



## SUITE EXPERIENCES

The perfect environment for two to enjoy simultaneous treatments that are personalized for each guest's needs.

### COUPLES RETREAT

1 hour 30 minutes

2 hours

AED 1,045 per person

AED 1,525 per person



## ESSENCE OF ARABIA

### ROYAL SAFFRON

**2 hours 30 minutes**

**AED2,365**

Experience an extravagant and exquisite tension releasing ritual with a fusion of a Himalayan Salt body scrub, the Blissful Marma Massage movements melting into the deeper layers of the body and the 24 Karat Gold Facial. The combination of the ancient properties of hydro-distilled Saffron, Mogra the Queen of Jasmines and Sandalwood heightens one's inner and outer beauty giving an all-encompassing face and body rejuvenating experience.

### NOMADIC DREAMING

**2 hours**

**AED1,680**

A unique journey inspired by the five elements of wellness. Encompassing mindfulness, stillness, connection, movement, and nourishment. Guided affirmations and breathing techniques begin to ground the mind and body to prepare for a cleansing full body salt scrub. A restorative massage combined with stretching techniques help to improve joint mobility and engage total mind body connection. Singing bowls are used on energy centres to release stagnant energy and induce a deep meditative state.



## SIGNATURE THERAPIES

### TIME RITUALS™

**2 hours**

**AED1,525**

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their talents to create and customise treatments to your unique individual needs.

### ORIENTAL HARMONY

**2 hours**

**AED2,625**

Four hands work in unison in a remarkable experience that inspires a harmony of the senses, with two therapists synchronised in time and movement. Starting with a warm scrub that soothes the skin and finishes with a harmonious massage that balances the body. Ideal for those suffering from Jet Lag.

### ORIENTAL QI

**1 hour 30 minutes**

**AED1,045**

A simple, effective, and authentic spa experience. Our relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.



## SIGNATURE THERAPIES

### INTELLIGENT MOVEMENT

**1 hour 30 minutes**

**AED1,045**

The Intelligent Movement Treatment has been designed to help guests improve their posture and mobility through trigger point release work, deep muscle manipulation, stretching and elongation of the muscles. This treatment helps to soften the muscle tissue, release tension, increase circulation and improve overall mobility in the body.

### SLEEPFULNESS

**1 hour 30 minutes**

**AED1,045**

Begins with gentle breathwork and subtle aromatherapy to calm the senses before moving into slow, restorative massage techniques that create warmth, comfort, and tranquillity. The treatment supports deeper rest and helps ease tension linked to disrupted sleep, travel fatigue, or digital overload.



## MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from several massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

### INNER BALANCE

**1 hour 30 minutes**

**AED1,045**

Rooted in the principles of Traditional Chinese Medicine, blending aromatic oils, acupressure, and gentle stretching to release tension and restore equilibrium. The treatment supports emotional grounding and mental clarity, offering a calm reset for guests seeking a steadier state of body and mind.

### DEEP RELIEF

**1 hour**

**AED 800**

**1 hour 30 minutes**

**AED1,045**

Muscle discomfort is eased, and joints are strengthened with our deep tissue massage. Enhanced by the benefits of Ayurveda Aromatherapy analgesics that assist in easing tension, fluid retention and eliminating toxins.



## MASSAGE

### BLISSFUL MARMA

**1 hour** **AED 800**  
**1 hour 30 minutes** **AED1,045**

Experience effective and immediate relaxation by relieving all stress-related tension. Marma therapy and chakra balancing aligns vital energy centres whilst enriching results-based blends deliver powerful active benefits and enhances overall well-being.

### PRENATAL MASSAGE

**1 hour 30 minutes** **AED1,045**

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation and tonicity of the skin during this very special time.

### HOT STONE MASSAGE

**1 hour 30 minutes** **AED1,045**

Inspired by traditional practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.



## SPECIALITIES\*

### VAGUS VITALITY

**2 hours**

**AED1,600**

A journey of breathwork, marma, and specialised techniques with the Bowen Therapy Academy's proprietary Vagus Nerve procedure to regulate the nervous system, enhance emotional resilience, and deliver a complete mind-body reset. Beautifully complemented by Subtle Energies' essential oils to ease stress, deepen relaxation, and restore overall well-being.

### MINDFUL SOUND HEALING

**1 hour**

**AED 680**

Himalayan singing bowls are placed on and around the energy centres of the body to clear stagnant energy. Vibrations are created to take the mind into a deep meditative state, to reinstate optimal well-being.

### THAI SYNERGY

**1 hour 30 minutes**

**AED1,100**

Combining deep tissue massage techniques, acupressure and traditional Thai stretching postures to relax the whole body. Effectively, relieves stress and improves overall energy flow in the body.

### CHI NEI TSANG

**1 hour**

**AED 850**

**1 hour 30 minutes**

**AED1,100**

Following the Traditional Chinese Medicine's principles that emotional blockages are physically hosted in the body. By massaging each painful area in the abdomen, the therapist works with the vital energy, looking for emotional obstacles and unblocking them to ease pain.



## SPECIALITIES\*

### SOMATIC BREATHWORK FOR EMOTIONAL RELEASE

**1 hour**

**AED1,600**

A transformative experience using guided breathwork and tension-point techniques to release deep emotional blockages, regulate the nervous system, and restore clarity and calmness. Ideal for improving relief from stress, grief, or feelings of overwhelm. The treatment leaves you feeling lighter, energized, and connected for a more accepting outlook on life.

### REIKI

**1 hour**

**AED1,600**

A hands-on energy healing technique which clears blockages, balances chakras, and promotes deep relaxation while addressing stress, anxiety, and physical discomfort. Perfect for restoring harmony and balance, it helps you to feel refreshed, centred, and rejuvenated.

### SLEEP IMPROVEMENT CONSULTATION

**1 hour 30 minutes**

**AED2,000**

*Subject to therapist availability*

Unlock the secrets to restful nights with a personalized sleep consultation led by Julie Mallon, a renowned sleep expert. Discover tailored strategies and guidance to improve sleep quality, essential for boosting overall health, longevity, and vitality. Achieve deeper, more restorative sleep and wake feeling refreshed and energized.



## WATER RITUAL

Harness the spirit of water, light and sound and awaken your senses in our dedicated Hammam-style suite. The choreography of varying water temperatures and pressure culminates in a truly exclusive and exceptional wellness experience. Perfectly complementing the timeless Arabic beauty tradition with a chic and luxurious twist.

### TURKISH LIBRA

**1 hour**

**AED 895**

The Turkish-inspired hammam experience is perfect for head-to-toe cleansing. Incorporating an invigorating body exfoliation using a traditional 'Kessa' glove, to effectively remove dead skin and smooth skin texture. A uniquely rhythmical full-body foam massage is followed to help detoxify and calm both mind and body and is concluded with a refreshing washing of the hair.



## BODY SCRUBS

Body scrubs must be booked as a treatment addition, together with a massage or facial.

### RASAYANA DETOXIFYING BODY SCRUB

**30 minutes**

**AED 400**

Detoxifying Tulasi, Limbu and Wild Turmeric essential oils purify and energise, whilst crushed walnut shells gently exfoliate and smooth the skin.

### HIMALAYAN SALT SCRUB

**30 minutes**

**AED 400**

Mineral-rich Himalayan salt combined with nourishing oils gently exfoliate, detoxify, and rejuvenate the skin. Experience smoother, more radiant skin while restoring balance and vitality to the body and mind.



## HOLISTIC FACIALS

### SUBTLE ENERGIES

Subtle Energies creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with the intent to address multiple skin and body concerns, whilst delivering high-performance results and empowering oneself.

### 24K GOLD AGE-DEFYING FACIAL

**1 hour** **AED 875**  
**1 hour 30 minutes** **AED1,030**

The healing properties of unique ingredients such as Mogra, Queen of Jasmines boosts collagen production and stimulates cell renewal. Combined with the restorative powers of 24k gold leaf, the sensory experience penetrates and revives the deep layers of the skin and helps to reduce fine lines and wrinkles.

### ADVANCED HOLISTIC BIOTECH FACIAL

**1 hour 30 minutes** **AED1,100**

Transforming the skin with deep hydration and enhanced cellular renewal, this holistic treatment results in a plump, youthful appearance. The advanced facial features the latest in bio-technology, which blends skin science, vegan collagen, and next-generation hyaluronic acid.



## ADVANCED FACIALS

### 111SKIN

At the heart of the philosophy of 111SKIN is precision skincare created and mastered on Harley Street, London by Dr Yannis Alexandrides. 111SKIN is clinically inspired and treatments are exclusively designed to deliver a fusion of science, results, and unparalleled treatment journeys.

### EXOSOME REGENERATING FACIAL

**1 hour 30 minutes**

**AED1,850**

A total skin reset through advanced skincare technology, the treatment delivers a catalyst for complexion renewal with immediate visual results. Driven by the latest in skincare science and innovation, the facial uses exosomes for skin regeneration with advanced micro-spicule delivery, enhanced by potent rejuvenating actives, alongside our proprietary NAC Y2™ formula for outstanding visible results. Incorporating deep cleansing, product infusion and skin firming, this facial enhances the power of our exosome duo formulations. An immediate reset of the skin by promoting cellular communication for a dramatic lifting and tightening effect.

### BLACK DIAMOND NON-SURGICAL FACE LIFT

*Including Celluma Pro LED Therapy*

**1 hour 30 minutes**

**AED1,575**

### LIFT, FIRM, TIGHTEN

A most comprehensive luxurious anti-ageing facial, harnessing 111SKIN's most potent collection, the Intensive Collection combined with LED light therapy, encourages a youthful, lifted and firmer appearance. A combination of the wrinkle minimising wand massage and signature massage ensures the skin is fresh, lifted and sculpted along the natural contours of the face.



## ADVANCED FACIALS

### REPAIRATIVE FACIAL

**1 hour 15 minutes**

**AED1,200**

**RESTORE, REPAIR, HEALING**

A high-performance facial formulated with powerful antioxidants to neutralize free radical damage, and repair irritated skin. A dual clinical cleanse treatment, with deep tissue muscle massage, harnesses the 111SKIN signature NAC Y2 complex. The skin's lipid barrier is strengthened and restored with prevention of further inflammation. The facial also targets concerns of dehydration, sensitivity and rosacea.

\* Recommended to add Celluma Pro LED Light Therapy to accelerate the skin's healing process.

### DE-PUFFING CRYO FACIAL

**1 hour 15 minutes**

**AED1,200**

**REGENERATE, REVIVE, ENERGISE**

Perfect for increasing microcirculation, detoxification and reducing puffiness by improving oxygen flow in the face with the use of iced cryo globes face tools. Skin appears brighter, firmer, and luminescent, perfect for tired and dull skin.

### PRECISION LIFT & SCULPT FACIAL

**1 hour**

**AED1,000**

An advanced, non-invasive treatment that precisely stimulates connective tissue, using Roboderm® micro-stimulation to refine facial contours, restore firmness and revive natural radiance. Skin appears visibly lifted, sculpted and beautifully revitalised. The experience is completed with a customised mask tailored to your skin's individual needs.



## ADVANCED FACIALS

### ADDITION - CELLUMA PRO LED LIGHT THERAPY

**30 minutes**

**AED 400**

An FDA approved LED treatment which stimulates collagen and elastin production to minimise fine lines and wrinkles. Different light settings help to reduce inflammation, increase circulation, reduce bacteria, and restore skin's healthy appearance.

### ADDITION - ICOONE PRECISION LIFT

**30 minutes**

**AED 500**

Using Roboderm® micro-stimulation to refine facial contours, restore firmness and revive natural radiance. Skin appears visibly lifted, sculpted and beautifully revitalised. May be seamlessly added to any facial to enhance and elevate results.



## ADVANCED FACIALS

### LING NEW YORK

Each formulation is developed with a holistic philosophy merging traditional Asian beauty principles with state-of-the-art ingredients. LING New York Incorporates proper exfoliation and hydration to balance the skin while preventing and treating ailments before they arise.

### BIO LIFT & BIO LIGHT FACIAL

**1 hour 30 minutes**

**AED 1,300**

This state-of-the-art facial uses the very latest in skincare technology. Advanced Micro- Current is used to tighten and firm facial muscles, while intense LED Therapy effectively reduces pigmentation and stimulates collagen production.

### TRIPLE PEEL FACIAL

**1 hour**

**AED 900**

**1 hour 30 minutes**

**AED 1,155 including extractions**

A transformational detoxifying facial allowing the skin to breathe again, ideal for congested skins battling the effects of heat and pollution.



## HYDRAFACIAL

### MANDARIN DELUXE

**1 hour**

**AED1,280**

An invigorating treatment that deeply cleanses, exfoliates, extracts, and hydrates the skin utilizing super serums, filled with antioxidants, peptides, and hyaluronic acid while addressing your specific skin concern, with a booster of your choice. The treatment concludes with LED light therapy to further reduce the visible signs of aging and reparative mask to soothe and restore.

### MANDARIN PLATINUM

**1 hour 30 minutes**

**AED1,680**

The ultimate HydraFacial experience. Including lymphatic drainage to aid the detoxification process, followed by deep cleansing, exfoliation, extractions and hydration to address your specific skin concern with a booster of your choice. The treatment concludes with LED light therapy to further reduce the visible signs of aging, leaving the skin looking flawless and radiant.



## HYDRAFACIAL

### PERK TECHNOLOGY

Enhance the HydraFacial treatment by adding a Perk for a perfect complement to your skin routine. Tailored specifically for the eyes or the lips, this addition gives an added, non-invasive 'lift' result. As the pen glides over the skin, the treatment exfoliates away the dirt and debris while the rollerball gently flexes your skin to deliver essential vitamins and nutrients.

### PERK EYE TREATMENT

**15 minutes**

**AED 350**

Brightens the delicate eye area, reducing dark circles and puffiness to awaken your eyes.

### PERK LIP TREATMENT

**15 minutes**

**AED 350**

Naturally plumps the lips and locks in moisture to reveal a perfect pout.



## BODY TREATMENTS

### CELESTIAL BLACK DIAMOND SCULPTING TREATMENT

**1 hour 30 minutes**

**AED1,075**

**LIFT, TIGHTEN, NOURISH**

Opulent and indulgent, a powerful body treatment that delivers dramatic results from 111SKIN's Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent professional formulas, the result is a smoother, sculpted and more radiant looking figure.

### ROSE RADIANCE BODY TREATMENT

**1 hour**

**AED 935**

**SOOTHE, SCULPT, ILLUMINATE**

A perfect treatment to prepare skin for any event, using body brushing to gently exfoliate the skin, leaving the skin silky soft. A soothing massage using Rose Quartz Stones is performed on the back and chest. Face is also treated with Rose Gold Facial mask to brighten and nourish the skin.



## ADVANCE BODY TREATMENTS

### ICOONE

1 hour

**AED 900**

**Package of 10 sessions**

**AED7,650**

Experience the transformative power of Icoone, a revolutionary non-invasive therapy that rejuvenates your body and skin. Utilising advanced 3D technology, it is designed to stimulate lymphatic drainage, improve circulation, sculpt the body and reduce the appearance of cellulite. Each session is personalised to your specific needs, ensuring your skin is left visibly smoother and firmer.

\* RECOMMENDED TO ADD ICOONE PRECISION LIFT TO INCLUDE FOR THE FACE TO COMPLETE THE EXPERIENCE.

### IYASHI DOME

30 minutes

**AED 650**

**Package of 10 sessions**

**AED5,525**

Immerse yourself in the relaxing warmth of the Iyashi Dome, an innovative infrared sauna that detoxifies and revitalises your body from the inside out. Using advanced infrared technology, this treatment effectively boosts metabolism, enhances circulation, aids overall weight management, and promotes deep relaxation for better sleep.



## WELLNESS PROGRAMMES

### A GENTLEMAN'S DAY

**2 hours 30 minutes**

**AED1,970**

For the active man to the constant traveller, a customised treatment journey to balance and restore oneself, improving immunity, maintaining muscle strength and healthy skin.

### EMPOWERING ME - A WOMAN'S JOURNEY

**2 hours 30 minutes**

**AED1,970**

Celebrate inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, after which the body is massaged with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increases vital energy.

### PREGNANCY BEAUTIFUL

**2 hours 30 minutes**

**AED1,920**

A programme created around your individual needs at this special time. Spend consultation time with one of our highly trained therapists and we will handhold you through this very special period in your life. Includes a prenatal massage using pregnancy oils followed by a soothing and enriching facial, to leave you feeling rested and rejuvenated. A break in between treatments is recommended.



## FITNESS & WELLNESS

Our Fitness Centre and Movement Studio are equipped with state-of-the-art results-oriented fitness equipment, targeted to achieve your wellness goals. This equipment includes an advanced array of cardiovascular, strength and flexibility equipment from the Technogym® Artis range and the multi-purpose OUTRACE® functional training rig.

### PERSONAL TRAINING

**1 hour** **AED 500**

Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain strength and guidance for a lifestyle change, our specialised instructors will work with you to ensure that you focus on customised exercises for optimal results and to help you reach your full potential.

### PRIVATE 1:1 YOGA

**1 hour** **AED 700**

Experience the transformative power of personalized yoga with a one-on-one session, designed for all levels. Our experienced instructors will create a customized flow that caters to your individual needs, helping you deepen your practice and cultivate a sense of peace and balance.

### SWIMMING LESSONS

**Children** **AED 400 (45 minutes)**  
**Adults** **AED 475 (1 hour)**

Available for both children and adults, our professionally taught swimming lessons can be a great way to develop a key skill during your stay. Start as a beginner or develop current technique to the next level.

\*Children's lessons are for ages between 5-16 years only.



## FITNESS & WELLNESS

### GROUP CLASSES

#### 45 minutes

We offer a range of dynamic and accessible classes which are designed to develop both the body & mind, within an engaging group environment. Work on your strength, stamina and mindfulness. See our selection of signature classes:

MOtion Circuit: Build power and stamina.

MO2 Box: Unleash energy on the pads.

MOvement & Yoga: Balance strength with mindfulness.

MO Quwwa: Strength, endurance and muscle sculpting.

\*Certain classes are chargeable experiences, which is confirmed upon booking.



## FITNESS & WELLNESS

### PADEL COURT

**1 hour**

**AED 100 (per guest)**

**1 hour 30 minutes**

**AED 150 (per guest)**

Play for points, or for fun in our outdoor Padel Court and enjoy views of Dubai's iconic skyline. Padel, the world's fastest-growing sport, played in over 60 countries and is enjoyed by many as an easy to learn, accessible sporting activity.

\*Padel equipment & amenities provided. A minimum of 24-hours advanced booking is preferred.

### PADEL COACHING FOR BEGINNERS

**1 hour Individual**

**AED 550**

**1 hour Partner Coaching**

**AED 750**

Enjoy one on one coaching with a Padel specialist to provide in depth coaching to improve technique and skill. Suitable for beginners.



## PERFORMANCE RECOVERY

Targeted therapies designed to release tension, boost circulation, and accelerate recovery, leaving the body restored, energised, and performance ready. Led by our fitness experts.

### CONTRAST THERAPY

**Single Session 30 to 45 minutes**

**AED 275**

**Package of 5 sessions**

**AED1,170**

Reset and recharge with alternating heat and cold immersion. Begin with the sauna to release tension and detoxify, then immerse in revitalising cold water (3-10°C) to boost circulation, reduce inflammation, aid muscle repair, and enhance mental clarity.

### SIGNATURE ASSISTED STRETCH

**30 minutes**

**AED 350**

**1 hour**

**AED 500**

A tailored recovery session combining guided stretch therapy and Hyperice percussion massage. Precision-assisted stretches release tension and improve flexibility, while deep percussion targets knots, enhances circulation, and restores muscle balance. The body is left aligned, energised, and fully revitalised.

### COMPRESSION LEG VITALITY

**30 minutes**

**AED 300**

Powered by the Normatec compression system, the treatment boosts circulation, reduces swelling, and relieves fatigue, leaving legs feeling light, energised, and fully restored.

# TERMS & CONDITIONS

## OPENING HOURS

**Fitness Centre: Mon - Sun | 6am - 10pm**

**Spa Treatments: Mon - Sun | 9am - 9pm**

## CANCELLATION POLICY

Please allow 24 hours' notice of cancellation to avoid charges, cancellations within 24 hours will incur a 50% charge. Cancellations within 12 hours or a no show will incur 100% charge. A credit card number is required at the time of booking.

## DIGITAL DISCONNECTION

Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests' right to privacy and serenity. Taking photos or filming in guest areas without prior approval is prohibited.

## SPA ARRIVAL

We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa's oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

## AGE REQUIREMENT

The minimum age requirement for access to the spa and fitness centre is 16 years of age.

## HOMECARE

To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

## GIFT CARDS

Our gift cards are an ideal gift and are available online at <http://www.mandarinoriental.com/gift-cards/> and at The Spa Concierge desk.