

REJUVENATE BODY AND SOUL
WITH ANCIENT ARABIAN AND ASIAN RITUALS.



AT ANANTARA SPA,
THE GREATEST JOURNEYS ARE FELT, NOT TOLD.

WELCOME TO ANANTARA SPA

Rooted in the beautiful country of Thailand, the essence of Anantara philosophy, 'without end', stems from ancient Sanskrit origins. At Anantara The Palm Dubai Resort, this enduring belief is expressed in perfect harmony with the Middle East's rich cultural traditions, Anantara's Asian heritage and the resort's prestigious location on the eastern crescent of Dubai's iconic Palm Jumeirah.

Hideaway in a luxurious Asian inspired sanctuary that seems a world away from the bustle of the city. Our majestic spa haven extends a warm invitation to experience the mystery and intrigue of Thai and Arabian beauty and

wellness traditions, as well as ancient therapeutic treatments from across Asia and beyond, complemented by innovative contemporary techniques.

Soothing steam, bathing and relaxation facilities provide the perfect prelude to body treatments. The spa features an entire floor dedicated to offering unique and comprehensive Turkish hammam experiences, with separate male, female and couple's facilities.

Melt into massages inspired by the heartfelt generosity of Bedouin desert culture. Replenishing scrubs and wraps reflect

the life giving qualities of Arabia's date palm gardens. The Arabian Gulf's seawater pearls offer illuminating beauty with luxuriously radiant facials, while dynamic body treatments are cultivated from advanced Western techniques to contour and redefine the silhouette.

Rejuvenate with the spa's holistic cocoon room and Ayurveda room. Escape the limits of space and time with the Arabian Nights signature journey collection, in which exotic Thai and Arabian therapies are performed in exquisitely relaxing sequences performed in the relaxing surrounding of the 24 luxurious treatment rooms and including five couple suites.

By visiting our spa you are embarking upon a pathway to holistic wellbeing that is intrinsically connected to Thailand and Arabia's enriching wonders, and steeped in the mystical allure of the world's most precious health and beauty ideals. Let worldly cares slip away and your soulful journey begin as you step into an Anantara experience of exceptional luxury in breathtaking surroundings



COUPLES' QUALITY TIME

Create captivating shared memories as you relax together with a series of wonderfully soothing and rejuvenating treatments that promote deep relaxation, detoxify and cleanse your body.

*PALM RETREAT (180 Minutes)

Embark on a journey to outer wellbeing and inner fulfillment with this collection of soothing therapies, designed to satisfy all the senses. Get started with a treat for your feet and soak in a romantic bath. Let our expert therapists exfoliate your body, leaving you feeling fresh and rejuvenated. Nourish your skin with our hydrating body wrap to leave it smooth and supple. Enjoy a de-stressing massage and finish off with a facial suitable for your skin type.

Floral Foot Ritual • Anantara Milk Bath • Body Exfoliation • Body Wrap • Shower • Arabian Massage • Express Facial • Refreshments

*DUBAI ROMANCE (120 Minutes)

Create a wonderful special occasion with your loved one and retreat to a state of aromatic bliss. Spend quality time together while relaxing in our bath. Then, feel renewed and refreshed with our body exfoliation and release all your muscle tension and aches with our signature Stress Release Aromatic Massage.

Floral Foot Ritual • Anantara Milk Bath • Body Exfoliation • Stress Release Aromatic Massage • Refreshments

ROYAL HAMMAM (120 Minutes)

A wonderfully relaxing shared experience that combines unique East to Southeast Asian-inspired treatments. Experience our traditional Turkish Hammam ritual, performed in a private, couple's hammam room. Indulge in either an Anantara Signature Massage or Arabian Massage, using your choice of Charme D' Orient perfumed oil to leave your skin completely nourished.

*Upgrade your Anantara bath experience with Microsilk Technology. This will enhance your treatment experience however will not increase the duration of the treatment.

ANANTARA SPA JOURNEYS

Indulge in the essence of Anantara Spa as you are gently whisked away on a journey of lasting impressions with an array of treatments combining Middle Eastern charm and traditional Thai techniques that will delight you in mind, body and spirit.

NHAM JAI (120 Minutes)

Nham Jai reflects on Thai hospitality and means "water from the heart". Experience the exotic luxury of an Anantara Spa that uses unique infusions of traditional Thai ingredients and techniques. Treatments crafted by the hands of expert therapists will awaken the senses and create timeless stories guiding you to total relaxation on an unforgettable spa journey.

Floral Foot Ritual • Body Exfoliation • Body Mask • Shower • Anantara Signature Massage • Refreshments

REJUVENATING EXPERIENCE (120 Minutes)

This ritual by Natura Bissé begins with the balancing of chakras using precious gems. Enjoy a smoothing and nourishing exfoliation followed by a regenerating massage with Absolute Damask Rose Oil that will transport

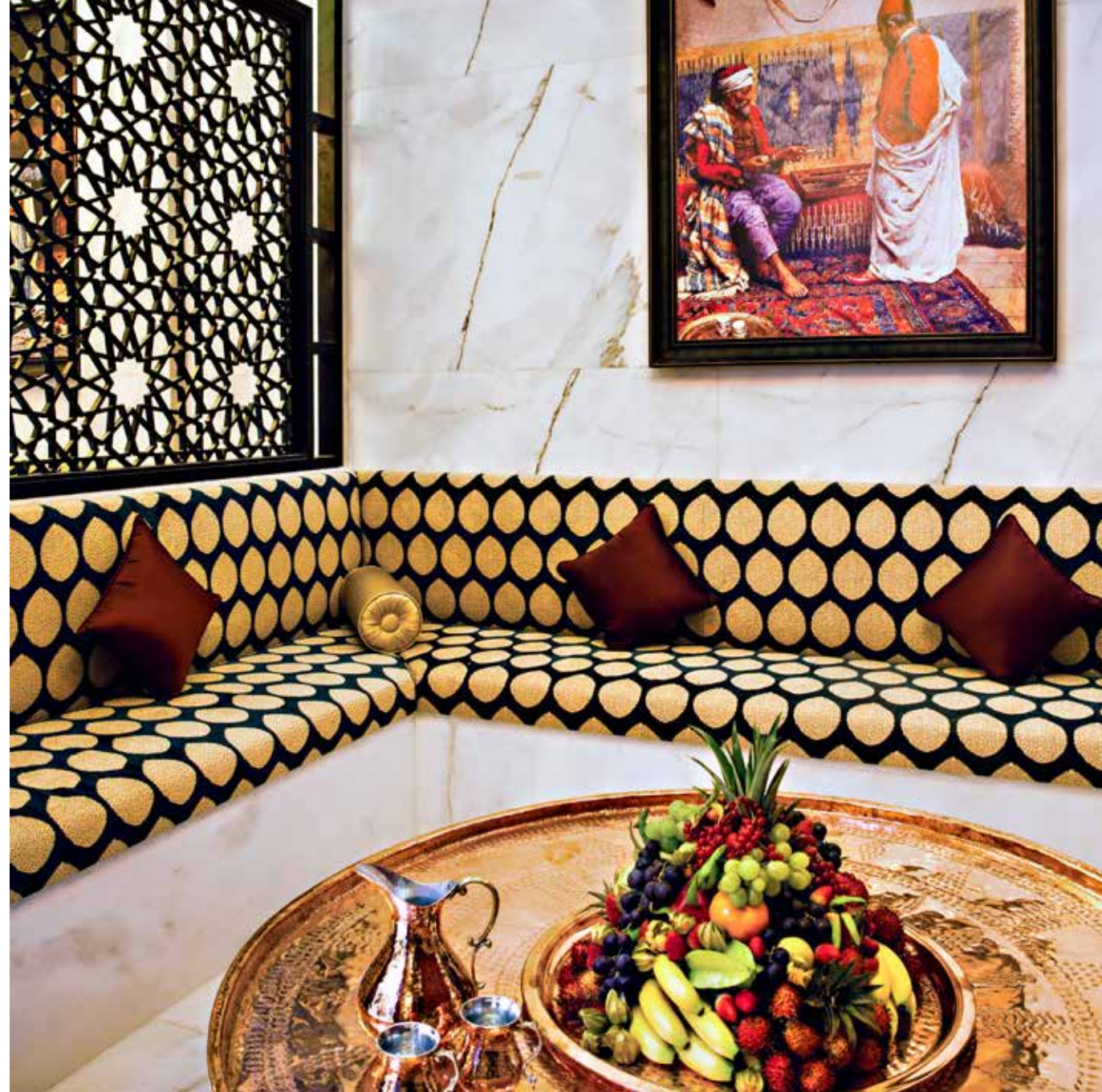
you to a complete state of relaxation and wellbeing. This treatment also includes the Diamond Experience Multisensory Facial, which encourages a long lasting hydration, improves elasticity and restores the skin's natural brightness.

Floral Foot Ritual • Natura Bissé Diamond Rose Body Ritual • Natura Bissé Diamond Facial • Refreshments

DE-STRESS EXPERIENCE (120 Minutes)

This ultimate relaxing treatment promises to activate vital energy and soothe accumulated tension. Combining face and body therapies for pure relaxation with maximum results, pair one of the unique Elemis Facials with the powerful effects of an Elemis Deep Tissue Massage.

Floral Foot Ritual • Elemis Deep Tissue Massage • Elemis Facial • Refreshments





MASSAGES

Anantara's relaxing, therapeutic, stress-relieving massages use gentle, authentic, traditional techniques inspired by the Arabian Bedouin tradition of heartfelt hospitality, combined with infusions of exotic, rare ingredients to lead you on a path to relaxation and eliminate the tensions of everyday life.

ANANTARA SIGNATURE MASSAGE (90/60 Minutes)

Our signature blend of oils, combined with purpose-designed movements, stimulates the circulation and promotes deep relaxation, whilst restoring the flow of energy, or prana, along the meridian lines.

Floral Foot Ritual • Anantara Signature Massage • Refreshments

ARABIAN MASSAGE (90/60 Minutes)

Using palm and elbows to work pressure points throughout the body to stimulate blood circulation, release muscle tension and enhance the body's energy levels, this indigenous massage offers a wealth of trusted age-old benefits.

Floral Foot Ritual • Arabian Massage • Refreshments

TRADITIONAL THAI MASSAGE (90 Minutes)

Using a specific technique, which is passed down through the generations, known to many as 'passive yoga', our expert therapists will alleviate stresses and strains, allowing you to enjoy a wealth of stretching, flexibility and vitality benefits.

Floral Foot Ritual • Traditional Thai Massage • Refreshments

SWEDISH MASSAGE (90/60 Minutes)

Five different variations of massage stroke manipulate each part of the body to stimulate the nervous system, improve circulation and flexibility, as well as enhance physical and mental wellbeing.

Floral Foot Ritual • Swedish Massage • Refreshments

DEEP TISSUE MASSAGE (90 Minutes)

Alleviate stress, ease aching muscles and revive the senses with this powerful Elemis customised massage. Dynamic blends of essential oils are used to target individual needs and reduce specific stresses and muscle tension.

Floral Foot Ritual • Elemis Deep Tissue Massage • Refreshments

MASSAGES

HOT STONE MASSAGE (90 Minutes)

This indulgent massage releases stored-up tension using the penetrating warmth of pure essential oils, which are smoothed over the body using natural heated volcanic stones.

Floral Foot Ritual • Hot Stone Massage • Refreshments

MOTHER-TO-BE MASSAGE (60 Minutes)

A massage, using Elemis products, where the therapist uses tried and tested techniques, which are adapted to each stage of pregnancy. The massage helps to relieve tension in the lower and upper back, as well as alleviate swelling of the hands and feet, while easing the mind and uplifting the spirit.

Floral Foot Ritual • Mother-to-be Massage • Refreshments

FOOT REFLEXOLOGY (60 Minutes)

Experience balance and deep relaxation with a holistic treatment that provides physical rejuvenation with specific thumb, finger and hand techniques applied to various reflex points on the feet to stimulate corresponding organ groups in the upper body.

Floral Foot Ritual • Foot Reflexology • Refreshments





TURKISH HAMMAM RITUALS

The essence of “The Turkish Bath House”, the hammam was a fundamental part of Ottoman culture and society for centuries. It is designed to cleanse and purify the body and skin from toxins, increase blood circulation and stimulate the immune system.

Treat yourself to ancient tradition at its best with Anantara Spa’s selection of unique Turkish hammam experiences. With separate male, female and couple’s hammam facilities and relaxation areas, Anantara invites you to come and indulge in this age-old ritual in the beautiful, serene surroundings of our Turkish hammam.

For the ultimate pampering experience, relax like a sultan as the traditional ‘tellak’ guides you through the ancient art of the Hammam.

*THE HAMMAM CEREMONY BY ANANTARA (120 Minutes)

A treatment that combines tradition and modernity. Using the unique selection of fragrant oils by Charme D’ Orient, this top-to-toe indulgence will leave you with the lasting effects of wellbeing, relaxation and comfort.

TURKISH HAMMAM BODY ESCAPE (90 Minutes)

Pamper yourself with this hammam experience and immerse yourself in a state of “Sakin”, which means quiet, peaceful, smooth and calm in Turkish. The specially selected Shea butter, enriched with organic Argan oil and delicately scented by Charme D’ Orient, is ideal for all skin types and protects against dryness and has a restorative effect.

*TRADITIONAL TURKISH BATH RITUAL (60/45 Minutes)

Performed in the soothing surroundings of Hammam facilities, the gentle heat of the steam and stone softens and prepares the skin for a kese mitt exfoliation, followed by an authentic foam massage using the finest handmade olive oil soap.

*All Turkish hammam rituals will be performed in common male areas for male guests and in common female areas for female guests, except for couples’ hammam experiences.

FACIALS

Indulge in a selection of lavish facials offering the therapeutic effects of natural and powerful ingredients to revitalise and rejuvenate, and treat your skin to the care it deserves.

DIAMOND LIFE INFUSION ANTI AGING AND REJUVENATING FACIAL (90 Minutes)

This Natura Bissé treatment provides rejuvenating action by regulating the four key skin-age biomarkers resulting in firmer, more luminous and visibly younger looking skin. An amazing “youth elixir” that unveils renewed skin that is soft, smooth and wonderfully revitalised.

SKIN RECOVERY FACIAL FOR SENSITIVE SKIN (60 Minutes)

This powerful treatment by Natura Bissé combines repairing ingredients that work to visibly improve dilated capillaries, skin congestion and redness. It prevents the breakdown of the skin, restores the levels of collagen and protects it from external aggressors.

DEEP CLEANSING FACIAL (60 Minutes)

Experience a deep cleansing facial by Natura Bissé based on thermo active enzymatic detoxification. A nano-stimulating mask efficiently releases its moisturising and soothing effects on the skin. The final touch is a tinted hydrating veil to provide a radiant and luminous appearance.

PRO COLLAGEN FIRMING AND LIFTING FACIAL (60 Minutes)

An anti-wrinkle facial with proven results using Elemis products. Special lifting massage techniques are combined with professional strength anti-ageing formulations for maximum effectiveness, leaving a firmer, smoother and more youthful appearance.

FOR MEN FACIAL (60 Minutes)

Charged with Elemis clinically proven products, anti-ageing Time Defence Wrinkle Delay and Time Defence Eye Reviver, this treatment is tailored to meet the needs of a hectic lifestyle and to combat the harsh, ageing effects of frequent shaving, environmental pollution and constant travel, giving men the ultimate skin.

REHYDRATING OXYGEN FACIAL (60 Minutes)

This exfoliating and invigorating treatment from Natura Bissé reenergizes cellular functions and reveals perfectly hydrated skin. The power of oxygen will decongest and brighten a tired dull complexion restoring an even tone and healthy natural glow. Suitable for all skin types.





BODY TREATMENTS

Spoil yourself from head to toe with Anantara's legendary body foundations. A rejuvenating experience using a selection of scrubs, wraps and body pampering treatments to leave you feeling purified, refreshed and revitalised.

ULTRA NOURISHING DIAMOND ROSE TREATMENT (90 Minutes)

The innovative texture, enhanced with micro particles renews and refines skin texture, while ultra-nourishing rose oil creates a repairing layer for the skin. This Natura Bissé treatment ends with a protecting veil, to leave your skin subtle and soft finish.

Floral Foot Ritual • Rose Body Scrub • Shower • Dry Oil With Damask Rose • Rose Touch • Refreshments

REVITALISING CITRUS DRENCH (60 Minutes)

Drench your skin in energising nutrients and enjoy a body treatment for skin that has been damaged by the sun or free radicals. This body wrap from Natura Bissé restores elasticity and provides hydration, protecting the skin from dryness and premature ageing, whilst at the same time providing rejuvenating, antioxidant and firming results.

Floral Foot Ritual • Body Exfoliation • Body Mask • Shower • Body Moisturiser • Refreshments

OXYGENATING BODY TREATMENT (60 Minutes)

This treatment from Natura is rich in macronutrients to provide a firming and rejuvenating effect, as well as helping to prevent fluid retention, eliminate toxins and reduce cellulite.

Floral Foot Ritual • Body Exfoliation • Body Mask • Shower • Dry Oil • Refreshments

ARABIAN EXOTIC SCRUB AND WRAP (60 Minutes)

Starting with a creamy scrub made from local ingredients to gently remove impurities and dead skin cells, this is followed by a deeply moisturising body wrap, incorporating the region's most prized beneficial ingredients, especially designed to address dehydrated skin and leave your skin exquisitely nourished and radiant.

Floral Foot Ritual • Arabian Exotic Scrub • Arabian Exotic Wrap • Shower • Body Moisturiser • Refreshments

HOLISTIC TREATMENTS

Holistic treatments are developed thousand of years ago which guides and inspires us in the art of living a healthier and more balanced lifestyle. It recognises that we are each unique and focuses on nutrition, lifestyle, massage, yoga and herbal remedies to suit our individual make-up.

Holistic treatments offer a wide range of complementary therapies, rejuvenation and relaxing experience using specially selected therapeutic oils to correspond to individual "energies" to create natural balance, alleviate muscle fatigue and tension, improve circulation, calm the mind and uplift the spirit.

HOT OIL THERAPY (90/60 Minutes)

Using specific warm herbal oils for the head and body according to body type, this is a relaxing massage with long strokes that stimulates the body system to achieve overall health and balance.

Floral Foot Ritual • Hot Oil Therapy • Refreshments

HEAD RITUAL OIL BATH (75 Minutes)

Head Ritual Oil Bath is a combination of treatments which includes an application of continuous stream of warm oil to the forehead. This therapy coordinates and calms mind, body

and spirit, enhances circulation to the brain, improves memory, nourishes hair and scalp, while releasing stress and tension.

Floral Foot Ritual • Indian Head Massage• Hot Oil Therapy • Head Ritual Oil Bath • Refreshments

HOT POULTICE THERAPY (90/60 Minutes)

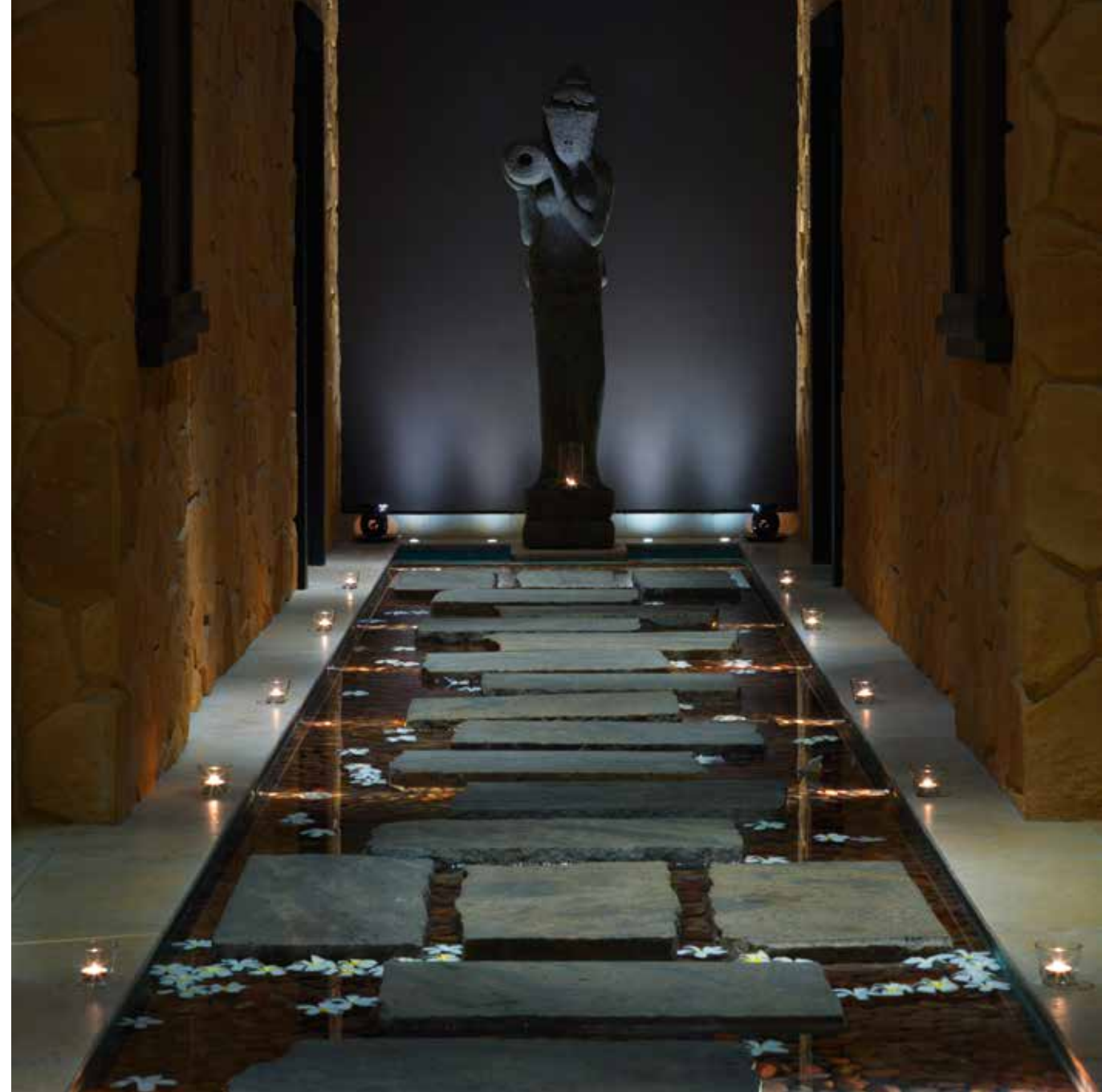
A classic massage using herbs to tackle joint pain, muscle cramps and knots, stress and arthritis. The poultices are warmed in therapeutic oils and used to massage the entire body. The massage promotes better circulation within the affected area, promoting increased perspiration, which helps the skin to eliminate toxins.

Floral Foot Ritual • Hot Poultice Therapy • Refreshments

INDIAN HEAD MASSAGE (45 Minutes)

This head massage is a unique and traditional stress relieving practice using the healing properties of therapeutic oils to promote an immediate sense of calm and relaxation.

Floral Foot Ritual • Indian Head Massage • Refreshments





ADDITIONAL TOUCHES

To enhance your visit to Anantara Spa and offer a complete spa experience, the following have been carefully selected to complement your spa treatments. Priced at AED 325 per additional touch, these treatments cannot be booked separately and must be added to one of the treatments listed above.

BACK MASSAGE (30 Minutes)

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tension and stress and provide immediate relief and relaxation.

SCALP MASSAGE (30 Minutes)

A gentle, de-stressing fingertip massage to help improve circulation, remove tension and relieve headaches.

EXPRESS FACIAL (30 Minutes)

This introductory facial will give a quick and instant pick-me up for dull, lifeless skin.

DIAMOND MICRODERMABRASION (30 Minutes)

Diamond microdermabrasion is a non-surgical way to freshen and rejuvenate skin, using a minimally abrasive diamond head to gently remove the thicker, uneven outer layer of cells from the skin.

MICROSILK TECHNOLOGY

A first in the region, Microsilks Technology uses special bath “shells” with microbubbles to enhance overall skin cleansing, exfoliating and hydrating the skin. Enjoy this oxygen-rich bath that supersaturates the water with billions bubbles, raising oxygen levels up to 70% higher than common tap water, increasing metabolism and promoting the growth of skin cells.

ADDITIONAL BENEFITS FOR SPA GUESTS

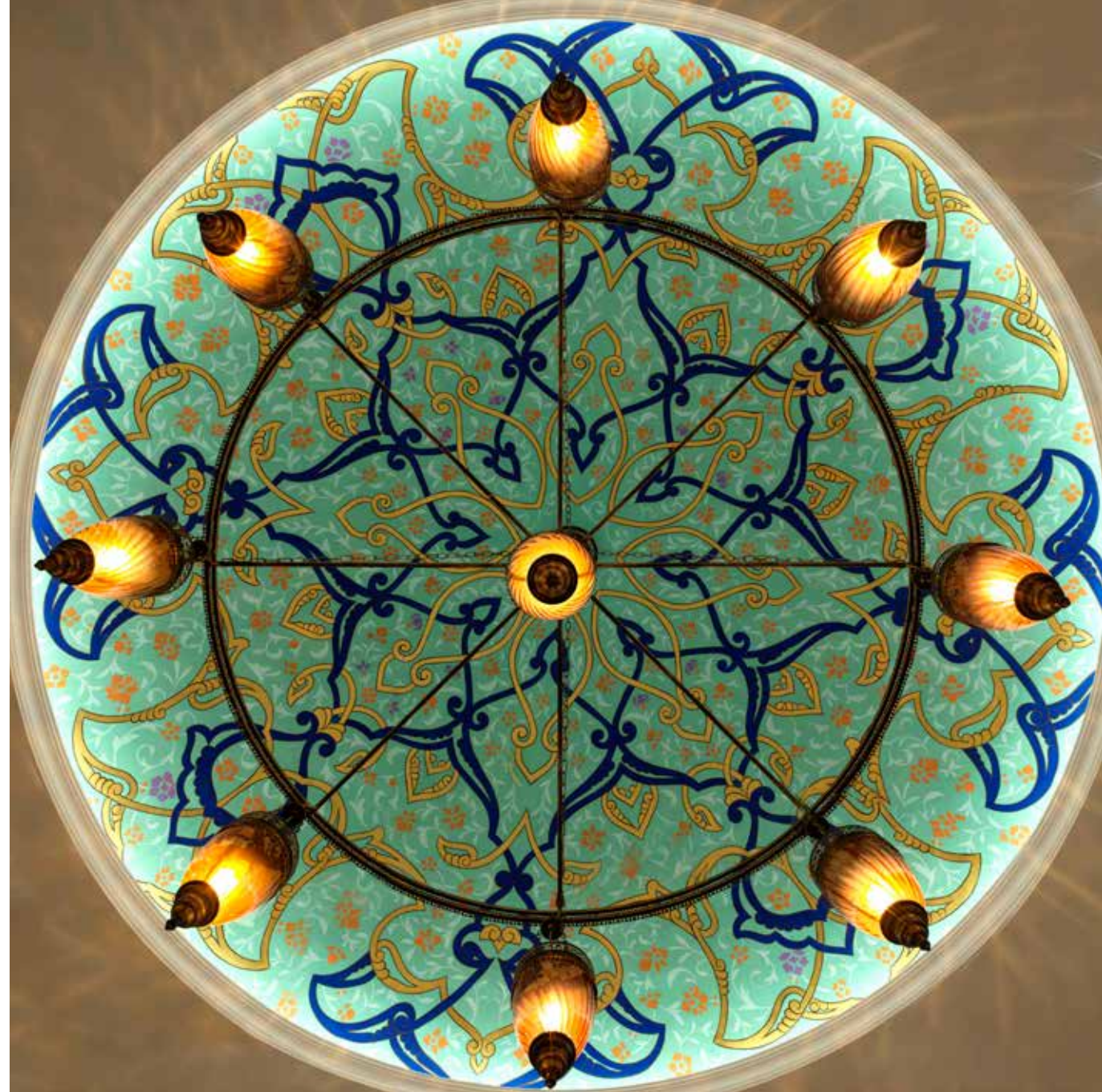
During your Anantara Spa indulgence, each spa guest is entitled to use our Tuk Tuk Kids Club. Terms and conditions apply.

Terms and Conditions for Tuk Tuk Kids Club:

- Guests are entitled to bring maximum of two children aged four to 12 years old to the Kids Club
- Children should be between
- Children below four years can stay in the Kids Club accompanied by their personal babysitter
- Spa treatments should be finished before 7.00 pm
- Parents should arrive 30 minutes prior their treatment to register their kids in our Tuk Tuk Kids Club

SPA ETIQUETTE

- Please arrive 15 minutes prior to your treatment in order to complete your consultation
- Please take time to relax in our tranquil surroundings before and after your therapy session, and enjoy a wonderful tea after your treatment
- Please note that the spa is unsuitable for babies and children under 12 years of age, as we try to ensure that all our guests benefit from the tranquillity of our surroundings
- We recommend that you leave all jewellery in your room or suite before coming to the spa
- Please give six hours notice of cancellation of individual treatments and 24 hours notice on packages, otherwise 50% of the total price may be charged to your account
- We recommend that you do not sunbathe before and after waxing and advanced facials
- Ladies are recommended to remove their make up prior to their hammam treatments.
- Smoking and the use of mobile phones are not permitted in the spa
- Arriving late will reduce your treatment time
- Guests who have high blood pressure, a heart condition, allergies, are pregnant or have any other medical complications, are advised to consult a doctor before signing up for any treatments
- Please notify the spa receptionists of any existing medical conditions.
- Treatments are available from 10.00 am – 10.00 pm





Anantara Spa at [Anantara The Palm Dubai Resort](#)
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