



the hideaway

SPA CABANA

SUN SPA

Nestled within the enchanted oasis of the Eastern Palace grounds overlooking the Arabian Gulf, **The Hideaway Spa Cabanas** present healing sensory journeys centred around the elements of sand, sea, breeze and sun. A fusion of ancient and modern treatment techniques using natural, vegan products, treatments are ideally suited for pre- and post-sun exposure to rejuvenate, restore and ignite body and soul.

Enrich your spa cabana experience with a selection of delectable cocktails and mocktails from Las Brisas.

BODY

LOMI-LOMI COCONUT

1 hour | AED520 **1 hour 30 minutes | AED720**

A tropical awakening using vitamin E and coconut oil to nourish and hydrate the skin while stimulating the senses. Each area of the body receives unique attention to help you slip away into paradise. Performed at beach cabana.

Best paired with a PISCOLADA (Pisco, Coconut, Pineapple, Lime, Cream) at additional AED70

DEEP SEA

1 hour | AED520 **1 hour 30 minutes | AED720**

Personalized to focus on areas that require deeper work, this massage uses an array of techniques, including compression, stretching and firm pressure – all customized to your level of comfort. This is the ideal way to help your body heal and recover from days of play and fun in the sun. Performed at beach cabana

Best paired with an OCEAN DEW (Vodka, Peach, Aperol, Lemon, Honeydew, blue Curacao) at additional AED70

DUO BEACH ESCAPE

1 hour | AED900 **1 hour 30 minutes | AED1,300**

Billowy curtains and palms frame the oceanfront views as the sky transforms in a series of vibrant hues. The perfect gift to give each other is time together. Enjoy a side by side Lomi-Lomi Coconut or Deep Sea massage, followed by a wellness refreshment for a total mind and body escape. Performed at beach cabana.

Best paired with: PALOMA BY THE BEACH (Mezcal, Rosemary, Lime, Watermelon, Grape Fruit Tonic) at additional AED70

APRÈS SOLEIL

1 hour | AED580

This soothing face and body treatment is designed specifically for use after excessive sun exposure, nourishing and comforting the skin as well as reducing heat and redness: shea butter calms, aloe vera soothes and coconut oil retains the skin's natural moisture and preserve the skins youthfulness.

BACK MUSCLE MELT

30 min | AED300

Release tension from the shoulders, neck and back. Begin with a muscle-melting gel application followed by an invigorating upper body massage to relieve tired muscles and pain caused by long periods of sitting or intense workouts. Performed seated at pool cabana

MINERAL FOOT RELIEF

45 minutes | AED380

Treat your feet to a completely indulgent experience, combining the Eastern art of reflexology and a delightful dead sea salt mineral scrub, followed by a foot and leg massage to stimulate circulatory and lymphatic systems. Leave feeling like you're walking on air and ready to explore the soft, white-sand beaches of the Emirates Palace. Performed seated at pool cabana.

Prices are inclusive of tax. Discounts are not applicable on Spa Cabana treatments. Credit card or room charge payment only.

For more information and reservations, please call or WhatsApp +971 (2) 690 7885 or email epauh-spa@mohg.com

FACE

BOTANICAL VEGAN FACIAL

30 minutes | AED380

A tropical awakening using vitamin E and coconut oil to nourish and hydrate the skin while stimulating the senses. Each area of the body receives unique attention to help you slip away into paradise. Performed at beach cabana.

RESTORATIVE ALOE FACIAL

45 minutes | AED400

Protect your body's most sensitive spot, the face, with this hydrating mask treatment. Freshly diced cucumbers in conjunction with restorative aloe vera offer immediate refreshment acting to protect and moisturize the skin from the sun.

NAILS

BASTIEN'S POOLSIDE PEDICURE

1 hour | AED 320

Experience a pedicure by the pool that includes nails buffing with chamois leather and pearly buffing cream to restore the natural beauty of the nails. This experience includes a gentle skin treatment to eliminate dryness and comes complete with a massage to relieve tension from the feet and legs.

BASTIEN'S POOLSIDE MANICURE

45 minutes | AED 280

This exceptional manicure includes nail treatment, buffing and cuticle attention. A natural nail gloss and an unforgettable hand and arm massage will be your finishing treat.

SPA ON THE MOVE

Imagine total relaxation as the warm ocean breezes help you drift away into a state of total relaxation and bliss. Enjoy a mini spa escape as you remain in the comfort of your sunlounger or cabana while our therapist comes to you. For each treatment, choose from a vegan-friendly, natural body cream without SPF, with SPF15 or with SPF30.

FOOT LOOSE

30 minutes | AED220

Kick off your flipflops and put your feet up. This foot acupressure session uses thumbs and knuckles to stimulate the various reflex points on your sole. You'll be up and running with feet as light as air.

BACK BLISS

30 minutes | AED220

A power combo of back, neck and shoulder massage with immediate relief of tension using slow, rotating pressure massage. It's the best way to get a head start to an energized day ahead.