



Timeless Spa Treatment Menu

***As we look deeply within,
we understand our perfect balance.
For when you stand in the present moment,
you are timeless.***

-Rodney Yee-

Timeless Spa with its team of gifted international Spa therapists specialises in a wide range of wellness, rejuvenation and beauty therapies. Offering a fusion of healing practices drawn from cultures around the world, the treatments are truly representative of Dubai's cosmopolitan nature.

Our signature treatments draw on the wisdom of Middle Eastern and South East Asian aromatherapy traditions. At Timeless Spa we are offering beauty and relaxation treatments, private massage rooms for couples, in-suite massage, private Rasoul chamber, Hydrotherapy bath, a sauna and steam room including a cold plunge pool, Jacuzzi, swimming pool and a fully equipped fitness centre. Timeless Spa at Al Maha is set against tranquil and inspiring natural environments.

We are committed to offering you the finest in holistic treatments within a luxurious setting, which echoes the locality and embodies the culture of the region, together with our Timeless Spa signature products.

Spa treatments are available from 8:00 am until 8:00 pm daily.

Please place your reservation directly with our friendly Spa staff or from your Suite by dialing **Ext 771**.

Preparing for your Timeless Experience

ARRIVING FOR YOUR APPOINTMENT

To make the most of your spa experience, we ask you to arrive 30 minutes prior to your scheduled appointment. This will give you time to check in, get ready, enjoy your welcome tea and start your relaxation early. In the unlikely event that you are running late, we will endeavor to conduct your treatment. However, please note that we maybe have to shorten your treatment time.

MEETING YOUR PERSONAL SPA THERAPIST

Your personal Spa therapist will conduct a consultation with you to ensure that you receive the most suitable treatment or to plan your spa regime. Please advise if you have any health concerns or if you have any special requests or requirements.

WHAT TO WEAR

For Spa treatments, we will provide you with comfortable disposable underwear, robe and slippers. You may wish to bring your swim wear to enjoy our swimming pool, sauna or steam room.

SMOKING AND ALCOHOL

The consumption of cigarettes and alcohol is not encouraged in any Spa environment and is not advised before any spa treatment or service.

ETIQUETTE

To ensure that all guests can enjoy the peace and harmony within the Spa, we request that all guests keep noise level to a minimum and refrain from carrying cellular phones and other electronic devices.

VALUABLES

Lockers in the changing area and a vanity box in the treatment room are provided for your personal belongings. However, we recommend not to wear any valuables while enjoying the spa services.

CANCELLATION POLICY

Should you wish to cancel or reschedule your appointment please notify us at your earliest convenience.

We are looking forward to providing you the Timeless Spa experience.

Timeless Body Treatments

Timeless Signature Four-Hands Body Treatment

90 minutes - AED 900

Two massage therapists will perform a massage in complete synergy. Using our unique date and frankincense lotion, your therapists will apply a combination of Swedish and smoothing deep-tissue techniques for deep relaxation. This treatment starts with a full body exfoliation to polish your skin, a soothing face and foot pack rounds off the massage to leave you feeling transformed by the unique sensory experience provided by Timeless Spa.

Timeless Signature Body Treatment

90 minutes - AED 600

In this exclusive full body treatment we are using the soothing properties of fresh dates and our own unique Timeless Spa signature range containing the wonderful aroma of frankincense. This treatment consists of a full body exfoliation to polish the skin, followed by a Swedish massage for deep relaxation and a soothing face and foot pack.

Serenity Salt Therapy and Massage

90 minutes - AED 570

This salt body scrub uses a combination of organic green tea and sea salt that stimulates the circulation and removes dead skin cells – polishing your skin to perfection and leaving you feeling absolutely refreshed. This salt therapy treatment is great after a long period of travel and prepares you perfectly for the following full body massage with pure milk protein and exotic flower oil. Indulge afterwards utterly in our enlivening body lotion to detoxify or revitalizing lotion to relax tired aching muscles.

Intensive Firming Body Treatment

90 minutes - AED 550

With this intensive body treatment, we are concentrating on a particular problem area like thighs, buttocks or stomach. It firms and tones your skin, plus reduces stretch marks and the appearance of Cellulite. A full body brush will enable the easy absorption of the detoxifying and purifying ingredients. A thermal mask, applied on your main concern areas enables the body to absorb the active ingredients effectively. Detoxifying oil will be applied with an intensive and draining massage. At final a lotion will be applied to improve elasticity and skin tone.

Marine Contouring Body Wrap

80 minutes - AED 550

This cleansing and firming body treatment begins with an invigorating exfoliation using volcanic clay to remove dead skin cells. A warm body mask rich in active Marine Minerals and Algae is then applied to your entire body and you will be cocooned in a comforting wrap. The active ingredients help to cleanse your lymphatic system and to flush out accumulated toxins which are a common cause of Cellulite, fluid retention or breakdown of connective tissue. After a shower, a specialized contouring gel and firming lotion are applied to your body, leaving your skin tight and toned.

Marine Detoxifying Body Wrap

80 minutes - AED 550

Combining the richness of sea plants, algae, volcanic minerals and plant essences, this treatment is deeply detoxifying and cleansing. Lay back and enjoy an exfoliation with Organic Green Tea and Dead Sea Salts that will leave your skin soft and enlivened. A warm Marine body mask is then applied all over your body before you are cocooned in a comforting wrap. Rest and restore during a scalp massaged for total relaxation. To finish, a detoxifying concentrate will be applied to enhance the cleansing of your system.

Ancient Rasoul Ritual

60 minutes - AED 600

This one-of-a-kind Al Maha experience is an oriental skin care ceremony that combines light, heat, warm aromatic steam and the application of mineral-rich clay in a rather exotic enclosed environment. It's as romantic as a spa experience can get, and not surprisingly, particularly suited for couples in the privacy of our Rasoul steam chamber.

A full body exfoliation will polish your skin, different natural muds will draw out impurities, and aromatic steam will promote the absorption of the nutrients and minerals through the skin. Calming sensitive light will be projected in soft colors to work softly on your mind. A gentle shower then washes the skin in preparation for a full body application of our special blended lotions.

After Sun Soother

60 minutes - AED 450

A soothing body wrap to calm redness and irritation after sun burn or for Eczema, Dermatitis and Psoriasis. Followed by cooling mists sprayed on the skin to reduce body heat. A selection of treatment lotions are then applied to activate skin rejuvenation, intensively moisturize, even skin tone and prevent skin damage.

Energy Reviver

60 minutes - AED 450

To begin this cleansing and reviving treatment, the circulation is stimulated with invigorating full body brushing. A 100% natural purifying and detoxifying mask is then applied to the entire body. The ingredients of the mask will flush out toxins and impurities and improve circulation. It helps to reduce fluid retention and is a fantastic Cellulite treatment. The process is enhanced by an application of an enlivening body moisturizer.

Vanilla Body Smoother or Jojoba Body Polish

45 minutes - AED 350

A ceremony to tantalize and delight. A gentle all-over body exfoliation using Vanilla & Sandalwood powder or Jojoba beads rich in the aromas of plant essence. This treatment removes dead skin cells and is suitable for the most sensitive skin types. As a final touch the skin is pampered and nourished with an aromatic body treatment lotion leaving your skin feeling silky smooth.

Timeless Facials

Sea Creation Facial

90 minutes - AED 750

Indulge yourself in an ocean of luxury with this world-exclusive facial for more beautiful skin! High-energy active substances combined with the primeval power of the deep-sea will unveil the infinite of beauty and take your skin on a journey of total renewal. It regenerates the skin, boost cell energy and virtually reverse the natural aging process.

High Skin Refiner Facial

90 minutes - AED 600

This luxury Lifting-Facial is specially designed to target the specific skin needs of mature and devitalised skin. Using an innovative skin lifting complex this treatment provides immediate results that you can see. It perceptibly smoothes out fine lines and refines the skin's surface, giving the skin a fresh and rejuvenated appearance.

Baborganic –Totally Organic Facial

90 minutes - AED 600

Baborganic is a range formulated with active organic ingredients for the most sensitive skin. This skincare is 100% natural and draws its strength from extremely pure and uncontaminated active ingredients, like glacier water, Edelweiss extract and Oxygen Energy. Enjoy a blissful mountain crystal massage, which has liberating effects on body and mind, releases blockages in the energy flow and provides new energy and vitality. Baborganic refreshes and revitalizes the skin and the skin's natural regenerative powers while giving an even, healthy and radiantly looking complexion.

Thermal Infusing Facial

75 minutes - AED 550

This is an intensive boost of all nature's vitamins and minerals. Sodashi's exclusive Warm-Infusing-Mask will maximise the penetration of the ingredients into the deeper layers of the skin. This ultimate facial indulgence is tailored to your skins needs leaving your skin hydrated and toned while restoring elasticity and radiance.

Marine Mineral Facial

60 minutes - AED 500

This exceptional facial will indulge your senses with botanical hydrating ingredients to slow down the signs of premature aging and reducing the appearance of dehydration lines. The marine algae mask will restore nutrients, elasticity and increase cell renewal. Nourishing plant synergies will help to strengthening capillaries, rebuild connective tissue and prevent environmental damage to skin.

"Timeless" Al Maha Frankincense Facial

60 minutes - AED 450

This gentle facial, using Emirates unique Al Maha Timeless Spa product range, aids cellular renewal and helps to regenerate skin cells. The frankincense will help to sooth, rejuvenate and normalizing the skin, leaving it feeling clear and refreshed.

Sensitive Skin Facial – for the highly sensitive

60 minutes - AED 400

Enjoy cooling botanical mists and soothing aromatic gels to nurture the skin. The Sodashi plant essences and herbal extracts will strengthen the capillaries and de-sensitise your skin. You and your skin can deeply relax as you enjoy the pampering of warm facial compresses and the facial massage, with the luxurious aromas of the plant essences. Your skin is left feeling revived with a calm and even complexion.

Men's Facial

60 minutes - AED 400

A deep cleansing and exfoliating facial for the modern men's needs. It balances the skin's natural oils, restores the skin's elasticity and minimises fine lines. A relaxing face massage will work on your muscles leaving you looking fresh and revitalised. This therapy begins with a relaxing salt therapy back massage that will ease stress and reduce tension in mind and body.

Eye Treatment

45 minutes - AED 330

Taking rejuvenating eye therapies to new levels, this exceptional treatment will revive tired and relax stressed eyes. The mineral mask gently warms the area to enhance the absorption of plant essence into the deeper layers of the skin. This treatment will reduce puffiness, diminish dark circles and fine lines while nourishing and restoring tone and elasticity. A specialized massage will enhance the results and bring your eyes back to their sparkling best.

Waxing and Eye-lash tinting available on request.

Timeless Hands & Feet

Regenerative Hand Therapy & Manicure

60 minutes - AED 400

A well deserved pamper treatment for your hard working hands. This nurturing treatment starts with warm aromatic bath and is followed with a luxurious crystal exfoliation. A soothing massage will leave your hands feeling silky, smooth and soft. SPA Manicure includes shortening and shaping of nails, cuticle trim and buffing of the nail plate. Polish applied on request,

Refreshing Foot Therapy & Pedicure

60 minutes - AED 450

Relieve your tired, achy feet as you enjoy a refreshing aromatic foot bath infused with burst of eucalyptus. Soak your feet in warm, aromatic water to release tension and heaviness. Feel your feet tingle following an exfoliating scrub, followed by a cooling spearmint foot mask to soften the feet. An exfoliating scrub to increase your circulation, nourish dry skin and energize your feet. The revitalizing foot massage and a marine gel will hydrate, reduce foot odor and energize your feet. SPA Pedicure includes shortening and shaping of nails, cuticle trim, removing of callus and nail plate buffing. Polish applied on request.

Timeless Massages

Algae Detox Massage Therapy

90 minutes - AED 600

This deeply warming and detoxifying therapy combines the power of aromatherapy and the riches of the ocean. It helps to cleanse and re-mineralize your body. It is excellent for soothing muscular aches & pains and joint problems. A warm Seaweed mask will be applied all over the body. While you are cocooned in a heating foil you will receive a relaxing scalp massage. The treatment finishes off with a specialized lymph drainage plus detoxifying full body massage with a special detox oil to flush out further impurities.

Desert Hot Stone Massage

60 minutes - AED 420 – 90 minutes - AED 570

One stroke of the stones is equivalent to ten normal strokes of a massage. The warmed volcanic stones impart a deep soothing heat to sore, tired muscles and stress related tension. This holistic wellness treatment features a deluxe full body and face massage. The heat plus the active ingredients of the therapeutic oils will help to remove blockages and dissolve stress. You will leave the spa feeling renewed and energized.

Hawaiian Lomi Lomi Massage

60 minutes - AED 420 – 90 minutes - AED 570

Originally reserved for Hawaiian kings and queens, this traditional Lomi Lomi style of massage using long soothing strokes designed to relax and rejuvenate. Deep yet gentle it incorporates the use of forearms, stretches and energy balancing. Incorporating our special Serenity Massage Oil to inflict inner calm and instils a feeling of peace and tranquillity.

Desert Aroma Massage

60 minutes - AED 370 – 90 minutes - AED 520

Using traditional Swedish style massage movements to target your concern areas makes this much more than just a massage. Your body is lightly brushed before the heated massage oil is applied to release knots and tension in the body. Offering you the choice of relaxing, balancing or energizing oil, this massage uses light, rhythmic pressure and long, strong strokes to effectively ease backache while the Aromatherapy has positive effects on the mind.

Deep Tissue Massage

60 minutes - AED 420

Excessive physical activity can cause deep muscular and joint distress. Our Deep Tissue Sports Massage helps to warm and relax the muscles and improve range of motion. Enjoy before physical activity to prevent injuries and after to help the speedy recovery of strained muscles. The use of our specialized massage oil will help to warm the muscles and to releases tension.

De-stress Back Massage with Reflexology

90 minutes - AED 570

Receive our fantastic back, neck and shoulder massage to ease muscle tension in combination with a therapeutic pressure point foot massage to help relieving pain and to help alleviate muscle aches.

Reflexology

60 minutes - AED 420

Reflexology is a therapeutic pressure point foot massage which involves gentle stimulation of acupressure points in the feet that have direct connections to various organs and glands. Energizing these points has a releasing effect on the body which also helps to cleanse the lymphatic system. It is an amazing treatment which can be used for the correction & prevention of ill health.

De-stress Back Massage

45minutes - AED 270

This deep back, neck and shoulder massage is designed to relieve stiff joints and muscle fatigue. Intensive techniques to warm, manipulate and ease tense muscles by using a variety off movements which help to reduce toxin build up in main concern areas.

Bath & Body Rituals

Mineral Mud Therapy

90 minutes - AED 525

Immersing yourself from head to toe in a natural mud hydro-bath is the perfect way to get your metabolism moving, eliminate waste material and supply the skin with the essential minerals it needs. It is the ideal preparation for a soothing full-body massage that assists in flushing out further impurities by using a special detoxifying massage oil.

Hydrating Massage Therapy

90 minutes - AED 525

This treatment has been specifically designed to treat dehydrated and dry skin. The soothing and extremely hydrating all-over body treatment begins with a 20-minute moisturizing hydrotherapy bath. The bath restores suppleness, in preparation for a nourishing, full-body massage, using an intensive and moisturizing vitamin enhanced massage cream that restores your skin's moisture levels.

Aroma Hydrotherapy Bath

30 minutes - AED 280

Timeless Spa's hydrotherapy treatment is a natural way to care for body and mind. We use high-quality aroma bath oils that contain comforting properties to relax, balance or energize you. Aroma hydrotherapy oils nourish the skin, whilst massage jets increase blood circulation, stimulate muscle tone and relieve muscle tension.