**BENEFITS:** Opens and cleans out neural pathways. Improves the functionality and flexibility of the nervous around the body

### BODY SCRUB

NOURISHING | EXFOLIATE | 30MINS 150 AED

**BENEFITS:** Removes excess dead skin on the body and leaves the skin soft and nourished.

## Facial Treatments

### FACIAL MASSAGE

NOURISHING| REJUVINATING| ANTI-AGING | 30 MINS 80 AED

**BENEFITS:** Reduces the appearance of fine lines and wrinkles. relaxes any muscle tension around the facial area.

### TUNING FORKS FACIAL MASSAGE

ANTI-AGING | REJUVINATING | 30MINS 150 AED

**BENEFITS:** The vibration produced by the tuning forks relaxes tensed facial muscles increases and lymphatic flow.

## Self-care Rituals

### PEDICURE

VEGAN FRIENDLY | 60 MINS 89 AED

### MANICURE

VEGAN FRIENDLY 60 MINS 79 AED

Seven wellness members  
can now avail 15 % off on  
all spa treatments.