



EMIRATES PALACE SPA

قصر الامارات سبا

Presenting decadent experiences with an Arabian touch, Emirates Palace Spa features an exotic blend of Moroccan-inspired interiors interlaced with delicate furnishings and spa decor.

Experience exquisite relaxation the moment you step into this 1,500 sqm sanctuary that will instantly transport you to another realm. Embark upon a path of inner balance and outer radiance within the serenity of 7 opulent spa suites and 2 authentic hammams - one spacious and extravagant and the other private and intimate.

Choose from a selection of exclusive escapes and treatments that have been carefully created using premium spa products and attention to detail in every encounter.





Signature Palace Escapes

A Day of Gold *5.5 hours*

There is nothing more indulgent than a rejuvenating experience of pure pampering. Your journey to ultimate relaxation will begin with our luxurious Hammam then followed by our Signature Palace Massage. We will take a short break so you can enjoy a delicious light lunch and refreshment before your decadent 24-Carat Gold Radiance Facial. The finishing touch to the experience will include a Bastien Pedicure and a small gift to take home.

AED 4,380

Mystic Moroccan Hammam *2.5 hours*

Indulge in a luxurious Moroccan Hammam with a touch of opulence. The experience begins with a eucalyptus soap and steam body cleanse, followed by a full-body exfoliation using the traditional kassa glove, ghassoul clay body mask to clarify the skin and a luxurious Argan oil hair application. The ritual will conclude with a relaxing massage and a mini facial.

AED 1,945

The Day of the Bride* *3.5 hours*

We have your magical day covered with this package specifically designed for you to glow from within. We begin with a relaxing and de-stressing bespoke massage followed by our Oxygen facial which will plump, hydrate and firm the skin. Our Bastien Manicure and Pedicure as a finishing touch will ensure your hands and feet are supple and radiant.

AED 2,380

The Day of the Groom* *3 hours*

Grooms will look their best for one of the most memorable days of their life with our tailor-made package. We begin with a Deep Pressure Massage, wet shave, mini facial followed by a Bastien Manicure treatment and a relaxing head massage to ensure you are fully relaxed and rejuvenated before the wedding.

AED 1,450

**Additional services are available and customised packages can be created for the bride and groom or their wedding party.*





Emirates Palace Signature Treatments

Palace Rose & Oudh Hammam *90 minutes (P)*

This luxurious treatment blends the traditional hammam with a sensual touch of rose and Oudh. Relax as your body is softened by the touch of rose ghassoul clay and rose shea butter to brighten and nourish your skin, increase blood circulation and promote healthy skin tone and texture. You will also experience our Jacuzzi and ice cave after your hammam treatment to cool the body down and to increase toxin elimination.

AED 1,145

24-carat Gold Radiance Facial *90 minutes (P)*

This avant-garde treatment commences with a signature foot ritual, followed by a deep cleansing sequence to prepare the skin. Micronised 24-carat gold sheets are then massaged into the skin under an ultra-sonic Nano mist. This decadent treatment finishes with a hydrating serum, moisturiser and eye cream application as well as a relaxing scalp, hand and foot massage.

AED 2,410

Deep Sleep *110 minutes (P)*

Using a blend of relaxing essential oils, this full body massage and mini facial, involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Inducing a deep sense of tranquillity and a good night's sleep.

AED 1,270

New Mum's Cocoon *75 minutes*

Ease the stresses of pregnancy and new motherhood with this nourishing, regenerative treatment. Essential rose oil penetrates deep into the skin to encourage cell renewal and help the healing process, whilst specially selected oils help restore your skin's condition and refine stretch marks.

AED 840

Royal Massage Therapies

All massages can be tailored to create a 2-hour experience upon request

Bespoke Massage *75/90 minutes*

Surrender to the skilled hands of our expert therapists, who will create a bespoke massage designed especially for you. The therapist will use specific techniques and a sequence of movements to address your sore and weary muscles for a truly personalised massage experience.

AED 880/995

Aromatherapy *75/90 minutes*

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind.

AED 840/950

Inner Strength *90 minutes*

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment

AED 995

Deep Pressure Massage *75/90 minutes*

This tailored massage focuses on relieving tension from specific areas of the body using aromatic oils. It enhances muscle recovery and releases the build-up of stress from everyday activities. Elbow and forearm techniques are used throughout this massage with the pressure adjusted for your comfort.

AED 880/995



Traditional Thai Massage *75/90 minutes*

Using specific techniques that have been passed down through the generations, this treatment uses movements such as stretching, muscle compressions and breathing exercises to open any blocked channels and boost overall vitality.

AED 815/970

Mum to Be *75/90 minutes*

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body.

AED 840/950

Four-Hand Massage *90 minutes*

This massage is unique where two therapists work on one body simultaneously creating rhythmic movement that is amazingly relaxing. This four hand massage releases muscle tension and creates a balance of body and mind. Therapists will be using palm strokes, kneading, knuckling, forearm and thumb friction techniques. In this massage we will use the uplifting oil which is rich in lemon, bergamot and spearmint which is amazing to revitalise the body and nourishing the skin.

AED 2,025

Feet Treat *60 minutes*

Using specific thumb and finger techniques, this treat will give your feet just what they deserve. Applied pressure will invigorate energy to all areas of the body and release the stress built up from daily activities.

AED 641



Facial Indulgences

Bespoke Facial *90 minutes (P)*

Following a consultation to determine your needs and skin type your therapist will select the suitable products to create a facial experience tailor made for your skin needs.

AED 830

Customized Facial *75 minutes (P)*

Allow our skilled therapists to prescribe the best product blend specific to your concerns, complete with extractions a facial massage, mask and care creams to target concerns such as hydration, pigmentation, sensitivity or excessive oil production. This personalised facial is suitable for all skin types and includes a hand and scalp massage.

AED 825

L'Elixir Des Glaciers Majestic Facial *90 Minutes*

This comprehensive treatment designed for the face and the décolleté offers a moment of perfect delight, including beautifying care for the hands. Stress vanishes thanks to an energizing massage, leaving the face smooth and radiant. A lifting, nourishing massage inspired by surgical lifting techniques targets the muscles of the face for toning action that smooths facial lines. The treatment includes a youth massage inspired by the Japanese Kobido massage technique and offers sculpting, modelling effects for in-depth rejuvenating action.

AED 1,760

Hydra Renewal Facial *75 minutes*

This facial works in three phases; firstly extracting impurities from the skin, then a diamond micro-dermabrasion resurfacing procedure to remove lifeless skin cells and finally, renewal procedures that combine LED therapy with an infusion of serums in the skin. We recommend one treatment every week for 3 to 6 weeks to achieve best results.

AED 1,125

Anti-ageing Oxygen Facial *75 minutes (P)*

The alternative solution to Botox, the Anti-Ageing Oxygen facial. For those who desire visible results without invasive cosmetic procedures, this is a safe and effective treatment where products are infused into the skin by a steady flow of oxygen which also aids in cell regeneration.

AED 1,235



Hamмам Rituals

Imperial Hammam *75 minutes*

Our Imperial Hammam incorporates a complete full-body rejuvenation beginning with the traditional black olive soap, steam and kassa exfoliation followed by a ghassoul body mask. The skin then receives a gentle cleanse, enhanced by a hydrating face mask and a scalp massage with rich Argan oil. The treatment is finished with lightly scented oil to moisturize your skin.

AED 960



Couple Treatments

Ceremony for Two *90 minutes*

Relax and unwind with your loved one by your side as you both enjoy our Signature Couples Massage. This massage helps to stimulate circulation and restore the flow of energy through the body in our romantic and intimate couple's suite.

AED 1,465

Couples Seclusion *90 minutes*

Start your couple journey to our opulent bathtub soaks aid with total mind and body relaxation, while leaving your skin soft and supple. Choose between our Milky Bath or Mineral Sea water options and Enjoy a couple massage. The therapist will use specific techniques and a sequence of movements to address your sore and weary muscles for a truly personalised massage experience. This is the perfect escape for you and your partner.

AED 1,730

The Royal Couples Hammam *120 minutes*

Enhance your couple's journey with the ultimate Arabian luxury together in the privacy of your own hammam. Immerse your bodies as they begin with the traditional black olive soap cleanse, kassa exfoliation and the precious ghassoul body wrap. We finish this couple's journey with a rich Shea Butter application to hydrate and protect the skin. This experience also incorporates the ice cave and Jacuzzi for additional bliss which you both enjoy privately, together.

AED 2,280



Kids Spa Menu

Kids below 10 years old, have to be accompanied by an adult.

Royal Head & Shoulder Massage

Recommended for 05 – 12 years. 30 minutes.

Let us pamper your head, neck and shoulders after a big day of swimming and running around the Palace

AED 240

Palace Massage for Kids

Recommended for 05 – 12 years. 60 minutes.

Very tired of playing around the palace? This 60 minutes massage is designed to relax your whole body with specific relaxation techniques performed by our spa professionals.

AED 480

Prince and Princess Scrub

Recommended for 05 – 12 years. 30 minutes

Designed for young Spa-goers between the ages of 5 – 15, this 30-minute Chocolate body scrub will leave your skin smooth and soft.

AED 260

Teen Facial

Recommended for 10 – 15 years. 30 minutes

We have the perfect facial for teen's experiences changes with their skin. Our therapists will be able to give you expert advice and tips to keep your skin glowing and clean.

AED 310

Bastien's Kids Manicure

Recommended 5 – 12 years. 30 minutes

Make you nails pretty and shiny with Bastien Gonzalez Mani and Pedi studio. Choose your favourite colour and have the most beautiful nails in the Palace.

AED 110

Bastien's Kids Pedicure

Recommended 5 – 12. 30 minutes

A favourite for your feet! Includes a relaxing lower leg and foot massage to leave you dreamy, sleepy and ready to run around the Palace all over again!

AED 140

Little Prince Haircut

Recommended 2 – 12 years. 30 minutes

Keep your hair out of your eyes so you won't miss a thing at the Palace! Trim your hair and watch TV at the same time! Even Dad will love this place!

AED 105

Beauty at the Palace

Waxing 5.5 hours

The superior Freelyss Waxing system allows us to deliver effortless top to toe hair removal. A quality blend of natural ingredients and essential oils, the Freelyss range is amazingly gentle for sensitive areas and can remove the shortest and most stubborn hairs with no skin drag and without leaving a sticky residue. Each treatment is individually tailored using a range of products and scents to guarantee flawless silky smooth results. A light refreshing powder is used to remove surface oils and cream before applying a gentle strip wax from the wrist to just below the elbow. A nourishing moisturiser is applied to sooth and re-hydrate the skin. Waxing is recommended every 4-6 weeks.

*Half arm 30 minutes - AED 205 | Underarm 30 Minutes - AED 100 | Full arm 45 Minutes - AED 365
Half leg 30 Minutes - AED 205 | Full leg 45 Minutes - AED 420 | Bikini line 30 Minutes - AED 205
Bikini Wax 45 Minutes - AED 365 | Back 45 Minutes - AED 420 | Half back 30 Minutes - AED 205
Stomach 15 Minutes - AED 205 | Full body 90 Minutes - AED 1,140*





Detox, Slimming and Sculpting

3-MAX *60 minutes*

Reduce cellulite and sculpt your entire body with 3-MAX. This innovative and pioneering treatment utilises ultrasonic cavitation to remove unwanted fat, followed by Radio Frequency to heat and tighten the skin. Vacuum technology is then applied to increase circulation for faster fat burning. This treatment is ideal for eliminating cellulite, removing unwanted fat and collagen regeneration through body sculpting and toning.

AED 725

Cool Shaping *60 minutes*

Shed unwanted body fat with Cool Shaping (cryolipolysis) which will destroy stubborn fat cells while sculpting and contouring your body slim. The procedure is non-invasive and requires no downtime so you can return to your normal activities immediately. Recommended in conjunction with 3-MAX for best results.

AED 825

Detox and Revive *90 minutes*

Designed to help the body detoxify, tone and revive energy levels.

Incorporates brisk dry body brushing to exfoliate the skin and encourage healthy circulation, a full body mud wrap will brighten and refine the skin. Following with a deeply invigorating full body massage.

AED 980





PEDI:MANI:CURE STUDIO
by Bastien Gonzalez

Internationally acclaimed for his unique approach to foot spas, Bastien Gonzalez brings a selection of his best treatments to the Emirates Palace Spa.

With decades of experience as a specialised French Chiropodist, Bastien has designed and developed exclusive and glamorous treatments infusing well-being and beauty for feet, nails and hands.





PEDI:MANI:CURE STUDIO
by Bastien Gonzalez

Bastien’s Manicure *45 minutes (P)*

This exceptional manicure includes nail treatment, buffing and cuticle attention. A natural nail gloss and an unforgettable hand and arm massage will be you finishing treat

AED 325

Bastien’s Pedicure *60 minutes (P)*

Experience a full pedicure that includes gentle nail buffing with chamois leather and pearly buffing cream to restore the natural beauty of the nail. This pedicure includes a skin treatment to eliminate dryness and comes complete with a massage to relieve tension from the feet and legs.

AED 515

Bastien’s Duo *75 minutes (P)*

This synchronised ‘four hands’ treatment focuses on treating your feet, legs, hands and arms. Complete with a skin treatment, massage and nail care session this is a divine luxury you must experience.

AED 770

Fire and Ice *30 minutes (P)*

Experience a unique treatment that blends cooling and warming sensations to endorse total wellbeing to your feet and legs. Improve blood circulation with an invigorating cold Black Diamond scrub followed by Bastien’s signature massage to relieve muscle tension and improve joint mobility. A warm paraffin wax is then applied to hydrate and soften the skin leaving your feet silky smooth. This treatment can be experienced as a single treatment or as the perfect addition to your Bastien pedicure.

AED 420

Bastien’s Finishing Touches

Colour Touch *20 minutes*

Select your preferred colour from our range of lacquers which are formaldehyde, toluene, DBP and Camphor-free, to prevent any aggression to the nail.

AED 110

Black Diamond Scrub *15 minutes*

Feel immediate satisfaction when you try this luxurious scrub with your next manicure or pedicure as your skin is left soft and smooth like never before. This scrub will help to eliminate dryness and allows for deeper penetration of moisture.

AED 205

Paraffin Touch *20 minutes*

Intensify any of our Bastein Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturisers deep into the skin and induce relaxation to the entire body. This will also minimise tension in the joints and muscles.

AED 145

Gel Removal *30 minutes*

Here at Bastien’s Studios, you can always trust that we will use the gentlest methods when removing gel from your nails. Our therapists will do their best to restore your nails to their healthiest condition possible and give you advice on future nail care.

AED 160



Gentlemen's Tonic is a unique establishment, founded in 2004 in the heart of Mayfair, that affords the modern man a traditional barbershop with a variety of lifestyle and grooming services.

With a philosophy that is both understated yet self-confident, and located in some of the world's most luxuriously exciting settings, it is the ambition of Gentlemen's Tonic to provide its clients with the highest level of dedication care and attention providing the perfect antidote to the rigors and stresses of the outside world. Designed for men's home grooming needs, the range features a bespoke fragrance and incorporates natural plant-extracts, and is free from synthetic materials and harmful chemical additives.

In 2017, Gentlemen's Tonic released their signature cosmeceutial line which saw the inclusion of serums, solutions and high grade ingredients specifically aimed to nourish, correct and protect.

A price list of services is available at the back of this menu.



Services

Haircut *45 minutes*

We begin with a shampoo and conditioning treatment for the hair using Gentlemen's Tonic's specific haircare products before our expert barber cuts and styles your hair. Perfect before a big event or as your regular monthly haircut to keep you looking sharp.

AED 175

Hair Trim *30 minutes*

Restore your hair to a neat and fresh finish with a hair trim between your regular cut. Trim the top, back or around the ears, or choose our special beard and moustache trims.

AED 125

Wet Shave *30 minutes*

This grooming treatment begins by using a pre-shave oil to soften the hair, followed by a creamy lather to allow for a closer shave without irritation. After the shave, hot and cold towels will be used as well as a soothing aftershave balm to protect and nourish the skin.

AED 135

Traditional Clipper Cut *30 minutes*

For those who like to keep is short and clean, our Traditional Clipper Cut will do just that. For gentlemen who like their cut even closer we have the Razor Head Shave for an all-over smooth finish.

AED 135

Colouring & Grooming Services *60 minutes*

Whether you are looking to retouch on regrowth or colour away the greys, we have a colouring service perfect for you. We have an array of grooming services such as shaping, tinting or waxing available to keep you looking your best. Speak to our receptionists for assistance with your enquiries and grooming reservations.

AED 160

Packages and Upgrades

The Emirates Palace Royal Shave *45 minutes*

This smooth shave experience includes a hydrating facial using Gentlemen's Tonic's cosmeceutical products to leave your skin feeling soft, clean and hydrated after your treatment.

AED 270

Father & Son Haircut

Perfect for the weekends where you can enjoy your coffee while your son watches cartoons. We have you both covered with this father and son treat.

AED 255

Express Facial *30 minutes*

This express facial can be tailored to suit all skin types by using Gentleman's Tonic cosmeceuticals specifically designed to suit the needs of male skin. Using a blend of serums with hydrating anti-oxidants, vitamins and soothing botanicals, we will ensure your skin looks its best.

AED 380



How to Spa

Emirates Palace Spa Facilities

Emirates Palace Spa, located in the West Wing of Emirates Palace is an iconic, award-winning haven set on a private stretch of beach, showcasing Arabian culture at its finest.

Emirates Palace Spa captures the essence of Moroccan charm blended with traditional ancient therapies from around the world consisting of 7 spa suites with the inclusion of 2 beautifully designed Hammam areas, 2 Bastien Gonzalez Mani:Pedi:Cure Studios and our Gentlemen's Tonic male grooming establishment. Treatments are carefully chosen using premium spa products and attention to detail in every encounter.

Hours of Operation

Emirates Palace Spa is open daily from 10.00am to 10.00pm.

Location

Emirates Palace Spa is located in the West Wing of Emirates Palace on the ground floor with covered parking available directly in front of the spa.

Reservations

We recommend to book your spa treatment in advance to secure your preferred time. Please come directly to the spa or dial +971 2 690 7885 and one of our spa receptionists will be able to assist you. A credit card number is required to secure reservations of 4 people or more. Walk-in guests are welcome and are subject to availability. Children under 12 years of age require parental consent and supervision during all spa treatments.

Spa Arrival

You are encouraged to arrive 10 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax and enjoy your welcome drink before your treatment. Late arrivals will be subject to reduced treatment times. We request that all mobile phones be placed on silent so the tranquility of Emirates Palace Spa can be preserved for all guests. Smoking is not permitted in the Spa at any time.

Cancellation Policy

Should you need to cancel or rebook your spa treatment, we do require a minimum of 8 hours notice to avoid being charged in full for your treatment.

Spa Attire and Valuables

When you arrive for your treatments you will be provided with a spa robe and slippers as well as a locker to place your belongings. We recommend you leave all valuables in your room or suite as Emirates Palace Spa will not be held liable for lost items.

Health Concerns

If you are pregnant or have any pre-existing conditions or allergies, please consult a doctor before booking any spa treatments or using the spa facilities. This will ensure your safety before indulging in any treatments.

All treatments that are safe to enjoy during your pregnancy are marked with a (P) throughout the menu.

Gift Vouchers

Emirates Spa offers gift vouchers which are the ideal gift for that special someone. Please speak to one of our dedicated spa receptionists who can assist with the perfect treatment selection especially for you.

All gift vouchers must be mentioned at the time of making your reservation and must be presented on the day of your treatment. Gift vouchers are non-refundable and cannot be exchanged for cash. Please contact our spa reception for full terms and conditions.

To book your Spa indulgence, please call +971 (0)2 690 7885/7851 or email epauh-spa@mohg.com



EMIRATES PALACE SPA

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**Emirates
Palace**

Abu Dhabi أبو ظبي

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