

SPA
& FITNESS
CENTRE





JOURNEY INTO ANOTHER WORLD THE SPA ATLANTIS

The Spa at Atlantis presents a memorable experience, awakening your senses within awe-inspiring and serene water surroundings. Set over two magnificent floors within the Royal Towers of Atlantis, the Spa provides a sublime range of treatments, bathing options, traditional and water therapies.

With his and her separate pampering areas and sessions, every guest can find the ideal treatment or therapy. The six Laconium thrones in his quarters serve to stimulate circulation and strengthen the body's defence system.

Walk the earth-hue natural stone steps along streaming water pathways to one of the 27 treatment rooms or discover the secluded Royal Spa Suite featuring a separate, private relaxation lounge, private outdoor terrace off the double treatment room and an extraordinary sanctuary with pedestal tub and overhead rain forest fall, where water cascades down from above.

We welcome each guest and visitor warmly, extending an invitation to sample our spa products, talk with our spa hosts for assistance in personalising your treatment, or enjoy the fitness centre overlooking the pool and outdoors. We delight in being your guide to this wonderful place of rejuvenation and revitalisation, holistic care and pure indulgence.



ROYAL SPA SUITE

The Royal Spa Suite provides an opulent setting for a journey of luxury. Here is a rare opportunity for an individual retreat and utter pampering, or for a couple to create a private world of shared indulgence. The suite enjoys an exclusive entrance from the ground level directly into the lounge area which flows into beautifully appointed treatment rooms, and a private terrace. An oval jetted pedestal tub, into which water cascades from high above, is a particularly stunning and relaxing feature.

The experience includes three hours of attentive, tailored spa treatments, your own private time in a jet tub and access to private relaxation areas both indoor and outdoor.

A light spa menu is available and delivered by private butler service to complement your spa journey.



MIDDLE EASTERN AQUA CURE

2H 30MIN

Experience the aromatic ritual of Middle Eastern healing with our delightful Middle Eastern Aqua Cure. The journey begins with a purifying facial, employing healing essences of rose and spikenard, then continues with a body exfoliation using an exotic scrub of coffee, honey and aromatic spices. After the fragrant cocoon of rich mud draws toxins from the skin, the session concludes with the application of a warm, rich cream of balsam tolu and atlas cedar cream in the course of a rhythmic full body massage. The result is a body and mind revitalised from head to toe.

TROPICAL AQUA CURE

2H 30MIN

Our Tropical Aqua Cure is inspired by the lush, sensual flowers, fruits and vegetation of the tropics. This nourishing treatment begins with a luxurious facial that includes exfoliation, massage with exquisite serums, and a hydrating seaweed mask. The journey then provides a bamboo body exfoliating scrub using luscious jasmine and ylang ylang flowers blended together with lemongrass and vetiver. Next, a hair conditioning treatment of avocado and grapeseed oil combined with lime blossom, blood orange and litsea cubeba is massaged gently into the scalp. The session concludes with a hydrating full body massage with shea butter and vanilla.

AMAZON DEEP FOREST AQUA CURE

1H 40MIN

The rainforests possess some of the most powerful healing herbs, rare botanicals and therapeutic mud provided in nature. This rejuvenating Aqua Cure, incorporating these natural elements, begins with a vigorous exfoliation and a mud wrap in black silt clay with herbal extracts of Indian sarsaparilla, plantain and echinacea. Then, while you relax in a deep soaking tub filled with waters infused with rare essences of silver and balsam firs and white pine, the therapeutic mask is gently rinsed away. The Amazon Deep Forest Aqua Cure comes to a blissful close with a deep tissue massage using our Deep Forest oil.

DUBAI GLAMOUR RITUAL

2H 20MIN

This unique ritual, designed for the most glamorous women of today, begins with a smoothing almond and coconut body exfoliation designed to leave the skin feeling silky smooth. After the exfoliation, you are gently cocooned in a slimming, rejuvenating green tea and herb wrap. The treatment continues with our signature Dubai Glamour full body massage using a toning blend of marula, lemongrass and grapefruit oils. The final element in this luxurious ritual is the Express Radiance facial to firm the eye area and lips and visibly rejuvenate the complexion. This is the perfect way to prepare for a very special night out.

ATLANTIS SUNSET RITUAL

2H 20MIN

As the golden sun slowly sinks into the sea, the Atlantis Sunset Ritual wraps you in calming herbs, rare flower essences, and the rejuvenating power of the ocean. The journey begins with a toning, detoxifying avocado and aloe vera body exfoliation followed by a fragrant, relaxing aromatherapy steam treatment to soothe both body and soul. The experience continues with a purifying mineral-rich Mediterranean seaweed wrap to stimulate lymphatic circulation and eliminate toxins, then moves on to a deeply relaxing Mediterranean aromatherapy full body massage with oils of lavender, rosewood and ylang ylang. The ritual culminates with a fragrant, rejuvenating facial therapy, using precious essences of jasmine, palmarosa and rose. You emerge feeling relaxed, toned and rejuvenated.

TRADITIONAL THAI MASSAGE

60/90MIN

This traditional Thai massage treatment applies pressure along the meridians in order to unblock trapped energy and improve vitality. Thai massage relaxes and revitalises the entire body by stretching joints gently and balancing all the major muscle groups. Thai pyjamas are provided for your use during the treatment.

DESERT HOT STONE THERAPY

90MIN

Inspired by and incorporating the vital energy of the Arabian Sahara, the Desert Hot Stone Therapy is a deeply soothing and healing treatment that relaxes and balances body and soul. Smooth, hot basalt stones are applied gently to warm and release areas of tension, with particular attention paid to the shoulders, back and legs. The smooth, flat stones provide deep comfort and a vital reconnection with nature. Expect to emerge rebalanced, renewed and re-energised.

SWEDISH

60/90MIN

During this traditional body massage, the therapist varies the amount of pressure applied to meet an individual's specific needs and preferences. The pressure and rhythmic strokes work effectively on muscles, blood circulation and nerve endings, thus providing an excellent all-round treatment.

BACK, NECK AND SHOULDER

30MIN

This massage treatment focuses on areas of the body in which the effects of stress and discomfort are often experienced: the back, neck and shoulders. Deep therapeutic massage techniques are used to ease tension and restore a feeling of relaxed wellness.

SPORT AQUA VITAE

90MIN

This ultimate relaxing experience combines deep, vigorous massage with steaming hot towels and aromatic herbs of arnica, rosemary and bay laurel. Feel your body sigh in relief, as tension bound within muscles is unravelled and released by this energising treatment.

HERBAL FUSION

60/90MIN

A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness. A fragrant combination of lavender and lavandin complements the massage to make this a uniquely relaxing and rejuvenating aromatherapy experience.



JET LAG RECOVERY

60/90MIN

This special treatment provides a stimulating aromatic scalp and full body massage designed to release deep-rooted tension. Energising evergreen essences of silver fir and white pine are blended with pink grapefruit and green mandarin, then gently warmed and applied vigorously to the scalp, neck and shoulders. A restorative full body massage, including a hand and foot treatment, completes the restorative journey.

DETOXIFYING SEAWEED BODY MASSAGE

60/90MIN

First, a detoxifying massage with juniper and cypress oil helps the body eliminate excess water retention, restore vitality and promote an overall feeling of wellness. Then, to aid the body in gentle cleansing of toxins, the session concludes with the application of a mineral rich seaweed serum fortified with a potent blend of herbal extracts.

LYMPHATIC DRAINAGE

90MIN

This toning, slimming body treatment incorporates special lymphatic drainage techniques to help eliminate toxins from the body more effectively and improve cellular metabolism. The result is deeply hydrated, luminous and silky soft skin.

MOTHER-TO-BE MASSAGE

60MIN

Our pure natural pregnancy oil combined with gentle massage techniques is especially tailored to relieve the stress and tension many expectant mothers experience. What a lovely and welcome way to pamper the mother-to-be!

REJUVENATING FOOT RETREAT

60MIN

This treatment, performed on the soles of the feet, not only offers a sublimely relaxing experience, but also provides benefits to the body as a whole. The therapy focuses on points of the soles corresponding to specific areas of the body; when stimulated, these points can rectify imbalances so as to help the body to repair itself.

REJUVENATING GREEN TEA WRAP

60MIN

Preceded by an invigorating almond and coconut full-body exfoliation to gently remove dull, flaky skin, this rejuvenating wrap of pure green tea and Asian herbs infuses the whole body with protective anti-aging antioxidants.

PURIFYING SEAWEED WRAP

60MIN

After a toning avocado and aloe vera full-body exfoliation that gently removes dull, flaky skin, the body is treated to a slimming, purifying Mediterranean seaweed wrap. This cocoons you in the essence of the ocean, infusing your skin with nutrient and mineral-rich algae to promote lymphatic drainage and the elimination of toxins. This wrap is noted for firming, toning and helping promote weight loss.

SEA MINERAL SCRUB

60MIN

Using the natural power of sea salts, this revitalising body polish is designed to stimulate the circulatory system, with uplifting extracts of rosemary and citrus used to slough away any dull and flaky skin. The treatment concludes with the application of a deeply hydrating body cream.

MARINE BODY POLISH

60MIN

Sea algae and gentle buffing grains are blended with stimulating extracts of lemon verbena and blood orange to soften the skin. This treatment, inspired by the sea, concludes with the application of a deeply hydrating body cream.

WATER THERAPY

20MIN

Detoxify

A hypnotic blend of pine, sage and pink peppercorn stimulates the circulatory system, gently cleansing the body.

Restful

A foaming milk and green tea bath works to calm nervous tension and deeply hydrate the skin.

Renewal

A spicy replenishing bath focuses on relieving muscle strain and fatigue.

DESERT ROSE QUARTZ FACIAL

90MIN

Our luxurious holistic facial combines the pure ingredients of Naturopathica skin care with the opulence of rose quartz semi-precious stones known for their bio-energetic properties and their association with prosperity. Rich in antioxidants and aromatherapeutic extracts, this treatment combines a face, neck and shoulder massage with cool and warm rose quartz stones to achieve a sense of deep relaxation and a luminous complexion.

THE PALM SIGNATURE DEEP CLEANSE FACIAL

60MIN

This Naturopathica purifying treatment, based on traditional European deep cleansing techniques, is designed for all skin types. A cleansing, toning and enzymatic peel with the finest botanical extracts is followed by an intensive facial massage with a rich antioxidant serum. Finally, a mineral-rich arctic seaweed mask is applied for deep, penetrating facial hydration.

ROSE BLOSSOM FACIAL

80MIN

For a smooth, luminous complexion, this Daniele de Winter firming, lifting therapy helps tone facial muscles and stimulate collagen synthesis by applying fragrant extracts of rose from the Princess Grace rose garden in Monaco. The facial is deeply relaxing and ideal for combating fatigue and the signs of jet lag.

EXPRESS RADIANCE

45MIN

A Daniele de Winter express treatment before a big night out is ideal for focusing on the important eye and lip areas. This facial promotes a smooth, radiant complexion along with larger, more luminous eyes and fuller, softer lips.

FRAGRANT JASMINE REJUVENATION

80MIN

A Daniele de Winter nurturing, nourishing anti-aging treatment replenishes dry skin and melts away fine lines. Proprietary botanical formulae are combined with pressure techniques to enhance cellular regeneration and visibly smoothen and rejuvenate the complexion.

ATLANTIS CLASSICAL MANICURE

45MIN

A classical manicure combining an application of Essie nail polish and a Lemon Verbena Hand Treatment with a mild exfoliation using lemon and jojoba beads produces beautiful results. After the hands soak in a warm milk bath to soften skin, they are drenched with soothing and hydrating Lemon Verbena hand softener to seal in moisture.

ATLANTIS CLASSICAL PEDICURE

60MIN

Our classical pedicure with optional varnish and the Royal Foot Treatment pampers and beautifies the feet. A relaxing footbath and exfoliation treatment is combined with a stimulating peppermint foot massage to leave the feet feeling both smooth and energised.

THE BEAUTY SALON HAIR & WAXING

Hair

Shampoo & Blow Dry
Evening Hairstyle
Highlights

Waxing

Underarm
Bikini
Half Leg
Full Leg

THREADING & TINTING

Threading

The amazing Indian technique of hair removal uses a simple piece of cotton thread to remove hair from any area of the face swiftly and effectively.

Tinting

Eyebrow and eyelash tinting are available as a complement to your facial or individually. (A patch test to determine any sensitivity is required 24hrs prior to this treatment). Please enquire at the spa reception for more details.

LIME BLOSSOM SCALP TREATMENT

25MIN

A zesty aromatic scalp and neck massage is the perfect antidote to jet lag and exhaustion. Macadamia nut and avocado oils blended with wild lime blossom, ginger and sandalwood work to nourish the hair and scalp, as well as to combat stress and fatigue.

SHIATSU SCALP & HAIR TREATMENT (JOHN MASTERS)

60MIN

Detoxify your hair with a special blend that combines intense organic honey and hibiscus hair reconstructor, dry hair nourishment and defrizzer, and essential oils of lavender, cedar, jojoba and jasmine. The formula is custom tailored to specific hair needs and applied during a relaxing scalp and neck massage. You may find this indulgence quickly becomes a necessity.

NATURAL HYDRATING FACIAL FOR MATURE/DEHYDRATED SKIN

60MIN

This organic treatment hydrates and invigorates your skin with a combination of natural moisturising ingredients. A mixture of specifically formulated John Masters Organic products both improves the appearance of skin and increases production of sebum to maintain the moisture content of cells, making this facial essential for today's busy lifestyle.

NATURAL PURIFYING FACIAL FOR NORMAL TO OILY SKIN

60MIN

Utilising the perfect blend of organic ingredients to purify and gently cleanse the skin, this facial features John Masters Organic products specifically formulated to return oily skin to its natural level.

NATURAL BALANCING FACIAL FOR COMBINATION SKIN

60MIN

Combining the best of John Masters Organic products for both dry and oily skin results in the perfect treatment for complexions tending to fluctuate on a daily basis. This treatment uses organic ingredients specifically targeted at purifying the skin and returning it to a balanced state naturally. The balancing facial is an effective way to pamper this skin type that is often difficult to treat.

MALE MAINTENANCE

75MIN

A combination of a back exfoliation to help cleanse and replenish the skin is followed by a soothing massage to ease tension in the upper back area. The treatment is complemented with an aromatherapy facial to rejuvenate and enhance skin texture and suppleness.

TRADITIONAL SHAVE

30MIN

A facial massage with pre-shave oil protects and relaxes the skin and softens the beard. Then, a hot towel provides soothing warmth to open the pores before warm shaving cream is applied. A traditional straight razor with a disposable blade is used to shave the face, followed by re-lathering and a second shave. The barber next uses an antiseptic alum block to close the pores before applying a cold towel infused with fragrant, antiseptic lavender essential oil. Finally, an after-shave balm calms the skin and replenishes natural moisture.

ROYAL SHAVE

45MIN

The Art of Shaving's most popular service begins with a hot towel to soothe and open the pores, followed by a facial massage with pre-shave oil to protect the skin and soften the beard. Next, warm shaving cream is applied and the face is shaved with the grain, and then re-lathered and shaved across the grain. Alum block is applied for antiseptic and pore-closing purposes before the face is wrapped in a hot towel while the barber prepares the After-Shave Mask®. The After-Shave Mask is then applied immediately to rejuvenate and purify the skin and replenish nutrients lost during the shaving process. The mask is dried and removed with sea sponges soaked in lemon essential oil. Finally, hydrosol rose water is applied and the face massaged lightly with after-shave balm to replenish natural moisture. The result is an absolutely perfect shave.

THE BEAUTY SALON HAIR & WAXING

Hair

Haircut
Shampoo & Cut
Hair Colour

Beard

Moustache Trim
Beard & Moustache Trim
Neck Clean Up

Waxing

Chest/Back

THREADING

Threading

The amazing Indian technique of hair removal uses a simple piece of cotton thread to remove hair from any area of the face swiftly and effectively.

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MANICURE AND PEDICURE DE BASTIEN GONZALES

Famous worldwide for his glamorous and unique approach to foot treatments, Bastien Gonzales has a passion for his profession. His quality, innovation and “savoir-faire” as a foot specialist have earned him much-deserved recognition as a true “Foot Virtuoso” among his cosmopolitan international clientele. We are proud to offer a range of the treatments Bastien Gonzales has developed for the wellness and beauty of feet, hands and nails.

MANICURE DE BASTIEN GONZALES

30MIN

The appeal of this unique Bastien manicure lies in its ability to relax and in the innovative buffing technique. The treatment follows three steps:

Step 1

Treatment focuses on shaping the nails and soothing the cuticles.

Step 2

Beauty employs a natural buffing technique to produce attractive, shiny nails.

Step 3

Wellness incorporates gentle, relaxing massage of the forearm, wrist, hand and fingers.

PEDICURE DE BASTIEN GONZALES

60MIN

This new approach to the overall pedicure includes three steps:

Step 1

Treatment addresses specific nail problems or any rigidity of the skin in the nail area.

Step 2

Beauty employs a natural buffing technique to produce attractive, shiny nails.

Step 3

Wellness is achieved from the total bliss that follows massage of the legs to relieve any tensions, discomfort or heaviness.



BASTIEN'S COMBINATION NAIL TREATMENT

60MIN

This luxurious treatment offers all the benefits and beauty of Bastien's special manicure and pedicure together in a single spa session.

BASTIEN'S FOOT MASSAGE NAIL TREATMENT

30MIN

Bastien's pampering foot massage combines circular and long massage strokes with careful attention to pressure points in the feet. The massage serves to relax and loosen muscles in the feet, restore circulation and promote a welcome feeling of energy.