

The Spa
LONGEVITY

AT
ADDRESS

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BODY



MIND



SOUL



THE LONGEVITY SPA MENU

ADDRESS DOWNTOWN

At Address Downtown Longevity Spa, each journey is a meticulously curated path, anchored in science, inspired by the wisdom of the world's longest-living communities, and enhanced by cutting-edge wellness innovation. Drawing from integrative diagnostics, restorative rituals, and sensory technologies, our high-tech meets high-touch approach is designed to recalibrate the body, reawaken the senses, and elevate well-being on a cellular level.

Welcome to a sanctuary where every protocol is designed to optimise your physical potential, mental clarity, and emotional resilience. A place where longevity becomes a lifestyle.

LONGEVITY JOURNEYS

RESET & RECHARGE DETOX PROGRAM

2 Hours 30 Minutes | AED 1,980

For lymphatic drainage, organ detox, and immune system renewal
A comprehensive purification ritual targeting systemic stagnation and cellular sluggishness. This experience begins with precise Body Composition diagnostics to assess baseline health metrics, followed by thermal contrast therapy through Dry Floating, merging warmth and sensory suspension to relax the nervous system and stimulate detox pathways.

Lymphatic Vacuum Therapy enhances fluid elimination, while the Deep Detox & Rebalance Ritual merges drainage techniques with targeted pressure work to support the liver, kidneys, and gut. The session culminates with a Plasma Light Facial Therapy (red or blue) to rebalance skin microbiota and reduce oxidative load.

Includes:

- Body Composition diagnostics
- Thermal contrast Dry Floating (15 min)
- Lymphatic Vacuum Therapy (30 min)
- Deep Detox & Rebalance Ritual (90 min)
- Plasma Light Facial Therapy (30 min)
- Longevity Elixir Shot: Ginger Detox Blend

CIRCADIAN RHYTHM RESET SLEEP PROGRAM

2 Hours 15 Minutes | AED 1,850

For jet lag, insomnia, and nervous system recalibration

This integrative ritual is tailored for guests seeking circadian coherence and neural reprogramming. A series of precise interventions, beginning with Assisted Stretching and followed by Mental Fitness Sound Therapy, activates the parasympathetic system and primes the body for deep rest.

A full-body Himalayan Salt Stone Massage infuses the skin with trace minerals while easing muscular tension. The session closes with a Hydrogen Mint Infusion Mocktail, designed to alkalize the system and aid cellular hydration.

Ideal for: travellers, shift workers, and burnout recovery.

Includes:

- Assisted Stretching Session (15 min)
- Mental Fitness Sound Therapy (30 min)
- Himalayan Salt Stone Massage (90 min)
- Mint Infusion Mocktail

PERFORMANCE & POWER LONGEVITY JOURNEY

2 Hours 30 Minutes | AED 1,900

For athletes, executives, and active lifestyle guests

An advanced optimisation protocol designed to energise and restore high performers. Through precision screening of body composition and posture, we uncover biomechanical imbalances before activating muscular and circulatory function via Dry Floating thermal contrast and Vacuum Therapy.

A high-intensity interval training session follows to stimulate metabolic adaptation, concluding with a Deep Release Massage, targeting fascia, neuromuscular pathways, and residual tension. Guests are recharged with a Power Fuel Drink, designed to ignite energy levels, enhance mental clarity, and support optimal performance throughout the day.

Includes:

- Body Composition & Postural Screening
- Thermal contrast Dry Floating & Vacuum Therapy combo (45 min)
- High Intensity Interval Training (30 min)
- Deep Release Massage (60 min) – muscle and fascia recovery
- Power Fuel Drink

INNER BALANCE STRESS MANAGEMENT PROGRAM

3 Hours | AED 2,100

For skin regeneration, anti-ageing, and deep hydration

Rooted in neuroscience and somatic recovery, this ritual is crafted to dissolve accumulated stress and restore homeostasis. Through the vibrational resonance of Mental Fitness Sound Therapy and Vibra Healing® Massage, the body enters a theta-wave state of calm and recovery.

A Natural Glow Facial enhances dermal vitality and balances microbiome health, supported internally by a Calm Elixir, a restorative infusion of adaptogenic herbs known for their anxiolytic properties.

Includes:

- Mental Fitness Sound Therapy (30 min)
- Vibra Healing® Massage (90 min)
- Natural Glow Facial (60 min)
- Calm Elixir (Herbal infusion)

SKIN GLOW & CELLULAR BEAUTY REJUVENATION RITUAL

3 Hours 15 Minutes | AED 2,250

For radiant skin, anti-ageing and oxidative stress reduction

An integrative beauty ritual targeting skin longevity from the inside out. A precise Skin Complexion diagnostic sets the tone for tailored treatment. Mineral Radiance Body Polish gently exfoliates and mineralises, followed by the Alpine Glow Hydrafacial, a signature treatment that infuses antioxidants, hyaluronic acid, and peptides to plump and brighten the skin.

The session concludes with Plasma Light Therapy to combat oxidative stress at the mitochondrial level, complemented by the Radiance Elixir.

Includes:

- Skin Complexion Diagnostics
- Mineral Radiance Body Polish (60 min)
- The Alpine Glow Hydrafacial (90 min)
- Plasma Light Therapy (30 min)
- Radiance Elixir (Daily Beauty Drink)



LONGEVITY PROGRAMS

NEUROCALM – STRESS RESET PROGRAM 2/3 Days | AED 1,850 / 2,800

A program designed to restore emotional balance, calm the nervous system, and improve overall resilience to stress and fatigue. Inspired by neuroscientific principles and energy healing, this experience offers a deep reconnection with self, supporting mental clarity, hormonal harmony, and better sleep quality.

Includes:

- Longevity Consultation & Skin Diagnostics
- Mental Fitness Sound Therapy (2/3 sessions)
- Vibra Healing® Massage (1/1 sessions)
- Himalayan Salt Stone Massage (0/1 sessions)
- Natural Glow Facial (1/1 sessions)
- Plasma Light Facial Therapy (2/3 sessions)
- Calm Elixir (Daily herbal infusion)

TOTAL LONGEVITY RESET PROGRAM 3/5 Days | AED 4,800 / 8,200

This complete body-mind longevity reset is designed for cellular renewal, hormonal balance, detoxification, and performance recovery. The program harmonises inner biochemistry, reduces systemic inflammation, and supports skin, sleep, energy, and emotional health through targeted rituals and functional nutrition.

Includes:

- Longevity Skin & Body Composition Diagnostics
- Thermal Contrast Dry Floating (2/3 sessions)
- Lymphatic Vacuum Therapy (3/5 sessions)
- Bio Synchronisation: Mental Fitness Sound Therapy + Plasma Light Therapy (2/3 sessions)
- Deep Detox Ritual or Himalayan Salt Massage (1/2 sessions)
- Personal Training & Assisted Stretch (2/3 sessions)
- Oxygen Radiance HydraFacial (1 session)
- Daily Longevity Tonics: Calm, Power or Youth

SKIN INTELLIGENCE PROGRAM 3/5 Days | AED 3,900 / 6,500

A curated skin and beauty transformation program that blends high-performance facials, advanced technology, and internal antioxidant support. This experience is designed to restore glow, refine contours, and address early signs of aging, delivering luminous skin and inner vibrance.

Includes:

- Longevity Skin & Body Composition Diagnostics
- Lymphatic Vacuum Therapy (3/5 sessions)
- The Alpine Glow HydraFacial (1 session)
- Plasma Light Therapy (2/3 sessions)
- Endosphères Body Therapy (2/3 sessions)
- Sculpting Massage (1/2 sessions)
- Radiance Elixir (Daily Beauty Drink)



BIO SYNCHRONISING JOURNEYS

These bio-synchronising journeys recalibrate your circadian cycles, improve hormonal balance, and boost cognitive function, promoting resilience, recovery, and peak vitality through personalised, science-driven protocols.

THERMAL CONTRAST

DRY FLOATING

15 / 30 / 45 Minutes | AED 150 / 250 / 350

HEAT-COLD THERAPY FOR VITALITY

Zestos delivers targeted thermal contrast therapy, alternating precise heat and cold exposure to stimulate microcirculation, enhance vascular elasticity, and reduce systemic inflammation. This scientifically backed method supports metabolic activation, accelerates recovery, and optimises overall physiological function. Ideal for enhancing performance, detoxification, and long-term vitality.

VACUUM THERAPY

30 Minutes | AED 350

LYMPHATIC STIMULATION AND TISSUE DETOX

Dynamic vacuum therapy stimulates the lymphatic system, improves circulation, and promotes the elimination of metabolic waste. This non-invasive therapy supports cellular detoxification, reduces fluid retention, and enhances tissue oxygenation, making it ideal for recovery, immune support, and overall wellness optimisation.

MENTAL FITNESS

30 Minutes | AED 350

BRAINWAVE TUNING FOR COGNITIVE RENEWAL

Utilizing targeted light, sound, and vibration therapy, Satori facilitates rapid entry into a meditative state, promoting stress reduction, emotional regulation, and enhanced cognitive function. Clinical benefits include improved focus, mental clarity, and neuroplasticity support for optimal brain health and resilience.

PLASMA LIGHT THERAPY

30 Minutes | AED 350

GREEN, BLUE OR RED-LIGHT FACE THERAPY

A revolutionary skin rejuvenation treatment that harnesses the power of cold atmospheric plasma to visibly transform your complexion. This non-invasive technology deeply purifies the skin, eliminates harmful bacteria, and boosts collagen production, resulting in clearer, firmer, and more radiant skin. Ideal for acne-prone, inflamed, or dull complexions, it delivers immediate glow and long-term skin health without downtime.



TECHNOLOGY-INFUSED ADVANCED FACIALS

ENDOSPHERÈS FACE 630 / 2,750 / 5,250 AED | 1 / 5 / 10 Sessions **MICROVIBRATION FACIAL REJUVENATION**

Advanced compressive microvibration technology works beneath the skin's surface to tone facial musculature, enhance lymphatic drainage, reduce puffiness, and improve the skin's elasticity. This non-invasive technique boosts collagen synthesis, resulting in visibly smoother contours and a rejuvenated, radiant complexion.

THE ALPINE GLOW HYDRAFACIAL 90 Minutes | 1,600 AED **SWISS CELLULAR GLOW & LIFT**

A refined union of Hydrafacial's deep-cleansing action with Valmont's legendary cellular skincare innovations. The treatment exfoliates, hydrates, and nourishes while incorporating Valmont's lifting massage, unveiling a luminous, youthful glow and enhanced skin texture.

OXYGEN RADIANCE HYDRAFACIAL 60 Minutes | 1,100 AED **REVITALISING GLOW WITH OXYGEN THERAPY**

Blending the efficacy of Hydrafacial technology with Circadia's Oxygen RX Therapy, this facial uses oxygen infusion to activate skin regeneration and collagen formation. It calms inflammation, enhances circulation, and oxygenates the dermis, delivering visibly refined texture and instant luminosity.

PLATINUM HYDRAFACIAL 90 Minutes | 1,300 AED **THE ULTIMATE DETOX & RADIANCE PROTOCOL**

A multi-phase rejuvenation beginning with lymphatic drainage, followed by comprehensive cleansing and hydration with a personalised booster. Concludes with LED light therapy to soothe the skin and amplify collagen production, resulting in a renewed, visibly firmed glow.

DELUXE HYDRAFACIAL
ADVANCED SKIN RENEWAL & HYDRATION

60 Minutes | 990 AED

A clinical-grade cleansing and exfoliation experience elevated by targeted serums addressing specific concerns such as pigmentation, ageing, or congestion. Complete with LED light therapy, this facial restores equilibrium and enhances clarity and radiance.

PERK EYE SERVICE
HYDRATING & LIFTING EYE TREATMENT

10 Minutes | 300 AED

A revitalising add-on treatment that utilises hydrating serums and gentle vacuum suction to minimise puffiness and diminish signs of fatigue, leaving the eye contour visibly refreshed and illuminated.

PERK LIP SERVICE
SMOOTHING & PLUMPING LIP THERAPY

10 Minutes | 300 AED

Exfoliates and deeply hydrates the lips using a targeted serum, delivering a nourished, plumped appearance with softened fine lines. The perfect enhancement to any facial.



BEAUTY INSIDE OUT

L'ELIXIR DES GLACIERS MASTERPIECE TREATMENT

90 Minutes | 1,850 AED

HAUTE COUTURE FACIAL FOR SUPREME LIFT & RADIANCE

Combining deep tissue lifting massage techniques such as Kobido with dual collagen mask therapy, this indulgent ritual delivers intense hydration, sculpting, and firming for the face and décolleté. An ultimate expression of luminous transformation.

VITALITY OF THE GLACIERS – ENERGISING RITUAL

900 / 1,200 / 1,500 AED | 45 / 60 / 75 Minutes

ENERGY-INFUSED CELLULAR REJUVENATION

Designed to counteract dullness, fatigue, and early signs of ageing, this ritual reactivates cellular vitality to reveal a visibly bright, firm, and energised complexion.

PURITY OF THE ALPS – CLEANSING RITUAL CLARIFYING RITUAL FOR URBAN SKIN DETOX

45 Minutes | 750 AED

Ideal for congested or pollution-exposed skin, this detoxifying facial includes a mineral-rich mask and precise exfoliation, restoring clarity, balance, and a refined skin texture.

SIGNATURE THERMAL FACIAL

90 Minutes | 990 AED

THERMAL INFUSION FOR DEEP SKIN REJUVENATION

Using Sodashi's Thermal Infusing Mask, this facial penetrates deep into the skin with a custom blend of botanical vitamins and minerals, visibly improving tone, hydration, and firmness.

FIRMING PEPTIDE LUXE LIFT

90 Minutes | 990 AED

CELLULAR LIFTING WITH ADVANCED PEPTIDES

A potent anti-ageing treatment that activates elastin and collagen renewal at the cellular level. Skin appears visibly lifted, firmer, and more youthful after just one session.

NATURAL GLOW FACIAL

60 Minutes | 750 AED

BOTANICAL RADIANCE RITUAL

Sodashi's nutrient-rich, plant-based actives deliver circulatory stimulation and inflammation reduction, leaving the skin naturally luminous and balanced.

GENTLEMEN'S COOLING FACIAL

60 Minutes | 750 AED

REVITALISING MALE SKIN RITUAL

Tailored for men's skin needs, this treatment reduces congestion, balances oil levels, and rejuvenates the complexion using targeted peptides and exfoliants.



BODY RITUALS & SHAPE THERAPIES

ENDOSPHERÈS BODY 630 / 2,750 / 5,250 AED | 1 / 5 / 10 Sessions **NON-INVASIVE BODY SCULPTING & CELLULITE REDUCTION**

Harnessing patented compressive microvibration, this therapy reshapes the silhouette, reduces cellulite, improves lymphatic drainage, and firms the skin through mechanical stimulation of underlying tissues.

ENERGISING ANTI-AGE BODY RITUAL 90 Minutes | 1,450 AED **EXFOLIATING & RESTORATIVE BODY REJUVENATION**

A multisensory body experience that revitalises with refined exfoliation and nourishing elixirs, boosting skin brightness and energy for a visibly refreshed and radiant body tone.

HYDRAFACIAL KERA VIVE 60 Minutes | 1,800 AED **SCALP DETOXIFICATION & HAIR VITALITY BOOST**

A three-phase scalp treatment that exfoliates, nourishes, and stimulates the follicles using growth-factor peptides, promoting healthier hair and improved scalp condition.

DEEP DETOX & REBALANCE RITUAL 90 Minutes | 1,250 AED **MINERAL-INFUSED BODY CLEANSE & RENEWAL**

Featuring rare Mollagara Mud, this therapeutic body ritual detoxifies deeply, improves circulation, and replenishes essential minerals through heat and mineral absorption.

RESTORATIVE BODY HEALING CLAY RITUAL 90 Minutes | 1,250 AED **CLAY-ENRICHED CELLULAR RESET**

A body immersion in mineral-rich healing clay that relieves tension, stimulates energy flow, and replenishes skin vitality through ancient detoxification traditions.

**OUD RENEWAL THERAPY
 HOLISTIC FACE & BODY RESET WITH OUD**

90 Minutes | 1,450 AED

This all-encompassing therapy integrates aromatic healing and somatic release. Designed to promote detoxification, emotional clarity, and radiant skin through full-body and facial care.

**CELLULITE SMOOTHER
 TRIPLE-ACTION CONTOURING THERAPY**

60 Minutes | 850 AED

Combining dry brushing, sculpting massage, and a cryo finish, this targeted treatment reduces the appearance of cellulite, enhances tone, and revitalises skin texture.

**BODY BALANCE SALT GLOW
 MINERAL SALT DETOX & SKIN POLISHING**

60 Minutes | 750 AED

A Himalayan salt-based exfoliation ritual that energises, re-mineralises, and softens the skin. Ideal post-travel or for revitalising circulation.

**VANILLA BODY BLISS
 SANDALWOOD & VANILLA NOURISHING EXFOLIATION**

60 Minutes | 750 AED

A gentle yet rich exfoliation ritual combining warm botanical oils with fragrant Vanilla-Sandalwood polish and a luxurious body butter finish for supple, glowing skin.



REVIVE: THE HAMMAM EXPERIENCE

HAMMAM AL NOUR

120 Minutes | 1,200 AED

A BESPOKE JOURNEY OF PURIFICATION AND RESTORATION

Embark on a personalised ritual that harmonises ancient cleansing traditions with modern well-being. Begin with a traditional steam session and deep exfoliation using black soap and a Kessa glove. A nourishing body and hair treatment follows, infused with restorative botanicals. The experience culminates in a tailored massage designed to release tension, recalibrate energy, and elevate your sense of inner peace. A complete renewal for body and soul.

BERBER ANCESTRAL HAMMAM

90 Minutes | 950 AED

THE ESSENCE OF RITUAL, ROOTED IN TIME

Step into a world of Moroccan heritage with this time-honoured purifying ritual. Begin with the application of traditional black soap, followed by an invigorating Kessa glove exfoliation and honey scrub. A mint-infused Rasoul clay facial and hair cleanse complete the experience, awakening the senses and restoring the body's natural rhythm through ancient apothecary wisdom.

LUMINOUS DETOX HAMMAM

60 Minutes | 750 AED

A CITRUS-INFUSED CLEANSING RITUAL TO AWAKEN BODY AND MIND

Revitalise your being with this uplifting ritual, infused with bright citrus notes. A gentle, deeply effective hammam technique stimulates detoxification, energises circulation, and renews clarity, leaving you refreshed, invigorated, and glowing with vitality.



MASSAGES OF DISTINCTION

VIBRA HEALING® MASSAGE

950 / 1,200 AED | 90 / 120 Minutes

HARMONIC SOUND THERAPY MEETS SOOTHING TOUCH

Discover the synergy of ancient sound healing and modern bodywork. Tibetan singing bowls initiate deep vibrational resonance to realign chakras and calm the mind, followed by a flowing aroma oil massage that releases emotional and muscular tension. This immersive experience restores inner peace, enhances sleep, and supports mental well-being.

HIMALAYAN SALT
STONE MASSAGE

750 / 950 / 1,200 AED | 60 / 90 / 120 Minutes

DEEP RELEASE AND MINERAL RENEWAL

Melt into warmth as heated Himalayan salt stones glide over the body, releasing deep-seated tension and replenishing the skin with vital trace minerals. Ideal for recovery, this ritual balances energy, soothes the senses, and promotes long-lasting wellness.

BESPOKE RITUAL MASSAGE

750 / 950 / 1,200 AED | 60 / 90 / 120 Minutes

A PERSONALISED MESSAGE CRAFTED FOR YOU

This highly customised massage is tailored to your unique needs, whether for relaxation, recovery, or energetic balance. Every movement is intuitively guided to reconnect body and mind, creating a sacred space of healing, presence, and renewal.

DEEP RELAX & RELEASE MASSAGE

90 Minutes | 950 AED

DEEP TISSUE RESTORATION FOR RESILIENCE AND RELIEF

A targeted deep tissue massage that addresses chronic muscle tightness, stress, and postural tension. Infused with healing herbal oils, this restorative ritual enhances flexibility, restores mobility, and leaves you grounded and rebalanced.

BALINESE DREAMS MASSAGE

750 / 950 AED | 60 / 90 Minutes

AROMATIC BLISS FOR TOTAL HARMONY

Experience the serenity of Bali through flowing strokes and gentle palm pressure, enhanced by soothing aromatic oils. Designed to relax the nervous system and harmonise your energy, this ritual invites a state of meditative calm and deep renewal.

MOMS TO BE MASSAGE

60 Minutes | 750 AED

SERENE SUPPORT DURING MOTHERHOOD

A tender massage experience designed to nurture expecting mothers. Gentle techniques alleviate swelling, tension, and fatigue while offering emotional comfort and calm. A safe and soothing ritual for both mother and baby.

FOOT & LEG REVIVAL RITUAL

45 Minutes | 450 AED

REVITALISING REFLEXOLOGY AND LEG THERAPY

Refresh tired legs and feet with this targeted treatment combining reflexology, lymphatic stimulation, and muscle release. Ideal for travel recovery or circulation support, it restores balance and vitality from the ground up.



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