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WALDORF ASTORIA®  
Spa



Treatments



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## WELCOME

Inspired by the pristine beauty of its iconic location on the Palm Jumeirah, the Waldorf Astoria Spa offers a destination focused Spa journey and an extensive array of tailored treatments.

Each experience combines rich healing traditions and practices with sophisticated products and refined techniques to deliver an extraordinary experience.

The Waldorf Astoria Spa is a luxurious wellness escape where guests experience a unique and authentic Spa journey just moments from the city - a haven of complete tranquility.



## Spa Journey

### SHIMMERING DUBAI NIGHTS

Inspired by the mystical power and decadence of gold showcased throughout Dubai, this indulgent ritual will rejuvenate and repair the skin from head to toe. After a golden body scrub, a soothing massage with fragrant oil enriched with gold particles repairs the skin. A regenerating gold facial completes the ritual, leaving your whole body shimmering and radiant.

### ORIENTAL TIME TRAVELLER

Step back in time and experience ancient healing practices from across the Orient. Feel the muscle tension dissolve as an oriental massage starts this journey. The warm aromatic oil continues to flow onto your forehead and scalp, evoking a state of calm and nourishing dry hair. Tired feet are the next focus before an acupuncture massage revitalizes the complexion.

### SWISS PERFORMANCE

Drawing on the natural resources of Switzerland and the latest cellular cosmetic research findings, this experience delivers exceptional results. Select an anti-ageing or slimming body treatment, after which an intensive lifting facial is applied for revealing a remarkably firm and youthful appearance.

### IMPERIAL ARABIC HAMMAM

The warming and detoxifying ritual follows a traditional Arabic sequence of steps to draw deep impurities from the body and create radiance within. After a steam session, a Moroccan mint tea body cleanse follows. An enlivening olive stone and coffee scrub purifies and rejuvenates the skin before a foam massage. Finally, a rich clay mud wrap is applied to draw toxins from the body.





## Inspirational Environment

Waldorf Astoria Hotels and Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations, each Waldorf Astoria is a destination in its own right, offering the best of everything in personal service, exemplified in our signature luxury Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention. An experience that will leave you inspired. Waldorf Astoria Dubai Palm Jumeirah Spa is a luxurious wellness escape, where discerning guests experience a unique and authentic spa journey.

# Spa Packages

## SPA SUITE PACKAGES

Select, customize and create your own Spa package by combining a number of treatments. Spa Suite packages include time to indulge in the private facilities: submerge in the thermal jacuzzi, sauna and steam room to completely relax and pamper yourself.

## COUPLE'S RETREAT

Experience a body scrub, a tailored bespoke massage and soak in our private couple's suite. Afterwards, submerge in the aromatic waters of your private Jacuzzi and enjoy the thermal facilities.

## HALF DAY PACKAGE

Escape the city and experience a morning or afternoon at the Waldorf Astoria Spa. Indulge in a range of Spa therapies and Spa facilities: the Half Day Package lasts three hours, during which you may combine various spa treatments and enjoy a lunch or an afternoon tea.

## FULL DAY PACKAGE

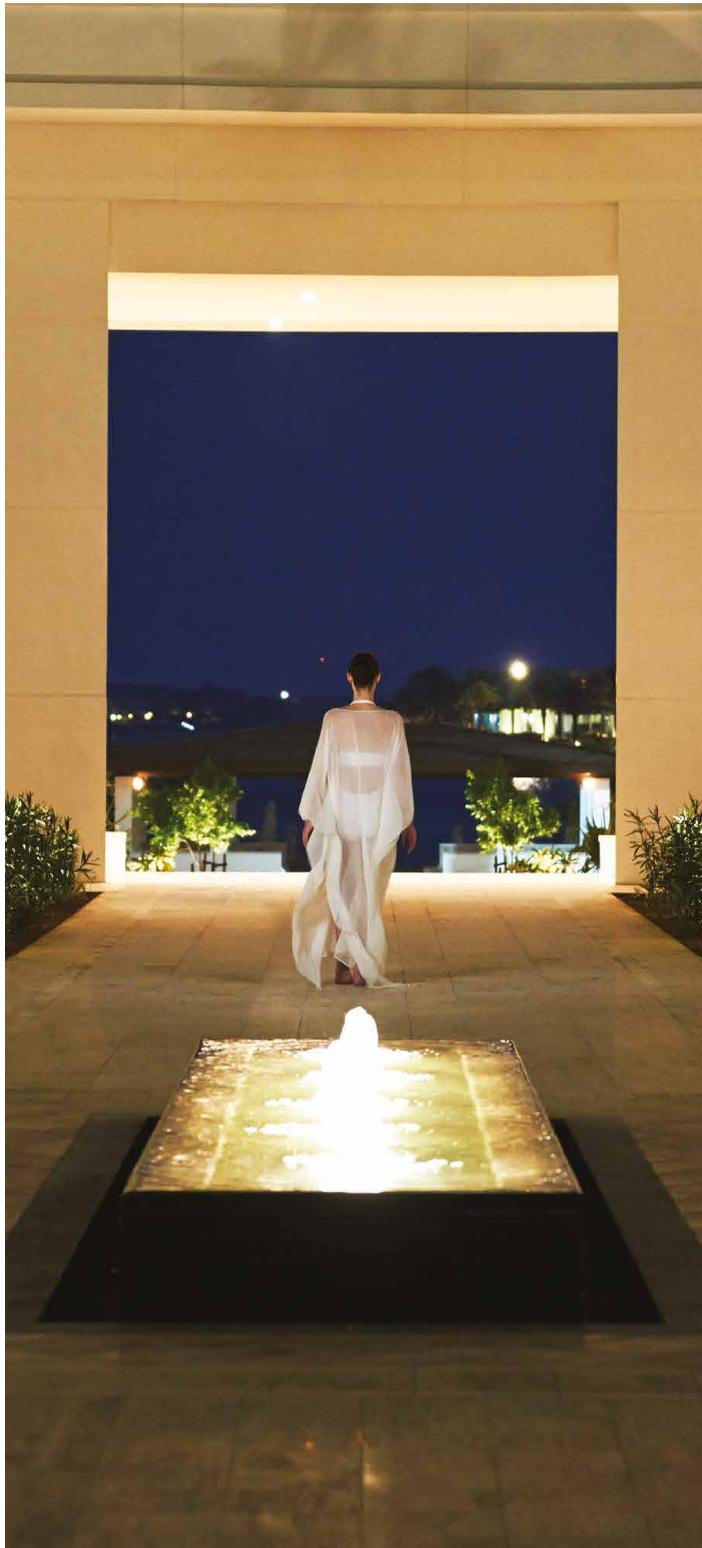
Dedicate a day to indulge and rejuvenate at the Waldorf Astoria Spa. Your day will comprise of four hours of Spa treatments of your choice as well as lunch in the Spa garden or at the nearby poolside restaurant.

## BESPOKE BODY CARE

A tailored package to restore wellbeing. Consult with one of our Spa Receptionists to create a body care package individually tailored to rejuvenate and restore wellbeing, for your mind and body.

## BESPOKE TIME

Create your own journey to wellbeing and beauty. Select and combine any of the treatments from our menu, simply choose the duration of your journey and leave the rest to us.



## Facial Therapy

### REGENERATING GOLD PLUMPING FACIAL

This anti-aging gold facial combines a copper enriched peel to brighten and an anti-inflammatory gold serum to heal and regenerate the skin for a youthful complexion. A unique plumping massage reduces the depth and appearance of fine lines and wrinkles.

### SOURCE OF BISSES HYDRATION FACIAL

A deeply hydrating facial targets and treats all three layers of the skin. Source of Bisses treatment is an ancestral tradition, where water mastery is applied to quench dehydrated and thirsty skin. The treatment will leave your skin feeling as fresh as the morning dew.

### VITALITY ANTI-STRESS BOOSTER FACIAL

A rejuvenating facial for stressed skin, the Vitality facial treatment focuses on reinventing the skin through a complex combination of ingredients that boost cellular renewal. The ingredients and treatment steps leave the skin refreshed, smoothed, detoxified and oxygenated.

### PEAKS OF FIRMNESS ANTI-AGING FACIAL

The ultimate anti-aging facial, the Peaks of Firmness visibly reduces the signs of aging with biotechnological extracts, a lifting massage, and chronocellular lifting mask, leaving the skin visibly plumper, smoother and firmer.

## Facial Therapy

### BLUE DIAMOND FACIAL

This firming and brightening treatment helps to revitalize dull, lacklustre skin. Diamond peptides prolong the life of healthy skin cells, restore skin fitness and helps repair the skin for a stronger, healthier and more vibrant complexion. The traditional Hungarian facial massage accelerates the oxygenation of the skin to re-energize and lift.

### RADIANCE BOOSTER FACIAL

A facial to treat pigmentation and uneven complexion with vitamin C and white lupine extract, which act deeply below the surface to boost cellular activity. Affecting small vascular anomalies up to larger pigmented spots, this treatment brings uniformity and glow to the complexion.

### HUNGARIAN DEEP CLEANSING FACIAL

Mineral-rich Hungarian moor mud detoxifies and draws out impurities for a deep cleanse. The application of a fragrant mask follows the thorough cleansing and exfoliation, treating sensitive skin and reducing pore size.

### SPARKLING EYES

With each sparkling eyes treatment, the dermis is re-plumped and the skin regains its density. This treatment brings immediate visible lifting results to the eye area. To complete this experience, the decongesting massage of the eye contour will leave your eyes sparkling and youthful.



# Body Therapy

## PEAKS OF SLIMNESS

A true remodeling of the silhouette, this professional Valmont treatment offers tangible results from the very first session. With a ground breaking combination of state-of-the art ingredients that work in synergy against dimpling and cellulite, this treatment is ideal to treat all types of cellulite and to reshape the body contour.

## VITALITY ANTI-AGING TREATMENT

The skin recovers all its beauty with this intense energizing treatment that feeds the skin with nutrients. Soothing massage techniques will relax and knead away stresses and strains from the body, leaving your skin toned and nourished and your mind and body at ease.

## HAMMAM TRADITIONS

The Hammam Traditions treatment follows a sequence of cleansing rituals to purify and revive both mind and body. Following the steps of an orange steam, mint cleanse and olive and coffee body scrub, the body releases impurities from the skin. A foaming massage relaxes and cleanses before an application of body cream.

## GOLDEN BODY

Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; it helps to repair and strengthen the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with fragrant oils enriched with gold particles. The body is left replenished, radiant and shimmering.

## LUXURY BODY POLISH

An organic body scrub to nourish the skin, blended with pure lavender, jasmine and Brazilian rosewood aromatics. A massage application of nourishing organic body lotion will leave your skin silky soft and deeply nourished.

## HAMMAM DETOXIFYING MUD WRAP

An enriching Middle Eastern healing tradition to delight the senses. A steam session and a mint body cleanse are followed by a polish with a traditional kese glove. A foam massage takes place next before a white jasmine mud wrap is applied. Your scalp will be treated with a soothing massage.

## HUNGARIAN DEEP CLEANSING BODY WRAP

More than an ordinary wrap treatment, this experience begins with a vigorous yet gentle brushing of the body and a detoxifying exfoliation. Whilst a deep cleansing mud mask cleanses the body, a scalp massage relieves tension and stress.



## Massage Therapy

### BESPOKE

Our highly skilled therapists tailor the ideal treatment according to your needs, concerns and every day lifestyle. Each bespoke experience is individually designed to transport you to a state of bliss and wellbeing.

### SOOTHING BAMBOO

A soothing massage to alleviate stubborn muscle tension and remove negative ions from the body. Ideal for those seeking a medium to deep pressure massage to alleviate muscle tension and increase mobility and energy.

### ORIENTAL HEALING

The Oriental Healing Massage combines the best healing practices and techniques from across the Orient to restore energy levels and rejuvenate both the mind and body. A gentle to medium pressure massage ideal for pure relaxation and for restoring your energy levels during times of stress.

### SHIATSU

Release your body's natural energy and introduce a new life force throughout the body by utilizing compressions, stretches, and Shiatsu inspired massage techniques perfected in Japan. This treatment will increase circulation and warmth throughout the body, leaving you uplifted and glowing.

# Massage Therapy

## DEEP TISSUE

Unwind sore muscles with this intense deep tissue massage, created to restore and heal over-used muscles. This treatment restores a full range of movement and leaves your body at ease.

## INDIAN THIRD EYE RITUAL

A selection of warm aromatic oil infusions are gently and continuously poured onto the third eye, forehead and scalp. The continual flow of oil relaxes the mind, inducing a hypnotic relaxed state. This treatment is ideal for pure relaxation, relieving headaches and easing sleeping patterns.

## MUM TO BE

This treatment is ideal for pregnancy from three months onwards. In an organic treatment designed for soon-to-be mothers, the focus is on the key pressure areas. Tension is relieved during a calming back massage, eliminating any unwanted stress from the body.

## REFLEX ZONE

A treatment purely focused on making tired and aching feet feel better by combining pressure points, hot stones, and therapeutic techniques to alleviate aches and stimulate the immune system.

## COOLA SUN MESSAGES

COOLA utilises the freshest and most natural ingredients wherever possible. Pre and post sun options are available for a full body massage. Each treatment includes a full size product to take with you.

## MANGO DELIGHT WITH SPF50

A sweetly scented protective massage for a sun ready skin; includes sun protection factor 50.

## PLUMERIA PROTECTION WITH SPF30

A floral scented protective massage for a sun ready skin; includes sun protection factor 30.

## SIMPLY SPF WITH SPF50

An unscented protective massage for a sun ready skin; includes high performance sport sun protection factor 50 for a more active day in the sun.

## AFTER SUN REMEDY

Soothe, repair and protect your skin with this luxurious after sun recovery massage

# Neom Wellbeing Treatments

## NEOM SLEEP TREATMENT

An extraordinary blend of 29 of the purest possible essential oils, including English lavender, sweet basil and jasmine was blended with one purpose: to induce deep sleep. After peaceful guided meditation, reflexology and breathing techniques, key stress relieving points on the head, face, neck and back will be focused on by using the very best techniques of shiatsu, cranio, Thai massage and trigger point work.

## NEOM DE-STRESS TREATMENT

The complex blend of 24 of the purest possible essential oils creates a de-stressing environment the moment you enter the room, with a peaceful guided meditation, reflexology and breathing techniques. We drizzle the NEOM Intensive Skin Treatment Candle oil over the skin, then provide specialist massage to the key stress relieving points, harnessing the very best techniques of shiatsu, cranio, Thai massage and trigger point work.

## NEOM ENERGISE TREATMENT

Using changes in temperature, speed-of-touch and different textures, the treatment begins with the NEOM Body Scrub. Your skin will be buffed head-to-toe, ready to be fully enveloped in the NEOM energising cream clay wrap. The stimulating essential oils of grapefruit, lemon and rosemary penetrate the skin and allow for detoxification, whilst a face and scalp pressure point massage and specialist reflexology techniques are applied.

## NEOM HAPPINESS TREATMENT

Surrounded with a complex blend of 7 of the purest possible essential oils this treatment begins with a guided meditation, reflexology and breathing exercises. Your skin will be lightly buffed head-to-toe using NEOM Body Scrub, with invigorating oils of wild mint and mandarin. By applying techniques of shiatsu, cranio, Thai massage and trigger point touch, we work to decrease stress levels and release endorphins.

## Hand and Foot Therapy

### THE MARGARET DABBS SUPREME MANICURE

An exceptional manicure, including a hand soak and hand massage.

### THE MARGARET DABBS TOTAL MANICURE

### MARGARET DABBS MANICURE SHAPE & POLISH

### MALE MANICURE

### THE MARGARET DABBS SUPREME PEDICURE

An exceptional pedicure, including a foot bath and foot massage.

### THE MARGARET DABBS TOTAL PEDICURE

### MARGARET DABBS PEDICURE SHAPE & POLISH

### MALE PEDICURE

### FOOT DETOX BATH

The lavender and grapefruit detox baths have been designed to relax and rejuvenate, as well as to help to cleanse everyday toxins.

### FOOT MASSAGE

Foot pampering guaranteed to relieve and relax the body. The foot massage can also be added on to any hand and foot therapy.

## Men's Therapy

### Gentlemen's Tonic Facials

#### ADVANCED ANTI-AGING FACIAL

The most advanced Gentlemen's Tonic facial uses an innovative range of products, which accelerate cell renewal and the production of collagen while targeting fine lines and wrinkles. Your complexion will be left looking refreshed, radiant and significantly brighter.

#### THE GENTLEMEN'S TONIC DETOX FACIAL

One of Gentlemen's Tonics most popular treatments, this facial aims to relieve congested skin, instantly improving its tone, clarity and overall complexion. This facial is ideal for those who are prone to breakouts and or have oily skin.

#### THE GENTLEMEN'S TONIC HYDRATE FACIAL

The most effective way to combat dry and prematurely ageing skin: a careful blend of serums and boosters enriched with anti-oxidants, vitamins and botanical extracts hydrates and purifies the skin. Experience this supercharged facial and be surprised with the dramatic results.

#### THAI MASSAGE

A traditional Thai massage combining stretches and deep pressure, focusing on the energy pathways of the body. This treatment is ideal for relaxing tense, strained muscles and will assist with flexibility and posture.



## Authentic Moments

Waldorf Astoria luxury Spas reflect our worldwide reputation for consistent standards of excellence on which you can rely. Our Spa creates its own individual sense of place, one that reflects the character and culture of its unique location on the shores of the Palm Jumeirah.

Each Spa experience will be as memorable as it is truly exceptional, and each memory will be forever linked to the time and place where you enjoyed it. Waldorf Astoria Dubai Palm Jumeirah, where the story begins...

## Spa Information

### HYDROTHERAPY FACILITIES

Start your rejuvenating spa journey with our intimate relaxation facilities that include separate male and female steam rooms and Waldorf Astoria's signature herbal sauna. Enjoy quiet time on floating relaxation beds within the ladies facilities and thermal heated beds within the men's facilities. The relaxation facilities are complimentary for in house guests and recommended to be used pre and post spa treatments.

### OPERATING HOURS

The Waldorf Astoria Spa operating hours are from 10:00am - 10:00pm daily.

### SCHEDULING AN APPOINTMENT

Contact our Spa Reception to assist you in selecting your ideal treatment. Hotel guests may contact the Spa by the Spa button option from the guest room phone. External guests please call: 04 818 2245. To ensure your preferred time and service is available we recommend advanced bookings.

### CANCELTION POLICY

To cancel or reschedule your Spa appointment please do so at least 24 hours prior to your scheduled treatment time. Rescheduled appointments are subject to availability. Cancellations within 24 hours incur a 50% charge. Cancellations within 12 hours incur a 100% charge.

### SPA ARRIVAL

Please arrive for your treatment at least 20 minutes prior to the scheduled appointment time, allowing time to change and enjoy the benefits of the hydrotherapy facilities before your treatment. Late arrivals will limit your treatment time.

### HEALTH

Prior to your treatment you will be asked to complete a confidential questionnaire to assess your suitability for any treatment.

### PREGNANCY

Our team will guide you on the most suitable treatment options.

### SPA ETIQUETTE

To ensure that our Spa provides for relaxation and tranquility, mobile phones and other electronic devices must be switched off or switched to silent mode. Guests are requested to use swim wear within the facilities.

### AGE POLICY

The Spa welcomes all guests age 16 and above.

### THE GIFT OF GIVING

Gift Vouchers are available for purchase and are valid for all treatments and retail home care products. Spa gift vouchers can be purchased in the Spa and online at [www.waldorfastoria.com](http://www.waldorfastoria.com).

### PRICING

All treatments are in UAE Dirhams and are inclusive of 10% Municipality fees and 10% service charge.



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