



THE SPA
— AT —
MANDARIN ORIENTAL

EMIRATES PALACE
ABU DHABI





SPA PHILOSOPHY

Nestled in the vast nature-rich grounds of the spectacular Emirates Palace, lies The Spa at Mandarin Oriental. Hidden behind immense, ornately carved walls, this beautiful space evokes the mystique and magic of Morocco while paying homage to our oriental heritage with exquisite well-being experiences.

The Spa is a soothing sanctuary built on ancient Eastern healing traditions, indigenous Arabesque therapies, and contemporary spa and beauty practices. Devoted to completely delighting your senses and created to encourage balance and equilibrium, our collection of specially curated treatments is transformative for deeper levels of relaxation and natural healing.

Respect for the unique needs of each individual lies at the core of our spa experience. Our highly trained therapists are committed to excellence, taking pride in delivering highly personalised treatments and therapies.

Recognised for their pioneering expertise, our brand partners offer a handpicked range of products, which deliver the highest quality and optimum performance.



OUR BRANDS

MANDARIN ORIENTAL SIGNATURE

Created according to the Oriental principles of five elements, lifeforce energy “chi” and the interplay of yin and yang, our core products contain naturally derived ingredients originating from the Orient. Easy to use and effective, they provide an ideal extension of the Mandarin Oriental Spa experience beyond the four walls of our spa.

SUBTLE ENERGIES

Subtle Energies offers result-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.

MAROCMAROC

MarocMaroc is inspired by the ancestral beauty routines of Moroccan women and characterised by elegant authenticity. Developed through the union of the hammam’s traditions and modern procedures, each product is inspired by a story, a ritual or an ingredient which evokes some element of Morocco’s rich heritage.

MAISON D’ASA

Enter the mysterious gateways of Maison d’Asa to embark on a heart felt, ancestral journey through civilisations renowned for wellness of the body and mind. Discover the mythical charm, beauty and grace of the traditions of Morocco, Tunisian Jasmine, Asian flora and Arabian allurements.

111SKIN

At the heart of 111SKIN’s philosophy lies precision skincare created and mastered on Harley Street by Dr Yannis Alexandrides. The clinically-inspired treatments are exclusively designed to deliver a fusion of science and results.

MIRIAM QUEVEDO

Renowned for applying the same sophisticated, anti-aging formula used for skin treatments to haircare, Miriam Quevedo’s luxurious solutions harness powerful ingredients and technologies for a rejuvenated scalp and healthy, youthful and resilient locks.

TREATMENT SUITES

A paradise for the senses, our Moroccan-inspired spa instils peace and comfort; think dim lanterns, bubbling water features, colourful wall mosaic and deep enchanting scents of neroli and orange blossom. We invite you to escape the outside world and embark on a journey through the medina of Marrakech and its rich fragrances, spices and herbs. Every one of our treatment rooms tells its own unique story.

TREATMENT SUITES

 SAFFRON

 AMBER

 CEDAR

 NEROLI

 LOTUS

 CYPRESS

 FIG

 ARGAN

 CACTEA





ESSENCE OF ABU DHABI

RISE OF THE DAWN

Experience a revitalizing detox journey for your body, beginning with a ceremonial detox hammam featuring a natural citrus fruit peel and neroli-infused rhassoul for the scalp, while refreshing mint invigorates the body. A cryo-mint rhassoul treatment enhances the benefits of cold therapy, helping to reduce puffiness, soothe acne and sunburn, and minimize swelling. Conclude your detox experience with a specialized massage incorporating cupping techniques and a purifying facial, designed to eliminate toxins and boost blood circulation.

TERRAIN TREASURES

Created in celebration of the region's vast desert and endless ocean, this treatment encourages you to embark on a unique path to mesmeric bliss. Beginning with a grounding ceremony featuring resonant singing bowls the treatment is both relaxing and rejuvenating. During the 'sand' journey, let your senses be transported to the dunes of the Rub Al Khali desert through sound, movement, textures and scents of oud with an invigorating massage on a warm bed of crushed quartz crystals.



SIGNATURE THERAPIES

TIME RITUALS™

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

INTELLIGENT MOVEMENT

The intelligent movement treatment has been designed to improve your posture and mobility, and includes trigger point release work through the use of the Hypervolt. Deep muscle manipulation, stretching and elongation of the muscles are all designed to soften, release tension and aid mobility in the body.

SLEEPFULNESS

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

INNER BALANCE

Inner Balance draws on 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.

TECH DETOX

Tech Detox addresses the physical and sensory strain linked to prolonged screen use. As technology advances, our specialists adapt this treatment to meet new demands, combining authentic healing traditions with modern therapeutic insight. Focused work on the head, eyes, neck, back, shoulders, and hands helps release tension and ease digital fatigue, restoring a clearer, more balanced state.



MASSAGE

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

ORIENTAL ESSENCE

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

BLISSFUL MARMA

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing.

HOT STONE THERAPY

Stone therapy is a Native American practice which has been used since ancient times as a soothing and healing treatment. A relaxing massage which uses heated stones to generate energy and create a sense of balance. It also helps to relieve deep seated muscle tension.

REST AND RESET

A full body experience targeting the parasympathetic nervous system to help reduce stress, encourage healthy digestion and release emotional tension. Following a guided meditation and yogic pranayamas to positively impact the vital energy within, potent active ingredients stimulate the pineal gland during the face and body massage to bring the body's rhythm back into balance. An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.

All our massage treatments can be customised to be fully vegan-friendly.





SPECIALISATIONS

We recognize, acknowledge and leverage the unique skills and expertise of our therapists. In celebration of their craft, specialized treatments are performed by masters in their areas and an expression of creativity, affinity and passion. Subject to therapist availability.

TRADITIONAL THAI

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

HIMALAYAN SINGING BOWLS

This treatment restores balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field. Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowls, transporting the body into a deep state of meditative relaxation.

WITH MUM IN MIND

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation, boost tonicity of the skin and relief physical stresses, from cramps and postural discomfort to back pain, during this very special time.

HAMMAM RITUALS

The Hammam is the crown jewel of Arabic wellbeing tradition. A millenary heritage that celebrates the art of bathing, self-care, and purification. In a restful cocoon made of cream marble, the body and the mind are enveloped by the regenerative power of ancestral hair care rituals, modelling ceremonies and body wrap treatments, to create the ultimate relaxation interlude.

MOROCCAN-INSPIRED

PALATIAL HAMMAM

The exotic fusion of rose, oud and gold integrated with a traditional hammam ritual creates a harmonious experience. This treatment begins with an ultra-purifying exfoliation using the detoxifying body scrub Miel d'Ambre followed by a soothing cleansing with orange-infused shower milk. At the end of the ritual, the Jardin Mille Roses Spray moisturises the skin, relieves tensions and regulates the body's energy.

LE HAMMAM MAROC

Inspired by authentic Teksal techniques practised in Moroccan hammams, these ritual blends traditional techniques, both vigorous and gentle, with a unique approach resulting in a remarkable experience leaving the body feeling refreshed and dynamic.

ANCESTRAL HAMMAM

An Artisan Ancestral Ceremony with an exquisite Purification Hammam: black soap cleansing with eucalyptus & personalized choice of rhassoul combined honey nourishment, an Argan Ageless Facial of white clay mask culminating in a hair experience and floral rinse with chosen oil body nourishment & placement of agate. Relish in this calming & captivating journey into the past.

ORIENTAL ROSE HAMMAM

Glorious rose petal Hammam with fresh rose petal & lavender black soap, Kessa exfoliation and rose rhassoul application to the body & hair. With a finale of a rose rinse and argan hair oil with Oud oil. application and placement of rose quartz for harmony.

As an optional add on, the Secret of the Stones massage rooted in ancient lithotherapy stimulating the reflex points & opening the chakras to restore Serenity & vitality. As the stones dance across your skin, their energies weave a tapestry of balance and tranquility, guiding you to a state of profound reawakening. Embrace this journey of holistic healing, where the whispers of the earth's treasures rejuvenate your body and soul, creating an oasis of peace within.

**With optional add-on*

TURKISH-INSPIRED

TRADITIONAL TURKISH BATH

Step into the hammam, where steam and hot stones will release underlying tensions and prepare the skin for gentle exfoliation. Give into soothing sensations with a foam massage using fine handmade olive oil soap.



CONTEMPORARY

AROMATIC DETOX HAMMAM

Combination of traditional Hammam exfoliation and results-driven Aromatherapy to ensure soothing and deeply replenished moisture of the skin. This treatment will bring a radiant glow to the body, assisting the detoxification process of the body and mind.



Our Hammam experiences are available for groups of four or more subject to availability and upon request, please note that further charges may apply.



HOLISTIC FACIALS

24K GOLD AGE DEFYING

The healing properties of ingredients such as Mogra; Queen of Jasmines included in products by Subtle Energies boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives deep layers of the skin, helping to reduce fine lines and wrinkles.

HOLISTIC BIOGLOW FACIAL

Transform your skin with deep hydration and enhanced cellular renewal, resulting in a plump, youthful appearance. This advanced facial features the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and enjoy a youthful, lifted complexion.

POMEGRANATE ENZYME

Reveal a brighter, fresher skin through the transformational power of polyphenols including activated pomegranate enzymes and natural AHAs which effectively resurface and smooth the skin. The active aromatics and botanicals nourish and maintain moisture levels, while gentle exfoliation reveals a smoother and brighter complexion. Indulge in this remarkable facial for a rejuvenated and radiant skin experience.

Selected facial treatments can be customized to be fully vegan friendly.

ADVANCED FACIALS

BLACK DIAMOND NON-SURGICAL FACE LIFT

This comprehensive and luxurious anti-ageing facial uses 111SKIN's most potent products, the Intensive Collection with LED light therapy, encouraging 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.

ROSE GOLD LUMINOSITY

A facial combining powerful restorative properties with the most innovative formulas to lift, firm and sculpt the complexion. Using a three-level approach to facial massage, including the signature massage technique, wrinkle minimising wand massage and rose quartz stone massage, the treatment is designed to relax and soothe the mind, resulting in a rested and restored glow.

CRYO GLOBE ENERGY

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.

MESO INFUSION HYDRAFACIAL

A powerful, non-invasive skin resurfacing treatment combining cleansing, exfoliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering exceptional 111SKIN concentrates deep into the skin.



PROGRAMMES

EMPOWERING ME

Celebrates inner and outer beauty whilst addressing emotional and hormonal balance. Begin with a gentle meditation and harness the benefits of ancient active oils of empowerment and renewal before pampering the vital energy centres of the body, our feet.

- Guided Meditation practice (15 minutes)
- Blissful Marma massage (1 hour 15 minutes)
- 24K Gold Age Defying facial (1 hour)
- Bastien's Pedicure (1 hour)

EARTH TO SKY

Replenish lost reserves of energy and restore emotional balance with movement and plant power. Start with grounding sound bath, followed by a nourishing plant-based lunch before drifting into a restful balance treatment and nurturing vegan facial..

- Private Grounding Sound Bath (1 hour)
- Inner Balance (1 hour 30 minutes)
- Pomegranate Enzyme Facial (1 hour)
- Plant-based Lunch





BATH RITUALS

CLEOPATRA MILK BATH

A great enhancement to any of our relaxing massages, our opulent bathtub soaks encourage and facilitate total mind and body relaxation, while leaving the skin soft and supple.

REBIRTH MAGNESIUM SOAK

The ideal post exercise recovery. Stress-relieving and energizing pure magnesium from the Zechstein Sea and “ooommm”-inducing essential oils stimulate circulation by bringing minerals to your cells and carrying oxygen to your muscles.

DIGITAL DETOX BATH

Combining Himalayan crystal salt to stimulate circulation and blood flow with dream oils of kewda and frankincense to instil deep relaxation, this bath is a powerful agent to nurture the senses and disconnect to reconnect.

Bath rituals cannot be booked alone and must be paired with another treatment.

ENHANCEMENTS

BODY

RASAYANA BODY SCRUB

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

HERBAL COMPRESS

Combined with any massage, the Thai herbal poultices are ideal for alleviating pain and stiffness, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

MOROCCAN AROMATIC STEAM

Find tranquillity in an aromatic heaven while soothing and enriching body, mind and spirit as you immerse yourself in our golden mosaic-walled hammam.



TERMS & CONDITIONS

OPENING HOURS

Spa Treatments	Monday to Sunday	10 am – 9 pm
Spa Cabana (seasonal)	Monday to Sunday	10 am – 6 pm

CANCELLATION POLICY

Please allow 12 hours' notice of cancellation to avoid charges. Cancellations within 12 hours 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 mobile devices being turned off and secured in your locker to respect other guests' privacy and serenity.

SPA ARRIVAL

We recommend that you check in at Spa Reception at least 15 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations. Please understand that late arrivals will not receive an extension of scheduled treatments.

MINIMUM DURATION

Spa treatment experiences are a minimum of 1 hour and 30 minutes.

AGE REQUIREMENT

The minimum age requirement for access to the spa is 16 years of age. Children under this age need to be accompanied by a parent or guardian.

For more information or to make a booking, please contact:
+971 2 690 7885
moauh-spa@mohg.com



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SPA MENU

ESSENCE OF ABU DHABI		
RISE OF THE DAWN	3 hours	2,250
TERRAIN TREASURES	2 hours	1,600
SIGNATURE THERAPIES		
TIME RITUALS™	2 hours	1,300
INTELLIGENT MOVEMENT	1 hour 30 minutes	990
SLEEPFULNESS	1 hour 30 minutes	990
INNER BALANCE	1 hour 30 minutes	990
TECH DETOX	1 hour 30 minutes	990
MASSAGE		
ORIENTAL ESSENCE	1 hour	735
	1 hour 30 minutes	990
BLISSFUL MARMA	1 hour	735
	1 hour 30 minutes	990
HOT STONE THERAPY	1 hour 30 minutes	990
REST AND RESET	2 hours	1,300

SPECIALISATIONS		
TRADITIONAL THAI	1 hour	735
	1 hour 30 minutes	990
HIMALAYAN SINGING BOWLS WITH MUM IN MIND	1 hour	650
	1 hour 30 minutes	990
HAMMAM RITUALS		
MOROCCAN-INSPIRED		
PALATIAL HAMMAM	1 hour 30 minutes	1,100
LE HAMMAM MAROC	1 hour	850
ANCESTRAL HAMMAM	1 hour 30 minutes	1,100
ORIENTAL ROSE HAMMAM	1 hour	850
	2 hours*	1,300
*With optional add-on		
TURKISH-INSPIRED		
TRADITIONAL TURKISH BATH	1 hour	850
CONTEMPORARY		
AROMATIC DETOX HAMMAM	1 hour	850

HOLISTIC FACIALS

24K GOLD AGE DEFYING	1 hour	820
	1 hour 30 minutes	970
HOLISTIC BIOGLOW FACIAL	1 hour 30 minutes	1,100
POMEGRANATE ENZYME	45 minutes	700

ADVANCED FACIALS

BLACK DIAMOND NON-SURGICAL LIFT	90 mins	1,470
ROSE GOLD RADIANCE	75 mins	1,100
CRYO GLOBE ENERGY	75 mins	1,100
MESO INFUSION HYDRAFACIAL	30 minutes	770
	1 hour	1,100
	1 hour 30 minutes	1,470

PROGRAMMES

EMPOWERING ME	3 hours 30 minutes	1,850
EARTH TO SKY	4 hours 30 minutes	2,100

BATH RITUALS

CLEOPATRA MILK BATH	30 minutes	375
REBIRTH MAGNESIUM SOAK	30 minutes	375
DIGITAL DETOX BATH	30 minutes	375

ENHANCEMENTS

BODY

RASAYANA BODY SCRUB	30 minutes	420
HERBAL COMPRESS	30 minutes	250
MOROCCAN AROMATIC STEAM	30 minutes	375

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All prices are in UAE dirham and are inclusive of all applicable service charges, local fees and taxes.