



Signature Collection

AROUND THE WORLD MASSAGE – 85 minutes

AED 950

Carefully selected techniques from traditional Shiatsu, Thai, Swedish and Balinese massages are combined to form 85 minutes of sheer bliss. This signature treatment will melt away your physical and mental stress in a single session through the healing power of touch.

CAVIAR FACIAL – La Prairie 70 minutes

AED 1100

Pure luxury that instantly firms skin giving it an enhanced tone and texture. Caviar pearls, a face and eye massage and a two-phase Caviar Mask will transform even the dullest complexions into radiant and luminous skin.

FINGERPRINT FACIAL – Espa 55 minutes

AED 750

Following a private lifestyle consultation and skin analysis, our therapists will guide you to choose the right facial for your skin type and desired outcome. This tailor-made facial includes thorough cleansing, a special application of masks, facial oils and moisturizes according to the needs of your skin and incorporates a heavenly facial massage to stimulate absorption. BRIGHTENING, REHYDRATING or REBALANCING

CAVIAR BODY – La Prairie 80 minutes

AED 1200

Luxurious caviar – nature's most exquisite bounty – is the source of this exclusive nourishing and energizing total body treatment. This ultimate firming treatment leaves the skin shimmering with renewed vitality, improved elasticity and an overall sense of wellbeing.

BODY CONTOURING AND FIRMING TREATMENT – La Prairie 90 minutes

AED 1300

An anti-cellulite treatment that uses the exclusive cellular complexes of La Prairie to improve the appearance of dimpled skin and inhibit future cellulite build-up. Manual massage of problematic areas specifically increases circulation to the area and opens up the tissues that may lead to the pitted appearance of cellulite. The result is a tighter, firmer and silky soft skin like never before.

ROSE REJUVENATION RITUAL – Aromatherapy Associates 115 minutes

AED 1600

Sink into oblivion as your body is cleansed and polished with Moroccan rose and olive grains and then enveloped in rich aromatic oil, cooling gels and creams of nourishing Damask rose. This includes a rejuvenating facial and a pressure point massage with drainage techniques.



Face

CELLULAR HYDRATING FACIAL – La Prairie 70 minutes

AED 850

With the most dramatic results for stressed and fatigued skin, this intensive facial combines energizing masks and massages with the revitalizing benefits of La Prairie's most exclusive cure. The rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping it look revitalized, nourished and refreshed.

MARINE YOUTH PROTECTION FACIAL – La Prairie 75 minutes

AED 1000

Super-hydrating, restorative, age-defending and ultra-pampering holistic facial treatment that is as revitalizing as the sea itself! Focusing on Advanced Marine Biology Cream with a wide range of La Prairie's marine-enriched and youth-maintaining products, it hydrates, firms and soothes the skin. A unique experience of ocean bliss for all skin conditions, except oily skin.

EYE BLISS TREATMENT – La Prairie 30 minutes

AED 550

Perfect for all skin types who are concerned with those first signs of ageing which appear around the eye area, a blissful, firming and hydrating treatment using Swiss cellular products which help to reduce the appearance of fine lines and protect against the harmful effects of the environment. Experience this exclusively created treat only at the Assawan Spa!

SUPER ACTIVE FACIAL – Espa 80 minutes

AED 1100

A comprehensive, rejuvenating facial designed to promote beautifully radiant skin, using products and tailored to your specific skin type and condition, this exceptional facial comes complete with a pampering hand massage.

Body

SKIN HYDRATING BODY WRAP – Espa 60 minutes

AED 750

This absolutely brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Using marine mud for its nourishing and skin conditioning properties, this body wrap is excellent after a holiday and a wonderful skin preparation for your next destination.

JET LAG BODY WRAP – Espa 60 minutes

AED 750

When long haul travel leaves you not knowing what time of day it is, this wrap uses powerful aromatherapy oils to either soothe and relax you ready for sleep or revitalize and energize you, leaving the mind clear and fresh to enjoy the day. The systemic cleansing of Marine Algae, combines perfectly with the refreshing uplifting blends of essential oils to re-establish a sense of well-being and inspired energy.

SALT AND OIL SCRUB – Espa 25 minutes

AED 375

Carefully blended sea salts and essential oils have been combined to help remove dead skin cells and improve tonicity. As well as exfoliating, the oils will slowly be absorbed to help restore lost vitality and protect against dryness.



Massage

WELL BEING BODY MASSAGE – 55 / 80 minutes

AED 675 / 875

This full body massage utilizes long, flowing strokes, often but not necessarily in the direction of the heart. A classical Swedish Massage that is designed to increase circulation and blood flow, this massage will leave the body feeling totally relaxed yet simultaneously revitalized.

BALINESE MASSAGE – 55 minutes

AED 750

A traditional form of Indonesian massages comprising of a variety of techniques including skin rolling, kneading and stroking, acupressure and reflexology. A great combination of both dry and oil massages that will boost circulation and achieve a deep tissue and muscular massage. A great one to choose if you want to experience a variety of massage techniques: relax and feel spiritually renewed at the same time.

AROMATHERAPY MASSAGE – 55 / 80 minutes

AED 750 / 900

This massage is essential, professional and specific. Based on consultation and smell-testing, aroma therapeutic oils are incorporated with a full body massage designed to uplift, calm or balance the mind and body.

THAI MASSAGE – 55 / 80 minutes

AED 750 / 900

Originating in India and based on Ayurvedic principles, this massage has been adapted as the traditional Thai massage that is popular today. The therapist performs dry techniques of gentle stretching and manipulations throughout the body. The massage succeeds in releasing tension, improving circulation and promoting an overall feeling of well-being.

SHIATSU MASSAGE – 55 minutes

AED 750

A form of Japanese massage that uses thumb and elbow pressure as vital energy is stimulated to flow throughout the body along the energy meridians. It involves a dry massage with therapeutic stretches and acupressure to leave the body and mind in complete harmony.

BACK, NECK & SHOULDER MASSAGE – 25 minutes

AED 475

This relaxing treatment is designed to specifically ease muscle tension by concentrating on the tight and stressed muscles of the back, neck and shoulders.

FOOT REFLEXOLOGY MASSAGE –55 minutes

AED 750

The ancient Egyptians, Chinese and Indians discovered that through finger pressure on specific reflex points on the feet, many ailments could be relieved. Also known as zone therapy, it is believed to have a beneficial effect on parts of the body as it stimulates specific points and initiates self healing by the body. Today this age-old art is very popular and is proving extremely effective in treating imbalances.



Rituals

EXTREME INDULGENCE – La Prairie 150 minutes

AED 2100

This luxurious ritual which comprises of a caviar facial and caviar body ritual is designed to have an immediate firming effect and to leave your skin with a youthful all-over glow.

CHAKRA BALANCING TREATMENT WITH HOT STONES – Espa 105 minutes

AED 1300

This holistic treatment begins as the body is massaged with aromatherapy oils using volcanic hot stones. Stones are carefully placed on the body Chakras powerful energy centers and at vital energy points on hands and feet for balance and grounding. Gentle stretching helps release deep-seated tension around the neck and shoulders and stones are positioned along the spine and on the energy points. Critical tension points are massaged around the eyes and ears prior to an acupuncture head massage.

HOLISTIC STRESS RELIEF – Espa 105 minutes

AED 1250

This all-encompassing ritual commences with a full body skin brushing and exfoliation to prepare the skin, leaving it feeling soft and smooth. This is a deeply relaxing full hot stone massage using a blend of essential oils chosen to suit your specific needs. This truly holistic experience will bring harmony to both the body and mind.

STRESS ELIMINATION – Aromatherapy Associates 115 minutes

AED 1600

Including a full body exfoliation and intense physical aromatherapy massage, this Ritual will relax and relieve tense and fatigued muscles and joints.

Hand and Feet Care, waxing, tinting, eyebrow shaping and threading are available upon request.

Confirmed treatment appointments are subject to cancellation and no-show charges. In adherence to UAE law, female guests will be attended to by female therapists and male guests will be attended to by male therapists.

Burj Al Arab Hotel P.O. Box 74147 Dubai U.A.E.
Tel. +971 4 301 7338 / 7480 / 7853 Fax +971 4 301 7318

Email: BAAssawan@jumeirah.com or visit www.jumeirah.com

