



the hideaway

BY EMIRATES PALACE SPA

WELCOME

to The Hideaway by Emirates Palace Spa, an effortlessly elegant and intimate sanctuary for the senses, created to restore balance to body, mind and spirit. Surrender to sublime serenity and experience complete tranquillity and rejuvenation with rituals and retreats that merge traditional Spa techniques in a modern and results oriented approach, through expertise and natural, active ingredients.

As a handcrafted refuge, The Hideaway embraces its palatial surrounds while echoing the purity and lightness of an island escape with white-washed interiors, dreamy fragrances and beachy sounds. A secret pathway leads to the spaces' arrival area, which is at the heart of where tranquility pervades. The Spa Suites have been designed with relaxation at the forefront, prioritizing the integration of couples.

The Hideaway's treatment experiences draw upon the rich history of healing practices from around the globe and are inspired by the philosophies of nature. Benefit of the centuries-old principles of acupressure during a Thai massage, give tired feet a lift with an ancient Chinese-style reflexology treatment or indulge in a East-West-inspired Aromatherapy session. Product expertise is also sought in the form of partnerships with British holistic skincare brand Aromatherapy Associates, which is renowned for its essential oil-based products that contains a high concentration of natural plant ingredients, Switzerland's Valmont, which is widely regarded as the pioneer of anti-age treatments, and Parisian podiatry guru Bastien Gonzalez's manicure and pedicure treatments. Delivered by highly skilful and attentive therapists, surrender in complete bliss and wellbeing.

TREATMENT ROOMS

We invite you to exit the outside world and achieve a spiritual sensation in each of the spa areas you might choose to escape.

ST.LUCIA

SUITE 1

KOMODO

SUITE 2

SANTORINI

SUITE 3

CAPRI

TREATMENT ROOM

BORA

BORA

BASTIEN GONZALEZ



TREATMENT MENU

- ◆ The Hideaway Retreats
- ◆ Massage Therapies
- ◆ Body Rituals
- ◆ Facial Indulgences
- ◆ Enhancements
- ◆ Ped-Mani: Cure
Studio by Bastien Gonzalez
- ◆ The Barber
- ◆ Private Spa Escapes

TREATMENT MENU

The Hideaway Retreats

Choose from a variety of full- and half-day retreats.

HALF-DAY*

The Quintessential Hideaway 3 hours | AED 1,450

Welcome to a therapeutic and timeless journey of pure serenity, leaving you feel completely and holistically pampered after an expertly sequenced treatment experience.

- ◆ Welcoming Foot Ritual
- ◆ Grapefruit and Juniper Berry Aromatherapy Bath
- ◆ Luscious Coconut Massage Therapy
- ◆ Bastien Gonzalez Manicure or Pedicure

The Island Escape 3 hours | AED 1,850

Be transported to an island getaway with fragrances of summer.

- ◆ Welcoming Foot Ritual
- ◆ Revive Body Scrub
- ◆ Traditional Thai Massage Therapy with Herbal Compress Application
- ◆ Classic Hydrafacial

The Island Glow 3 hours | AED 2,350

A lavish skin care treatment for face and body, leaving you with noticeably rejuvenated skin and a healthy glow.

- ◆ Welcoming Foot Ritual
- ◆ Rose Cocoon
- ◆ L'Elixir Des Glaciers Majestic Facial
- ◆ Argan Oil Head and Hair Treatment

*All half-day retreats conclude with a wellness snack and relaxation time in the private treatment suite.

TREATMENT MENU

The Hideaway Retreats

FULL-DAY**

The Inside Journey 4 hours | AED 2,050

An ideal retreat from the demands of life. Experience a stress-relieving top-to-toe programme that refreshes mind and body to achieve balance and contemplation.

- ◆ Welcoming Foot Ritual
- ◆ Grapefruit and Juniper Berry Aromatherapy Bath
- ◆ Luscious Coconut Massage Therapy
- ◆ Bastien Gonzalez Manicure or Pedicure

The Holistic Wellness Break 5 hours | AED 2,250

Start the day active and continue with ultimate relaxation and pampering. Reconnect with yourself while enjoying a day of wellness, spa and delicacy.

- ◆ Choose from:
 - Personal Fitness Training Session
 - Private Tennis Session
 - Private Yoga Session
- ◆ Welcoming Foot Ritual
- ◆ Deep Relief Massage Therapy
- ◆ Deluxe Hydrafacial
- ◆ Light wellness cuisine served in the privacy of your Spa Suite

**Please allow for 48 hours advance booking notice for full-day retreats to ensure availability of Wellness professionals to curate your retreat experience.



RETREAT TOGETHER

Double Serenity 1 hour 30 minutes | AED 1,465

Relax and unwind with your loved one by your side as you both enjoy our signature couple massage. This massage helps to stimulate circulation and restore the flow of energy through the body in our romantic and intimate couple's suite.

Time for Two 1 hour 30 minutes | AED 1,730

Start your couple journey to our opulent bathtub soaks aid with total mind and body relaxation, while leaving your skin soft and supple. Choose between our Milky Bath or Mineral Sea water options and enjoy a couple massage. The therapist will use specific techniques and a sequence of movements to address your sore and weary muscles for a truly personalised massage experience. This is the perfect escape for you and your partner. Complete the experience with a wellbeing refreshment served in the privacy of your spa suite.



TREATMENT MENU

Massage Therapy

Advanced massage sequences to unwind and re-charge. Global exclusives that are ingredient and results-focused, using massage techniques from all over the world, powered by natural actives,

Rose & Oudh Haute Couture 1 hour 30 minutes | AED950

For thousands of years, oud has been known as “wood of the gods”. Timeless and powerful, oud is a cultural touchstone and representation of Emirati cultural identity. An ode to its legacy, this signature massage features Sodashi’s luxurious oud oil combined with traditional techniques inspired by the Arabian tradition of heartfelt hospitality, customised to individual needs. Concluding with the velvety rose cream application to the energy access points of the body, the hands and feet, leave refreshed and rejuvenated.

Aromatherapy 1 hour 30 minutes | AED950

A deeply therapeutic holistic treatment which combines the power of essential oils with the best of eastern and western massage techniques, to create a feeling of physical relaxation and calm, whilst mentally uplifting and clearing the mind

Deep Relief 1 hour 30 minutes | AED950


This tailored massage focuses on relieving tension from specific areas of the body using aromatic oils. It enhances muscle recovery and releases the build-up of stress from everyday activities. Elbow and forearm techniques are used throughout this massage with the pressure adjusted for your comfort.

Traditional Thai 1 hour 30 minutes | AED950

Using specific techniques that have been passed down through the generations, this treatment uses movements such as stretching, muscle compressions and breathing exercises to open any blocked channels and boost overall vitality.

Inner Strength 1 hour 30 minutes | AED950

A truly nurturing treatment to fortify and strengthen the mind and body through difficult times. Focus the mind and breathe deeply whilst warm, rich products are applied soothingly during this emotionally strengthening treatment



Deep Sleep 2 hours | AED1,250

Using a blend of earthy Vetivert, soothing Camomile and comforting Sandalwood, this full body massage involves carefully applied pressure techniques to balance the nervous system and ease an overactive mind. Inducing a deep sense of tranquillity and a good night's sleep.

Mum to Be 1 hour 30 minutes | AED950

This luxurious treatment uses traditional aromatherapy massage to nurture and support in a time of constant change. Using pregnancy-safe oils, the massage eases away tension in the upper back and shoulders, nourishes skin and relaxes the body

Back to the Roots 1 hour | AED650

Using specific thumb and finger techniques, this treat will give your feet just what they deserve. Applied pressure will invigorate energy to all areas of the body and release the stress built up from daily activities.

TREATMENT MENU

Body Rituals

Detox, re-shape and nourish with our high performance body therapies. Feel rejuvenated from head to toe with our selection of full-body, transformative healing rituals.

Detox & Revive 1 hour 30 minutes | AED950

Regenerate, stimulate and tone the elasticity of your skin and improve circulation for a healthy looking glow. The treatment starts with a skin brightening and smoothing sea salt based exfoliation combining naturally derived replenishing and glow-boosting actives. A fragrant 100% essential oil blend of Rosemary, Juniper Berry and Grapefruit applied with lymphatic drainage techniques leaves your skin supremely smooth, reawakened and radiant, acting as barrier to help protect skin from daily environmental stresses.

Rose Cocoon 1 hour | AED750

Rich, hydrating and replenishing, pamper your skin with a rose-infused body ritual. A body scrub of Alpine Rose from the Swiss Alps blended with anti-oxidant rich almond and jojoba oils hydrates and enriches your skin. Drawing from the restorative powers of natural and organic mineral rich French pink clay and multi-action Shea butter, the experience concludes with a deeply nourishing body mask, leaving your skin noticeably softened and beautifully scented to uplift you throughout the day.

Après Soleil 1 hour | AED750

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. Surrender to the healing properties of aloe and bergamot to deepen and extend your tan.

TREATMENT MENU

Facial Indulgences

Immediate results with advanced methodology of skin therapies, powered by hands, technology & high concentration actives. Putting your best face forward means to see the greatness within yourself.

24-carat Gold Radiance 1 hour 30 minutes | AED2,410

This avant-garde treatment commences with a signature foot ritual, followed by a deep cleansing sequence to prepare the skin. Micronised 24-carat gold sheets are then massaged into the skin under an ultra-sonic Nano mist. This decadent treatment finishes with a hydrating serum, moisturiser and eye cream application as well as a relaxing scalp, hand and foot massage.

Forlle'd: Bespoke Facial 1 hour 30 minutes | AED850

Following a consultation to determine your needs and skin type your therapist will select the suitable products to create a facial experience tailor made for your skin needs. Allow our skilled therapists to prescribe the best product blend specific to your concerns, complete with extractions a facial massage, mask and care creams to target concerns such as hydration, pigmentation, sensitivity or excessive oil production. This personalised facial is suitable for all skin types and includes a hand and scalp massage.

Valmont: L'Elixir Des Glaciers Majestic Facial 1 hour 30 minutes | AED 1,760

This comprehensive treatment designed for the face and the décolleté offers a moment of perfect delight, including beautifying care for the hands. Stress vanishes thanks to an energizing massage, leaving the face smooth and radiant. A lifting, nourishing massage inspired by surgical lifting techniques targets the muscles of the face for toning action that smooths facial lines. The treatment includes a youth massage inspired by the Japanese Kobido massage technique and offers sculpting, modelling effects for in-depth rejuvenating action.

HYDRAFACIAL

The Emirates Palace Spa presents Hydrafacial™, the ultimate, non-invasive treatment for your skin to provide instant, noticeable results and deep, lasting hydration. These treatments detoxify the skin and combine the benefits of hydra dermabrasion with antioxidant boosters, hyaluronic acid and peptides treatment. Suitable for all skin types, facial programmes are personalised to address specific concerns resulting from effects of the environment, exposure to the sun, travel, diet or age.

Classic 30 minutes AED780 | 5 sessions AED3,120

Celebrate beauty and skin health with the signature HydraFacial™ experience, a three-step-process that deeply cleanses, exfoliates, and hydrates your skin and treats fatigue using a super serum containing antioxidants, peptides and hyaluronic acid.

Deluxe 1 hour AED1,125 | 5 sessions AED4,500

An invigorating skincare ritual that includes all of the essentials of the Classic HydraFacial™ while addressing your specific skin concern with a booster of your choice. This treatment concludes with LED light therapy to further reduce the visible signs of aging.

Platinum 1 hour 30 minutes AED1,465 | 5 sessions AED5,860

The ultimate HydraFacial™ experience and a complete anti-aging, anti-fatigue, and radiance treatment for the skin. Begin the detoxification process with lymphatic drainage followed by the complete Deluxe HydraFacial™ experience complemented with a renewing face mask, a hand treatment and neck tension-relieving massage.

Perk Technology: Eyes Or Lips 20 minutes | AED280

Add a Perk to any Hydrafacial treatment for a perfect complement to your face routine. Specifically focusing on the eyes or the lips, it gives an added, noninvasive 'lift' result. As the pen glides over the skin, the treatment exfoliates away the dirt and debris while the rollerball gently flexes your skin to deliver essential vitamins and nutrients.

Keravive Scalp 60 minutes AED2,300 | 3-months-programme AED5,520

A complete scalp health solution designed to hydrate, revitalise and stimulate your scalp while nourishing hair follicles to encourage new hair growth and prevent future hair thinning. Using the HydraFacial™ Vortex technology and proprietary peptides, the results are healthier, shinier and fuller-looking hair. To achieve optimal results, the course of 3 treatments are recommended, each being 1 month apart.



TREATMENT MENU

Enhance- ments

A series of booster treatments available exclusively as add-ons to enhance your wellness "daycation."

Regenerating Face Mask Add-on to massage therapy of choice | AED250

The regenerating Valmont collagen face mask is an intensive care to lifts, moisturizer, regenerates and shoots the skins. This mask delivers all the Anti-aging benefits of collagen to the skins. Intensely moisturizes, shoots and plump in 30 minutes.

Body Refiner 30 minutes add-on | AED380

Intensive exfoliation deep cleanses and retextures for a body that's super soft, supple and smooth skin will look fresher, brighter and more tones.

Body Wrap 30 minutes add-on | AED380

Enjoy a luxury spa body wrap treatment for skin that radiates with health and is soft to the touch. Carefully balanced to both deeply cleanse and replenish, our body wrap treatments lift the veil of dullness and dryness to restore hydrated silkiness to the skin.

Herbal Compress Add-on to massage therapy of choice | AED250

Ideal for enhancing the benefits of your massage, a blend of traditional Thai herbs has a relaxing and invigorating effect on the body and mind, soothing sore and overworked muscles while giving the body's energy reserves a huge boost.

Inbody Analysis Add-on, before and after massage therapy of choice | AED150

Enhanced your massage treatment with the InBody Analysis effects of fluid retention on the measurement of body.

Rejuvenating Milk Bath 30 minutes add-on | AED250

A velvety blend of pure honey and warm lavender milk envelops you in a nourishing cocoon to feed the skin and renew elasticity. A great addition to enhance any of our relaxing massages, our opulent bathtub soaks encourage and facilitate total mind and body relaxation, while leaving your skin soft and supple.

Aromatherapy Salt Bath 30 minutes add-on | AED250

Bestow the skin with silkiness whilst simulating a deep sense of relaxation and well-being. Following a consultation with your therapist, choose from 11 different powerful essential oil blends to infuse your bath.

ORGANIC ARGAN HAIR TREATMENT

30 minutes Add-on to massage therapy of choice | AED380

A deep conditioning treatment, nourishing Moroccan Argan oil will revive and protect your scalp whilst providing softness and substance to your hair to prevent damage and dullness.





TREATMENT MENU

Pedi-Mani: Cure Studio by Bastien Gonzalez

Internationally acclaimed for his unique approach to foot spas, Bastien Gonzalez brings a selection of his best treatments to the Emirates Palace Spa. With decades of experience as a specialised French Chiropodist, Bastien has designed and developed exclusive and glamorous treatments infusing well-being and beauty for feet, nails and hands.

Bastien's Manicure 45 minutes | AED 325

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

Bastien's Pedicure 60 minutes | AED 515

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

Bastien's Duo 75 minutes | AED 770

This synchronised 'four hands' treatment focuses on treating your feet, legs, hands and arms. Complete with a skin treatment, massage and nail care session this is a divine luxury you must experience.

Fire and Ice 30 minutes | AED 420

Experience a unique treatment that blends cooling and warming sensations to endorse total wellbeing to your feet and legs. Improve blood circulation with an invigorating cold Black Diamond scrub followed by Bastien's signature massage to relieve muscle tension and improve joint mobility. A warm paraffin wax is then applied to hydrate and soften the skin leaving your feet silky smooth. This treatment can be experienced as a single treatment or as the perfect addition to your Bastien pedicure.



*Révérence
de Bastien*

TALC

SILKY FOOT
TALCUM POWDER
COOL VEIL

•••••

TALC SOYEUX
POUR LE PIED
VOILE DE FRAÎCHEUR

B

net wt 1.7 oz

e 50 g



BASTIEN'S FINISHING TOUCHES

Colour Touch 20 minutes | AED 120

Select your preferred colour from our range of lacquers which are formaldehyde, toluene, DBP and Camphor-free, to prevent any aggression to the nail.

Black Diamond Scrub Touch 20 minutes | AED 160

Feel immediate satisfaction when you try this luxurious scrub with your next manicure or pedicure as your skin is left soft and smooth like never before. This scrub will help to eliminate dryness and allows for deeper penetration of moisture.

Paraffin Touch 20 minutes | AED 160

Intensify any of our Bastien Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturisers deep into the skin and induce relaxation to the entire body.



TREATMENT MENU

The Barber

Gentlemen's Tonic is a unique establishment, founded in 2004 in the heart of Mayfair, that affords the modern man a traditional barbershop with a variety of lifestyle and grooming services. With a philosophy that is both understated yet self-confident, and located in some of the world's most luxuriously exciting settings, it is the ambition of Gentlemen's Tonic to provide its clients with the highest level of dedication care and attention providing the perfect antidote to the rigors and stresses of the outside world. Designed for men's home grooming needs, the range features a bespoke fragrance and incorporates natural plant-extracts, and is free from synthetic materials and harmful chemical additives.

Haircut 45 minutes | AED 175

We begin with a shampoo and conditioning treatment for the hair using Gentlemen's Tonic's specific haircare products before our expert barber cuts and styles your hair. Perfect before a big event or as your regular monthly haircut to keep you looking sharp.

Hair Trim 30 minutes | AED 125

Restore your hair to a neat and fresh finish with a hair trim between your regular cut. Trim the top, back or around the ears, or choose our special beard and moustache trims.

Wet Shave 30 minutes | AED 135

This grooming treatment begins by using a pre-shave oil to soften the hair, followed by a creamy lather to allow for a closer shave without irritation. After the shave, hot and cold towels will be used as well as a soothing aftershave balm to protect and nourish the skin.

Traditional Clipper Cut 30 minutes | AED 135

For those who like to keep it short and clean, our Traditional Clipper Cut will do just that. For gentlemen who like their cut even closer we have the Razor Head Shave for an all-over smooth finish.

Colouring & Grooming Services 60 minutes | AED 160

Whether you are looking to retouch on regrowth or colour away the greys, we have a colouring service perfect for you. We have an array of grooming services such as shaping, tinting or waxing available to keep you looking your best. Speak to our receptionists for assistance with your enquiries and grooming reservations.

PACKAGES & UPGRADES

The Emirates Palace Royal Shave 45 minutes | AED 270

This smooth shave experience includes a hydrating facial using Gentleman's Tonic's cosmeceutical products to leave your skin feeling soft, clean and hydrated after your treatment.

Express Facial 30 minutes | AED 380

This express facial can be tailored to suit all skin types by using Gentleman's Tonic cosmeceuticals specifically designed to suit the needs of male skin. Using a blend of serums with hydrating anti-oxidants, vitamins and soothing botanicals, we will ensure your skin looks its best.



TREATMENT MENU

Private Spa Escape

Are you looking for a corporate wellness event, bachelor, bachelorette, anniversary surprise, birthday party, or just need an excuse to get your group together for a spa break? Enjoy special packages for groups of 4 or more and choose from a variety of wellness-centred food and beverage option to elevate your spa escape to a holistic wellness retreat.

To get in touch, please contact our the Spa Concierge at +971 2 690 7885 or email us at epauh-spa@mohg.com.