

The background of the entire page is a close-up photograph of water ripples, creating a textured, organic pattern in shades of teal and light blue. The ripples vary in size and intensity, giving a sense of movement and depth.

*The Spa*

AT

ADDRESS  
DUBAI MALL

قائمة العلاجات  
TREATMENT MENU



## THE SPA AT ADDRESS DUBAI MALL

Where sheer indulgence meets good health. Where water calms, soothes and revitalises mind, body, and soul. This is The Spa at Address Dubai Mall. A place of tranquility, self-discovery and renewal. We invite you to give yourself to this extraordinary rejuvenating experience. We promise, you will enter as one person, and leave as another.



## 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.

SIGNATURE SLEEP RITUAL

950 AED | 90 MINS

**BETTER SLEEP MESSAGE**

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 & BODY CARE

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

#### LOW LEG RITUAL

750 AED | 60 MINS

Give your legs the glow they deserve with the luxurious Circadia Brightening Leg Treatment. This indulgent treatment begins with a custom Mixology cleanse and exfoliation to prep the skin. followed by a powerful Raspberry Enzyme treatment to gently smooth and renew. Next, a brightening mask featuring Australian Superberry and Pumpkin is applied, working to deeply nourish and brighten the skin while a soothing lymphatic drainage massage enhances circulation and reduces puffiness. Your legs will be left radiant, smooth, and glowing-because legs need a glow just as much as the face

#### FIRE AND ICE FIRMING BOOTY CARE

850 AED | 75 MINS

Defy gravity with this luxurious booty facial. Begin with an exfoliating enzyme treatment to scrub away dead skin cells and infuse the skin with antioxidants and anti-inflammatory properties revealing fresh skin. The peptide packed Firming Peptide Mask increases delivery of oxygen, blood, nutrients and anti-aging peptides and fibroblast activity to the skin to tighten and firm for your best booty ever!

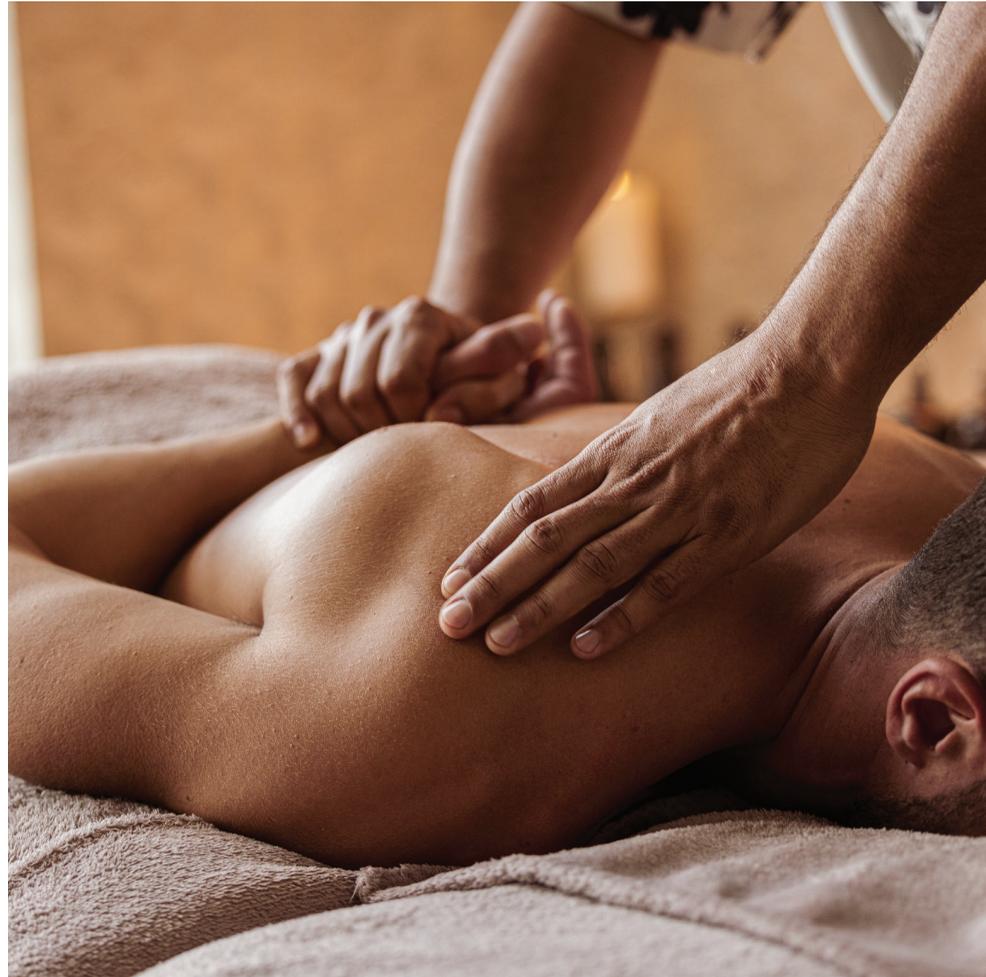
#### BERRY EXFOLIANT MASSAGE

650 AED | 50 MINS

This luxurious body treatment will leave your skin smooth and refreshed. Australian super berries rich in antioxidants will help to brighten, exfoliate and nourish your skin, while massage with hibiscus extract vitamins, and emollients will hydrate and soothe your skin, leaving you relaxed and rejuvenated.

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





## SKIN LONGEVITY THERAPIES

Where science and luxury meet to preserve timeless beauty.  
Each treatment is designed to awaken cellular vitality,  
boost collagen production, and restore radiant, resilient skin.

#### BLACK DIAMOND NON-SURGICAL LIFT FACIAL

1150 AED | 90 MINS

Our most opulent anti-ageing facial. A luxurious experience that harnesses the power of 111SKIN's most potent collection – the Intensive Collection – to promote a youthful, sculpted appearance. This treatment includes gentle exfoliation revealing smoother more even skin tone and uses products enriched with renewing and brightening actives with advanced delivery through Fine Diamond Particles, and our patented NAC Y<sup>2</sup>™ formula

#### ROSE GOLD RADIANCE FACIAL

950 AED | 90 MINS

A powerful facial combining illuminating properties with the most innovative soothing formulas to brighten the complexion. Sculpting the face using a three-level approach to facial massage – including our signature deep facial muscle massage techniques, Wrinkle Minimising Wand and Rose Quartz crystals – this treatment is designed to relax the mind, whilst revealing a contoured and refined appearance. Formulas containing Colloidal Gold and Damask Rose Extract are soothing and brightening for a lustrous, event-ready glow

#### REPARATIVE FACIAL

875 AED | 60 MINS

A high-performance facial to deeply nourish and hydrate. Suitable for all skin types, its formulation is especially effective to calm and soothe damaged, inflamed, and irritated skin. Originally created by Dr Yannis Alexandrides to accelerate the post-surgery healing processes, this facial epitomises the best of 111SKIN's famed surgically-inspired skincare. Harnessing the power of our exclusive NAC Y<sup>2</sup>™ complex to strengthen the skin barrier and prevent further inflammation, this facial magnifies the restorative effects of our Reparative Collection to enhance your complexion.

#### DE-PUFFING CRYO FACIAL

875 AED | 75 MINS

A facial treatment that harnesses cryo-inspired technology and re-energising formulas to increase microcirculation, and instantly diminish puffiness and fatigue. The cooling Cryo Globes massage encourages lymphatic drainage and detoxification, making skin appear visibly brighter, evenly toned and refined whilst world-first Cooling Cryo Eye elements employ the same technology as the cooling Globes, to instantly reduce dark circles and puffiness around the eyes. Combined with our Signature Facial Massage techniques and Multi-Masking utilising our reparative and regenerative formulas - the complexion is fully soothed, sculpted and refreshed. This is the most invigorating facial for tired and lacklustre skin in need of rejuvenation.

#### THE LUXE LIFT FACIAL

750 AED | 60 MINS

An advanced anti-aging treatment that delivers a lifting effect — without surgery. This luxurious facial instantly firms and brightens the skin, improving elasticity and reducing the appearance of fine lines and wrinkles. Infused with potent peptides and botanical actives that stimulate collagen and elastin production, it leaves the skin visibly rejuvenated with a youthful, lifted glow.

#### CHOCOLATE AND CHAMPAGNE FACIAL

450 AED | 40 MINS

Experience Circadia's signature Cocoa Enzyme and Oxygen RX protocol, designed to gently exfoliate, brighten, and deeply hydrate the skin for a radiant glow. Suitable for all skin types — including sensitive and acne-prone skin — this luxurious treatment is also pregnancy-safe and ideal for both teens and mature guests. The antioxidant-rich Cocoa Enzyme refines the skin's texture and promotes healing, while the revitalizing Oxygen RX boosts circulation and brightness, leaving the complexion calm, hydrated, and beautifully luminous.



## 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.

#### LUXE HAMMAM RITUAL

1200 AED | 120 MINS

Indulge in a two-hour journey of pure luxury and rejuvenation. Begin with a traditional 60-minute Hammam ritual, designed to deeply cleanse, exfoliate, and purify the skin through soothing steam and natural exfoliants. Continue with a 60-minute full-body massage that melts away tension, restores balance, and nurtures complete relaxation. This exquisite combination promotes detoxification, enhances circulation, and leaves you feeling renewed, radiant, and utterly serene.

#### DOUBLE DETOX HAMMAM

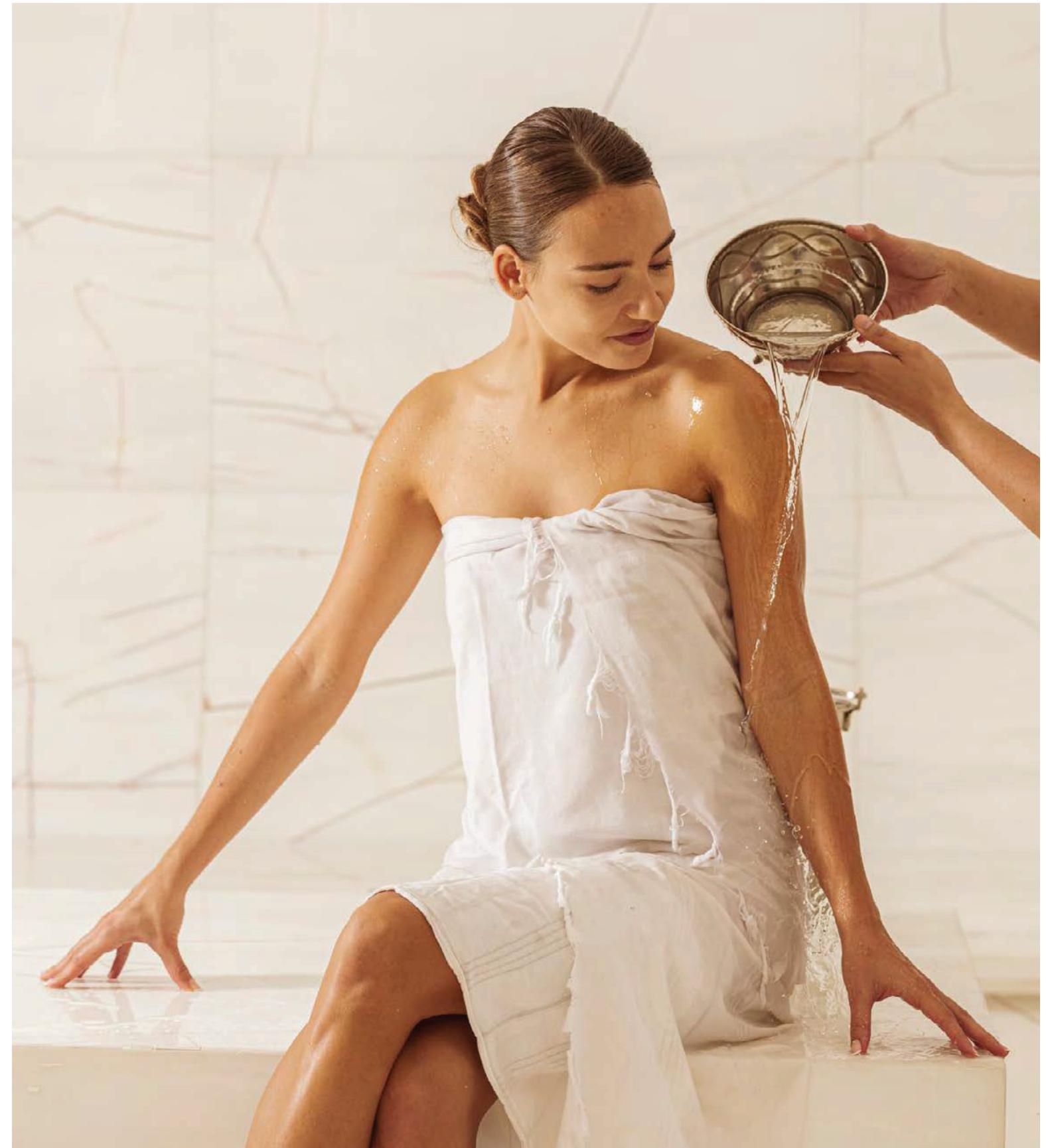
750 AED | 60 MINS

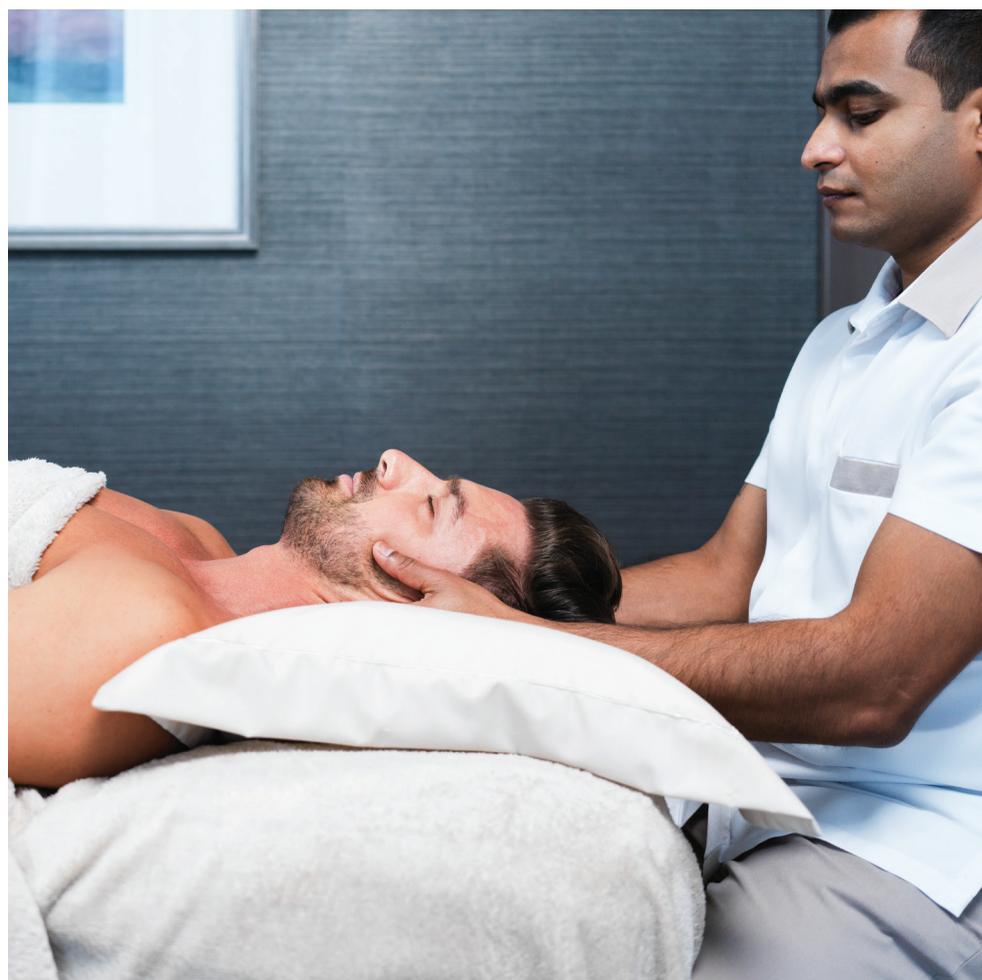
A unique and rich citrus embellishment that completely detoxes the body and cleanses the spirit, promoting well-being and a sense of improved health and vitality. The gentle yet deep-reaching touch of hammam techniques stimulates the body's natural detox process, allowing excess toxins to melt away,

#### 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 RITUAL 350 / 750 / 990 / 1,200 AED | 30 / 60 / 90 / 120 MINS

**PERSONALIZED FULL BODY MASSAGE**

A complete tailor-made treatment to address your wellness needs. Whether it is to relax, use techniques that give your mind and body time off from the stresses and strains of modern living.

DEEP RELAX & RELEASE 750 / 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 FUSION 990 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 DREAMS 750 / 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.

MOMS TO BE 750 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.

FOOT & LEG REVIVAL RITUAL REVITALISING 450 AED | 45 MINS

**REFLEXOLOGY AND LEG THERAPY**

Refresh and rejuvenate 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, boosts vitality, and leaves you feeling lighter and re-energised from the ground up.

## 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

SHEIKH MOHAMMED BIN RASHED BOULEVARD

DOWNTOWN DUBAI

T +971 4 245 8866

[SPA.ADM@ADDRESSHOTELS.COM](mailto:SPA.ADM@ADDRESSHOTELS.COM)

[ADDRESSHOTELS.COM](http://ADDRESSHOTELS.COM)

WHERE *Life* HAPPENS