ESSENCE OF ARABIA

NOMADIC SENSORY
2 hours AED 1,500
Sway to the beats of the Doumbek with the Nomadic Sensory journey that captures the Emirati Bedouin life. With indigenous herbs and fresh ingredients from the land, feel purified and refreshed with mineral-rich Neela. A deeply replenishing experience to improve circulation and increase blood flow, as well as skin firming properties with a blend of aromas reminiscent of the traditional spices of the desert. Awaken your senses with this rhythmic ritual.

ROYAL SAFFRON
2 hours 30 minutes AED 2,250
Indulge in an extravagant ritual reserved for royalty. Potent and luxurious blends of exotic 24k gold, saffron and mogra, the Queen of Jasmines sourced directly from artisan growers and distillers producing the finest quality of aromatics blended by hand to produce an incredibly luxurious offering. These actives not only assist with cellular regeneration, pigmentation and rejuvenation, but also work towards empowering the spirit, hormonal balance and emotional equilibrium.
SIGNATURE THERAPIES

**TIME RITUALS™**

2 hours  AED 1,220

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 QI**

2 hours  AED 1,220

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.

**ORIENTAL HARMONY**

2 hours  AED 2,100

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.

**DIGITAL WELLNESS ESCAPE**

2 hours  AED 1,220

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.
MASSAGE

All our massage treatments are customised for each guest. Your therapist will perform a thorough consultation to understand your needs, before designing a treatment drawing from several massage techniques to increase muscle relaxation, improve circulation and increase overall wellbeing.

ORIENTAL ESSENCE

1 hour 30 minutes AED 900

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.

BLISSFUL MARMA

1 hour AED 650
1 hour 30 minutes AED 900

Experience effective and immediate relaxation, relieving all stress related tension. Marma therapy and chakra balance align vital energy centres. Enriching results-based blends deliver powerful active benefits and enhances overall wellbeing.

DEEP RELIEF

1 hour AED 650
1 hour 30 minutes AED 900

Muscle discomfort is eased and joints are strengthened with this deep tissue massage. Enhanced by the benefits of Ayurveda Aromatherapy analgesics that will assist in easing tension, fluid retention and eliminate toxins.

PADABHYANG FOOT & LEG TREATMENT

1 hour AED 650

Bring harmony to the entire body with this energising Ayurveda Aromatherapy foot and leg treatment. Recommended for relieving jet lag, improving circulation and de-stressing after travelling.
Harness the spirit of water, light and sound and awaken your senses in our dedicated Hammam-style suite. Hammamii is the first UAE-based and produced Hammam skincare brand that uses handpicked fresh local ingredients, and which perfectly complements the timeless Arabic beauty tradition with a chic and luxurious twist. Together with the choreography of varying water temperatures and pressure culminates a truly exclusive and exceptional wellness experience.

**BRIDAL HAMMAM**

1 hour 30 minutes  AED 1,100

A traditional golden ritual of preparation and purification leaving the body illuminated and moisturised.

**ZA’ATAR DETOX**

1 hour 15 minutes  AED 850

This detoxifying and antioxidant ritual using ingredients such as such as Moroccan Clay from the High Atlas Mountains and Za’atar draws out impurities to leave the skin firm, smooth and revitalised.

**EMIRATES HAMMAM**

1 hour 15 minutes  AED 900

A traditional ritual of cleansing, exfoliating, massaging and moisturising using local dates from Ras Al Khaimah and mineral-rich camel’s milk from the Al Ain desert. This anti-ageing body treatment takes you back to time-honoured traditions.

**SILHOUETTE**

1 hour 15 minutes  AED 875

The intense and highly effective dual firming properties of Caffeine Concentrate and Sumac work to combat the most stubborn dimpling effect caused by cellulite. Using indigenous ingredients rich in fatty acids and trace minerals that assist to nourish and repair the skin.

**AWAKENING SOLAR EXFOLIATION**

1 hour  AED 750

A natural detoxifying and purifying treatment using solar and citrus salts drawn from the Arabian Sea. The minerals from Abu Dhabi have been used for centuries for achieving a glowing and youthful skin.
SUBTLE ENERGIES creates results-based aromatherapy, natural skincare and wellness solutions founded on authentic Ayurveda principles. The range is created with intent to address multiple skin and body concerns, whilst delivering high performance results empowering one’s self. Aromatherapy Associates are pioneers in harnessing the natural power of essential oils to nurture the body and boost the spirit, essential oils are highly effective in enhancing the state of our physical, mental and emotional wellbeing.

24K GOLD AGE-DEFYING FACIAL
1 hour AED 800
1 hour 30 minutes AED 950
The healing properties of unique ingredients such as Mogra, Queen of Jasmines boosts collagen production and stimulates cell renewal. Combined with the restorative powers of 24k gold leaf, this sensory experience penetrates and revives the deep layers of the skin, reducing fine lines

SOOTHE AND ENRICH ADVANCED ANTIOXIDANT FACIAL
1 hour AED 680
Designed for dry, sensitive, damaged skin, this calming, restorative facial delivers a nutrient rich elixir which revitalizes. The skin is infused with advanced antioxidants and essential fatty acids to fight free radical damage, protecting it from the visible signs of ageing.

ROSE INFINITY FACIAL
1 hour AED 600
This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types, especially dry, delicate and finely textured complexions.
ADVANCED FACIALS

Each formulation is developed with a holistic philosophy merging traditional Asian beauty principles with State-of-the-Art ingredients. LING New York Incorporates proper exfoliation and hydration to balance the skin while preventing and treating ailments before they arise.

ENERGY LIFT COMPLETE FACIAL
2 hours AED 990
A rejuvenating, lifting and toning chi balancing facial; Incorporating a triple peel of glycolic sugar cane, papaya enzymes and acid free rescue peel, leaving the skin rejuvenated, lifted and toned.

BIO LIFT & BIO LIGHT FACIAL
1 hour 30 minutes AED 1,100
This state-of-the-art facial uses the very latest in skincare technology. Advanced Micro-Current is used to tighten and firm facial muscles, while intense LED Therapy effectively reduces pigmentation and stimulates collagen production.

TRIPLE PEEL FACIAL
1 hour AED 700
A transformational detoxifying facial allowing the skin to breathe again, ideal for congested skins battling the effects of heat and pollution.

INSTANT LIFT FACE BAR
30 minutes AED 450
An express 30-minute treatment using a cocktail of serums customised to suit your skin and lift it to perfection.
ADVANCED FACIALS

At the heart of the philosophy of 111SKIN is precision skin care created and mastered on Harley Street, London by Dr Yannis Alexandrides. The formulas speak to the real life concerns he sees in clinic. 111SKIN is clinically inspired, infused with high level actives and has a cult global following. 111SKIN treatments are exclusively designed to deliver a fusion of science, results and unparalleled treatment journeys.

CELESTIAL BLACK DIAMOND NON-SURGICAL FACE LIFT FACIAL
1 hour 30 minutes  AED 1,400
LIFT, FIRM, TIGHTEN
A most comprehensive anti-ageing facial, this luxurious experience harnesses 111SKIN’s most potent collection, the Intensive Collection, to encourage a youthful, sculpted and firmer appearance. A series of thoroughly active steps, including the brand’s accelerated peel and antioxidant-rich formulas are aided through diamond particles, which binds active ingredients to more effectively facilitate absorption into the dermis. A combination of the wrinkle minimising wand massage and signature massage ensures the skin is fresh and taut, sculpting along the natural contours of the face for a truly lifted and youthful appearance.

MESO INFUSION HYDRATION FACIAL
1 hour  AED 950
HYDRATE, VOLUMISE, CONTOUR
Created to address all skin types that require hydrating, volumizing and brightening, the Meso Infusion Hydration Facial draws upon the Treatment Collection to provide a dewy glow and youthful plump to the skin. Ideal for frequent fliers, party goers and severely dehydrated skin, this facial replenishes the complexion with water, moisture and luminosity.
BODY TREATMENTS

CELESTIAL BLACK DIAMOND SCULPTING TREATMENT
1 hour 30 minutes  AED 1,000
LIFT, TIGHTEN, NOURISH
Opulent and indulgent, this powerful body treatment delivers dramatic results from 111SKIN’s Intensive Collection to shape, smooth and saturate the skin with nourishment. Through signature massage techniques and potent professional formulas, lymphatic drainage is encouraged and skin is firmed. The result is a smoother, sculpted and more radiant looking figure.

MESO INFUSION HYDRATION THERAPY TREATMENT
1 hour 30 minutes  AED 850
HYDRATE, VOLUMISE, QUENCH
A thoroughly hydrating treatment, this body experience draws upon the Treatment Collection to leave the skin saturated with moisture. A thorough massage allows the body to draw natural water from deep within the skin, while formulas rich in hyaluronic acid holds that water at the surface for a dewy, quenched appearance. This luxurious massage is ideal for frequent fliers or city-dwellers whose skin suffers due to the harsh water.
PROGRAMMES

EMPOWERING ME – A WOMAN’S JOURNEY
2 hours 30 minutes  AED 1,875
Celebrate your inner and outer beauty, addressing emotional and hormonal balance. Begin with a gentle meditation, then the body is massaged with ancient active oils of empowerment and renewal, as a fusion of therapeutic techniques increase your vital energy.

A GENTLEMAN’S DAY
2 hours 30 minutes  AED 1,800
For the active man to the constant traveller, this customised treatment journey balances and restores one self, maintaining immunity, muscle strength and healthy skin.

SLEEP SUPPORT THERAPY
1 hour 45 minutes  AED 1,300
A tailored signature program to assist sleep concerns and insomnia. The treatment begins with guided yogic pranayama that will positively impact the vital energy within. The Blissful Marma massage will bring the body’s rhythm back into balance together with the Facial Marma massage.

PREGNANCY BEAUTIFUL
1 hour 20 minutes  AED 750
A programme created around your individual needs at this special time. Spend consultation time with one of our highly trained therapists and we will hand hold you though this very special period in your life.
PROGRAMMES

REENERGISE

1 day  AED 1,750
3 days  AED 3,500

Reenergise your senses with a treatment that focuses on detoxification, reducing fatigue, and supporting a healthier immune response. Experience a wellness journey of nutritional consultations, personal training sessions at our cutting-edge Fitness Centre, a 90-minute de-stressing Deep Relief massage, and a cleansing plant-based lunch menu, to completely rejuvenate your body and invigorate your mind. Embark on the three-day programme option to benefit from an extended wellness journey and a bespoke Subtle Energies prescription kit for a lasting effect.

DAY 1*
45 minute Nutritional Consultation
1 hour Personal Training
1 hour 30 minutes Deep Relief Massage

DAY 2*
1 hour Hatha Yoga
1 hour 30 minutes Deep Relief Massage

DAY 3*
1 hour Astanga Yoga
1 hour Padhabyang

*Plant-based/vegetarian lunch in The Bay.
PROGRAMMES

RESET
1 day AED 1,750
3 days AED 3,500
Reset and restore your emotional balance with this unique wellness programme. Start with the nurturing Pranayama breath control practice before drifting into a restful Sleep Support treatment. Experience guided meditations, restorative yoga exercises along with nutritional consultations, and a nourishing plant-based lunch menu. Embark on the three-day programme option to enjoy deeply revitalising therapies that would bring you into a state of immediate relaxation and repair.

DAY 1*
45 minute Nutrition Consultation
1 hour Pranayama Breathing Session
1 hour 5 minutes Sleep Support Treatment

DAY 2*
1 hour Personal Training | Mobility
1 hour 30 minutes Blissful Marma Massage or 24k Facial

DAY 3*
1 hour Pranayama Breathing Session
1 hour 5 minutes Sleep Support Treatment

*Plant-based/vegetarian lunch in The Bay.
FITNESS & WELLNESS

Our Fitness Centre and Movement Studio are equipped with state of the art results-oriented fitness equipment, targeted to achieve your wellness goals. This equipment includes cardiovascular, strength and flexibility equipment from the Technogym® Artis range and OUTRACE® functional training.

PERSONAL TRAINING
1 hour  AED 440
Whatever your goal, be it to improve overall fitness and wellness, improve endurance or to gain strength and guidance for a lifestyle change, our specialised instructors will work with you to ensure that you focus on appropriate customised exercises to gain optimal results and to help you reach your full potential.

FITNESS ASSESSMENT TESTING
45 minutes  AED 300
Ever wondered how fit or in shape you are? Let our team of experienced Fitness Instructors guide you through a physical Fitness Examination. Measuring recovery time, Fitness levels, Body Fat and Flexibility. Encouraging you to take your fitness journey to the next level.

XPRESS MAX
30 minutes
A session with some of the most intense functional exercises will challenge your stamina and strength.

MO MAX – MOVEMENT, SPEED & AGILITY
45 minutes
A fast-paced, functional training program in the MOvement Studio, utilising our signature OUTRACE® rig helps to improve your overall speed, strength, stamina, power and agility.
TERMS & CONDITIONS

OPENING HOURS
Fitness Centre : Mon – Sun 6am – 10pm
Spa Treatments : Mon – Sun 9am – 9pm

CANCELLATION POLICY
Please allow 24 hours’ notice of cancellation to avoid charges, cancellations within 24 hours will incur a 50% charge. Cancellations within 12 hours or a no show will incur 100% charge. A credit card number is required at the time of booking.

DIGITAL DISCONNECTION
Our spa environment is one of tranquillity and we would appreciate it if you can turn off your mobile devices and secure them in your locker to respect all spa guests’ right to privacy and serenity. Taking photos or filming in guest areas without prior approval is prohibited.

SPA ARRIVAL
We recommend that you check in at Spa Reception at least 45 minutes prior to your first scheduled appointment. This allows us to have a brief discussion with you about your treatment expectations and gives you ample time to visit the spa’s oasis of heat and water. Please understand that late arrivals will not receive an extension of scheduled treatments.

AGE REQUIREMENT
The minimum age requirement for access to the spa and fitness centre is 16 years of age.

HOMECARE
To continue your spa regimen at home, all spa products used in the treatments are available in our spa boutique, including lifestyle items and souvenirs.

GIFT CARDS
Our gift cards are an ideal gift and are available online at http://www.mandarinspa.com/gift-cards/ and at The Spa Concierge desk.