

THE
SPA



Jumeirah
BEACH HOTEL

Your stay at Jumeirah Beach Hotel would not be complete without visiting The Spa. Set in a tranquil and fragrant environment. The Spa offers a breathtaking panoramic view of the ocean stretching across the horizon, and one of the best views of the Burj Al Arab will find in Dubai.

In addition to the wide range of health and beauty treatments provided by our high calibre male and female therapists, you can while away the hours in total relaxation in the steam room, sauna, Jacuzzi, plunge pool, hot tub or relaxation lounge at no extra cost.

Alternatively, through our Instant Menu option, you can have a mini treatment in the outdoor shade with no need to book in advance.

Please take the time to browse through the treatments we offer and let The Spa indulge you in an atmosphere of uncompromising 5-star luxury.

AROMATHERAPY ASSOCIATES

The Aromatherapy Associates range of treatments, including body massage, facials and wrap treatments, uses natural oils and fragrances to stimulate the senses and increase the well being of body, soul and mind.

Specialised body treatments

REJUVENATING TIME ZONE TREATMENT/RITUAL (60 mins)

A refreshing and energising massage treatment aimed at rejuvenating the travel-weary, quickly alleviating the symptoms of jetlag and long journeys.

FATIGUED MUSCLE RELEASE/RITUAL (60 mins)

Working deep into the tissues, this massage is ideal for relaxing stiff, tight and fatigued muscles and joints, increasing lymphatic flow, eliminating toxins and boosting the immune system. Perfect before or after sports activities, or after a physically stressful day.

BREATHE EASY BODY RELEASE/RITUAL (45 mins)

In an aromatic environment of eucalyptus, tea tree and pine, this upper body massage will clear your head, maximise effective breathing and rejuvenate the immune system. Ideal for those who often find themselves in polluted, smoky or stuffy atmospheres.

ENRICH BODY TREATMENT (90 mins)

An exotic experience to deeply moisturise and nourish the skin whilst tantalising the senses. Begin with a intense body exfoliation to replenish the skin leaving it soothed and refreshed, before being smoothed over with dry-skin oil to nourish and soften. A layer of protective body butter, containing natural oils and butter will leave you feeling silky soft and irresistibly smooth.

AFTER SUN BODY SOOTHER/RITUAL (60 mins)

This revitalising body wrap is a must after a day in the Arabian sun. Your body is prepared through exfoliation, leaving the skin fresh and revitalised. The healing properties of lavender cool your skin while peppermint and rose leave you feeling soothed and refreshed.

RENEW ROSE BODY NOURISHER/RITUAL (60 mins)

Relax in a fragrant atmosphere of rose essence and indulge in this nourishing and thoroughly moisturising treatment. After exfoliation your skin is open to renewal through the nourishment of oils. Essential oils and creams are smoothed into freshly exfoliated skin leaving it glowing, silky soft and revitalised.

Facials

TRIPLE ROSE RADIANCE FACIAL (60 mins) With back massage (90 mins)

This holistic facial treatment not only promises to soften, moisturise and re-nourish the skin, but is also the ultimate indulgence. After cleansing, toning, exfoliation and a rejuvenating facial massage, a hydrating mask is applied in conjunction with a relaxing scalp, hand and arm massage. After the Triple Rose Radiance Facial, your skin will feel toned, replenished and revitalised.

BALANCE DEEP CLEANSING FACIAL (60 mins) With back massage (90 mins)

A purifying facial that works deep into the pores, cleansing, contouring and conditioning your skin. The option of steaming, extraction and hot towel compresses combined with lavender and tea tree are used to balance the skin's natural oils, leaving your complexion feeling cleansed, relaxed and re-nourished.



Mums to be

ROSE HYDRATING COCOON (60 mins)

Diagnosed to relax and enhance your well being during pregnancy, your skin is exfoliated and smoothed over with rich, nourishing creams from top to toe. In conjunction with a soothing scalp massage, this treatment is guaranteed to provide total relaxation to your body and mind.

RENEW ROSE RADIANCE FACIAL (60 mins)

The ultimate in pampering for mums to be. After cleansing, toning, exfoliation and a rejuvenating scalp and facial massage, a hydrating mask is applied. A selection of aromatic creams and oils massaged into the skin will leave your complexion feeling toned and replenished.

RENEW ROSE LEG & FOOT REFRESHER (30 mins)

Relax in a fragrant atmosphere of rose essence and indulge in this nourishing and thoroughly moisturising treatment for the legs and feet. Essential oils and creams are smoothed into freshly exfoliated skin leaving it glowing, silky soft and revitalised.

Mums on the go

ROSE HYDRATING COCOON (60 mins)

To help your body back into shape and reduce stretch marks after pregnancy. Essential oils are used to recondition you skin while an Ayurvedic scalp massage enhances circulation and promotes healthy hair growth.

DE-STRESS MUSCLE RELEASE (60 mins)

Working deep into the tissues, this massage is ideal for relaxing stiff, tight and fatigued muscles and joints, increasing lymphatic flow, eliminating toxins and boosting the immune system. Perfect before or after sports activities, or after a physically stressful day.



Essential men's sports and PADI diving maintenance

FATIGUED MUSCLE RELEASE BODY TREATMENT (60 mins)

Working deep into the tissues, this massage is ideal for relaxing stiff, tight and fatigued muscles and joints, increasing lymphatic flow, eliminating toxins and boosting the immune system. Perfect before or after sports activities, or after a physically stressful day.

BREATHE EASY BODY MAINTENANCE (45 mins)

Ideal for divers and those with respiratory problems, a combination of eucalyptus, pine and tea tree are used to clear your head and sinuses, enhanced by a relaxing back massage.

BALANCE DEEP CLEANSING FACIAL (60 mins) With back massage (90 mins)

A purifying facial that works deep into the pores, cleansing, contouring and conditioning your skin. The option of steaming, extraction and hot towel compresses combined with lavender and tea tree are used to balance the skin's natural oils, leaving your complexion feeling cleansed, relaxed and re-nourished.

BALANCE MEN'S FACIAL (60 mins) With back massage (90 mins)

This treatment is specifically designed for men's skin. Natural plant extracts and essential oils are used to cleanse, balance and condition the skin. A clay mask is then applied to draw impurities while firming and toning skin texture.

AFTER SUN BODY BALANCE (60 mins)

A cooling body wrap ideal for soothing overheated skin after a long day in the sun and to relax tired, aching muscles.

PRE/POST TENNIS LEG & ARM MAINTENANCE (30 mins)

This deep tissue massage focuses on manipulating, warming and easing stressed muscles in the arms and legs, increasing lymphatic flow and eliminating toxins.

COOL DOWN FOOT TREATMENT (30 mins)

Working deep into the tissues, this foot and leg massage is ideal for relaxing stiff, tight and fatigued muscles and joints. Perfect before or after sports activities, or after a physically stressful day.



ELEMIS

The Elemis anti-aging and advanced performance facials offer remarkable, long-lasting results, stimulating cellular activity and boosting circulation, while cleansing, nourishing and balancing the complexion.

Elemis Advanced Anti-Ageing Facials

ELEMIS VISIBLE BRILLIANCE FACIAL

For ageing, stressed and slackened skin (75 mins)

Independently tested with revolutionary results, this anti-ageing face and eye treatment instantly firms, rejuvenates and plumps up the skin whilst reducing dark circles from around the eye contour. Specialised micro-circulatory massage techniques are combined with a two-phase active mask to help smooth, sculpt and restore a radiant complexion.

ELEMIS QUARTZ LIFT FACIAL

For a younger firmer future (75 mins)

This advanced anti-ageing facial reduces wrinkles and improves skin firmness after just one treatment. The power of Padina Pavonica is accelerated by the electrical energy of precious minerals Quartz, Toumaline, Rhodochrosite and Malachite to re-energise cell communication, whilst Laminaria Digitata and Red Coral optimise cellular respiration and regeneration for a firm, uplifted, more youthful looking appearance.

Elemis Advanced Performance Facials

ELEMIS OXYGEN SKINCALM FACIAL for sensitive skin (75 mins)

This face and eye treatment is designed to soothe and re-balance stressed and sensitive skin. Relaxing massage techniques are used in conjunction with a cooling Japanese silk mask to rejuvenate the skin, reduce redness and provide immediate comfort.

ELEMIS SOS PURIFYING FACIAL for oily, problem and congested skin (75 mins)

Designed to deep-cleanse and balance your complexion, this face and eye treatment helps to absorb excess oils and repair scarring. A Japanese mask helps to soothe irritated skin, while a relaxing facial massage tones, smoothens and contours the complexion.

ELEMIS TRI-ENZYMES RESURFACING FACIAL (60 mins)

This facial treatment uses advanced resurfacing techniques and micro-encapsulated Tri-Enzyme technology safely and effectively. The treatment resurfaces the skin leaving it incredibly clean, smooth and clarified. Radiance is restored as the appearance of fine lines and wrinkles, uneven skin tone, acne and superficial scarring is reduced.

Elemis Skin Specific Facials

ELEMIS FRUIT ACTIVE GLOW for dull, lifeless skin (60 mins)

This revitalising facial is designed to brighten and energise tired and dull skin. Deep cleansing and conditioning works in conjunction with eastern massage techniques, to restore a radiant and nourished complexion.

ELEMIS EXOTIC MOISTURE DEW for dry skin (60 mins)

Ideal for re-moisturising dry and dehydrated skin. After deep cleansing and a relaxing facial massage, your skin is treated with moisturising actives, leaving your complexion looking healthy, conditioned and rejuvenated.

ELEMIS HERBAL LAVENDER REPAIR for combination skin and oily skin (60 mins)

Designed to restore the natural balance of the skin to oily and congested complexions. Deep cleansing draws out impurities and helps to reduce unwanted shine, refine the pores and treat breakouts.

ELEMIS TASTER FACIAL (30 mins)

This treatment is the perfect introduction to the world-renowned Elemis facials. The Elemis Taster Facial will refresh and energise your skin and is the perfect pick-me-up for that very special occasion.

Elemis Mens Facials

MENS SKIN IQ FACIAL (75 mins)

Helping to calm irritation and minimize the signs of ageing, this facial is the ultimate overhaul for male skin. Incorporating the NEW Time Defence Wrinkle Delay and Time Defence Eye Reviver, this anti-ageing treatment protects against the harsh effects of shaving and environmental damage.

MENS URBAN CLEANSE FACIAL (75 mins)

This super-grooming facial decongests the skin, works overtime to eliminate blocked pores, rapidly accelerates skin repair and neutralises impurities. Fast-acting ingredients reduce sensitivity and provide long-lasting defence against the damaging effects of daily pollutants, leaving the skin visibly clear and squeaky clean.

Massage

REFLEXOLOGY (45 mins)

Every part of the body has a corresponding pressure point in the feet. Identifying these points and gently massaging them can treat a wide variety of ailments. Today this age old art is proving extremely effective in treating conditions as diverse as insomnia and eczema.

SHIATSU (60 mins)

A form of physical therapy for the whole body, using no oil, where pressure is applied along the meridians or energy channels in order to balance the body's energy and promote good health.

SWEDISH (60 mins)

A type of massage which includes a variety of techniques specifically designed to relax muscles by applying pressure against deeper muscles and bones, and a special stroke technique is applied in the same direction of the blood flow that returns to the heart. Swedish massage is relaxing leaving the body rejuvenated. It affects the nerves, muscles, glands and circulation, while promoting health and well being.

ELEMIS AROMA STONE THERAPY (75 mins)

A form of therapy that harnesses ancient healing powers leaving the body with a complete new experience. Hot basalt stones are placed on key energy points of the body, while signature massage techniques are combined with luxuriously warmed oils to deeply relax and rebalance the mind and body.

