



zen  
the spa at Rotana

ملاذ هادئ للإسترخاء

A SANCTUARY  
OF RELAXATION



## MIND, BODY AND SOUL IN BALANCE

Imagine a place where you can escape the pressures of everyday life.

A place where you can slow down and reconnect with yourself.

A place where all your senses are in harmony.

Welcome to Zen the spa. Bringing you truly intuitive and indulgent therapies that not only revitalise but also heal from within, our unique approach to wellbeing helps you relax, refresh and rejuvenate. With expert therapists who tailor each session to your needs, Zen the spa helps you achieve your desired physical, as well as emotional sense of balance.

Zen the spa at Rotana offers an array of massages from almost every corner of the world.  
Choose your favourite massage treatment and sink into a world of relaxation.

**Signature Himalayan Stone Healing 90min**

825

This healing treatment will help detox and eliminate negative energy from your main chakra allowing pure, vital and new energy to flow through your body, bringing the mind, body and spirit, into harmony & balance.

**Forest Therapy 60/90min**

475/685

Immerse your senses in a caring and healing experience with this special form of natural therapy to improve overall wellbeing using all of your senses to soak up the therapeutic atmosphere of the forest.

**Aromatherapy Massage 60/90min**

475/685

The finest aromatherapy oils take you on a relaxing journey of well-being for your body's specific needs.

**Active Muscle Massage 60/90min**

525/725

The deep tissue massage helps to stimulate, invigorate and relieve stress and pain. It is specifically designed for tight and aching muscles.

**Balinese Massage 60/90min**

525/725

A flowing massage combining a variety of techniques to relax and renew the body. This massage will boost your circulation, work out muscular tension and aid in well-being.

**Pregnancy Massage 60/90min**

525/725

A calming and soothing treatment for Mothers-To-Be, this massage focuses on tired, aching muscles and swollen, heavy legs. Recommended from the 2<sup>nd</sup> trimester onwards.

**Slimming Massage 60/90**

525/725

Detoxify, eliminate impurities and tone with this invigorating and effective body massage specially designed to target areas of cellulite.

**Herbal Compress Massage 90min**

775

Herbal poultices filled with herbs and spices that are selected to de-stress and soothe aching muscles, are warmed and compressed all over your body.

**Thai Massage 90min**

775

A combination of yoga stretches, muscle massages and joint manipulations, this massage will strengthen you physically and harmonize your energy lines. Tension disappears and is replaced by a feeling of energy and peace.

**Hot Oil Head Massage 45min**

375

A soothing and relaxing massage focusing on the scalp, neck and shoulders to release tension and deeply nourish the hair and scalp.

**Pressure Point Foot Massage 45min**

375

Perfect for removing toxins from the body and release built up tension. This ancient therapy is performed on the soles of the feet, with it's benefits resonate through the entire body.

## BODY TREATMENTS

Choose from a host of exceptionally revitalizing body scrubs that nourish your skin and give you a positive glow. Invigorate your body and relax your mind, as you slip into a moment of bliss.

### Hydrating Rose Body Scrub & Wrap 60min

475

This intensely hydrating treatment leaves your body radiant, soft and smooth, and your spirits bright and uplifted.

### Anti-Cellulite Treatment 90min

1 day 725/5 days 2900

A stimulating body treatment that targets areas prone to cellulite and uneven skin tone. (Recommended a course of 5-10 depending on severity of the cellulite)

## HAMMAM RITUALS

### Traditional Moroccan Hammam 60min

575

The ritual includes a eucalyptus black soap application to deeply cleanse and purify, followed by a full body exfoliation with the kessa glove and hair wash. To conclude your experience, you will receive a traditional purifying mask and stretching ritual leaving you feeling completely revitalized.

### Traditional Turkish Hammam 60min

575

The Turkish hammam ritual is inspired from an ancient cleansing and relaxation bathing tradition. The treatment includes a choice of kessa or honey and sugar exfoliation, rhassoul body mask and footbath with minted bath salts. Treatment is completed with a soap foam ritual and conditioning hair shampoo.

### The Ultimate Zen Hammam 90min

725

Traditional Moroccan Hammam ritual infused with the application of a full body mask rich in minerals. The treatment also includes an application of hair mask and Argan facial followed by a pressure point scalp massage. To conclude your experience, you will receive a traditional purifying mask and stretching ritual leaving you feeling completely revitalized.



## SPA MENU FOR HYDRA FACIALS

Zen the spa brings you its selection of Signature Facials designed to give your skin the care it needs.

### HYDRA COOL / ULTIMATE SKIN REVIVAL SIGNATURE FACIAL 75min 775

A complete skin management system, Hydracool Plus `offers a variety of treatments and technologies all in one platform Aqua B Technology, VibroX Technology, UltraB and RF combination of these technologies and actions makes this professional Hydrafacial machine the perfect all-in-one treatment that cleanses, exfoliates, tightens, and hydrates your skin.

### HYDRA COOL / VIBROX BOOST FACIAL 45min 595

VibroX Technology – This anti-aging facial technology enriches the oxygen in blood circulation and revives skin cells for rejuvenation, skin tightening, as well as reduction of wrinkles and fine lines.

### HYDRA COOL / REJUVENATION HEAT SENSATION FACIAL 45min 595

Collagen+ Technology - The Radio Frequency(RF) helps to stimulates the skin collagen cells through the heat sensation, which encourages skin regeneration and lifts sagging skin.

### HYDRA COOL / VIBROX BRIGHT FACIAL 45min 595

UltraB Technology – This treatment breaks down the molecular structure of skin thus moisturizing and hydrating products into smaller molecules enabling them to penetrate deeper into the skin.

### HYDRA COOL / AQUA FRESH FACIAL 45min 595

Allow water molecules to penetrate the skin directly, thus providing a deep cleansing. It also helps improve the skin texture and removes blackheads.

## SPA MENU FOR MARIA GALLAND

### EYE MODELING TREATMENT 30min 315

A treatment dedicated to the delicate skin around the eyes to reduce signs of aging and fatigue. Exceptional proven results thanks to 100 % manual lymphatic drainage. After the first treatment \*the eye contour appears visibly smoother and the signs of fatigue look visibly reduced and provides a visible lifting effect.

### D-TOX TREATMENT - BALANCE AND REFINING FACIAL 75min 575

This 100% manual, skin-friendly ultra-cleansing ritual combines powerful, innovative products for instantly removing dead skin cells, absorbing impurities, unclogging pores, as well as promoting cell renewal while preserving the integrity of the skin's individual ecosystem. A unique beauty method that allows the skin to breathe again.

#### LUMIN'ECLAT - RADIANCE – WHITENING & BRIGHTENING FACIAL 75min

575

This invigorating treatment releases impurities from the skin, minimizes fine wrinkles and refines the complexion. As a result, skin appears smoother revealing new luminosity and a youthful fresh radiance. Even tired eyes will appear shiny with your skin's new radiance. Those of you living dynamic, challenging lifestyles will enjoy the balance this treatment offers, providing not only new energy for your skin, but also an uplifting experience for your whole body.

#### HYDRA'GLOBAL TREATMENT - HYDRATING AND MOISTURIZING FACIAL 75min

625

This new treatment provides a boost of hydration, a kick of freshness and energy instantly. Instrumental study\*: + 36 % SKIN HYDRATION after 1 treatment, the skin gains NEW ENERGY and RADIANCE, dryness and wrinkles, the skin looks PLUMPER and FRESH thus a LUMINOUS skin grow.

#### ACTIVE-AGE TREATMENT – ANTI-AGING FACIAL 75min

625

Specifically developed to respond to the needs of mature skin, our ACTIV'AGE treatment combines high-performance professional products with 100% manual massage techniques for visible results from the very first treatment.

At its heart: esthetic lymphatic drainage movements preceding a series of petrissage movements, pummeling and deep effleurage movements for proven visible results.

#### MOSAIC MODELING TREATMENT- MG SIGNATURE FACIAL 90min

725

Our ultra-personalized signature anti-aging treatment treats your skin zone by zone with high-potential products and unique lifting and modeling techniques. A special sequence of manual movements, combined with the sculpting properties of our exclusive self-warming mask, offers firmer, smoother and more energized skin that appears more radiant, healthy, relaxed, and revitalized – the ultimate treatment for our well-being.

## SPA PACKAGES

## ZEN TOUCHES

### Hollistic Ritual 120min

Enjoy a 60-minute aromatherapy and ease your muscle tension. Additionally, you also treat yourself to a 60-minute hydrating or balancing facial.

1050

### Tales of Morocco 120min

A traditional 60-minute hammam & 60-minute Aroma massage experience utilising the best of Moroccan products and fragrances combined with a naturally rich facial treatment based on Argan to deeply nourish and restore natural complexion of the skin.

1050

### Arabian Journey 150min

A unique signature 60-minute hammam experience that is combined with 90-minute oriental Arabian massage to nourish the skin, this treatment uses 100% organic oriental enriching massage oil to give you a pure moment of relaxation.

1300

### Ultimate Hydrating Ritual 150min

This enhanced ritual begins with a 30-minute full body polish, followed by a deeply nourishing 60-minute aroma body massage, topped with a 60-minute hydrating and moisturizing facial.

1375

### Gentleman Retreat 135min

Hand-picked to ensure that men get their fair share of pampering, this package starts with 30-minute full body scrub followed by a 60-minute aroma massage and 60-minute age-defying facial.

1375

### Herbal Compress 30min

Focused on tensed, aching muscles on the back, this treatment is a great way to relieve tension and relax your body when time is limited.

275

### Enriched Pressure Point

#### Scalp Massage 30min

This treatment restores the health of your shiny locks, while nourishing and conditioning your scalp from within.

275

### Natural Body Scrub 30min

An intensive full body exfoliation with the Natural Exfoliating Scrub, this treatment uses the combination of Sea Salt, Coffee and Grapefruit to help stimulate healthy circulation, leaving skin smooth and soft.

275

### After Sun Cooler 30min

Regenerate, moisturize and calm your skin after being exposed to the sun with a natural Aloe Vera wrap that keeps you hydrated and leaves you with a glowing tan.

275

### Aroma Back Refiner 30min

Focused on tensed, aching muscles and joints. This treatment is a great way to relieve tension and relax your back muscles when time is limited.

275

### Pressure Point Foot Massage 30min

Perfect for removing toxins from the body and release built up tension, this ancient therapy is performed on the soles of the feet, with its benefits reverberating through the entire body.

275

## SPA ETIQUETTES

### Hours of Operation

Zen the spa is open 7 days a week from 10am to 10pm.

### Check-In

To make the most of your spa experience and support the benefits of your treatment, we recommend you arrive 15 minutes prior to your scheduled time.

### Spa Late Arrival

Please be informed that a late arrival will deprive you of your full treatment time. This is in consideration of the guests who have scheduled their treatment after yours.

### Spa Attire

For your convenience a robe, towels, slippers and disposable innerwear will be provided. During all treatments you will be properly draped to ensure privacy.

### Spa Treatment Guidelines

Please advise us of any health conditions, allergies or injuries that could affect your treatments. It is advisable to avoid consumption of alcohol or heavy meals prior to or after any spa treatment.

### Valuables

It is recommended that you avoid wearing jewellery during your spa treatments. The management and staff are not responsible for any loss of valuables brought into the spa premises.

### Payment

All major credit cards as well as cash is accepted for payments. All prices are subject to change without prior notice. Kindly note: we would require credit card information of non-hotel guests for booking of multiple treatments.

### Refund Policy

Treatment packages, gift vouchers and retail products are non-refundable.

### Children

Children under the age of 16 are not permitted to use the spa facilities.

### Special Considerations

The spa environment is one of tranquillity and relaxation. It is advised that you respect the privacy of other guests and switch off your mobile phones to enjoy the spa experience. Alcohol, food and cigarettes are not allowed at the spa.



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All prices are in UAE Dirhams and inclusive of all governmental fees, service charge and applicable VAT.

Any cancellation with less than 4 hours notice, will incur a 50% cancellation fee.  
A full fee will be applied to no-show reservations.