

Spa
al aqah



DISCOVER SPA AL AQAH

Inviting. Vivid. Unexpected. Welcome to Spa Al Aqah - a spa where indulgence is not just for the imagination, but for the body, soul and spirit. A spa which pulses with life, inspires curiosity, revitalizes the senses and provides peace and tranquility from within. With our focus on health and wellness our signature treatments will leave you feeling balanced, calm and revived. This is your time to relax, explore and indulge.

SPA OPENING HOURS

Spa is open daily from 07:00hrs - 22:00hrs

Spa treatments available from 09:00hrs – 21:00hrs

SPA FACILITIES

Female & Male separate sections • 3 Single Treatment Rooms
Sauna • Steam room • Jacuzzi • Gymnasium

TIMING / DISCOVERY

To allow time for the discovery of Spa Al Aqah's steam room, sauna and Jacuzzi, we encourage you to arrive 30 minutes prior to your first treatment. To minimize distractions from the experience, we ask that you kindly turn off communication devices prior to entering the Spa.

RESERVATIONS

To ensure that your preferred treatment or therapist is available, we invite you to schedule your appointments well in advance. Spontaneous bookings (day-of-service / walk-ins) are always welcome, and will be accommodated based on availability.

LATE ARRIVAL / CANCELLATION

24 hours' notice is required for changes or cancellations. Arriving late for a service may require us to shorten the length of your treatment, with full charges applied.

ATTIRE

Upon entering the Spa, you will be assisted by one of our therapists. Bathrobes are provided to wear throughout your Spa experience. The privacy of our guests is very important and the therapists will grant the opportunity to disrobe in the comfort of your personal treatment room. Throughout your service your body will be draped with linens, and will at no time be completely exposed.

To make the most of your experience in the wet area, we kindly ask you to bring a bathing suit. Towels will be provided.

RINSE

A brief shower just before your massage or treatment washes off any salts, minerals or chemicals that could clog pores when mixed with oils or other treatments.

DIALOGUE

Communication with your therapist should be a free and open dialogue. Prior to the start of your service, please tell your therapist the areas you would like to focus on and any areas to be avoided. During your service please let the therapist know if you feel any discomfort.





SPA LOCKERS

A locker room will be provided. We require you to return the locker key at the Spa reception after use. A lost locker key will result AED 100 charge.

AGE REQUIREMENT

Spa Al Aqah facilities are for adults 16 years and above. Please be informed that children are not allowed inside the Spa area.

HEALTH MATTERS

Prior to your treatment, your therapist will conduct a brief consultation to determine your needs and ensure that you have the treatments best suited for you. Please advise them if you are taking any medication, post operation, pregnant or have any health issues.

FOOD & ALCOHOL CONSUMPTION

It is recommended that you refrain from consuming alcohol prior to your treatment and large meals 2-3 hours before treatment.

PREGNANCY

Please contact Spa Reception for further information.

FEEDBACK

Your suggestions and feedback are important to us. We will appreciate if you take a few moments to complete our guest feedback form.



CLARINS AROMATIC FACIAL TREATMENTS

3

ULTRA-HYDRATING FACIAL TREATMENT

This treatment has nourishing and stimulating actions which restores the skin's natural balance and prevents the appearance of lines.

TOTALLY GENTLE FACIAL TREATMENT

This treatment is an SOS treatment for sensitive skin. Your skin is immediately soothed and repaired.

YOUTHFUL LIFT FACIAL TREATMENT

This treatment is an age-control treatment for younger looking skin. Your skin is immediately firmer, smoother and fine lines are minimized. Facial features are better defined.

RADIANT AND PURE FACIAL TREATMENT

This treatment is a truly matte treatment with skin-matifying, softening and purifying properties. Your skin texture is fresher and cleaner even close up.

FACIAL FOR MEN

The treatment addresses overall skin condition, targets specific problems, soothes shaving bumps and irritation, leaving the skin feeling refreshed, healthy and ultra-smooth.





CLARINS SPECIFIC TREATMENT

LUMINOUS EYES

Complete eye contour treatment to decongest, smooth and freshen the entire eye zone.

CLARINS BODY TREATMENTS

EXFOLIATING BODY TREATMENT

This must-have treatment promotes extremely soft skin as well as increasing its resistance. Your skin is carefully exfoliated and smoothed, leaving the skin ultra soft and revived.

FIRMING BODY TREATMENT

A body boosting treatment to help reveal new skin. This complete body massage promotes skin firmness and soft, supple and radiant skin.



CONTOURING BODY TREATMENT

An effective treatment for a slimming program. Specifically for those who looking to regain a light feeling body. After this treatment the body appears healthier and more refined.

MOISTURE-RELAX BODY TREATMENT

A rich and soothing treatment giving moisture and comfort to thirsty skins. This treatment deeply nourishes and replenishes your skin to promote a wonderful feeling of comfort and suppleness.

BRONZING BODY TREATMENT

A self tanning treatment for face and body that delivers a natural-looking, healthy glow, soft and well-hydrated skin.

CLARINS BODY MESSAGES

CLARINS CHILL OUT MESSAGE

A well-being massage with Clarins Relax Body Treatment Oil, using movements to relieve stress and tension.

CLARINS WAKE UP MESSAGE

An energizing massage with Clarins Tonic Body Treatment Oil, using various press and release movements to tone the body and stimulate the senses.



CLARINS STOPOVER TREATMENTS

ANTI JET LAG STOPOVER

Revitalizing body treatment for "frequent travelers" to erase all signs of fatigue and boost energy.

ANTI SUN STOPOVER

Skin-repairing treatment for intense hydration of the face and body and a super longlasting tan.

AFTER SPORT STOPOVER

Exclusive body treatment to relieve muscular tensions and regain energy levels.

PHYTOMER HIGH PERFORMANCE FACIAL TREATMENTS

SEAWATER PEARLS QUENCHING MOISTURIZING TREATMENT

This intensive treatment is based on the application of masks with highly moisturizing active ingredients, combined with a series of gentle face massages using manual techniques and marine boluses. Completely moisturized, your skin is comfortable and your face glows with vitality.

EXTENDED YOUTH WRINKLE CORRECTION FIRMING TREATMENT

This beauty treatment fights the effects of aging so that you feel good and look younger. It visibly corrects wrinkles and firms the skin. A moment of relaxation and well-being just for you.

LESS WRINKLES: 84%* MORE FIRMNESS: 96%*



DOUCEUR MARINE COMFORTING SOOTHING TREATMENT

Soft and dreamy ritual for skin that is sensitive or subject to redness. This cocoon treatment softens the skin and improves its defense for a soothed and ideally hydrated epidermis, producing a radiant complexion.

Results: treats the sensations of tight or irritated skin or redness, the epidermis is soothed and the complexion evened.

MARINE BREEZE OXYGENATING PURIFYING TREATMENT

A real breath of oxygen with a treatment that brings all the benefits of a seaside stroll into the treatment room. Shine and blemishes are reduced. Luminosity is restored to the complexion and the skin is cleansed and detoxified. This relaxing treatment is ideal for combination, oily or clogged skin and is designed to oxygenate and purify. It notably brings together two specific marine masks with strong detoxifying and clarifying properties.

Results: skin is deep cleansed and purified, complexion is fresh and luminous.

SEA ESSENTIAL WHITENING TREATMENT

A treatment especially recommended to lighten and brighten skin and visibly reduce pigmentation marks by regulating and diminishing the skin's pigment factor "melanin".

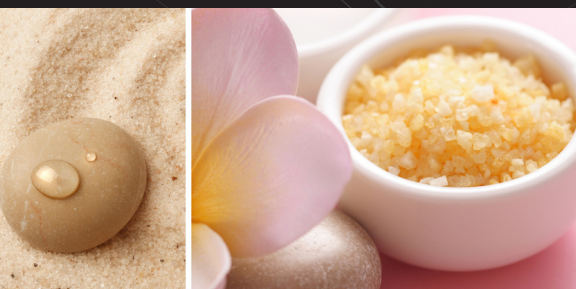
Results: skin is lighter and its complexion is refreshed.

THE VIE COLLECTION PREMIUM FACIAL

A luxurious and results driven anti-ageing facial. An 80 minutes alternative to plastic surgery will target fine lines, wrinkles and sagging skin. This prestige treatment combines all the effectiveness of the resurface lift, precision wrinkles and facial sculpt treatments in a single treatment.

SKIN ESCAPE FACIAL TREATMENTS FOR MEN

Groom your appearance, indulge your skin after the daily aggression it suffers from your razor blade, eradicate bags under your eyes, and relax. The SKIN ESCAPE FOR MEN treatments were developed for the specific needs of men's skin.



PHYTOMER EYE'S TREATMENT

RADIANT EYE CONTOUR

For the most sensitive area of the face, PHYTOMER uses the innovative technique of patches that delicately diffuse marine-based active ingredients without harming the very fragile contour of the eyes. Refreshing and soothing, relax, decongest, and rejuvenate your eyes to restore their sparkle. Perfect as a complement to another treatment.

PHYTOMER BODY TREATMENTS

SATIN SHIMMER SALT CRYSTAL EXFOLIATION

Deeply cleansed and oxygenated after a marine exfoliation, your skin will glow, its natural delicacy restored. A relaxing and moisturizing massage will leave your body revitalized and radiant.

ESSENTIAL SCULPTING CARE CONTOURING TREATMENT FOR ABDOMEN, BUTTOCKS AND THIGHS

This double action "Contouring and Cellulite" care combines a self-warming clay wrap applied specifically to the abdomen, buttocks, and thighs with intensive massage techniques. Get the effects of a "work out" to these targeted areas using 3 professional products with ingredients and textures that are adapted for each zone in order to achieve maximum effectiveness.



BODY FIRMING WRAP

Loss of firmness can be related to weight gain or pregnancy. This treatment consists of applying a full-body wrap of cool gel, rich in firming marine active ingredients. The firmness and elasticity of your tissue is restored, and your epidermis is completely toned!

9

REMINERALIZING MARINE BODY WRAP

Your body is wrapped in a gel rich in marine-based active ingredients. This fast acting wrap will re-mineralize the body; restore your energy levels, thereby fighting fatigue.

RELAXING BACK MASSAGE

A complete back massage paired with a remineralizing and energizing effect for intense relaxation. 15 Minutes of pure well-being that transforms all phytomer facial treatments into a holistic experience. The back massage which is given at the start of a facial treatment is followed by the application of self-heating marine mud along the length of the spine. Marine mud is a key brand product which delivers total relaxation.

RELAXING FOOT MASSAGE

A complete foot massage and detoxifying self-heating wrap that enhances the body treatment with exceptional relaxation. 15 minutes to take the sensation of well-being to a new level.

LEG REVIVAL LEG SOOTHING TREATMENT

Relaxing and embellishing leg beauty treatment. A targeted beauty treatment to comfort and ease tired legs. Intense relaxation combined with visible embellishment.





PHYTOMER RELAXATION

SPA PRESTIGE MASSAGE

Relaxation in its purest form... An application of self-heating marine mud, a scalp massage and gentle exfoliation are only the beginning of this treatment. The whole body will be enveloped in serenity; tension will disappear and skin will be as soft as silk. This treatment is a concentrate of happiness, an exceptional moment in time for thinking only of one-self.

SEA HOLISTIC MASSAGE

An invitation to escape! The Sea Holistic treatment combines the beneficial, remineralizing properties of marine products with an original technique based on Thai tradition. Stimulation of energy lines (Sen lines) through a series of strokes, pressure, and stretching restores balance to your body, leaving you with a feeling of absolute well-being. Sea boluses, applied with pressure into tense areas, are steam heated to release a soothing lavender fragrance.

TRÉSOR DES MERS RELAXING BODY MASSAGE

Like a taking a swim in the sea, the Trésor des Mers treatment combines escape and relaxation with the extraordinary remineralizing benefits of marine-based active ingredients: your body is remineralized, the skin's natural strength and beauty is restored and you are completely energized!

BODY MESSAGES

BALINESE MASSAGE

Balinese massage is a firm or strong massage, which is effective for individuals with low energy levels, lethargy, poor circulation and fatigue. It stimulates the metabolic process and hastens the pace. This massage incorporates skin rolling, thumb stroking and drumming movements.



HOT STONE RELAXING RITUAL

Small stones are placed on the key energy points of the body, evoking aura warmth. The deep penetrating heat from these stones are used to massage the body using traditional techniques to ease the pain and tension of aching muscles as well as deeply relax and rebalance the mind and body.

SHIATSU

Shiatsu, also known as acupressure, is a pressure massage technique using thumbs, fingers, and palms to specific areas of your body. This massage also includes techniques like tapping, squeezing, rubbing. Encourages deep muscle and tissue relaxation and stress reduction.

RELAXING MASSAGE

A relaxing massage that brings the feeling of immense satisfaction and relaxation. It affects the nerves, muscles, glands, and circulation, while promoting health and well being.

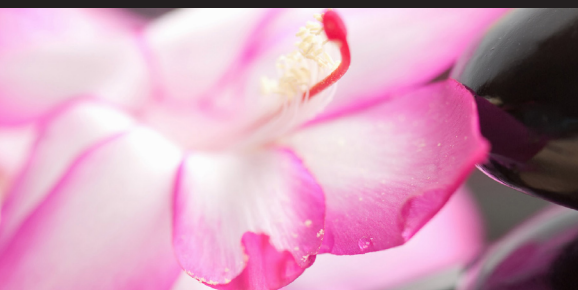
DEEP TISSUE MASSAGE

A deep massage technique that focuses on the deeper layers of the muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles and tendons.

EXPRESS MASSAGE

SPA BATH

Surrender to the privacy and luxury of the pampering experience. Select one of our unique signature baths and let us transform your bathroom into your very own haven, complete with fresh flower petals, aromatherapy oils, and spa relaxation music. Ideal for body and mind, these baths are a must try.



FANTASY CHOCOLATE BATH

Complete sensual experience blended with a secret recipe of anti ageing skin nurturing oils, the Fantasy Chocolate Bath will leave your skin as smooth as silk while creating a positive mood, a feeling of well-being and increased energy with its very essence. The bath is accompanied with luscious strawberries dipped in chocolate. Ideal for couples in love and honeymooners.

INDULGENCE MILK BATH

This special bath is rich in nourishing vitamins, amino acids, minerals, natural plant collagen from oat extract and Japanese camellia oil. All these ensure a silky smooth and soft skin. Excellent for sensitive and excessively dry skin conditions. The bath is accompanied with luscious strawberries dipped in white chocolate.

DETOX CLEANSING BATH

This natural bath contains liquid algae extracts rich in trace elements, helps to eliminate water retention and helps to aid elimination of toxins held in your body. It's a pearly green colour and subtle relaxing perfume will transform this moment of contouring into a true delight. The bath is accompanied with luscious fresh watermelon juice.

RELAXING BATH CRYSTALS

These delightfully lavender scented effervescent crystals release relaxing bubbles, which will bewitch your senses and offer you total well-being. The bath is accompanied with luscious fresh fruit platter.

Please note that all our baths are not suitable during pregnancy or breast feeding. Should you have any medical conditions or allergies, please mention them at the time of making the booking.







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