

TREATMENTS MENU

BY SEVEN WELLNESS

Massage Therapies

60 MINS

90 MINS

MADEROTHERAPY (STRENGTH)

500

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BODY SHAPING | SLIMMING

BENEFITS: HELPS REDUCE CELLULITE AND PROMOTES COLLAGEN PRODUCTION USING WOODWORK. IT MAKES THE SKIN FIRM, TIGHT AND TONED
(PACKAGES ARE AVAILABLE)

AROMATHERAPY (SOUL)

280

350

EMOTIONAL BALANCE | DESTRESSING

BENEFITS: ENHANCES BOTH PHYSICAL AND EMOTIONAL HEALTH.

HOT STONE THERAPY (SWEAT)

280

350

CHAKRA BALANCING | ENERGIZING |

BENEFITS: REDUCES LYMPHATIC CONGESTION, ENERGETICALLY BALANCE THE MIND, BODY AND UNLOCK THE CHAKRAS

DEEP TISSUE (STRENGTH)

280

350

RECHARGING | PAIN RELIEF |

BENEFITS: HELPS TO RELIEVE PAIN IN AREAS SUCH AS NECK, UPPER BACK, LOWER BACK, LEG MUSCLES AND SORE SHOULDERS.

PRE-NATAL MASSAGE (SEEDLING)

320

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EMOTIONAL BALANCE | RESTORATIVE | EXFOLIATION

BENEFITS: ENHANCES BOTH PHYSICAL AND EMOTIONAL HEALTH. FOR MOTHER AND CHILD

SLIMMING MASSAGE (STRENGTH)

380

450

BODY SHAPING | LYMPHATIC DRAINAGE

BENEFITS: HELPS REDUCE CELLULITE AND PROMOTES COLLAGEN PRODUCTION USING WOODWORK OR ULTRASOUND THERAPY

ADD ONS

BACK, NECK & SHOULDER MASSAGE (30 MINS)

150

BODY SCRUB (30 MINS)

150

TREATMENTS MENU

BY SEVEN WELLNESS

Facial Treatments

PRICE (AED)

FACIAL MASSAGE + FREE FACE MASK

250

NOURISHING| REJUVINATING| ANTI-AGING | 60 MINS
BENEFITS: REDUCES THE APPEARANCE OF FINE LINES
AND WRINKLES. RELAXES ANY MUSCLE TENSION
AROUND THE FACIAL AREA. MOISTURIZES, HYDRATES
AND EXFOLIATE THE SKIN.

FACE YOGA BUCKLE METHOD

250

NOURISHING| REJUVINATING| LIFTING | 45 MINS
BENEFITS: RELAXES ANY MUSCLE TENSION AROUND THE
FACIAL AREA, LIFTING OF THE FACE USING BUCKLE
MASSAGE TECHNIQUE AND ORGANIC OILS

VITAMIN HYDRAGLOW FACIAL

400

NOURISHING| REJUVINATING| GLOWING| 60 MINS
BENEFITS: DEEP CLEANING & HYDRATING FACIAL,
VITAMIN INFUSED TREATMENT FOR COLLAGEN
PRODUCTION AND GLOW

SOFT PEEL FACIAL

250

ANTI-AGING | TONING | 75 MIN
BENEFITS: THE SOFT PEEL LEAVES THE FACIAL SKIN
INVIGORATED WITH REDUCED PORE SIZE, PROMOTES
UNIFORM SKIN COLOURATION AND TONE FROM
COLLAGEN STIMULATION AND RESOLVES ACNE
WITHOUT MEDICATION.

TREATMENTS MENU

BY SEVEN WELLNESS

Holistic Therapies

60 MINS

90 MINS

REIKI HEALING

400

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EMOTIONAL BALANCE | DESTRESSING |

BENEFITS: ANXIETY SUFFERERS, LIFE CHANGES,
ASSISTING WITH DEPRESSION, REDUCING PHYSICAL
PAIN & RELAXATION

CHAKRA HEALING W/ CRYSTAL

450

550

CHAKRA BALANCING | ENERGIZING |

BENEFITS: BALANCING THE BODIES ENERGIES,
RELEASING ENERGETIC BLOCKS, REDUCING PHYSICAL
PAIN AND REDUCING ANXIETY & DEPRESSION

SOUND HEALING & CHAKRA

680

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BALANCING EXPERIENCE

EMOTIONAL BALANCE | DESTRESSING |

BENEFITS: HELPS REDUCE STRESS, ANXIETY, AND
DEPRESSION

EMOTIONAL FREEDOM TAPPING

400

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EMOTIONAL BALANCE | SOOTHING |

BENEFITS: ANXIETY SUFFERERS, FEAR-BASED
IDEOLOGIES, HEARTBREAK, LOVE SEEKERS AND THOSE
LOOKING TO CREATE A SENSE OF INTERNAL PEACE

HYPNOSIS & HYPNOTHERAPY

1000

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EMOTIONAL BALANCE | RELIEF | UP TO 3 HOURS
SESSION |

BENEFITS: EASE STRESS AND ANXIETY BEFORE A
MEDICAL PROCEDURE, TROUBLE SLEEPING, PAST
TRAUMA

TREATMENTS MENU

BY SEVEN WELLNESS

Holistic Therapies

60 MINS

90 MINS

(H.E.A.L) ENERGY HEALING FOR
STRESS, BURN OUT, ANXIETY AND
DEPRESSION

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600

EMOTIONAL BALANCE | DESTRESSING

BENEFITS: FOR ANXIETY AND DEPRESSION, STRESS,
BURNOUT, SLEEP DISORDERS, CHRONIC FATIGUE,
CANCER, DIABETES, COVID-19, GASTROINTESTINAL
ISSUES, PAIN MANAGEMENT AND OTHER HEALTH AND
VITALITY-RELATED ISSUES OR PSYCHOLOGICAL

INTUITIVE GUIDANCE READING

500

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THE CARDS TELL A STORY, BY CONNECTING WITH YOUR
ENERGY FIELD TO HELP BRING CLARITY & POSITIVE
DIRECTION BACK INTO YOUR LIFE.

TRAUMA RELEASE

680

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BENEFITS: FEEL MORE CLEAR, RELAXED AND
CONNECTED TO YOUR INNER SELF

ASTRO READING

700

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BENEFITS: THIS SESSION WILL GIVE YOU AN IDEA HOW
TO NAVIGATE YOUR LIFE BETTER.

WOMB CLEANSING

200

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BENEFITS: THAI RITUAL WHERE WE PLACE SMOKE UNDER
THE SACRAL CHAKRA TO CLEANSE TOXINS, TREAT
INFECTION, HEAL HEMORRHOIDS, AND MUCH MORE TO
BALANCE FEMININE ENERGY

Massages

AROMATHERAPY (SOUL)

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

BENEFITS: Enhances both physical and emotional health.

HOT STONE THERAPY (SWEAT)

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

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.

PRE-NATAL MASSAGE (SEEDLING)

EMOTIONAL BALANCE | RESTORATIVE| EXFOLIATION 90 MINS 320 AED

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

SLIMMING MASSAGE

EMOTIONAL BALANCE | RESTORATIVE| EXFOLIATION 60 MINS 400 AED

BENEFITS: Helps reduce cellulites and promotes collagen production

VITAMIN HYDRA FACIAL

EMOTIONAL BALANCE | RESTORATIVE| EXFOLIATION 60 MINS 400 AED

BENEFITS: Helps reduce cellulites and promotes collagen production

Add Ons

BACK, NECK AND SHOULDER MASSAGE

SOOTHING | 30 MINS 100 AED

BENEFITS: Realigns and reduces any back muscle tension.

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 + FREE FACE MASK

NOURISHING| REJUVINATING| ANTI-AGING | 60 MINS 150 AED
SEVEN WELLNESS NEMBERS | 60 MINS 100 AED

BENEFITS: Reduces the appearance of fine lines and wrinkles. relaxes any muscle tension around the facial area. Moisturizes, hydrates and exfoliate the skin.

FACIAL MASSAGE/ FACE YOGA

NOURISHING| REJUVINATING| ANTI-AGING | 45 MINS 250 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.

GO AND GLOW FACIAL

ANTI-AGING | STIMULATING | 75 MINS 250 AED

BENEFITS: Stimulates oxygenation and circulation that promotes healthy skin.

SOFT PEEL FACIAL

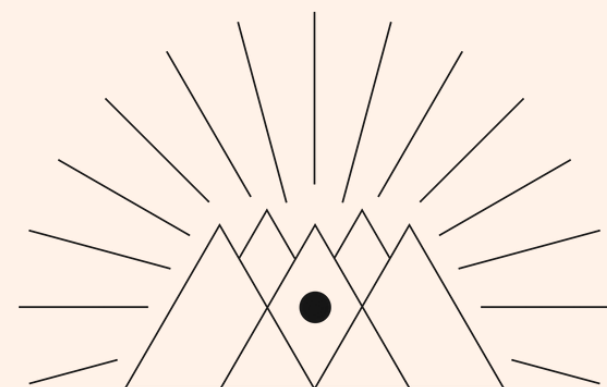
ANTI-AGING | TONING | 75 MIN 250 AED

BENEFITS: The Soft Peel leaves the Facial skin invigorated with reduced pore size, promotes uniform skin colouration and tone from collagen stimulation and resolves acne without medication.

ANTI-AGING FACIAL

ANTI-AGING | EXFOLIATES | 75 MINS 250 AED

BENEFITS: Reduction of fine lines and wrinkles. Improved skin tone and texture.



SEVEN
WELLNESS

Holistic Treatments Menu

REIKI HEALING

EMOTIONAL BALANCE | DESTRESSING | 60 MINS 400 AED

BENEFITS: Anxiety sufferers, Life Changes, Assisting with Depression, Reducing Physical pain & Relaxation

CHAKRA HEALING W/ CRYSTAL

CHAKRA BALANCING | ENERGIZING | 60 MINS 450 AED | 90 MINS 550 AED

BENEFITS: Balancing the bodies energies, Releasing Energetic Blocks, Reducing physical pain and reducing anxiety & depression

SOUND HEALING & CHAKRA BALANCING EXPERIENCE

EMOTIONAL BALANCE | DESTRESSING | | 90 MINS 675 AED

BENEFITS: helps reduce stress, anxiety, and depression

EMOTIONAL FREEDOM TAPPING

EMOTIONAL BALANCE | SOOTHING | 60MINS 330 AED

BENEFITS: Anxiety Sufferers, Fear-based ideologies, Heartbreak, Love Seekers and those looking to create a sense of internal peace

HYPNOSIS & HYPNOTHERAPY

EMOTIONAL BALANCE | RELIEF 4 HOURS 800 AED

BENEFITS: Ease stress and anxiety before a medical procedure, Trouble Sleeping, Past Trauma

(H.E.A.L) ENERGY HEALING FOR STRESS, BURN OUT, ANXIETY AND DEPRESSION

EMOTIONAL BALANCE | DESTRESSING 90MINS 600 AED

BENEFITS: for Anxiety and Depression, Stress, Burnout, Sleep Disorders, Chronic Fatigue, Cancer, Diabetes, Covid-19, Gastrointestinal Issues, Pain Management and other Health and Vitality-related Issues or Psychological

INTUITIVE GUIDANCE READING

60 MINS 440 AED

GYPSY CARD READING

45 MINS 500AED

AURA READING

90 MINS 450 AED

BENEFITS: Feel more clear, relaxed and connected to your inner self

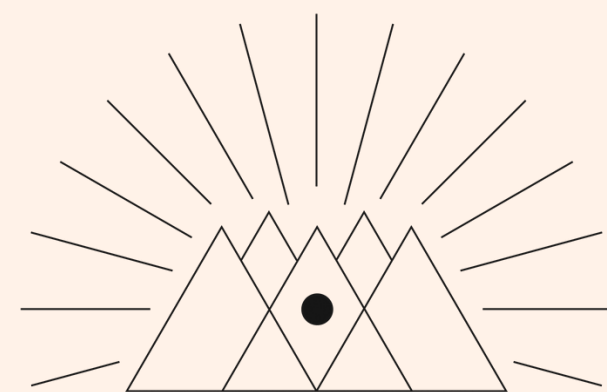
VIBRO-ACOUSTIC MASSAGE

60 MIN 450 AED

WOMB CLEANSING

30 MIN 200 AED

BENEFITS: Thai ritual where we place smoke under the sacral chakra to cleanse toxins, treat infection, heal hemorrhoids, and much more to balance feminine energy



SEVEN
WELLNESS

Important notice to all Seven Wellness Tribe Members

Dear Valued Tribe Members,

We appreciate and thank you for your continued Loyalty and being a consistent customer over the years. Your satisfaction means a lot to us and we hope that you are enjoying your subscription and taking advantage of the benefits on offer. We wanted to share some information about the new subscription fee and your renewal price.

As part of ongoing costs increasing locally, we are going to be increasing the Monthly Tribe Membership Fee to AED 75 starting January 1, 2023. This new rate will apply to new members and existing members beginning January 1, 2023

What have we added unto your membership?

Additional discount and fantastic membership benefits have been added to ensure value for your money.

15 % discount on studio classes

15 % discount on Cafe Menu

Free Pop Up Classes

1x Pure Indulgence Voucher of AED 30 which can be used for Cafe purchases.

Discounts for all internal workshops*

Discounted Private Group Experiences*

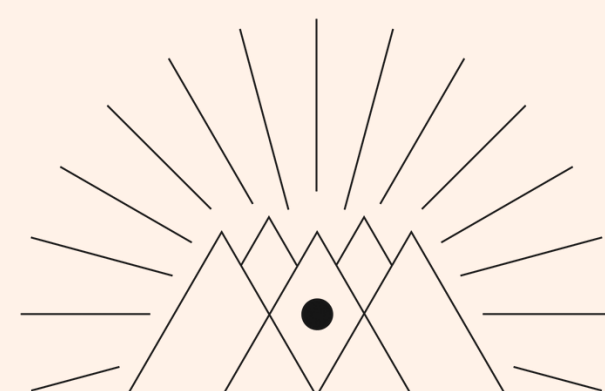
*20% discount on F&B and Spa services up to 4 persons at Rosewood Abu Dhabi

*T&C's apply. Membership Validity on Mobile app must be presented to avail of F&B & Spa discounts at Rosewood Hotel.

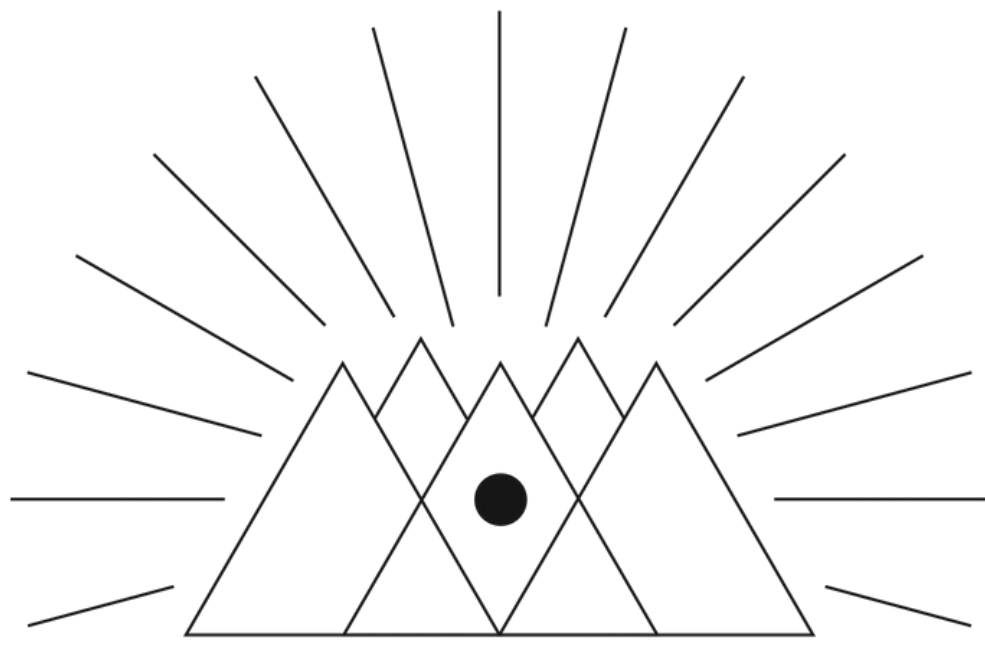
Our new prices will allow us to better serve you and our future customers. If you have any further questions, feedback or concerns, please don't hesitate to reach out. Our team is more than happy to help in any way.

Thank you once again for your business, we appreciate it sincerely.

Your Seven Wellness Team



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Seven Wellness Instructor Parking Space

