



THE SPA
— AT —
MANDARIN ORIENTAL

EMIRATES PALACE
ABU DHABI



SPA PHILOSOPHY

Nestled in the vast nature-rich grounds of the spectacular Emirates Palace, lies The Spa at Mandarin Oriental. Hidden behind immense, ornately carved walls, this beautiful space evokes the mystique and magic of Morocco while paying homage to our oriental heritage with exquisite well-being experiences.

The Spa is a soothing sanctuary built on ancient Eastern healing traditions, indigenous Arabesque therapies, and contemporary spa and beauty practices. Devoted to completely delighting your senses and created to encourage balance and equilibrium, our collection of specially curated treatments is transformative for deeper levels of relaxation and natural healing.

Respect for the unique needs of each individual lies at the core of our spa experience. Our highly trained therapists are committed to excellence, taking pride in delivering highly personalised treatments and therapies.

Recognised for their pioneering expertise, our brand partners offer a handpicked range of products, which deliver the highest quality and optimum performance.



OUR BRANDS

MANDARIN ORIENTAL SIGNATURE

Created according to the Oriental principles of five elements, life force energy “chi” and the interplay of yin and yang, our core products contain naturally derived ingredients originating from the Orient. Easy to use and effective, they provide an ideal extension of the Mandarin Oriental Spa experience beyond the four walls of our spa.

SUBTLE ENERGIES

Subtle Energies offers result-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with the intent to address multiple skin and body concerns, whilst delivering high-performance results.

MAROCMAROC

MarocMaroc is inspired by the ancestral beauty routines of Moroccan women and characterised by elegant authenticity. Developed through the union of the hammam’s traditions and modern procedures, each product is inspired by a story, a ritual or an ingredient which evokes some element of Morocco’s rich heritage.

OTO CBD

Guided by nature and grounded in science, OTO harnesses the power of the most pure and potent CBD. Derived from one of the two main molecules that comes from the hemp plant, the CBD is combined with luxurious botanical extracts, actives and adaptogens to rebalance mind, body and skin.

TATA HARPER

This highly effective and luxurious skincare range is completely free of synthetic ingredients. Researched, developed and produced by a team of beauty engineers from their farm in Vermont, the formulas feature high-performance natural ingredients and advanced green technologies.

111SKIN

At the heart of 111SKIN’s philosophy lies precision skincare created and mastered on Harley Street by Dr Yannis Alexandrides. The clinically-inspired treatments are exclusively designed to deliver a fusion of science and results.

MIRIAM QUEVEDO

Renowned for applying the same sophisticated, anti-aging formula used for skin treatments to haircare, Miriam Quevedo’s luxurious solutions harness powerful ingredients and technologies for a rejuvenated scalp and healthy, youthful and resilient locks.

TREATMENT SUITES

A paradise for the senses, our Moroccan-inspired surrounds instil peace and comfort; think dim lanterns, bubbling water features, colourful wall mosaic and deep enchanting scents of neroli and orange blossom. We invite you to escape the outside world and embark on a journey through the medina of Marrakech and its rich fragrances, spices and herbs. Every one of our treatment rooms tells its own unique story.

TREATMENT SUITES

 SAFFRON

 AMBER

 CEDAR

 NEROLI

 LOTUS

 CYPRESS

 FIG

 ARGAN

 CACTEA





ESSENCE OF ABU DHABI



ROYAL SAHWA CEREMONY

2 hours 30 minutes **AED 2,250**

Set in the majestic marble-walled royal hammam, this luxurious head-to-toe ceremony begins with a traditional purity ritual using rich honey and argan. A black baccara rose stem cells hair and scalp treatment instils calm and leaves hair looking shinier and healthier. Hot-cold therapy releases endorphins, stimulates circulation and muscle recovery, so following the warmth and vigour of a plunge in the vitality pool, immerse yourself in the ice room ritual. To complete your experience, a facial with a rare cactus known for its incredible antioxidant properties leaves your skin repaired and collagen restructured.

TERRAIN TREASURES

2 hours **AED 1,600**

Created in celebration of the region's vast desert and endless ocean, this treatment encourages you to embark on a unique path to mesmeric bliss. Beginning with a grounding ceremony featuring resonant singing bowls the treatment is both relaxing and rejuvenating. During the 'sand' journey, let your senses be transported to the dunes of the Rub Al Khali desert through sound, movement, textures and scents of oud with an invigorating massage on a warm bed of crushed quartz crystals. In the 'water' journey, feel the waves of the Arabian Gulf as you enjoy a rhythmic lomi-lomi-style massage on a waterbed, whilst being elevated to an otherworldly realm by chromotherapy lighting and oils infused with the active ingredients of the pearl to restore a natural state of equilibrium.

BRING IN THE LIGHT

2 hours **AED 1,600**

An ode to the legendary beauty of Cleopatra and the rejuvenating properties of gold, this treatment is designed to uplift body and mind while renewing the skin's glow. Combining the power of citrine crystals and pure CBD, commence your experience with a signature OTO scrub, which harnesses CBD and jojoba seeds to gently cleanse and exfoliate the body. A gold dust massage uplifts before the application of high-performance gold facial ampoules using geo-thermal techniques lift and renew your skin, resulting in a radiating glow.

SIGNATURE THERAPIES



TIME RITUALS™

2 hours

AED 1,300

Book a length of time and enjoy the most holistic experience possible, by allowing our therapists to utilise their individual talents to create and customise treatments to your unique individual needs.

ORIENTAL HARMONY

2 hours

AED 2,400

Four hands work in perfect unison in a remarkable experience that inspires a harmony of the senses. Two therapists work together in time and movement. First providing a warm scrub that soothes the skin and later a harmonious massage that balances the body. Ideal for those suffering from jet lag.

ORIENTAL QI

1 hour 30 minutes

AED 990

A simple, effective and authentic spa experience. This relaxing, hands-on body massage ritual works on the energy of the meridians using the benefits of essential oils.

DIGITAL WELLNESS ESCAPE

1 hour 30 minutes

AED 990

Concentrating on the head, eyes, neck, shoulders, hands and feet, this restorative treatment aims to ease stresses and strains resulting from the frequent use of digital devices.

INTELLIGENT MOVEMENT

1 hour 30 minutes

AED 990

The Intelligent Movement Treatment has been designed to help our guests move more and better, and includes trigger point release work through the use of the Hypervolt. Deep muscle manipulation, stretching and elongation of the muscles are all designed to soften, release tension and aid increased mobility in the body.

MASSAGE

All of our massage treatments are customised for the individual. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from a number of massage techniques to increase muscle relation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour 30 minutes AED 990

Using custom-blended oriental oils and movements inspired by traditional oriental therapies, this tension-busting massage treats the whole body. Focuses on the traditional stress-holding areas of the back, neck and shoulders.

OTO CBD EXPERIENCE

1 hour 30 minutes AED 990

A sensory, CBD infused massage that combines therapeutic oils with the use of sound therapy, crystal healing and bamboo. Tailored to your needs and based on what you feel you are lacking and could need help bringing back within your own body, this experience delivers psychological and physical benefits.

BLISSFUL MARMA

1 hour 30 minutes AED 990

Experience effective and immediate relaxation, relieving all stress related tension. Long, firm, flowing movements and therapeutic techniques at various levels of pressure are implemented; whilst marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits, enhancing overall wellbeing.

HOT STONE THERAPY

1 hour 30 minutes AED 990

Stone therapy is a Native American practice which has been used since ancient times as a soothing and healing treatment. A relaxing massage which uses heated stones to generate energy and create a sense of balance. It also helps to relieve deep seated muscle tension.

REST AND RESET

2 hours AED 1,300

A full body experience targeting the parasympathetic nervous system to help reduce stress, encourage healthy digestion and release emotional tension. Following a guided meditation and yogic pranayamas to positively impact the vital energy within, potent active ingredients stimulate the pineal gland during the face and body massage to bring the body's rhythm back into balance. An ideal holistic sleep support resulting in emotional and hormonal balance, connecting you to your body of bliss.

All our massage treatments can be customised to be fully vegan-friendly.



SPECIALISATIONS

We recognize, acknowledge and leverage the unique skills and expertise of our therapists. In celebration of their craft, specialized treatments are performed by masters in their areas and an expression of creativity, affinity and passion. Subject to therapist availability.

TRADITIONAL THAI

1 hour 30 minutes AED 990

Performed wearing loose style clothing, this traditional Thai massage is conducted on a futon. A combination of gentle rocking motions, rhythmic acupressure and assisted stretching helps to deeply relax and revitalise body and mind. Increases flexibility, relieves joint and muscle tension, and balances the body's energy system.

HIMALAYAN SINGING BOWLS

1 hour AED 650

This treatment restores balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field. Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowls, transporting the body into a deep state of meditative relaxation.

WITH MUM IN MIND

1 hour 30 minutes AED 990

A personalised body massage carefully designed for pregnant and nursing mothers to aid in relaxation, boost tonicity of the skin and relief physical stresses, from cramps and postural discomfort to back pain, during this very special time.

HAMMAM RITUALS

The Hammam is the crown jewel of Arabic wellbeing tradition. A millenary heritage that celebrates the art of bathing, self-care, and purification. In a restful cocoon made of cream marble, the body and the mind are enveloped by the regenerative power of ancestral hair care rituals, modelling ceremonies and body wrap treatments, to create the ultimate relaxation interlude.

MOROCCAN-INSPIRED

PALATIAL HAMMAM

1 hour 30 minutes AED 1,100

The exotic fusion of rose, oud and gold integrated with a traditional hammam ritual creates a harmonious experience. This treatment begins with an ultra-purifying exfoliation using the detoxifying body scrub Miel d'Ambre followed by a soothing cleansing with orange-infused shower milk. At the end of the ritual, the Jardin Mille Roses Spray moisturises the skin, relieves tensions and regulates the body's energy.

LE HAMMAM MAROC

1 hour AED 850

Inspired by authentic Teksal techniques practised in Moroccan hammams, these ritual blends traditional techniques, both vigorous and gentle, with a unique approach resulting in a remarkable experience leaving the body feeling refreshed and dynamic.

TURKISH-INSPIRED

TRADITIONAL TURKISH BATH

1 hour AED 850

Step into the hammam, where steam and hot stones will release underlying tensions and prepare the skin for gentle exfoliation. Give into soothing sensations with a foam massage using fine handmade olive oil soap.

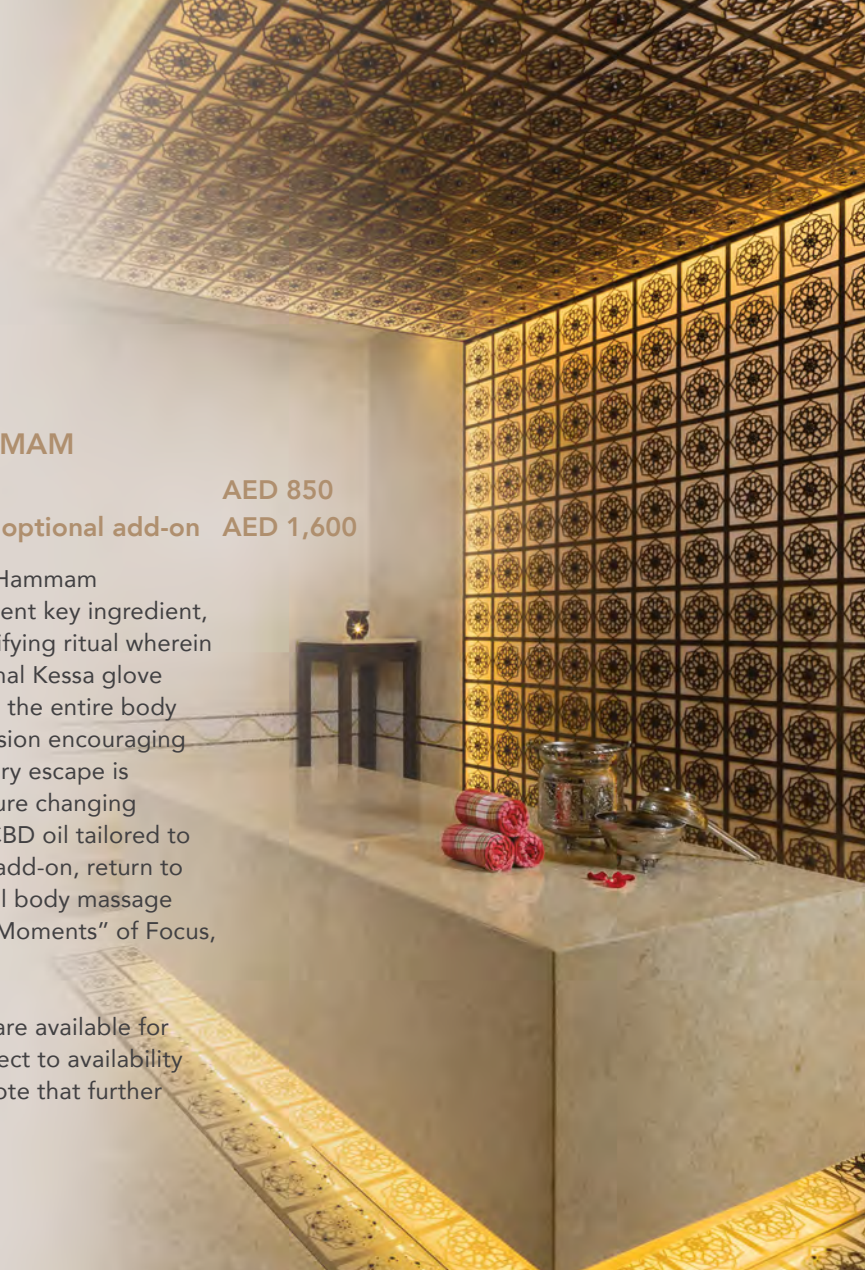
CONTEMPORARY

HERBAL CODEX HAMMAM

1 hour AED 850
2 hours 30 minutes with optional add-on AED 1,600

Reinventing the traditional Hammam experience with CBD as potent key ingredient, transcend into a deeply purifying ritual wherein a body jam and the traditional Kessa glove gently cleanse and exfoliate the entire body with the steam room immersion encouraging toxin elimination. The sensory escape is completed with a temperature changing shower and application of CBD oil tailored to your needs. As an optional add-on, return to the treatment room for a full body massage choosing one of the "OTO Moments" of Focus, Amplify or Balance.

Our Hammam experiences are available for groups of four or more subject to availability and upon request, please note that further charges may apply.



BODY TREATMENTS

CRYO BODY CONTOURING

1 hour **AED 850**
2 hours including Coolshaping **AED 1,300**

A toning treatment, which utilises cryotherapy and 111SKIN products to help minimise cellulite on the outer thighs. Including specialist leg exfoliation and an anti-cellulite mask, the treatment combines a cryo massage that works to gently alleviate stubborn cellulite, whilst relaxing the body.

THE TATA HARPER DETOX BODY WRAP

1 hour 30 minutes **AED 1,050**

Starting with an invigorating foot massage and unique tuning fork ritual, this revitalising and refreshing treatment helps to eliminate toxins and excess water within the body. Through the application of a warming body peel, a detoxifying wrap and a targeted massage, the body will feel smoother, firmer and lighter.





HOLISTIC FACIALS

24K GOLD AGE DEFYING

1 hour AED 820

1 hour 30 minutes AED 970

The healing properties of ingredients such as Mogra; Queen of Jasmynes included in products by Subtle Energies boost collagen production and stimulate cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives deep layers of the skin, helping to reduce fine lines and wrinkles.

INVITE RADIANCE IN

1 hour 30 minutes AED 970

Designed to detox the skin and restore radiance. Heated and cooled crystals combined with the art of breath and OTO products work on facial muscles and complexion. Jade boosts the lymphatic system to drain and filter impurities, whilst healing a jaded heart. Harness the power of Obsidian to cleanse the aura and bring a renewed sense of vitality. The experience leaves you grounded and encourages creative expression.

REMODELAGE SCULPT

1 hour AED 820

An intensive facial treatment by Tata Harper which activates collagen production targeting stressed and ageing skin. Fully plant-based, the regimen paired with manual and cupping massage offers dramatically lifted skin with long-lasting hydration.

SUPERKIND

1 hour AED 820

Designed for dry, sensitive and damaged skin, this calming, restorative facial delivers a nutrient rich elixir which fortifies the skin's barrier. The lymphatic drainage has a soothing effect to stabilise particularly delicate and fragile skin with Tata Harper's Superkind range.

Selected facial treatments can be customized to be fully vegan friendly.

ADVANCED FACIALS

CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT

1 hour 30 minutes AED 1,470

This comprehensive and luxurious anti-ageing facial uses 111SKIN's most potent products, the Intensive Collection with LED light therapy, encouraging a youthful, lifted and firmer appearance. A combination of the wrinkle minimising wand massage and signature massage ensures the skin is fresh, lifted and sculpted along the natural contours of the face.

ROSE GOLD LUMINOSITY

1 hour AED 950

A facial combining powerful restorative properties with the most innovative formulas to lift, firm and sculpt the complexion. Using a three-level approach to facial massage, including the signature massage technique, wrinkle minimising wand massage and rose quartz stone massage, the treatment is designed to relax and soothe the mind, resulting in a rested and restored glow.

CRYO GLOBE ENERGY

1 hour AED 950

Perfect for increasing microcirculation, detoxification and reducing puffiness by improving oxygen flow in the face with the use of iced cryo globes face tools. Skin appears brighter, firmer, and luminescent, perfect for tired and dull skin.

MESO INFUSION HYDRAFACIAL

30 minutes AED 770
1 hour AED 1,100
1 hour 30 minutes AED 1,470

A powerful, non-invasive skin resurfacing treatment combining cleansing, exfoliation, extraction, hydration and antioxidant protection that removes dead skin cells and impurities, while simultaneously delivering exceptional 111SKIN concentrates deep into the skin.



PROGRAMMES

EMPOWERING ME

3 hours 30 minutes AED 1,850

Celebrates inner and outer beauty whilst addressing emotional and hormonal balance. Begin with a gentle meditation and harness the benefits of ancient active oils of empowerment and renewal before pampering the vital energy centres of the body, our feet.

- Guided Meditation practice (15 minutes)
- Blissful Marma massage (1 hour 15 minutes)
- 24K Gold Age Defying facial (1 hour)
- Bastien's Pedicure (1 hour)

EARTH TO SKY

4 hours 30 minutes AED 2,100

Replenish lost reserves of energy and restore emotional balance with movement and plant power. Start with yoga and breath control practice, followed by a nourishing plant-based lunch before drifting into a restful balance treatment and nurturing vegan facial.

- Choose from:
 - Private Grounding Sound Bath (1 hour)
 - Private Yoga session (1 hour)
- ◇ OTO Balance Massage (1 hour 30 minutes)
- ◇ Tata Harper Superkind facial (1 hour)
- ◇ Plant-based Lunch*

THE HOLISTIC WELLNESS BREAK

5 hours 30 minutes AED 2,750

Reconnect with yourself in a day of luxury and grace starting active before indulging in ultimate relaxation and pampering. A decadent combination of therapies to enhance the beauty within.

- Choose from:
 - Personal Fitness Training Session (1 hour)
 - Private Tennis Session (1 hour)
 - Private Swimming Lesson (1 hour)
- ◇ Le Hammam Maroc (1 hour)
- ◇ Heat and water facilities immersion (30 minutes)
- ◇ Targeted Intelligent Movement massage (30 minutes)
- ◇ Meso Infusion HydraFacial (1 hour 30 minutes)
- ◇ Wellness Bento Box*

*Our healthy lunches are vegetarian; vegan options are available upon request. Please advise us of any dietary requirements or allergies.





BATH RITUALS

CLEOPATRA MILK BATH

30 minutes

AED 375

A great enhancement to any of our relaxing massages, our opulent bathtub soaks encourage and facilitate total mind and body relaxation, while leaving the skin soft and supple.

PALACE ORGANIC GARDEN BATH

30 minutes

AED 375

Unwind as you soak into a luscious garden rose oil bath that is infused with seasonal ingredients freshly picked from the Emirates Palace Mandarin Oriental organic garden.

REBIRTH MAGNESIUM SOAK

30 minutes

AED 375

The ideal post exercise recovery. Stress-relieving and energizing pure magnesium from the Zechstein Sea and "ooommm"-inducing essential oils stimulate circulation by bringing minerals to your cells and carrying oxygen to your muscles.

DIGITAL DETOX BATH

30 minutes

AED 375

Combining Himalayan crystal salt to stimulate circulation and blood flow with dream oils of kewda and frankincense to instil deep relaxation, this bath is a powerful agent to nurture the senses and disconnect to reconnect.

Bath rituals cannot be booked alone and must be paired with another treatment.

ENHANCEMENTS

A woman is lying on her back in a hammam, receiving a body treatment. Her eyes are closed, and she has a serene expression. A therapist's hands are visible, applying a white cream to her back. The background is dark, highlighting the woman's skin and the therapist's hands.

BODY

RASAYANA BODY SCRUB

30 minutes AED 420

Detoxifying Tulasi, Limbu and Wild Turmeric essential oils purify and energise, whilst crushed walnut shells gently exfoliate and smooth the skin.

HERBAL COMPRESS

30 minutes AED 250

Combined with any massage, the Thai herbal poultices are ideal for alleviating pain and stiffness, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

MOROCCAN AROMATIC STEAM

30 minutes AED 375

Find tranquillity in an aromatic heaven while soothing and enriching body, mind and spirit as you immerse yourself in our golden mosaic-walled hammam.

FACE

PERK TECHNOLOGY: EYES OR LIP

30 minutes AED 280

Add a Perk HydraFacial to any treatment. Specifically focusing on the eyes or the lips, it gives an added, non-invasive 'lift' result and delivers essential vitamins and nutrients.

GLOW ON THE GO

20 minutes AED 170

Allow your therapist to recommend a signature 111SKIN mask infused with complexes inspired by wound-healing processes. An instant pick me up for the full face, decollate or eyes, which is tailored to your skin needs.

All enhancements must be booked as a treatment addition together with a massage or facial.

