

# Massage

60/90 min

## **Signature Aroma Technique** AED 450/600

A tailored full-body massage that combines Swedish, Deep Tissue and Thai stretching techniques. Ideal for relieving tension and restoring balance—especially effective after a long journey or to ease jet lag.

## **Shiatsu** AED 400/550

A therapeutic massage that uses hands, thumbs, and other body parts to apply direct pressure to specific points along the body's energy channels. This technique promotes balance and relaxation and is performed without the use of oils.

## **Thai** AED 450/550

A traditional massage where therapists use their hands, elbows, knees, and feet to apply gentle pressure and guided stretching techniques, enhancing flexibility, relieving tension, and promoting overall well-being.

## **Sports** AED 450/550

A targeted massage designed to treat and prevent musculoskeletal injuries, alleviate pain, and improve athletic performance and recovery.

## **Hot Stone** AED 450/600

A soothing massage using warm, smooth stones and aromatic oils to relieve muscle tension, ease joint stiffness, and promote deep relaxation.

All prices are in UAE Dirhams and inclusive of all governmental fees, service charge and applicable VAT

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# Relax & Revive

60 min

## Exfoliating Body Scrub

AED 400

Gently removes dead skin cells and impurities, leaving your skin smooth, revitalised and refreshed.

## Reflexology

30 minutes – AED 250 (feet only)

60 minutes – AED 400 (hands, feet and ears)

A therapeutic treatment that applies pressure to specific points on the feet, legs, hands, and ears to reduce stress, improve circulation, and boost immunity.

# Facial Treatment

60 min

## Histomer Basic Deep Cleaning

AED 400

A gentle yet effective facial that deeply cleanses, soothes redness, and hydrates the skin—leaving your complexion refreshed, balanced and beautifully nourished.

## Hydrating Formula Skin

AED 450

Feeling dehydrated after a flight or a long, stressful day? Replenish and revitalise your skin with our intensive hydrating treatment, designed to restore moisture and leave your complexion soft, smooth, and radiant.

## Histomer Vitamin C Formula Skin

AED 500

Experience a rejuvenating facial with gentle techniques applied to the face and neck, using our advanced Vitamin C formula. This treatment helps brighten the complexion, improve skin tone, and promote a healthy, radiant glow.

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