



# T H E S P A

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at  
PALACE DOWNTOWN

قائمة العلاجات  
TREATMENT MENU





## THE SPA AT PALACE DOWNTOWN

Time is a precious gift, and making time to take care of body, mind and soul is something we all need – and deserve. At the spa, our unique collection of wellness experiences represents the very of traditional treatments and innovative therapies from around the world. We create spa journeys designed to rejuvenate, refresh and relax, where each moment is dedicated to pure pleasure and personal wellbeing. From our signature rituals, exclusive hammam experiences and body treatments, to classic massages, facials and more, we invite you to rediscover your inner glow and redefine your approach to wellness.





## WELLNESS & MINDFUL HEALING

Embrace a journey of wellness and believe in the power of mindfulness as you encounter a one-of-a-kind experience that replenishes the mind and body. Alleviate, soothe and re-energise your system with the healing touch of gifted therapists and the proven potency of naturally-derived products with these electeds signature treatments.



## VIBRA HEALING ®

950 / 1,200 AED | 90 / 120 MINS

### EXTENSIVE SOUND HEALING & FULL BODY MASSAGE

Embark on a holistic journey with the acoustic and vibrational effects of Tibetan singing bowls. An ancient practice that triggers the therapeutic process from a deep cellular level in your body, aligning Chakras and stimulating brain waves. Combined with a smoothing full body aroma oil massage, the treatment is ideal for improving mental health and sleeping disorders leading you to finding inner peace.

## SIGNATURE SLEEP RITUAL

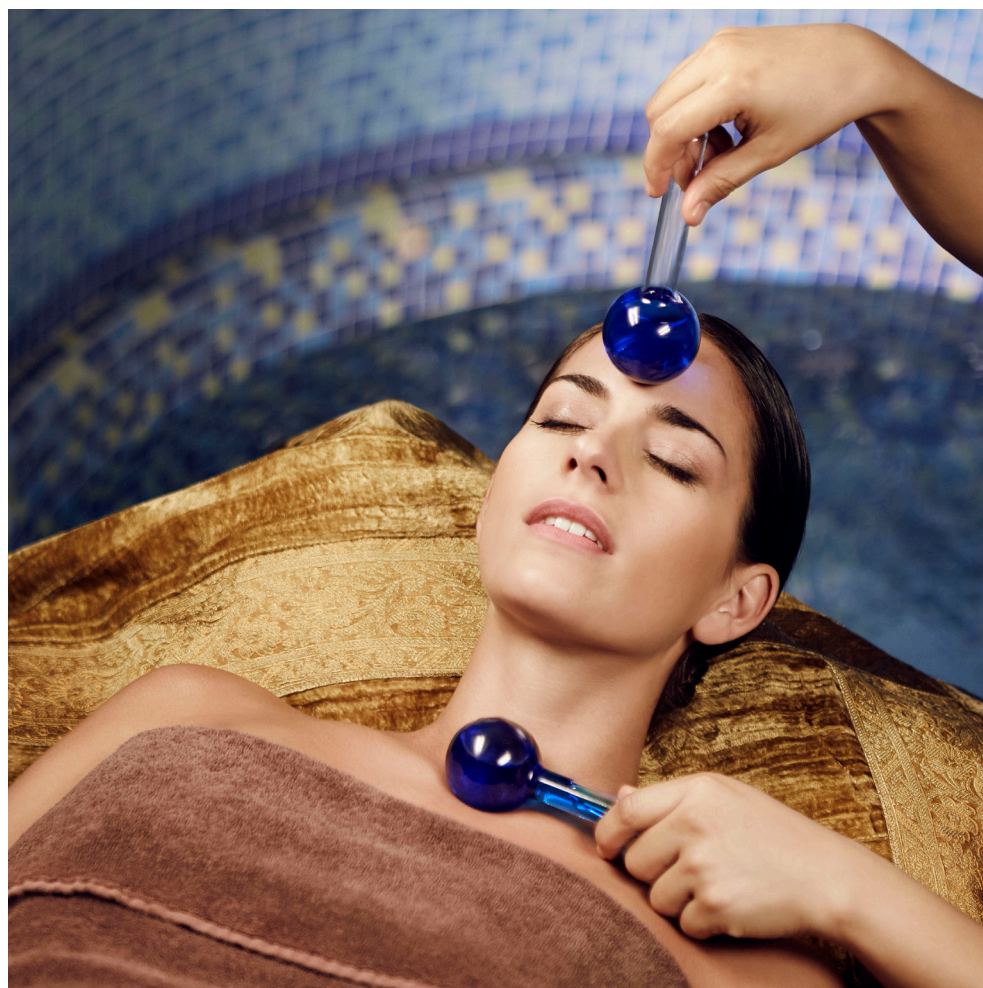
950 AED | 90 MINS

### BETTER SLEEP MASSAGE

Ease into a sublime state of sleep with this uniquely designed ritual. The Emaar Signature Sleep Ritual guides you into a state of ultimate relaxation. Essential oils with vetiver, chamomile, sandalwood, a warming foot cleanse and mist inhalation, combined with breathing techniques, are created to address insomnia and daily fatigue. Deep relax body oils, and nourishing creams with a uniquely crafted full body massage restore the immune system and prepare you for a peaceful night.







## ADVANCED WELLBEING & ENHANCEMENTS

Boost your spa treatment into a complete wellness experience with the addition of natural elements that maximise your vitality and well being.



DEEP RELAX HOT STONES <sup>(1)</sup> 350 AED

Extend the benefits of your massage or facial with a soothing warm lava stone massage to completely release muscular tension.

DETOXIFYING FANGO BODY WRAP <sup>(2)</sup> 350 AED | 30 MINS

Improve microcirculation and metabolism with a purifying full-body wrap with cleansing effects.

BODY AROMA-SALT SCRUB <sup>(2)</sup> 350 AED | 30 MINS

Rejuvenate the lymphatic system and promote tissue metabolism. A detoxifying full-body scrub. with osmotic and cleansing effect to replenish your skin.

*(1) ADD INTO YOUR BOOKED TREATMENT TIME (2) ADD ON TO PROLONG YOUR TREATMENT TIME*







## NATURAL ADVANCED AESTHETICS

BY TEAM DR. JOSEPH – ITALY

Nature lies at the heart of life and is essential for our holistic wellbeing. Tapping into the power of herbal remedies made with natural raw materials, combined with the innovative scientific techniques to be in harmony with nature and its resources. Experience 100% organic skin-care for the best results in the most natural way.



#### ADVANCED BIO LIFTING FACIAL

1,500 AED | 110 MIN

A truly unique beauty treatment beginning with a diagnostic of your skin, a biodynamic lifting massage with bioenergetic herbal compresses that supports the natural ability of the skin to self-regulate. Deep cleansing with cupping glasses and active natural ingredients make this treatment highly effective with visible results.

#### SUPREME ULTRASONIC FACIAL LIFT

950 AED | 80 MINS

Reveal plumper, fresher and youthful skin with this premium intensive treatment. Using natural, active substances, safely deposited in the deeper layer of skin with the help of ultrasonic frequencies. The skin is strengthened to maximum from deep within.

#### INTENSIVE PURIFYING FACIAL

750 AED | 50 MINS

Unveil a visibly fresh skin with a deeply purifying facial treatment. Using active ingredients, skin blockages are released and sebum production normalised with a natural glow, followed by a unique peeling that completely hydrates skin for a balanced complexion.

#### CELLULAR RECREATION FACIAL

950 AED | 80 MINS

Indulge in a deeply relaxing pampering session with a natural facial treatment tailored to your skin needs. Using active ingredients, purely organic products and intensive techniques that reveal healthy and radiant looking skin.

#### EXPRESS POWER LIFT FOR MEN

750 AED | 50 MINS

Powerful, natural and effective facial, stimulating the lymphatic system with a deep cleansing using active ingredients, intensive mask and facial massage.. A natural high-tech power for the well-groomed man of today.







## HAMMAM

### BY MAISON D'ASA – MOROCCO

Immerse yourself in an authentic Hammam experience, a luxury ritual that awakens the mind and body. Our Hammam's tell a story of a journey at the heart of the Orient with its hospitable culture and traditional beauty recipes using natural ingredients. Discover centuries of beauty secrets in our Hammam, that start in Morocco and end in Siam, while passing through Tunisia, India, and Bali, influenced by timeless traditions. Hammam Oriental Traditions at The Spa provide rich, refined skincare based on cherished Moroccan beauty secrets.



#### BATHING HAMMAM RITUAL

450 AED | 30 MINS

An ancestral purification featuring a blend of Oriental fragrances and Arabian scents. Woody essences combined with sandalwood take you on a sensorial cleansing ritual. Exfoliate and soothe the skin

#### DOUBLE DETOX HAMMAM

750 AED | 60 MINS

A unique and rich citrus embellishment that completely detoxes the body and cleanses the spirit, promoting well-being and a sense of improved health and vitality. The gentle yet deep-reaching touch of hammam techniques stimulates the body's natural detox process, allowing excess toxins to melt away,

#### BERBER ANCESTRAL HAMMAM

950 AED | 90 MINS

A homage to the holistic Moroccan apothecary, with fresh fragrances and natural textures appealing to all the senses and conveying the very essence of Morocco's heritage. Enjoy an ancestral tradition beginning with an application of purifying black soap , followed by a detoxifying full-body exfoliation with a Kessa massage glove and honey scrub. The mint Rasoul facial and hair cleansing completes the regenerating ritual.







## MASSAGES

Transform mind and body, and rediscover a sense of well-being with curated massages designed to boost your energy levels and invigorate all your senses. Massages at The Spa reinterpret traditional therapies from across the globe and infuse them with influences of luxury and indulgence. Traditional and avant-garde techniques by our skilled technicians enhance the benefits of massage and maximise results. Essential oils, and ingredients rich in natural healing powers, botanical actives and antioxidants are used to restore balance and harmony.

*WE USE EXCLUSIVELY ORGANIC OILS FOR ALL MASSAGE THERAPIES. AND ARE AVAILABLE FOR RETAIL  
TO EXTEND YOUR SPA-CATION AT HOME.*



BESPOKE RITUAL750 / 990 / 1,200 AED | 60 / 90 /120 MINS

PERSONALIZED FULL BODY MASSAGE

A complete tailor-made treatment to address your wellness needs. Whether it is to relax, re-energise or ease muscles, drift away on a cloud of serene bliss as our skilled therapist use techniques that give your mind and body time off from the stresses and strains of modern living.

DEEP RELAX & RELEASE750 / 990 AED | 60 / 90 MINS

DEEP TISSUE MASSAGE

A signature massage experience combined with organic herbal and power-packed aromatherapy oils. Combining deep tissue and sport massage techniques, to relax strained muscles and reduce inflammation. Suited for the real connoisseur, to relish in strong massage strokes with mobilising passive stretching.

THAI FUSION990 AED | 90 MINS

DRY MASSAGE WITH STRETCHING MOVEMENTS

Relish in a modern approach of the cherished Thai Massage, a specialised oil-free massage consisting of slow, rhythmic compressions, acupressure point massage and stretches along your body’s energy lines.

BALINESE DREAMS750 / 990 AED | 60 / 90 MINS

FULL BODY AROMA OIL MASSAGE

A calming massage, combining gentle stretching, acupressure and soft massage strokes to create a feeling of deep restfulness.

COUPLE COCOON1,200 AED PER PERSON | 120 MINS

FULL BODY MASSAGE - EXFOLIATION - LIGHT MEDITATION & BREATHING EXERCISES

An indulgent experience to share with those you love, commencing with a meditative breathing exercise, cleansing with a complete body exfoliation, combined with a power-packed massage to alleviate stress, aches and the struggles of daily life.

MOMS TO BE750 AED | 60 MINS

PRENATAL MASSAGE

Gentle and designed to relieve the pains and strains of pregnancy, enhance the function of muscles and joints, improves circulation and relieves mental and physical fatigue. The massage will be fully facing up in order to ensure maximum posture comfort.



# SPA ETIQUETTES

## SCHEDULING AN APPOINTMENT

Contact our Spa Reception for guidance in booking the right treatment for you.

To ensure your preferred time, we recommend booking in advance.

## WHEN TO ARRIVE

Kindly arrive at least 30 minutes before your appointment to enjoy the serenity of The Spa. Please be advised that late arrivals may result in a reduction of your treatment time.

## OPENING HOURS

Open daily from 12 PM to 9 PM. Services and facilities are for the use of guests 16 years of age and above.

## DIGITAL DETOX

Please respect all spa guests' right to privacy and serenity. The Spa is a mobile and smoke-free zone. Please ensure mobile phones are switched off or on silent mode. The Spa will provide towels, slippers, shower caps and all other amenities required.

## HEALTH CONDITION

When making your spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

## PREGNANCY

We have exclusively-designed treatments for expectant and nursing mothers. Please allow our team to help you select the treatments most suitable for you during this particular time.

## GIFT VOUCHERS

Gift vouchers are an ideal present for that special someone and are available for all treatments and products. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

## PERSONAL VALUABLES

Lockers are provided for your personal items; however, we do not recommend that you wear jewellery during your visit to The Spa. If you are a hotel guest, we advise you to store all personal valuables in the safety deposit box located in your room.

## CANCELLATION POLICY

Please notify The Spa a minimum of **12 hours** in advance, should you need to cancel or reschedule to avoid a 100% charge for the service. Booking must be secured with a credit card.

*ALL PRICES ARE QUOTED IN UAE DIRHAMS AND INCLUDE 10% SERVICE CHARGE, 7% MUNICIPALITY FEE AND 5% VAT.*





## CONTACT US

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