

# Bab Al Bahr Spa



*AN OASIS FOR YOU TO ENJOY.*

## ***Bab Al Bahr Spa recommendations***

The following information is provided for you, our Guest, in order to ensure the perfect Spa experience

The Spa is a non-smoking environment. We thank you for your cooperation and understanding.

We ask for your health and safety that you please refrain from consuming alcohol at least one hour prior to using the Hamam, Steam room and Sauna.

For the safety and consideration of your children, we have adopted the policy of the restriction of use to guests under 16 years of age.

This policy is also to maintain and respect the tranquil environment that we have created for you and every guest

We kindly ask that the use of cellular phones and other communication devices be kept on silent mode prior to entering the changing rooms or any area within the Bab al Bahr Spa premises.

All valuables are recommended to be kept in your Hotel room safety box while on Holidays and while here in our Spa.

Bab Al Bahr Spa and Rixos Hotel will not be held responsible for lost, stolen or misplaced items.

We encourage our guests to schedule their appointments in advance to ensure that the preferred treatment time or therapist is available.

Same day bookings and walk-in appointments are always welcome, based on our availability.

To schedule your appointment(s), please contact us directly at ext. 40006 from your Hotel room or contact our guest relations desk.

### **Cancellation Policy**

We value your choice to spend some time with us and appreciate your attention to our cancellation policy.

Please respect our therapists and other guests at our Hotel by respecting your appointment(s).

Because your appointments are guaranteed reservations especially for you, to avoid any unwanted situation,

we kindly request that you advise the Spa at 40006 or Guest Relations desk

**6 hours prior to your appointment** for cancellation or rescheduling requests, as not to incur a **penalty charge**.

Omitting to advise us in due time will result in 50% charge of reserved treatment billed to your room.

No show guests will be subject to **100% penalty charged to their room**.

Please keep in mind that arriving late for your appointment may require us to shorten the length of the treatment with full charges applied, so as not to inconvenience other guests.

We regret that late arrivals will not receive extension of scheduled appointments.

## *Bab Al Bahr ... your experience*

SPA prepping is an important part of your experience.

This will relax your mind and prepare your body to receive the therapeutic benefits of your ritual.

We recommend that you arrive at least 30 minutes prior to your scheduled appointment time in order that you may relax and enjoy our luxurious facility which offers a Herbal essence steam bath, Finnish sauna, and Hammam.

A quick shower just before using the wet area facilities and before your treatment ritual is recommended.

This will ensure your skin is fresh and clean ready to absorb the nourishing ingredients of the products that will be applied to your skin during your treatment.

Unless the ritual description specifies otherwise, it is customary to arrive as you are.

We will supply you with towels for your use while in the wet areas, as well as a robe for you to wear while resting in our Spa lounge.

An under garment will be given to you for use during your treatment ritual.

Throughout the time you are under the care of your therapist, your body will be draped with linens for your privacy.

At no time will you be fully exposed.

Although you've filled out our Health Questionnaire, prior to beginning your treatment, feel free to discuss with your therapist any troubled areas you would like her to focus on, or to be avoided.

We invite you to let the therapist know if you feel any discomfort during your treatment ritual.

Communication is the key to ensuring your spa experience is unforgettable.

Keep in mind that bodywork and massage is similar to the effects of exercise in that toxins are freed from the lymphatic system and lactic acid is released from the muscles which may cause some soreness for a day or two after your visit.

# BAB AL BAHR SPA



## *Bab Al Bahr Spa*

Where your complete relaxation is  
our main goal.



### *Signature Hammam Ritual*

Take a step back in time and let us pamper you  
like the Sultans were once pampered. Indulge in  
our Luxurious Hammam Body Ritual.

This body cleansing ritual delicately removes  
unwanted dry skin from your body, leaving your  
skin looking and feeling healthier, more youthful  
and moisturized.

Traditional Hammam ritual 30 minutes 275 dhm  
Exclusive Hammam ritual 60 minutes 425 dhm



Select from our variety of full body massages  
performed by any one of our professional  
therapists .





# BAB AL BAHR SPA

*FROM THE WARMTH OF THE  
DESERT RISES AN OASIS  
FOR YOUR COMPLETE WELL  
BEING.*

*BODY RITUALS AND SKIN  
CARE RITUALS YOURS TO  
ENJOY*

## BODY AND WELL BEING

### MASSAGE RITUAL SELECTION



#### HOT AROMA-CANDLE MASSAGE (YonKa)

Indulge in the aromatic Quintessence exclusive to YonKa that induce an instantaneous well-being. Comforting techniques used in our massage performed with a precious organic candle made of essential oils relieve your body of tension and fatigue as your senses indulge in the warmth and luxuriant fragrances.

**Duration:** 60 minutes 495 dhm

#### SWEDISH MASSAGE

Revive your fatigued muscles with our Swedish massage technique. A combination of pressure and effleurages makes this the perfect jet lag fighter. Combine our selection of essential oils to enhance your relaxation and well-being.

**Duration:** 60/90minutes 400 dhm / 650 dhm

#### SPORTS MASSAGE

Especially recommended for the Sports buff. This deep tissue massage releases the lactic acid produced in the muscles after a strenuous work out and decreases the recuperation time for athletes allowing a quick return to ones' exercise program. Strong muscle concentrated strokes and kneading is performed to unlock stress, knots and muscle tension

**Duration:** 60 / 90 minutes 425 dhm / 675dhm

#### STRESS RELEASE

Relieve the stresses of daily life with this relaxing massage. Begin with a 10 minute Sauna session or Steam session to enhance the relaxation process followed by a massage of gentle techniques to help you unwind. Enjoy our special infusion to induce a sense of overall well-being.

**Duration :** 60 / 90 minutes 400 dhm / 625 dhm

#### JET LAG RELIEVER

Once you arrive, come spend a few moments with us to unwind from your journey. Concentrating on back or legs to relieve the water retention or strain that travel can cause.

**Duration:** 30 minutes 300 dhm

#### FOOT REFLEXOLOGY

Give your feet a break with our pressure point foot massage. Soothes aching feet, stimulates the proper function of the organs and keeps you light on your feet.

**Duration:** 60/90 minutes 325 dhm / 525 dhm

## Bab Al Bahr Spa

### YonKa Body Care

#### **GOMMAGE MARIN (YonKa)** Invigorating body polish (sun-prep ritual)

This unique blend of marine salts and essential oils are the perfect combination to this body exfoliation. Guérande marine salt originates in North Western France and is re-known for its very high content of minerals. This body scrub cleanses the body, removes dry dull skin while it nourishes the skin. Perfectly combined with an application of our high concentrate essential oil body care ritual.

Ideal as your first treatment in your care program to prepare your skin and to promote a healthy long lasting tan.

**Duration:** 30 minutes      350 dhm

#### **Phyto Marine (YonKa)** Detox Body Wrap

This highly effective body care program helps the body rid itself of the appearance of cellulite tissue and uneven skin. An invigorating treatment to help relieve the discomfort of low circulation that causes unwanted settlement the adipose tissue. Your body will be wrapped in detoxifying seaweed, and minerals to stimulate the detox process, which in turn triggers the slimming effect. Legs feel lighter and a noticeable improvement in the appearance of the areas treated.

**Duration:** 75 minutes      525 dhm

# YonKa Skin Care for Bab Al Bahr Spa

*In every care program we create, we make sure your complete well-being of Body, Mind and Spirit is catered to. From the moment you walk in to our space scents of Natural ingredients delicately awaken your senses and exotic sounds fill the air.*

*Come... Join us at Bab al Bahr Spa.*



#### **Grand Classique**

A unique treatment based on the exclusive YonKa method involving mild, yet efficient cleansing in 5 varied steps. Purify your skin, bring back balance with the invigorating natural essences of this customized treatment that will leave you with a perfectly radiant complexion.

**Duration:** 60 min      400dhm

#### **Hydralessence**

*Oxygenating skin, long lasting deep hydrating facial*

Nourishing and invigorating for the early signs of fine lines. If your skin feels rough, lacks luster this treatment will quickly restore brilliance and add moisture to the skin.

It is re-known for its rejuvenation properties, skin is soothed, and vibrant.

**Duration:** 60 minute      465 dhm



#### **Optimizer**

*Lifting and firming facial*

The Optimizer facial works on lifting and restructuring, it is an anti-aging treatment that stimulates the skin's natural regeneration processes, it optimizes firmness, reduces wrinkles and fine lines, and intensifies glow. Rich in re-densifying hibiscus and lupine peptides and highly moisturizing marine collagen and hyaluronic acid, it reinforces the structure of the skin and uses co-enzyme Q10 to protect cells from free-radical attacks.

**Duration:** 75 minutes      500 dhm

#### **Vital Defense**

*Anti-aging prevention, Antioxidant, Anti-pollution facial, intense moisturizing*

Fight the appearance of aging skin by fighting against oxidative stress (caused by environmental aggression such as pollution, cigarette smoke, artificial light exposure and climate variations). This skin-boosting facial will bring you an unprecedented level of hydration and allow your skin to breathe. Leaving you skin soft to touch and a healthy glow

**Duration:** 60 min      425 dhm



## Bab Al Bahr Spa Thémaé Skin Care

### Original Beauty -1h30

755 dhm

This intensive anti-ageing treatment is designed to combat wrinkles, loss of elasticity and reduce the appearance of pigmentation. After a deep cleanse of the skin, including a peel to encourage cell renewal, you will enjoy a fatigue-removal face massage. The treatment is completed with the application of a collagen mask and kneading acupuncture movements, while massaging the arms and legs. The results are radiant skin and a visible reduction in the signs of ageing. Anti-ageing techniques include traditional Japanese and Thai tools such as (Ridokis and Nouat-Na) to stimulate circulation and firm the skin.

### Facial for Men -1h00

490 dhm

Specifically dedicated to men. This treatment helps to soothe irritated skins by daily aggressions (shaving, etc...) while providing radiance and purification. This treatment combines a deep cleansing (soft brushes, intense exfoliation, black head removal) with a very relaxing Shiatsu massage. A purifying and detoxifying mask enriched with the Complexe des 4 Thés® (4 Teas Elixir) complete this ceremony.

Complexion is unified, hydrated, signs of fatigue vanished.

### Purity-Radiance Ritual- 1h30

600 dhm

This is the classic, deep cleansing facial. The Purity Ritual perfectly combines intense purification (exfoliation, blackhead removal, tissue oxygenation) with a deep massage. The movements are precise to deliver specific benefits. The skin is deeply cleansed, exfoliated and steamed to prepare for a detoxifying mask enriched with the Complexe des 4 Thés® (4 Teas Elixir) and Lupin flower extract. The face undergoes lymphatic drainage which leaves the skin oxygenated and purified.

## Thémaé



## Body Rituals

### Singapore massage-

60/90 min

490 dhm / 650 dhm

**This spectacular treatment draws on three cultures to deliver an intensely relaxing and calming experience. Specifically designed to expel fatigue from the body as well as rid it of daily stresses and tensions.**

To re-balance energies, movements are precise and sustained, focusing on the tense parts of the body. Back tension is carefully worked (Chinese massage) prior to a progressive massage of the abdomen (Malaysian method). The treatment culminates with the elimination of 'body heat' achieved by stimulating the foot's reflex zones (Indian massage with the Kansu bowl).  
*Ideal for people seeking to rid themselves of daily tensions.*

### Nepalese Style Tea Exfoliation (Thémaé)

30 min

325 dhm

A chance to revitalise the skin's radiance through gentle massage and exfoliation. An aromatic paste of apricot oil, shea butter, bamboo powder and Complexe des 4 Thés® (4 Teas Elixir) rids your skin of impurities, leaving it feeling fresh and radiant.

### Purifying body wrap or Bourbon Tea Nutri-body wrap (Thémaé)

40min

365 dhm

This wrap helps eliminate toxins, decongest tissues and the body regains its vitality. Circulation is improved, the body is light, the skin is more supple, you feel refreshed.

### Oriental massage-

60/90 min

400 dhm / 630 dhm

This massage frees the body from all its tensions by working the muscles and skin with agile, graceful strokes and gentle, comforting movements. The kneading, treading and smoothing movements will leave you feeling relaxed and calm.

This massage works the body with parallel movements, resulting in a feeling of well-being, a rested mind and a relaxed body.

*Ideally performed after Hammam, this massage calms the body after it has been submitted to intense warmth.*



### Slimming Massage

60min.

450 dhm

This treatment combines relaxation with slimming results. Starting with a lymphatic massage of the legs, combined with tapping and roll movements, the skin is detoxified and toned through the application of suction pads. This incredible treatment will reduce the appearance of cellulite as well as tackle fluid retention in the stomach and legs. For visible results a series of treatments are required.



# SENSES. SOUND. SERENITY. COMPLETE WELLNESS

The Complete Wellness package offers:

**Traditional Hammam Ritual - 60 minutes**

This body cleansing ritual delicately removes unwanted dry skin from your body, leaving your skin looking and feeling healthier, more youthful and moisturized.

**A massage of your choice - 60 minutes**

**Choose one:** Stress release, Swedish massage, Sport massage, Oriental massage.

**A facial of your choice - 60 minutes**

**Choose one:** Grand classic, Vital Defense, Hydralessence

Regular price: 1290 AED

Promotional price: 1000 AED\*

**To book the Complete Wellness Package  
please call 40006.**

\*Terms & conditions apply.

# RELAX. REJUVENATE. REBOND. COUPLE'S WELLNESS

The Couple's Wellness package offers:

**GOMMAGE MARIN - 30 minutes**

Invigorating body polish (sun-prep ritual)  
This unique blend of marine salts and essential oils is the perfect combination for body exfoliation.

**BODY MASSAGE - 60 minutes**

**Stress Release Massage for ladies**

Relieve the stresses of daily life with this relaxing massage. Enjoy our special infusion to induce a sense of overall well-being.

**Sports Massage for gentlemen**

This deep tissue massage releases the lactic acid produced in the muscles after a strenuous work out and decreases the recuperation time allowing a quick return to your exercise program.

**PURIFY FACIAL MASSAGE - 30 minutes**

This thorough yet relaxing facial massage is designed to hydrate, refresh and balance your skin.

Regular price: 2150 AED (for two)

Promotional price: 1700 AED\* (for two)

**To book the Couple's Wellness Package  
please call 40006.**

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*YOUR OASIS FOR WELL BEING*

