

T H E S P A

LONGEVITY

at

PALACE DOWNTOWN

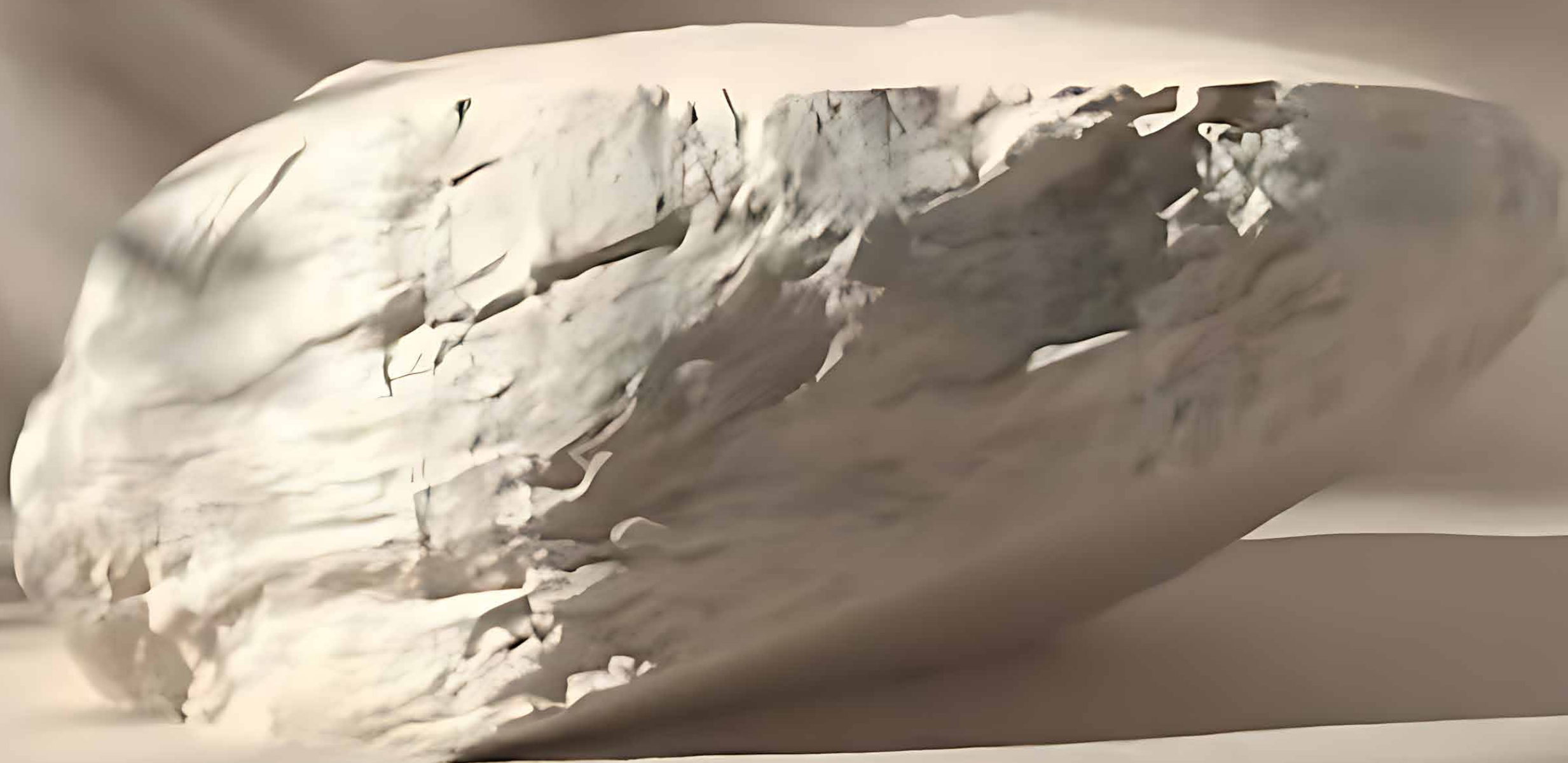
BODY



MIND



SOUL



THE SPA LONGEVITY MENU PALACE DOWNTOWN

At Palace Downtown Spa Longevity, every journey is an artful fusion of science, timeless wisdom, and cutting-edge wellness innovation. Inspired by the secrets of the world's longest-living communities and enhanced by advanced sensory technologies, our bespoke rituals recalibrate the body, awaken the senses, and elevate well-being at its very core.

Enter a sanctuary where every experience is tailored to refine your physical vitality, sharpen mental clarity, and nurture emotional resilience, a place where longevity is not just achieved, but lived in absolute luxury.

LONGEVITY JOURNEYS

DETOX, SHAPE & RECHARGE PROGRAM

165 MINUTES | ₪ 2,200

For fluid retention, low energy, body heaviness

A deeply revitalising journey designed to combat fluid retention, relieve heaviness, and restore energetic balance throughout the body. The experience begins with a Body Composition Diagnostic to assess baseline metrics and identify areas of stagnation. Icoone Body Contouring follows, using gentle mechanical stimulation to refine body contours, enhance circulation, and support lymphatic flow.

The treatment continues with Far Infrared Therapy, enveloping the body in soothing, penetrating heat to stimulate metabolism, release toxins, and awaken energy reserves. The Anti-Age Vitality of Body Ritual then blends targeted pressure techniques with holistic bodywork to rejuvenate tissues, reactivate detox pathways, and restore vitality. The experience concludes with a Longevity Elixir Shot: Ginger Detox Blend, formulated to support overall wellness and leave you feeling lighter, energised, and renewed.

Includes:

- Body Composition Diagnostic
- Icoone Body Contouring (45 minutes)
- Far Infrared Therapy (45 minutes)
- Anti-Age Vitality of Body (60 minutes)
- Longevity Elixir Shot: Ginger Detox Blend

CIRCADIAN RESET & STRESS RECOVERY

120 MINUTES | ₪ 1,700

For burnout, jetlag, mood fluctuations, poor sleep

A deeply restorative journey designed to calm the mind, harmonise the nervous system, and reset the body's natural rhythms. The experience begins with Mental Fitness Sound Therapy, where curated frequencies help release mental tension, enhance focus, and promote emotional equilibrium. A soothing Himalayan Salt Stone Massage follows, combining comforting warmth with targeted pressure to relax muscles, stimulate circulation, and restore deep physical balance.

Plasma Light Therapy (Red Light) then works at a cellular level to rejuvenate function and support circadian rhythm alignment, improving mood and enhancing restorative sleep. The ritual concludes with a Calm Elixir – Herbal Infusion, hydrating the body, grounding the senses, and leaving you feeling revitalised, balanced, and fully restored.

Includes:

- Mental Fitness Sound Therapy (30 minutes)
- Himalayan Salt Stone Massage (60 minutes)
- Plasma Light Therapy – Red Light (30 minutes)
- Calm Elixir – Herbal Infusion

IMMUNE DEFENSE & MENTAL RESILIENCE

165 MINUTES | ₪ 2,910

For frequent illness, travel fatigue, stress-induced inflammation

A deeply restorative journey designed to strengthen immunity, boost mental clarity, and fortify the body's natural defences. The experience begins with Far Infrared Therapy, gently enveloping the body in soothing heat to stimulate circulation, activate detox pathways, and relieve stress-induced tension. Oud Renewal Therapy follows, blending aromatic essences with targeted techniques to rebalance energy, calm the nervous system, and enhance overall vitality.

Plasma Light Therapy (Green Light) then works at a cellular level to improve resilience and support the skin's natural defences, leaving you refreshed, fortified, and protected. The ritual concludes with a nourishing Power Fuel Drink, replenishing energy stores and grounding the senses for complete wellness.

Includes:

- Far Infrared Therapy (45 minutes)
- Oud Renewal Therapy (90 minutes)
- Plasma Light Therapy – Green Light (30 minutes)
- Power Fuel Drink

SKIN REJUVENATION & EMOTIONAL CALM

165 MINUTES | ₪ 1,850

For sensitive skin, emotional stress, adrenal fatigue

A deeply restorative journey designed to nourish the skin, calm the mind, and restore energetic balance. The experience begins with Mental Fitness Sound Therapy, where curated frequencies help release tension, improve focus, and promote emotional equilibrium. A Natural Glow Facial follows, replenishing the skin with vital nutrients to restore radiance and enhance overall skin health.

The ritual continues with a Foot & Leg Revival, alleviating fatigue, stimulating circulation, and leaving the lower body feeling light and refreshed. The experience concludes with a Calm Elixir - Herbal Infusion, grounding the senses and promoting a deep state of relaxation and wellness.

Includes:

- Mental Fitness Sound Therapy (30 minutes)
- Natural Glow Facial (60 minutes)
- Foot & Leg Revival (45 minutes)
- Calm Elixir - Herbal Infusion

CELLULAR BEAUTY & RADIANCE RESET

180 MINUTES | ₪ 2,250

For radiant skin, anti-aging, and oxidative stress reduction

A rejuvenating, results-driven journey designed to restore luminosity, lift facial contours, and combat visible signs of ageing. The experience begins with Skin Complexion Diagnostics, assessing your skin’s baseline health to guide a personalised treatment plan. Icoone Face Contouring follows, gently stimulating facial tissues to boost circulation, refine contours, and deliver a natural, lifted appearance.

The Firming Peptide Luxe Lift Facial then deeply nourishes and revitalises the skin, improving tone, texture, and elasticity. Plasma Light Therapy enhances cellular regeneration and protects against oxidative stress, leaving the complexion radiant, balanced, and resilient. The ritual concludes with a Radiance Elixir: Beauty Drink, supporting skin health and vitality from within.

Includes:

- Skin Complexion Diagnostics
- Icoone Face Contouring (45 minutes)
- Firming Peptide Luxe Lift Facial (90 minutes)
- Plasma Light Therapy (30 minutes)
- Radiance Elixir: Beauty Drink



LONGEVITY PROGRAMS

RESILIENT BODY & MIND LONGEVITY PROGRAM

2 DAYS | ₪ 2,900

3 DAYS | ₪ 4,400

A revitalising programme designed to promote cellular repair, hormonal balance, and nervous system recoverythrough targeted therapies, mindful practices, and functional nutrition. This science-led journey supports the body’s innate intelligence, delivering measurable improvements in energy levels, sleep quality, skin vitality, and emotional resilience.

- Includes:
- Longevity Consultation & Skin Diagnostics
 - Mental Fitness Sound Therapy (2/3 sessions)
 - Far Infrared Therapy (1/2 sessions)
 - Plasma Light Therapy (Red or Green) (2/3 sessions)
 - Natural Glow Facial (1/1 sessions)
 - Himalayan Salt Stone Massage (90 min) (1/2 sessions)
 - Longevity Elixir Shot: Ginger Detox Blend

CIRCADIAN RHYTHM & STRESS RECOVERY

3 DAYS | ₪ 3,800

5 DAYS | ₪ 6,300

A deeply restorative programme designed to regulate sleep cycles, reduce mental fatigue, and restore emotional equilibrium. Ideal for guests experiencing burnout, adrenal depletion, or time zone disruption, this journey works holistically to calm the nervous system, balance hormones, and rejuvenate mind and body.

- Includes:
- Longevity Skin & Body Composition Diagnostics
 - Vibra Healing Massage (90 min) (1/2 sessions)
 - Far Infrared Therapy (2/3 sessions)
 - Bio Synchronisation: Mental Fitness Sound Therapy & Plasma Light Therapy (3/5 sessions)
 - Deep Detox Ritual (1/1 sessions)
 - Oxygen Radiance HydraFacial (1/1 sessions)
 - Calm Elixir (Daily Herbal Infusion)

ADVANCED CELLULAR REJUVENATION

3 DAYS | ₪ 4,700

5 DAYS | ₪ 7,400

A targeted, results-oriented journey designed for those seeking visible skin transformation, lifting, and antioxidant renewal. By combining advanced facial treatments with body sculpting and cellular therapies, this programme enhances luminosity, improves firmness, and restores overall vibrancy from the inside out.

- Includes:
- Longevity Skin & Body Composition Diagnostics
 - Mental Fitness Sound Therapy (3/5 sessions)
 - Icoone Body Sculpting (2/3 sessions)
 - The Alpine Glow HydraFacial (1/1 sessions)
 - Plasma Light Therapy (2/3 treatments)
 - Cellulite Smoother Therapy (1/2 treatments)
 - 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.

MENTAL FITNESS THERAPY

30 MINUTES | € 350

Brainwave Tuning For Cognitive Renewal

A pioneering treatment that combines targeted light, sound, and vibration therapy to guide the body into a deep meditative state. Satori promotes profound stress reduction, emotional balance, and enhanced cognitive function, while supporting neuroplasticity for long-term brain health, improved focus, and mental clarity.

FAR INFRARED THERAPY

45 MINUTES | € 550

Cellular Detox and Immune Support

A deeply restorative treatment that uses far-infrared wavelengths to penetrate deep into the body's tissues, gently raising core temperature and stimulating cellular-level perspiration. This process supports the elimination of heavy metals and environmental toxins through the skin, enhances lymphatic flow, and improves circulation. By boosting metabolic activity and strengthening immune function, Far Infrared Therapy becomes a powerful tool in holistic detoxification and overall wellness optimisation.

PLASMA LIGHT THERAPY

30 MINUTES | € 350

Green, Blue or Red Light Face Therapy

A revolutionary skin rejuvenation therapy that harnesses the power of cold atmospheric plasma to visibly transform the complexion. This non-invasive treatment deeply purifies the skin, eliminates harmful bacteria, and stimulates collagen production — resulting in a clearer, firmer, and more radiant appearance. Ideal for acne-prone, inflamed, or fatigued skin, it delivers an instant glow while promoting long-term skin health — all without downtime.



TECHNOLOGY-INFUSED ADVANCED FACIALS

ICOONE FACE CONTOURING THERAPY

Advanced Facial Sculpting Therapy

1 SESSION | ₪ 650

5 SESSIONS | ₪ 2,800

10 SESSIONS | ₪ 5,000

Harness the power of advanced robotic microstimulation to revitalise the complexion, reduce puffiness, and sculpt facial contours. This non-invasive therapy stimulates collagen production and enhances lymphatic drainage, revealing firmer, smoother skin and a naturally youthful glow. The result is visible rejuvenation, refreshed vitality, and a lifted, radiant appearance.

THE ALPINE GLOW HYDRAFACIAL

Swiss Cellular Glow and Lift

90 MINUTES | ₪ 1,600

An elite fusion of Hydrafacial's deep-cleansing technology with Valmont's renowned Swiss cellular anti-ageing science. This advanced treatment exfoliates, hydrates, and rejuvenates the skin while stimulating collagen production through Valmont's signature lifting massage. The result is an immediate radiant glow, refined texture, and visibly youthful complexion.

OXYGEN RADIANCE HYDRAFACIAL

Revitalizing Glow and Oxygen Boost

60 MINUTES | ₪ 1,100

This advanced facial fuses the deep-cleansing power of HydraFacial with the revitalising benefits of Circadia's Oxygen RX Therapy. A gentle infusion of oxygen is generated directly on the skin's surface, enhancing circulation, supporting cellular renewal, and deeply oxygenating tissues for a visibly radiant glow. This transformative treatment soothes inflammation, refines texture, and boosts fibroblast activity, delivering a refreshing, anti-ageing experience that leaves the skin balanced, clarified, and luminous.

PLATINUM HYDRAFACIAL

Ultimate Detox and Glow Facial

90 MINUTES | ₪ 1,300

Elevate your skincare journey with this all-encompassing HydraFacial ritual. The treatment begins with lymphatic drainage to detoxify the skin, reduce puffiness, and stimulate healthy circulation. A Signature HydraFacial then deeply cleanses, exfoliates, and nourishes the skin, followed by a personalised booster tailored to address specific concerns. The experience concludes with LED light therapy, soothing the complexion, minimising visible signs of ageing, and promoting long-term skin health and radiance.

DELUXE HYDRAFACIAL

Advanced Cleansing and Skin Renewal

60 MINUTES | ₪ 990

Indulge in an elevated skincare experience that takes the Signature HydraFacial to the next level. In addition to deep cleansing, exfoliation, extraction, and hydration, this advanced treatment offers customised booster serums to address specific concerns such as fine lines, wrinkles, hyperpigmentation, or acne. The ritual concludes with LED light therapy, rejuvenating the skin, reducing inflammation, and leaving the complexion glowing with youthful radiance..

HYDRAFACIAL PERK EYE SERVICE

Hydrating Lift For Tired Eyes

10 MINUTES | ₪ 300

Revitalise and refresh tired eyes with this targeted, hydrating therapy. Advanced serums and gentle suction technology work together to reduce signs of fatigue, stress, and puffiness, leaving the eye area brighter and more youthful. Perfect as a standalone treatment or paired with a HydraFacial for enhanced focus on this delicate area.

HYDRAFACIAL PERK LIP SERVICE

Plumping and Smoothing Lip Care

10 MINUTES | ₪ 300

Achieve a soft, supple pout with this targeted lip therapy. A specialised serum exfoliates, hydrates, and plumps while smoothing fine lines, leaving lips deeply nourished and beautifully refined. Perfect as a standalone treatment or combined with a HydraFacial for a complete skincare experience and effortlessly hydrated lips.



BEAUTY INSIDE OUT

L’ELIXIR DES GLACIERS MASTERPIECE TREATMENT

90 MINUTES | ₪ 1,850

Haute Couture Lifting and Luminosity

A luxurious ritual for true connoisseurs of beauty, this signature treatment combines advanced massage techniques, including Japanese Kobido and deep facial lifting, with dual collagen masks to deliver intense hydration, firming, and sculpting to the face and décolleté. The result is a dramatic transformation in skin tone, texture, and vitality — revealing a lifted, radiant, and youthful complexion.

VITALITY OF THE GLACIERS – ENERGISING RITUAL

45 MINUTES | ₪ 900

Cellular Recharge and Glow

60 MINUTES | ₪ 1,200

75 MINUTES | ₪ 1,500

A revitalising facial designed to recharge the skin’s energy, restore tone, and revive radiance. Ideal for those experiencing fatigue, stress, or early signs of ageing, this treatment awakens dull skin and unveils a luminous, refreshed complexion.

PURITY OF THE ALPS – CLEANSING RITUAL

45 MINUTES | ₪ 750

Purifies, Balances, Refines Complexion

A purifying facial designed to balance oily or congested skin and restore a healthy, refined complexion. A detoxifying cleanse, gentle exfoliation, and mineral-rich mask work in harmony to refine texture, clear impurities, and bring skin back into balance. Ideal for complexions prone to breakouts or exposed to urban pollution.

SIGNATURE THERMAL FACIAL

90 MINUTES | ₪ 990

Deeply Nourishing Thermal Skin Renewal

A deeply nourishing treatment featuring Sodashi’s Thermal Infusing Mask, delivering a potent infusion of vitamins and minerals deep into the skin. Tailored to your individual needs, this luxurious facial lifts, plumps, and smooths the complexion, revealing immediate radiance and long-lasting rejuvenation.

FIRMING PEPTIDE LUXE LIFT

90 MINUTES | ₪ 990

Advanced Lifting and Firming Boost

Instantly lift, firm, and brighten the complexion with this advanced peptide-powered treatment. By stimulating collagen and elastin at a cellular level, it delivers visible anti-ageing results, leaving skin smoother, tighter, and more radiant.

NATURAL GLOW FACIAL

60 MINUTES | ₪ 750

Radiant Skin From Nature’s Touch

Immerse yourself in nature’s restorative power with Sodashi’s nutrient-rich botanicals. Tailored to your unique skin type, this holistic facial enhances circulation, soothes inflammation, and restores a healthy, natural glow — leaving the complexion luminous, balanced, and deeply revitalised.

GENTLEMEN’S COOLING FACIAL

60 MINUTES | ₪ 750

Energising Facial For Refined Skin

A results-driven treatment designed specifically for men’s skin, combining peptides and exfoliants to refine texture, minimise pores, and combat visible signs of ageing. The result is skin that feels clean, hydrated, and refreshed, with a renewed, healthy appearance.



BODY RITUALS & SHAPE THERAPIES

ICOONE BODY CONTOURING THERAPY

Precision Robotic Body Contouring

1 SESSION | ₪ 650

5 SESSIONS | ₪ 2,800

10 SESSIONS | ₪ 5,000

Experience the power of advanced Icoone technology, which uses precise robotic microstimulation to target cellulite, improve lymphatic drainage, and enhance skin firmness. This non-invasive therapy boosts circulation, accelerates toxin elimination, and stimulates collagen production, promoting visible body contouring, smoother texture, and overall skin rejuvenation.

ANTI-AGE VITALITY OF THE BODY

Cellular Renewal with Radiant Vitality

90 MINUTES | ₪ 1,450

An exquisite symphony of renewal, this luxurious ritual blends refined exfoliation, invigorating massage, and regenerative elixirs to awaken cellular energy, restore the skin’s natural luminosity, and elevate the spirit. A sublime expression of timeless beauty and absolute vitality, it leaves the body deeply revitalised and radiant.

HYDRAFACIAL KERAVIVE

Scalp Detox and Hair Boost

HALF SCALP | ₪ 1,800

FULL SCALP | ₪ 2,100

A revolutionary three-step treatment designed to cleanse, nourish, and hydrate the scalp, promoting healthier, fuller-looking hair. This targeted therapy removes impurities, gently exfoliates, and infuses the scalp with a proprietary blend of growth-stimulating peptides and proteins. Ideal for dryness, flakiness, thinning hair, or poor circulation, Keraviveenhances follicle function and supports long-term hair vitality.

DEEP DETOX & REBALANCE RITUAL

Mineral-Rich Deep Detox Ritual

90 MINUTES | ₪ 1,250

A deeply restorative full-body ritual featuring warmed Mollagara Mud (40–42°C), enriched with a powerful blend of minerals including Magnesium, Bromine, and Iodine, along with trace elements such as Silver, Gold, and Silicon. Harnessing its potent anti-inflammatory and antimicrobial properties, this treatment detoxifies deeply, stimulates circulation, and restores essential mineral balance for optimal skin and body health.

RESTORATIVE BODY HEALING CLAY RITUAL

Luminous Clay-Infused Healing Ritual

90 MINUTES | ₪ 1,250

Immerse yourself in a transformative journey of renewal with the sacred, mineral-rich Healing Clay of Mollagara. This deeply detoxifying ritual gently melts away muscular tension and stagnant energy, invigorating circulation and awakening the body’s natural rhythms. Enriched with trace minerals that nurture and replenish, it revitalises the skin to a luminous, radiant glow — leaving you with a profound sense of balance, vitality, and inner harmony that lingers long after the treatment.

LOUD RENEWAL THERAPY

Holistic Face and Body Renewal

90 MINUTES | ₪ 1,450

This deluxe treatment offers a complete head-to-toe transformation, working simultaneously on the face and body to release deep muscular tension, improve digestion, stimulate detoxification, and enhance skin radiance. Beyond its powerful physical benefits, this exceptional holistic ritual also works on an emotional and energetic level, helping to release stored emotions, dissolve negativity, and restore a profound sense of inner balance, vitality, and spiritual wellbeing.

CELLULITE SMOOTHER

Sculpting Massage with Cryo Finish

60 MINUTES | ₪ 850

Combat cellulite and fluid retention with this powerful, results-driven ritual. Energising dry brushing, a targeted sculpting massage, and a revitalising cryo finish work in synergy to firm, tone, and redefine body contours — reviving skin vitality and enhancing visible definition.

BODY BALANCE SALT GLOW

Invigorating Mineral Salt Exfoliation

60 MINUTES | ₪ 750

Invigorate the body and alleviate fatigue with this revitalising full-body exfoliation. Warm, soothing botanical oils are massaged into the skin, followed by a mineral-rich Himalayan salt scrub to boost vitality and restore glow. A warm shower and hydrating body lotion complete the ritual, leaving the skin soft, smooth, and radiant. Gently stimulating circulation, this treatment is especially beneficial post-travel or whenever the body needs an energising reset.

VANILLA BODY BLISS

Soothing Vanilla Exfoliation and Nourishment

60 MINUTES | ₪ 750

Revitalise skin tone and soothe the mind and body with this deeply indulgent full-body exfoliation. Warm botanical oilsare massaged into the skin, followed by a fragrant Vanilla and Sandalwood polish that buffs away dryness and melts away tension. A warm shower and a nourishing application of Vanilla body butter complete the ritual, leaving the skin silky-smooth, radiant, and glowing.



REVIVE: THE HAMMAM EXPERIENCE

HAMMAM AL NOUR

120 MINUTES | ₪ 1,200

A Bespoke Journey of Purification and Restoration

Embark on a fully personalised hammam experience that weaves together time-honoured cleansing traditions and the healing power of touch. Begin with a traditional steam and exfoliation using black soap and a Kessa glove, followed by a nourishing body and hair treatment. Your journey continues with a tailored massage designed to restore balance, release tension, and elevate your sense of well-being. An immersive ritual that renews body and spirit through the art of customisation.

BERBER ANCESTRAL HAMMAM

90 MINUTES | ₪ 950

he Essence of Ritual, Rooted in Time

A homage to the holistic Moroccan apothecary, this sensorial ritual celebrates ancestral traditions with fresh fragrances, natural textures, and time-honoured techniques that capture the essence of Morocco's heritage. Begin with a purifying black soap application, followed by a detoxifying full-body exfoliation using a Kessa glove and honey scrub. The experience concludes with a refreshing mint Rasoul facial and hair cleanse, leaving the body renewed, revitalised, and deeply purified.

LUMINOUS DETOX HAMMAM

60 MINUTES | ₪ 750

A Cleansing Ritual to Awaken Body and Mind

A vibrant, citrus-infused ritual that detoxifies the body and cleanses the spirit, promoting a deep sense of well-being, vitality, and renewal. The gentle yet deeply effective hammam techniques stimulate the body's natural detoxification process, allowing excess toxins to melt away and leaving you feeling light, refreshed, and rebalanced.



MASSAGES OF DISTINCTION

VIBRA HEALING ® MASSAGE

90 MINUTES | ₪ 950
120 MINUTES | ₪ 1,200

A Harmonious Blend of Healing Sound and Soothing Touch

Embark on a holistic journey of harmony and restoration with the acoustic and vibrational resonance of Tibetan singing bowls. This ancient practice works at a deep cellular level to align chakras, balance energy, and stimulate brain waves, initiating profound healing from within. Combined with a soothing full-body aroma oil massage, this transformative ritual helps improve mental well-being, support restful sleep, and guide you toward a state of inner peace and deep relaxation.

HIMALAYAN HOT SALT STONE MASSAGE

60 MINUTES | ₪ 750
90 MINUTES | ₪ 950
120 MINUTES | ₪ 1,200

Relax Muscles and Support Mineral Absorption for Enhanced Recovery

Warm Himalayan salt stones glide over tense muscles, releasing deep-seated tension while infusing the body with precious trace minerals. This detoxifying and calming ritual restores energetic balance, soothes the senses, and nourishes the soul — an exquisite journey toward lasting vitality and holistic well-being.

BESPOKE RITUAL MASSAGE

60 MINUTES | ₪ 750
90 MINUTES | ₪ 950
120 MINUTES | ₪ 1,200

Personalised Full Body Massage

Your personal sanctuary awaits — a tailored journey thoughtfully crafted to honour your unique wellness needs and aspirations. Every element, every touch, is intuitively designed for you, whether you seek profound relaxation, revitalising recovery, or deep energetic rebalancing. Through mindful, artful hands, this experience becomes a sacred dialogue between body and soul, awakening natural vitality and fostering enduring harmony. Here, personalised care transcends the ordinary, inviting you into a timeless ritual of renewal created solely for you.

DEEP RELAX & RELEASE MASSAGE

60 MINUTES | ₪ 750
90 MINUTES | ₪ 950

Relieve Tension and Restore Muscle Flexibility

Experience an intensive deep tissue massage, masterfully delivered with healing herbal oils and advanced therapeutic techniques. This transformative ritual targets chronic tension and deep-seated muscular tightness, releasing stress and restoring ease of movement throughout the body. Designed to enhance flexibility and awaken natural resilience, it leaves you feeling renewed, balanced, and profoundly restored.

BALINESE DREAMS MASSAGE

60 MINUTES | ₪ 750
90 MINUTES | ₪ 950

A Nourishing Massage with Aromatic Oils to Restore Balance and Vitality.

Immerse yourself in a dreamy fusion of flowing strokes and gentle palm pressure, where each movement is a graceful whisper upon the skin. Infused with aromatic oils, this deeply soothing ritual calms the nervous system, melts away tension, and invites profound serenity. As energy harmonises and balance is restored, you are carried into a tranquil state of renewal and inner peace, where body, mind, and spirit move in perfect harmony.

MOMS TO BE MASSAGE

60 MINUTES | ₪ 750

Serene Motherhood Ritual

A gentle, nurturing embrace designed to support the journey of motherhood. This calming massage eases swelling, relieves tension, and cradles both body and spirit in a sanctuary of safe, tender care. Each thoughtful touch nurtures wellness, offering profound comfort and connection for both mother and baby.

FOOT & LEG REVIVAL RITUAL

45 MINUTES | ₪ 450

Targeted Reflexology and Leg Massage

A targeted reflexology and leg treatment designed to improve circulation, reduce muscle tension, and support lymphatic drainage. This restorative therapy enhances lower limb health, promotes sustained muscular function, and restores physical balance — leaving you feeling light, revitalised, and re-energised from the ground up.



THE SPA ETIQUETTE

SCHEDULING AN APPOINTMENT

Contact our Spa Longevity 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 Longevity. Please be advised that late arrivals may result in a reduction of your treatment time.

OPENING HOURS

Open daily from 12pm to 9pm. 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 Longevity is a mobile and smoke-free zone. Please ensure mobile phones are switched off or on silent mode.

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 CERTIFICATES

Gift certificates are an ideal present for that special someone and are available for all treatments. Gift certificates 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 Longevity. 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 Longevity 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 a 10% service charge, 7% municipality fee and 5% VAT.



CONTACT US

SHEIKH MOHAMMED BIN RASHED BOULEVARD,
DOWNTOWN DUBAI
T +971 4 428 7805

SPA.PADTH@PALACEHOTELS.COM

PALACEHOTELS.COM