

# Hair Salon

Our Hair Salon is located within the Health & Beauty Institute, by the Residence & Spa of One&Only Royal Mirage.

LADIES	<b>Shampoo, cut</b>	<b>195</b>
	<b>Shampoo, blow dry</b>	
	Short or medium hair	<b>195</b>
	Long hair	<b>245</b>
	Extensions	<b>295</b>
	Touch Up	<b>125</b>
	<b>Shampoo, cut and blow dry</b>	
	Short or medium	<b>315</b>
	Long	<b>355</b>
	Rollers	<b>220</b>
	Hair Styling	<b>295</b>
	<b>Hair Up</b>	
	Short or medium	<b>345</b>
	Long	<b>455</b>
	<b>Highlights</b>	
Full head short or medium	<b>395</b>	
Half head short or medium	<b>325</b>	
Full head long	<b>475</b>	
Half head long	<b>375</b>	
<b>Colour</b>		
Roots	<b>295</b>	
Full short or medium	<b>345</b>	
Long	<b>455</b>	
<b>Straightening</b>		
Short or medium	<b>345</b>	
Long	<b>485</b>	
<b>Hair Treatment</b>		
Short Treatment (15mins)	<b>125</b>	
Deep Treatment (30mins)	<b>195</b>	
Extensions	<b>By Consultation</b>	
GENTLEMEN	Haircut	<b>185</b>
	Blow Dry	<b>125</b>
	Touch Up	<b>125</b>
CHILDREN	under 14 years old	<b>50%</b>

Open daily from 10am - 9pm  
Last treatment booking 8.30pm

All prices include Municipality Fees  
Prices are subject to change without prior notice

One&Only Royal Mirage  
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oneandonlyresorts.com

## Residence & Spa

Member of The Leading Small  
Hotels of the World

## One&Only Spa

1st Floor - Health & Beauty Institute  
Located within the entrance courtyard  
of the elegant Residence & Spa  
Tel: extension 2140

## Oriental Hammam, Fitness Centre, Hair Salon

Ground Floor - Health & Beauty Institute  
Located within the entrance courtyard  
of the elegant Residence & Spa  
Tel: extension 2130

## The Palace Fitness Studio

Ground Floor - The Palace  
Tel: extension 2186

The Palace Residence & Spa Arabian Court

01/2010/2500

One&Only Spa



Tariffs & Information

The Spa  
Oriental Hammam  
Zouari Hair Salon  
Fitness Centre

# One&Only Spa

	Time (minutes)	Dhs
<b>Signature Experience</b>		
Royal Mirage Ritual	110	<b>725</b>
Deeply Relaxing Bodycare	110	<b>725</b>
Blissful Back, Face & Scalp	110	<b>725</b>
<b>Body Scrubs</b>		
Unwind	25	<b>215</b>
Restore	25	<b>215</b>
Elevate	25	<b>215</b>
<b>Body Wraps</b>		
Unwind	50	<b>395</b>
Restore	50	<b>395</b>
Elevate	50	<b>395</b>
<b>Body Massage</b>		
Unwind	50/80	<b>395/510</b>
Restore	50/80	<b>395/510</b>
Elevate	50/80	<b>395/510</b>
Swedish massage	50/80	<b>395/510</b>
Fitness Massage	50/80	<b>395/510</b>
<b>Intensive Facials</b>		
Unwind De-Sensitiser	50/80	<b>495/625</b>
Restore Oil Controler	50/80	<b>495/625</b>
Elevate Re-hydrator	50/80	<b>495/625</b>
<b>Advanced Specialised Facials</b>		
Skin Brightener	80	<b>625</b>
Age Defyer	80	<b>725</b>
<b>Sun Treatments</b>		
Pre-Sun Body Polish	25	<b>255</b>
After-Sun Cooling Wrap	50	<b>395</b>
<b>Men Only</b>		
Men's Purifying Treatment	50	<b>495</b>
Stress Buster	110	<b>725</b>
Fitness Massage	50	<b>395</b>

**Open from** 9.30am - 9pm  
**Ladies only** 9.30am - 1pm  
**Last treatment** 8.00pm

# Oriental Hammam

<b>The Complete Oriental Treatment</b>	<b>650</b>
Within the heart of the Hammam, this treatment starts with cleansing and is followed by a body scrub from head to toe. Then a body wrap with 'ghassoul' mud is applied together with a honey mask. An extended relaxing massage in a private room will complete the experience. Time: 110 minutes	
<b>The Royal Hammam</b>	<b>475</b>
This traditional treatment consists of a deep cleansing using the Moroccan Black soap, followed by a complete body scrub, a traditional body wrap with the natural eucalyptus scented 'Ghassoul' together with traditional honey facial and completed by a relaxing massage on the warm slab. Time: 80 minutes	
<b>The Traditional Hammam Experience</b>	<b>360</b>
Between warm steam sessions, this experience consists of a deep cleansing with traditional black soap, a vigorous 'Loofah' body scrubbing, and a light massage with various stretching movements in the heart of the Hammam. Time: 50 minutes	
<b>The Ritual</b>	<b>360</b>
With Moorish influence, this treatment consists of a full body wrapping with rose or mint scented natural clay, a soothing honey facial, and a massage in a private room using aromatic massage oil. Time: 50 minutes	
<b>Traditional Head, hands and feet massage</b>	<b>370</b>
Performed on the warm slab, this treatment consists of deep massage for the head, hands and feet completed by a relaxing back massage. Time: 50 minutes	
<b>Traditional Moroccan Massage</b>	<b>350/470</b>
This traditional Moroccan and oriental massage is performed on the whole body including the face and the head to relieve muscular aches and pains. Time: 50 minutes/80 minutes	
<b>Traditional Oriental Back Massage</b>	<b>255</b>
In a similar style to the Traditional Moroccan Massage, this treatment concentrates on the back and is recommended for aches, pains and general stress and tension. Time: 25 minutes	

**Open from** 8.30am - 10pm  
**Ladies only** 8.30am - 2pm  
**Gentlemen only** 8pm - 10pm  
**Last treatment** 9.30pm

# Fitness Centre

Located within the Health & Beauty Institute by the Residence & Spa, our Fitness Centre is fitted with the latest Technogym Cardiovascular equipment and strength training machines.

Daily 7am - 9pm

<b>Personal Training Session</b>	<b>290</b>
Time: 50 minutes	
<b>Kinesis Training Session</b>	<b>290</b>
Time: 50 minutes	
<b>Power Plate® Workout Session</b>	<b>150</b>
Time: 30 minutes	
<b>Assisted Training Session</b>	<b>150</b>
Time: 30 minutes	

For your comfort and safety, please be advised that proper gym attire and sports shoes are required in the Fitness Centre. As an ideal complement to your Fitness Session, our instructors will propose the following physiotherapy treatments:

<b>Full Body</b>	<b>350/490</b>
Time: 50 minutes/80 minutes	
<b>Upper Back</b>	<b>215</b>
Time: 25 minutes	
<b>Lower Back</b>	<b>215</b>
Time: 25 minutes	
<b>Legs Massage</b>	<b>215</b>
Time: 25 minutes	

Daily 10am - 7pm

# Fitness Studio

Located at The Palace, the 'Fitness Studio' will allow you to exercise and to receive Ayurvedic inspired treatments originating from India.

Daily 7am - 9pm

*As per UAE law, the minimum age is 16 years.*