

# Spa Menu

## Complimentary Spa Consultation

Please invite one of our Spa Experts to come up to your Suite and assist you in choosing the correct treatment or program to ensure you achieve your desired outcome. Our treatments have been developed utilizing world leading products and techniques combined to deliver results. Taking into consideration today's hectic lifestyle's, we have set out to bring you an offering that complements your needs as an individual whether it be in Mind or Body and we are committed to assisting you make the right choice so your journey and experience is memorable as well as solution orientated.

## Relaxation

### Body Massage

#### Around the World Signature Massage – 85 minutes

AED 950

Carefully selected techniques from traditional Shiatsu, Thai, Swedish and Balinese massages are combined to form 85 minutes of sheer bliss.

#### Burj Al Arab Aroma Warm Candle Massage & Gift – 55 minutes

AED 995

Experience an aromatic warm sensory massage utilizing warm wax from your choice of scented candle Exotic, Vanilla or Rose. Includes the beautiful La Ric candle as take home gift in true Burj Al Arab style.

#### Chakra Balancing Hot Stone Massage – 80 minutes

AED 950

This holistic treatment begins as the body is massaged with aromatherapy oils using volcanic hot stones. Gentle stretching helps release deep-seated tension around the neck and shoulders and stones are positioned along the spine and on the energy points.

#### Wellbeing Full Body Massage – 55/80 minutes

AED 695/895

A classic Swedish Massage utilizes long, flowing strokes, using THÉMAÉ nourishing Baume des Quatre Thés.

#### Organic Herbal Bag Massage – 55 minutes

AED 850

A real sensory treat! Soaked warm bags of Organic herbs & seaweed are gently massaged; releasing the precious seaweed oils on to your body. Choose from: chamomile calm, peppermint pleasure, fennel fusion

#### Balinese Massage – 55 minutes

AED 750

A traditional form of Indonesian massages comprising of a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology combining both dry and oil massages.

#### Aromatherapy Massage – 55/80 minutes

AED 795/950

This massage is essential, professional and specific. Based on consultation and smell-testing, aroma therapeutic oils are incorporated with a full body massage designed to uplift, calm or balance the mind and body.

### **Thai Massage – 55/80 minutes**

**AED 795/950**

Originating in India and based on Ayurvedic principles, this massage has been adapted as the traditional Thai massage that is popular today. The therapist performs dry techniques of gentle stretching and manipulations throughout the body.

### **Zone Therapy** to target specific areas

#### **Foot Reflexology Massage – 55 minutes**

**AED 750**

The ancient Egyptians, Chinese and Indians discovered that through finger pressure on specific reflex points on the feet, many ailments could be relieved. Also known as zone therapy, it is believed to have a beneficial effect on parts of the body as it stimulates specific points and initiates self healing by the body. Today this age-old art is very popular and is proving extremely effective in treating imbalances.

#### **Tension Relief Back Massage – 45 minutes**

**AED 595**

Using THÉMAÉ's nourishing Baume des Quatre Thés, this massage is focusing only on the back to relieve stress and tension, affecting the whole body. Ideal for today's hectic lifestyle.

#### **Assawan Spa Tea**

**AED 245**

Complete your Ultimate Spa Journey in our Relaxation Lounge whilst you sit back, relax and enjoy a fine selection of gourmet treats from Assawan Spa Cuisine served on the famous Burj Al Arab Tower accompanied by your choice of fresh juice, coffee or herbal tea infusion. Champagne is available upon request. Assawan Spa Tea can accompany any one of our treatments, packages or programs to complete your Ultimate Spa Experience in true Burj Al Arab style.

### **Relaxation for the Soul**

**Chakra Balancing Hot Stone Massage + Assawan Spa Tea**

**AED 1,050**

**Wellbeing Full Body Massage + Assawan Spa Tea**

**AED 800**

**Organic Herbal Bag Massage + Assawan Spa Tea**

**AED 900**

# REJUVENATION

## For the Face

### **Platinum Rare Facial by La Prairie – 80 minutes**

**AED 1,995**

Talk about a skin's investment. From the anti-aging experts at La Prairie comes a new head-to-toe treatment with infusions of pure platinum to restore balance and a sense of wellbeing. Two therapists are working in sequence to pamper your skin using the high performance Platinum Collection.

### **Pure Gold Facial by La Prairie – 80 minutes**

**AED 1,195**

La Prairie's exquisite Gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly lift, brighten and energize.

### **Caviar Facial by La Prairie – 70 minutes**

**AED 1,195**

Pure luxury that instantly firms skin giving it an enhanced tone and texture. Caviar pearls, a face and eye massage and a two-phase Caviar Mask will transform even the duller complexions into radiant and luminous skin.

### **Eye Bliss Treatment by La Prairie – 30 minutes**

**AED 550**

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area, a blissful, firming and hydrating treatment to reduce the appearance of fine lines and protect against the harmful effects of the environment.

### **Anti-Ageing Ceremony for Face by THÉMAÉ – 80 minutes**

**AED 895**

The ultimate anti wrinkle ceremony, combination between Japanese movements, tonic movements, Chinese stimulation and deep massage created to improve the skin's firmness. This treatment will make your skin glow and you will feel totally relaxed.

### **Organic Environmental Defence Facial by Voya – 80 minutes**

**AED 995**

Suitable for all skin types, this deeply cleansing back, face and scalp facial will leave the skin calm, cleansed, rebalanced and a visibly clearer complexion.

## For the Body

### **Caviar Body by La Prairie – 80 minutes**

**AED 1,195**

Luxurious caviar – nature’s most exquisite bounty, is the source of this exclusive nourishing and energizing total body treatment.

### **Firm And Tone Ceremony by THÉMAÉ – 80 minutes**

**AED 995**

A combination treatment, using suction-cup massage followed by Green Tea body wrap to firm, lift and tone your body.

### **Body Scrub Thé Au Nepal by THÉMAÉ – 55 minutes**

**AED 695**

The skin’s radiance will revive thanks to being massaged and rubbed with this exfoliating paste, a blend of apricot oil, Shea butter and bamboo powder and Complex des 4 Thés.

### **Organic Dry Body Brushing & Massage Ritual by Voya – 80 minutes**

**AED895**

Dry skin brushing helps remove the outer layer of dry, dull skin improving the absorption of skin treatments and encourages cell rejuvenation. Starting from the soles of your feet , working all the way up to stimulate lymphatic system, followed by full body massage with intensely hydrating Organic seaweed oil.

### **Tangle Me Up Organic Body Wrap by Voya – 55 minutes**

**AED 795**

An anti-ageing and anti-cellulite body treatment helping to relax tired and lethargic muscles, relieving stress and fatigue. Commencing with a body brush to exfoliate, followed by Organic seaweed wrap will improve suppleness and elasticity of the skin, with its anti oxidant compound to protect cell damage it tones and stimulates skin.

### **Organic Bladderwrack Seaweed Body Polish by Voya – 45 minutes**

**AED 650**

The combination of mineral rich Organic hand harvested Bladder Wrack and Seaweed infused massage oils makes this a very powerful antioxidant treatment for tired and dull skin.

## Glowing Skin & Perfect Body Rituals

### **Extreme Indulgence by La Prairie – 150 minutes**

**AED 1,950**

This luxurious ritual which comprises of a caviar facial and caviar body treatments is designed to have an immediate firming effect and to leave your skin with a youthful all-over glow.

### **Pure Deluxe Ceremony Face And Body by THÉMAÉ – 120 minutes**

**AED 1,295**

A combination treatment that provides pure bliss to relax, refresh & revive. Enriched in white tea and soya protein, this ritual will stimulate cell renewal and protect your skin from aging, while the massage will alleviate your muscle pain & tension.

### **Organic Environmental Defence Face and Body by Voya – 135 minutes**

**AED 1,600**

Bringing together two very cleansing, stimulating and relieving treatments to bring you back to life, whilst making you and your skin glow. This ritual combines Voya’s Organic Defence Facial with Tangle Me Up Body Wrap.

### **Assawan Spa Tea**

**AED 245**

Complete your Ultimate Spa Journey in our Relaxation Lounge whilst you sit back, relax and enjoy a fine selection of gourmet treats from Assawan Spa Cuisine served on the famous Burj Al Arab Tower accompanied by your choice of fresh juice, coffee or herbal tea infusion. Champagne is available upon request. Assawan Spa Tea can accompany any one of our treatments, packages or programs to complete your Ultimate Spa Experience in true Burj Al Arab style.

## **Precious Skin Platinum & Gold Instant Body Jewelry**

The ideal accessory for your special occasion. Precious Instant Tattoos made from 99.9% Pure Platinum and Gold Foil are a world first Body Direct Temporary Jewelry. Enhance your look during your vacation or prepare for your special event or celebration with our stunning collection of tattoos. Plan and create your own unique design for your memorable occasion. Please ask to see our collection of Platinum and Gold tattoos.

<b>Gold tattoo – Small</b>	<b>AED 395</b>
<b>Gold tattoo – Medium</b>	<b>AED 495</b>
<b>Platinum tattoo – Small</b>	<b>AED 495</b>

## **Grooming for Hands and Feet**

The harshness of the elements, soaps and chemicals we are exposed to on a daily basis can play havoc with our hands and feet. Together with industry leaders, we have developed a range of treatments and services using the very best products to restore perfection and ensure you can continue to maintain the effects of each treatment at home with a select range of home care products.

<b>Men's Perfect Hands – 20 minutes</b>	<b>AED 250</b>
<b>Classic Manicure &amp; Pedicure – 45 minutes</b>	<b>AED 695</b>
<b>Heavenly Hand And Foot Ritual – 90 minutes</b>	<b>AED 995</b>

## **Grooming for Face and Body**

Waxing, tinting, eyebrow shaping and threading are available upon request