

# BLEND~~E~~D

SPA

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SWITCH OFF + REGENERATE

# BLEND RECOMMENDS

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## MUSCLE MELT

A targeted blend of Shiatsu pressure point therapy, therapeutic massage techniques, corrective stretches, and warming body oils.

60 MINUTES | AED440

90 MINUTES | AED600

## HYDRATING FACIAL

LIFTS | TIGHTENS | DEFINES

A lifting and tightening massage combined with a collagen boosting treatment to rejuvenate your skin.

60 MINUTES | AED600

# COUPLE'S ESSENTIALS

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Unwind together in our private suite, complete with pre and post treatment refreshments.

## 60 MINUTES MASSAGE

60 MINUTES | AED 850

## 60 MINUTES MASSAGE & 30 MINUTES FACIAL

90 MINUTES | AED 1200

# BODY

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## LYMPHATIC DRAINAGE

DE-BLOATS | REDUCES FLUID RETENTION | RE-ENERGIZE | AIDS DIGESTION

A light massage that allows the body to naturally dispose of toxins.

60 MINUTES | AED 440

90 MINUTES | AED 600

## HOT & COLD GEMSTONE

INCREASES CIRCULATION | AIDS RECOVERY |

IMPROVES SLEEP

A full body massage consisting of thermal and cryo techniques.

60 MINUTES | AED 440

90 MINUTES | AED 600

## THAI QI FLOW

ENERGIZES BODY | RELEASES TIGHT MUSCLES |

PROMOTES WELL-BEING

A unique combination of Thai herbal compresses with hands-on massage techniques, stretches and acupressure.

60 MINUTES | AED 440

90 MINUTES | AED 600

**\*PACKAGES AVAILABLE, BUY ANY 4 TREATMENTS AND  
GET A 5TH FREE**

## **MUSCLE MELT**

**60 MINUTES | AED 440**

**REMOVES LACTIC ACID | RELAXES BODY |  
RELEASES TENSION**

**90 MINUTES | AED 600**

A blend of Shiatsu pressure point therapy, traditional massage techniques, stretches and warming body oils.

## **SUNKISS (BEFORE OR AFTER SUN)**

**60 MINUTES | AED 440**

**NOURISH | MOISTURIZES | PROTECTS**

**90 MINUTES | AED 600**

Protect your skin against dehydration both before and after sun exposure.

## **VIBRO-ACOUSTIC**

**75 MINUTES | AED 495**

**RELEASES ENERGY | DE-STRESS | ENHANCES MENTAL CLARITY | ALLEVIATES PAIN**

Reset your nervous system through sound vibrations combined with marma points.

## **PRE-NATAL & POST NATAL**

**75 MINUTES | AED 495**

**EASES ACHING BACK | REDUCES FLUID RETENTION | ALLEVIATE STRETCH MARKS**

A full body massage specifically designed to address your body's needs during and after pregnancy.

# **FOCUSED**

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## **DEEP TISSUE SPORTS – ASSISTED STRETCHING**

**30 MINUTES | AED 220**

**ELIMINATES MUSCLE STIFFNESS | IMPROVES JOINT RANGE | ENHANCES PERFORMANCE**

Release tension and correct muscle imbalance with a targeted deep tissue massage or assisted stretching session.

## **SCRUB RITUAL**

**30 MINUTES | AED 220**

**SHINY & SMOOTH | DEEP CLEANSSES | REMOVES DEAD SKIN | INCREASES CIRCULATION**

A personalised scrub that combines fresh herbs and essential oils.

## **REFLEX MASSAGE**

**30 MINUTES | AED 220**

**REMOVES ENERGETIC BLOCKAGES | REBALANCES THE BODY**

Blends holistic therapy with pressure application on the reflex points.

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GET A 5TH FREE**

# SPA FACIALS - QMS

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## 24K GOLD

60 MINUTES | AED 880

ANTI-AGING | INSTANT PLUMP | SKIN CELL RENEWAL | INCREASES COLLAGEN  
DEEP CLEANSE

Suitable for all skin types, this gold blend targets sun-damaged skin and eliminates toxins.

## BRIGHTENING

60 MINUTES | AED 600

DETOXIFIES | BRIGHTENS | BOOSTS RADIANCE

Designed to target dehydrated, acne-prone, dull and tired skin using thermal active masks.

## HYDRATING

60 MINUTES | AED 600

LIFTS | TIGHTENS | DEFINES

A lifting and tightening massage combined with a collagen boosting treatment to rejuvenate your skin.

## LIFTING

60 MINUTES | AED 600

BOOSTS COLLAGEN | VOLUMISES | RESTORES

Restores and revitalises mature skin whilst boosting moisture intake and collagen levels.

## BALANCING

60 MINUTES | AED 600

PIGMENTATION | DARK SPOTS | DAMAGE

Targets excessive or irregular pigmentation to the face and eliminates dark spots to restore an even skin tone.

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# ADVANCED SKIN SPECIALIST

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## THE CLEANSSES

### THE ESSENTIAL CLEANSE

60 MINUTES | AED 500

CLEANSE | EXFOLIATE | STEAM | EXTRACT | MASK | HYDRATE

A personalised cleanse leaving your skin balanced, hydrated and detoxified.

### THE ANTI-OXIDANT CLEANSE

60 MINUTES | AED 500

Harnesses the power of Vitamin C to brighten, hydrate and nourish environmentally damaged skin.

\*Pair this with our Vitamin C IV Drip for the ultimate antioxidant cleanse +AED 300

### THE SIGNATURE CLEANSE

60 MINUTES | AED 600

Combines chemical and physical exfoliation techniques to speed up cellular renewal to boost your skin's appearance.

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# ADVANCED SKIN SPECIALIST

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## THE PEELS

**THE NON-CHEMICAL PEEL | THE ORGANIC PEEL** 45 MINUTES | AED 550

**UNBALANCED | SENSITIVE | IRRITATED | TEEN SKIN**

This unique blend rebalances, regenerates and restores your skin to maintain a youthful appearance.

**THE CHEMICAL PEEL | LIGHTENING LIFT** 45 MINUTES | AED 550

**UNEVEN SKIN TONE | ALL FORMS OF PIGMENTATION**

A results-driven treatment that promotes an even skin tone and immediately illuminates your complexion.

**THE CHEMICAL PEEL | ACNE LIFT** 45 MINUTES | AED 550

**BREAKOUT PRONE | REDNESS | BLEMISHES**

Fight acne, reduce blemishes, redness and post-breakout dark spots with this botanical blend.

**THE CHEMICAL PEEL | WRINKLE LIFT** 45 MINUTES | AED 550

**FINE LINES | WRINKLES | ROUGH COMPLEXION**

Designed to combat ageing, this facial reduces the appearance of fine lines, leaving the skin firm and youthful.

## ADD ONS

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**LED LIGHT THERAPY** 20 MINUTES | AED 80

Amp up cellular healing and provide anti-aging benefits.

**STEAM & EXTRACTIONS** 15 MINUTES | AED 50

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