



AYANA SPA

BAB AL QASR · ABU DHABI

MASSAGE RITUALS

AYANA BALINESE COUPLE'S MASSAGE | 90M/60 M

Luxuriate side-by-side with your partner in our couples' suite, with a treatment that will rejuvenate both body and mind. Combines stretching, long strokes, skin rolling, palm and thumb pressure techniques to relieve tension, improve blood flow and ease stress.

AYANA FOUR HANDS MASSAGE | 90 M/60 M

A signature massage performed by two therapists for maximum relaxation.
A blend of a variety of techniques and styles.

ARABESQUE MASSAGE | 90 M/60 M

Asia meets Arabia with this signature treatment. Indulge in a full-body massage utilizing your choice of Le Sens de Marrakech Sensual Oils: Jasmine, Verbena, Orange Blossom, Amber & Musk, Rose & Sandal, Patchouli, Aromatic Mandarin, or Sahraoui. Combined with the practiced hands of the therapist and a warm herbal compress, the result is a truly authentic and supremely relaxing experience.

THAI MASSAGE | 90 M/60 M

Thai massage is an authentic healing art – a unique form of body therapy developed over centuries to promote and maintain health and wellbeing. A full-body treatment, starting at the feet and progressing up to the head, Thai Massage is performed while you are fully clothed. Our skilled therapist will guide you through a series of passive stretches, using their hands, forearms, elbows, knees and feet to compress and palpate your muscles. Rhythmic rocking and pressure point techniques are used to restore energy and induce a state of deep relaxation.



MASSAGE RITUALS

HOT STONE MASSAGE | 90 M

Feel tension melt away, muscle stiffness ease and benefit from increased circulation and an improved metabolism. Just some of the proven benefits of hot stone massage, which can also relieve chronic pain, reduce stress and promote relaxation.

BALINESE MASSAGE | 90 M / 60 M

Employing stretches, kneading, and skin rolling, and alternating between gentle and vigorous strokes for effective stimulation, your therapist begins the treatment with your legs, before moving up to your back and arms, and ending with an invigorating scalp massage. Pressure point stimulation improves the flow of blood, lymph and energy.

DEEP TISSUE MASSAGE | 90 M / 60 M

A great therapy for treating chronic aches and pains, focusing on stimulating the deeper layers of your muscles and connective tissue. Recommended for the treatment of contracted areas, such as stiff neck, and for the relief of lower and upper back pain, leg muscle tightness and shoulder pain.

SWEDISH MASSAGE | 90 M / 60 M

Renowned for being the most relaxing style of massage, the Swedish technique employs light to firm pressure across a range of long, smooth strokes, with kneading, rhythmic tapping, vibration and friction.



MASSAGE RITUALS

FOOT MASSAGE | 45 M

A relaxing and effective technique that helps release toxins and restore your body's energy flow. Begin with a soothing warm water foot bath, enhanced with salt and essential oils, before progressing to scrubbing, massage and detoxifying, finishing with the application of foot lotion. Throughout, pressure expertly applied to specific pressure points, promotes energy flow and relieves tension throughout your body.

BACK, SHOULDER & NECK MASSAGE | 30 M

Your back, shoulder and neck quite literally bear the strain of everyday life. This treatment is designed to work on knots and tension to relieve deep muscle pain and discomfort, and leave you feeling refreshed and relaxed.

SCALP MASSAGE | 30 M

A holistic treatment that uses a blend of acupressure and massage on the head, face, neck and shoulders to rebalance your body's energies.





FACE RITUALS BY PHYTOMER

For more than 40 years, PHYTOMER treatments have embodied a professional expertise dedicated to beauty and wellbeing. PHYTOMER treatments are distinguished by exclusive manual techniques combined with avant garde biotechnological products for instantly visible and scientifically proven results. Deeply holistic, PHYTOMER protocols offer comprehensive and relaxing care, while signature products accentuate the treatments, prolonging the sensory experience and increasing effectiveness.

YOUTH REVEALING PIONEER FACIAL | 90 M

Discover a highly original facial massage, an exceptional treatment with instantly visible results. The height of biotechnological efficacy for firmer, smoother skin that glows with renewed radiance.

CITY LIFE ANTI-POLLUTION | 75 M

A fresh breeze blows through the spa, depolluting the skin of city-dwelling women with the effect of a vacation by the sea. Your skin is intensely hydrated, your complexion is more even and fresher, with all signs of fatigue erased.

WHITE LUMINATION | 75 M

A five-stage treatment consisting of: back relaxation; marine immersion; cleansing and double exfoliation; even-toning face massage; and, finally, a plasticizing mask with vitamin C, before relaxation and awakening. The results are incomparable luminosity, with dark spots diminished and visibly brighter and more translucent skin that glows with beauty.



FACE RITUALS BY PHYTOMER

SKIN ESCAPE FACIAL FOR MEN | 75 M

Enter a world dedicated to men. Choose a moisturizing, youth or pollution-targeted treatment adapted to the specificities of male skin.

DOUCEUR MARINE COMFORTING SOOTHING TREATMENT | 75 M

A veil of softness for sensitive and/or reddened skin. This pampering treatment softens your skin and enhances its protection systems, soothing and hydrating as it does so.

EYE PERFECTION RADIANCE SMOOTHING EYE TREATMENT | 40 M

An ultra-comprehensive treatment for sparkling, young-looking eyes that ensures your eye contour area is smooth and rested.

EXPRESS SKIN SPECIFIC FACIAL | 30 M

Limited time? Look no further. Using Phytomer's unprecedented results-driven products, your skin will be left feeling either hydrated, soothed or depolluted after this 30-minute facial.



BODY RITUALS BY CHARME D'ORIENT AND LES SENS DE MARAKKECH

CHARME D'ORIENT

Founded by Yasmina Zerroug in 1998, and motivated by enthusiasm, passion and a singular vision of beauty. Charme d'Orient is continuing its wonderful adventure in the spirit of sharing authenticity by embodying a reinterpretation of oriental beauty rituals. Dream, Journey, Sensuality and Culture.

LES SENS DE MARAKKECH

The beginning of an extraordinary adventure. Originally from France and settled in Morocco, Celine created Les Sens De Marakkech in 2003 with the desire to transmit what she considers the origin of beauty. Celine has built the brand with the aim of offering natural, effective and safe ingredients while remaining faithful to an ethical commitment to promote the work of Moroccan craftsmen.

WHITE MASK WITH HONEY AND ROYAL JELLY SCRUB | 90 M

A full-body scrub using a traditional Berber scrub with Royal Jelly prepares your skin, ready for the White Honey and Royal Jelly mask, a rich preparation full of nutrients to leave your skin feeling soft and radiant. Finish with a 30-minute massage to leave you feeling refreshed, relaxed and hydrated.

ALGAE DETOXIFYING BODY SCRUB AND WRAP | 60 M

A seaweed body wrap delivers a rich combination of minerals and vitamins, helping to reduce water retention and tightening the skin to an instantly visible effect. This tissue-cleansing treatment is the perfect complement to a detox or diet.



BODY RITUALS BY CHARME D'ORIENT AND LES SENS DE MARAKKECH

AORES BODY SCRUB WITH PINK CRYSTALS AND ARGAN SHELL | 30 M

Exquisitely perfumed and enriched with sugar, the Pink Crystals & Argan Shell Body Scrub softly exfoliates the skin, giving it a smooth, silky appearance. Contains pink clay, grape seed oil, coconut oil and vitamin E.

ALUM STONE HONEY AND ROYAL JELLY SCRUB | 30 M

Alum Stone Body scrub is enriched with honey and royal jelly. Traditionally prized for its astringent properties, it is gentle and firming. Alum Stone is reduced as salts: the thin particles, coated with a delicious mix of honey and royal jelly, softly and effectively exfoliates the skin, leaving it firm, nourished and hydrated.

AMBER & MUSK OR AROMATIC MANDARIN SCRUB | 30 M

A combination of exfoliating salt and sand with the purifying properties of Moroccan argan oil. The desert sand body scrub effectively removes dead skin cells and refines skin texture, while argan oil protects and nourishes for soft and velvety skin.

DEAD SEA SALT SCRUB | 30 M

Remineralizes and softens skin to leave it soft, dewy and glowing. This natural scrub melts slightly as it gently exfoliates, infusing skin with minerals that promote firmness and elasticity.



PACKAGED RITUALS BY CHARME D'ORIENT, PHYTOMER AND LES SENS DE MARAKKECH

AYANA ULTIMATE PACKAGE | 180 M

Let us take you on a journey with this customized treatment for body and face, incorporating an Ayana four hands massage, body scrub and body wrap, carefully selected to suit your specific skin type. While you are cocooned in the warm wrap, your therapist will perform Phytomer's City Life facial, focussed on de-stressing and brightening polluted skin. Concluding with a "light feet" treatment, this package truly offers head-to-toe bliss for the ultimate in relaxation.

AYANA PURIFYING PACKAGE | 150 M

Begin with a customized body scrub designed ideally for your skin type and specific concerns, followed with a full skin analysis and Phytomer City Life facial for superb results. Finish with the therapist's recommended massage, or choose from Balinese or Swedish-style massage for complete relaxation.

INTENSIVE REPAIR PACKAGE | 115 M

Give dry skin the gift of hydration and nourishment with this SOS repair treatment for body and face. Let your body absorb the richness of shea butter through a massage and wrapping, and then enjoy a nourishing organic skin-plumping mask. End the treatment with a relaxing massage.

DEAD SEA REJUVENATION PACKAGE | 90 M

Using natural ingredients sourced from the Dead Sea, this treatment promises pure rejuvenation, relaxation and stimulation, thanks to the richness of its minerals: zinc, magnesium and calcium.



PACKAGED RITUALS BY CHARME D'ORIENT, PHYTOMER AND LES SENS DE MARAKKECH

TRIPLE EXPRESS PACKAGE | 90 M

Relax with our Triple Express treatment – a combination of Phytomer facial, back massage and foot massage. Total refreshment in just 90 minutes.

ALGAE DETOXIFYING SLIMMING PACKAGE | 90 M

A rich combination of minerals and vitamins endow this strong seaweed body wrap with two main actions: the reduction of water retention, and visible tightening of the skin. It is the perfect treatment to receive in support of a detox or diet, as it aids in cleansing the tissues. Finish the treatment with a massage that focuses on your specific needs.

SECRETS OF MOROCCO ARGAN REVITALIZING PACKAGE | 90 M

A getaway into the heart of Morocco, this treatment combines a mineral clay scrub and argan butter massage that endows the skin with a soft veil and subtle notes, and remineralizes the body and mind.

DOORS OF THE DESERT BRIGHTENING PACKAGE | 90 M

Escape for a nomadic beauty session and experience an organic Berber scrub made with cereal grains, honey and royal jelly, followed by a 100% natural full body wrap with a white mask. This intense relaxation session finishes with a shea butter massage enriched with argan oil.



ADD-ONS

EYE PERFECTION RADIANCE SMOOTHING EYE TREATMENT | 25 M

An ultra-comprehensive treatment for sparkling, young-looking eyes that ensures your eye contour area is smooth and rested.

ALUM SCRUB | 15 M

Alum Stone Body scrub is enriched with honey and royal jelly. Traditionally prized for its astringent properties, it is gentle and firming. Alum Stone is reduced as salts: the thin particles, coated with a delicious mix of honey and royal jelly, softly and effectively exfoliates the skin, leaving it firm, nourished and hydrated.



SPA ETIQUETTE

DO I NEED TO MAKE AN APPOINTMENT?

Yes – to avoid disappointment, please either call or visit the spa to reserve your treatment in advance.

WHEN SHOULD I ARRIVE?

Please check-in at the Spa 30 minutes ahead of your scheduled appointment. This will give you time to change and to enjoy the facilities ahead of your treatment.

WHAT IF I HAVE SPECIAL HEALTH CONSIDERATIONS?

If you are suffering from high blood pressure, allergies or any other physical ailment or disability, or if you are pregnant, please inform our Spa Manager or Receptionist when reserving your treatment.

WHAT SHOULD I WEAR DURING MY TREATMENT?

You may wear your own bikini or briefs, or we can provide you with hygienic, disposable briefs. Our therapists will use approved draping techniques to preserve and respect your privacy. Nudity is prohibited.

CAN I USE MY MOBILE PHONE?

To ensure your tranquility and that of our other guests, please turn off all communication devices before entering the spa.

WHAT ABOUT MY VALUABLES?

We strongly recommend that you do not bring valuables to the Spa. We are unable to accept any responsibility or liability for your personal items.

WHAT IF I'M LATE FOR MY APPOINTMENT?

Your treatment will still end at the appointed time, in order that the next guest is not inconvenienced. Arriving late will limit the time available for your treatment, lessening its effectiveness and your enjoyment.

WHAT IF I NEED TO CANCEL A SPA RESERVATION?

Please ensure that any cancellations are made at least six hours' prior to your appointment. As treatments are reserved and prepared specially for you, cancellations made after this time will be charged at 50% of the total value.

WHAT TYPES OF PAYMENT DO YOU ACCEPT?

You may pay in cash or charge Spa services to your room bill. We also accept all major credit cards (Visa, AmEx, MasterCard, Diners).



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