

SIX SENSES SPA

THE PALM, DUBAI

SPA AND WELLNESS MENU

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Here, wellness is a way of life. In flow with the serenity of the sea. In tune with you. Balance happens naturally when vibrant energy meets tranquility, and life moves at a pace that allows you to stay connected in a softer way. This is your sanctuary. Space to return to your true self. Inspired by the coral reefs that surround us, our philosophy celebrates the intersection of nature's wisdom and modern science.

Our spa and longevity center blends advanced biohacking with ancient therapies, creating a unique wellness experience. Personalized programs are designed to restore inner shine while promoting long-term well-being through targeted treatments, diagnostic consultations, and integrative longevity solutions. Whether you seek a quick reset or a deeper journey, our services cater to personal goals and lifestyle to carry that feeling home.



LOCALLY INSPIRED
SIGNATURE TREATMENTS



TRUE BALANCE, 90 MINUTES

This therapeutic journey encourages inner and outer harmony. Our expert therapists will use powerful crystals in a full-body massage, using a blissful blend of frankincense and sandalwood. The journey includes stretches to tone the nervous system, breathwork, visualization and healing sound to restore a sense well-being.

ALCHEMY BAR WORKSHOP, 45 MINUTES

This interactive workshop is not to be missed! Our expert Alchemist will share their in-depth knowledge of the abundant local herbs and produce. Immerse yourself in the varied textures, extraordinary oriental aromas and create your unique potions and cures to carry on the good work back home.

DISCOVERY RITUAL, 90 MINUTES

Begin this experience at our Alchemy Bar where you will be guided to create your unique fragrance, tailored to your specific needs in the present moment. Your therapist will then use your precious creation in a bespoke warm full body massage that will melt away tension and leave your skin beautifully nourished and subtly fragranced.

DREAM CATCHER, 90 MINUTES

Evoke a deep sense of relaxation with this head-to-toe therapeutic massage. Deep seated muscle tension is released from the back, neck and shoulders before turning over to lie on a pulsed electromagnetic field mat to reduce cortisol levels and promote feelings of wellbeing. A therapeutic scalp massage and acupressure on the feet is performed whilst listening to meditative Yoga Nidra, which completes this blissful experience.



RITUAL OF CONNECTIONS FOR TWO
150 MINUTES

A couple's journey that begins with a 30-minute sound ceremony, allowing bodies and minds to gently attune in harmony. Continue at our Alchemy Bar, where you will craft a personal fragrance reflecting your present intentions.

Your bespoke blend is then woven into a warm full-body massage, designed to release tension, nourish the skin, and deepen your sense of connection.

Enjoy exclusive access to the VIP suite, including steam, shower rituals, and private relaxation time — a sanctuary created for togetherness, balance, and reconnection.



LOCALLY INSPIRED SIGNATURE TREATMENTS



WELLNESS





WELLNESS SCREENING, 45 MINUTES

How are you, really? Find out what's going on inside your body with our in-depth wellness screening. The reading gives 30 key biomarkers relating to your overall well-being, our practitioner will talk you through the results and plan the next steps along your wellness path. You have only knowledge to gain.

WELLNESS CHECK-IN, 15 MINUTES

In a hurry? If you would like the screening results to review yourself and receive treatment suggestions for the duration of your stay, opt for a check-in.

Our named programs give a guide of what we cover while our wellness screening allows us to totally personalize the program to your needs and goals. Our programs can be tailored for day guests or staying guests for 3/5/7 days.

SLEEP TRACKING

Wear our sleep tracking ring overnight to get handy intel on your current sleeping patterns. Talk to our sleep expert the following day to discuss your results.

SLEEP

This multi-day journey is designed to improve your sleep. Working one-on-one with a trained wellness expert, you will create a personal schedule. This combines concrete data captured by our sleep tracker with a plan for you that includes dietary recommendations for sleep-promoting foods, the Ayurvedic sleep science of yoga nidra, meditation, and spa treatments to retrain your body to fall asleep easily and stay asleep soundly so you wake up full of energy and raring to go.



DETOX

Cleanse mind and body to promote mental clarity, boost immunity, and improve digestive function, all with a slice of fun and color on your plate! We combine techniques of yogic cleanse to help your body detox safely with low intensity training, signature detox massages, stimulating scrubs, detoxifying body wraps and facials, as well as personalized wellness activities. A top to toe cleanse.

This program is most effective when followed over 7 consecutive days although we will be happy to create a bespoke journey for you depending on the time you have available.

YOGA

For beginners and improvers, as there is a yogi in us all! Experience a new form of mind and body movement to release stress, improve flexibility, handle uncertainty, and build a stronger you. Guided by our expert yogi, we combine private sessions of yoga, guided meditation, and breathing exercises with signature massages and energy treatments.

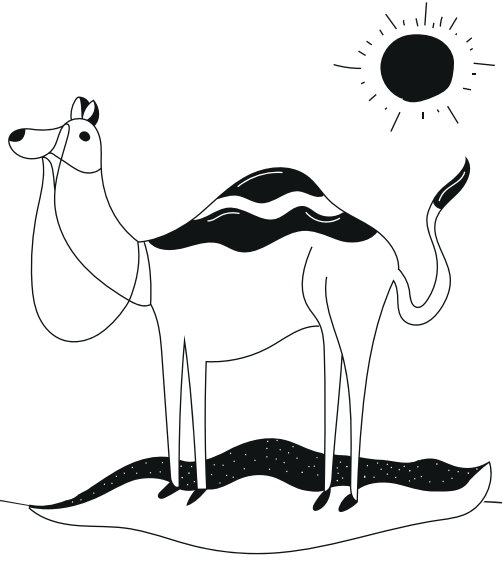
FITNESS

Our expert personal trainers will assess your fitness level and blend high and low intensity training with soothing treatments, as fitness is all about balance! Recover with deep tension release massage and stretching to improve range of motion. Learn new workouts to take home and input into your routine to achieve your goals. A fitness journey never ends. We can discover new ways of getting results at each stage of our lives.

AYURVEDIC REJUVENATION

Improve vitality, balance the immune system, and discover Ayurveda, the ancient science of life and longevity. After a detailed consultation, our Ayurvedic doctor recommends suitable combinations of therapies based on your dosha (Ayurvedic body type) along with suitable activities and the food to favor or avoid.

Whatever wellness journey you take, we follow the guiding principles of Eat With Six Senses: where food is as nutritious as it is delicious, and you will leave feeling better than when you arrived. Our programs are also complemented with sleep tracking offering information on your current sleeping patterns and advice on how to get the most from your sleep.



BIOHACKING





Recovery for muscles and minds

Biohacking sounds futuristic, but it's simply a way to quickly recover from travel or exercise and get the most out of your life. Our biohacking bundles are named to address certain concerns and when hacks are used together it makes the most of your time too. You just need to sit back and relax.



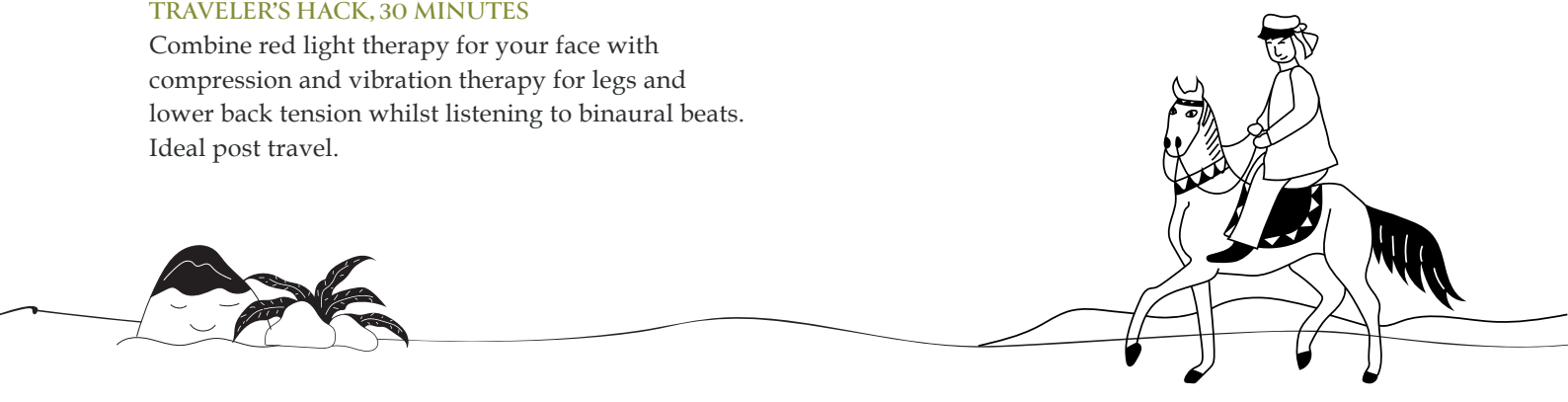
RECOVERY HACK, 30 MINUTES
Kickstart your recovery process with cryotherapy and deeply regenerative red-light therapy.

CONTRAST THERAPY, 30 MINUTES
Experience the ultimate wellness boost by combining the soothing heat of a sauna with the invigorating chill of an ice bath, using breathwork techniques to enhance your experience. This contrast therapy enhances circulation, reduces inflammation, accelerates recovery, and detoxifies the body while promoting stress relief and mood elevation. Perfect for relaxation and rejuvenation.

TRAVELER'S HACK, 30 MINUTES
Combine red light therapy for your face with compression and vibration therapy for legs and lower back tension whilst listening to binaural beats. Ideal post travel.

ENERGY HACK, 30 MINUTES
Turn stress and tension into a light mood with PEMF, red light therapy and a massage gun leading to good sleep.

SLEEP HACK, 30 MINUTES
A deeply restorative ritual combining compression therapy, red light face mask, and meditative yoga nidra complemented with Sleepy Tea, power-down-hour tips, and blue-light-blocking glasse.



MASSAGES



SIX SENSES SIGNATURE MASSAGES:

Deep Tissue, 60/90 minutes – release stress, ease muscle tension and improve mobility. Silicone cups, hot stones or warm compresses might enhance this treatment.

Detox, 60/90 minutes – focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo stick and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes – combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Movement Restoration, 90 minutes – improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

Pregnancy Massage, 90 minutes – A full body, advanced massage tailored to the needs of the individual. Combining Eastern and Western techniques, including very gentle stretching and nurturing strokes to promote relaxation and ease discomfort in the body.

Tension Soother, 30/60 minutes – a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility.

Head Massage, 30/60 minutes – a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm.

Relaxed Feet, 30/60 minutes – restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet.



JET LAG SOOTHER, 60/75 MINUTES

After a long journey, this treatment begins with dry body brushing to stimulate blood circulation. Your back, neck and shoulders will be massaged using a refreshing blend of essential oils. A relaxing scalp massage and face acupressure follows whilst enjoying compression therapy on the legs to get the lymph flowing and help reset your body clock.

In the extended option, treat yourself to additional massage of the lower legs and acupressure on the feet.



ENHANCE YOUR SPA EXPERIENCE:

Cryotherapy

Percussion Massage Device

Ease Tension With Venom Back Wrap

Locally Inspired Body Scrub

Dry Body Brush

Muscle Ease For Deep Relaxation & Tight Muscles
By Subtle Energies.

Hydra Filler Mask
By Dr Burgener Switzerland.

Instant Eye Radiance
By Dr Burgener Switzerland.

Multi Molecular Hyluronic Acid Mask
By Subtle Energies.

FACIALS



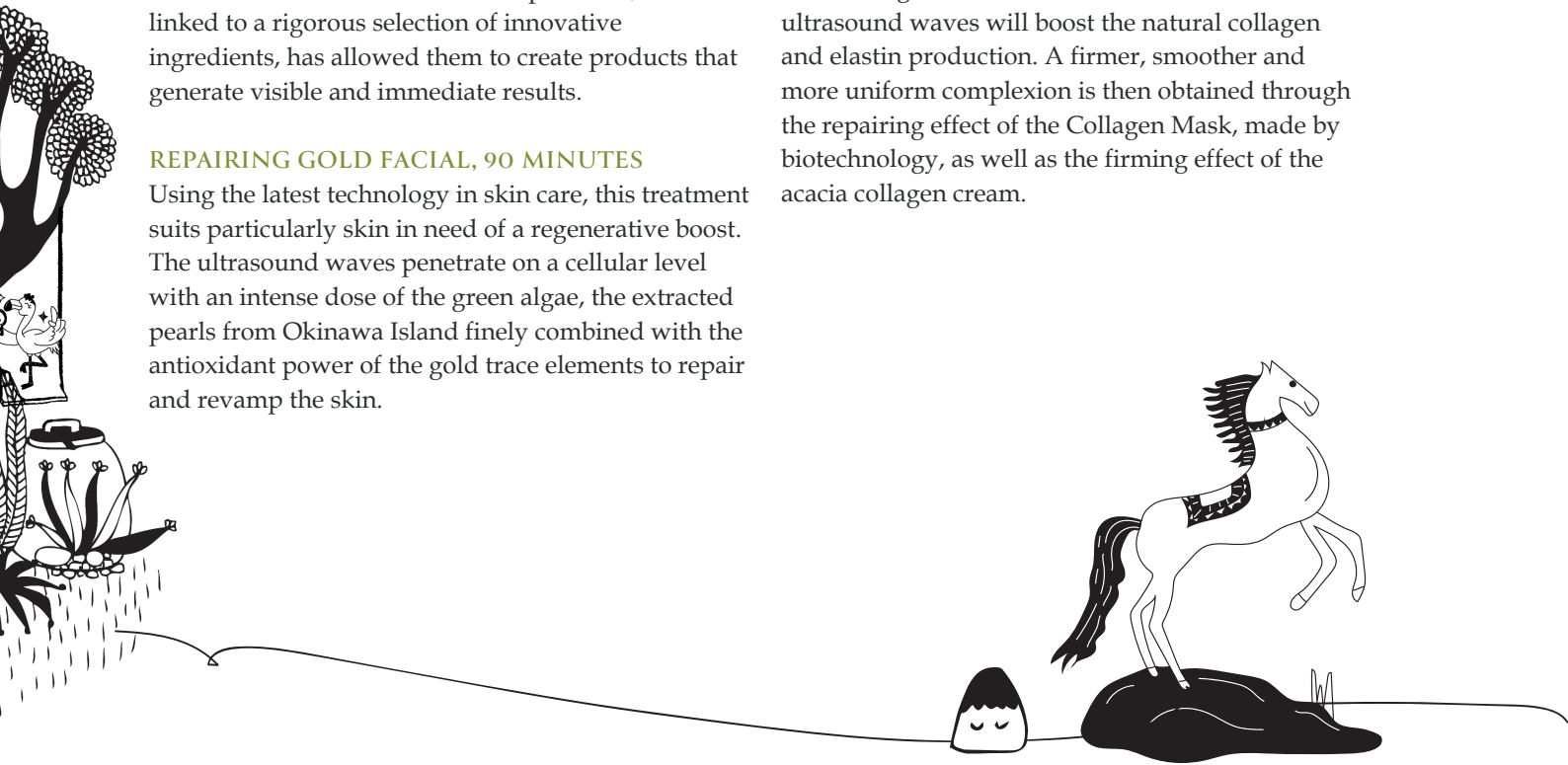
Since 1955, the expertise of Dr Burgener Switzerland, a local family-run clinic, has committed to continuous research on the best formulas and protocols, and linked to a rigorous selection of innovative ingredients, has allowed them to create products that generate visible and immediate results.

REPAIRING GOLD FACIAL, 90 MINUTES

Using the latest technology in skin care, this treatment suits particularly skin in need of a regenerative boost. The ultrasound waves penetrate on a cellular level with an intense dose of the green algae, the extracted pearls from Okinawa Island finely combined with the antioxidant power of the gold trace elements to repair and revamp the skin.

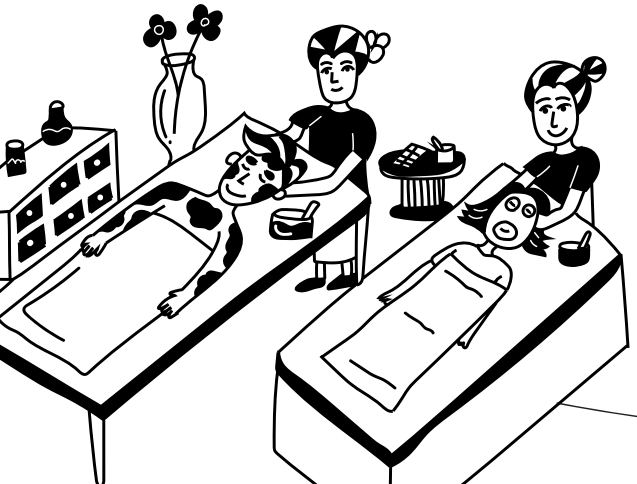
LIFTING AND FIRMING COLLAGEN FACIAL 90 MINUTES

Stimulating the skin from the inside out, the ultrasound waves will boost the natural collagen and elastin production. A firmer, smoother and more uniform complexion is then obtained through the repairing effect of the Collagen Mask, made by biotechnology, as well as the firming effect of the acacia collagen cream.



ANTIOXIDANT BRIGHTENING FACIAL WITH PEARLS OF VITAMIN C, 60 MINUTES

This facial uses pearls of pure Vitamin C, glycolic acid and fruit acids to reduce pigmentation and harmonize your skin tone, with a boost of radiance. The soft peeling it induces will help the first skin layers regenerate and fine wrinkles fade. The oxidative power of the products used will contribute to protect your skin from radicals.



BALANCING FACIAL, 60 MINUTES

Following a skin analysis, your skin will either be treated with our Black Pearl exfoliant and Rejuvenating Royal Mask with royal jelly extracted directly from the hives from the Swiss Alps to nourish and hydrate the skin. Alternatively, our Glacier Face Peeling, Alpine Purity Mask and Hydra Balance Face Cream to deeply cleanse, decongest and tighten your pores.

Award winning Australian skincare brand, Subtle Energies delivers Holistic Skin Science facials and result driven body treatments. Backed by over 30 years of clinical research, Subtle Energies creates clean results-based aromatherapy and wellness solutions.

ARABIAN JASMINE REJUVENATING FACIAL 60/90 MINUTES

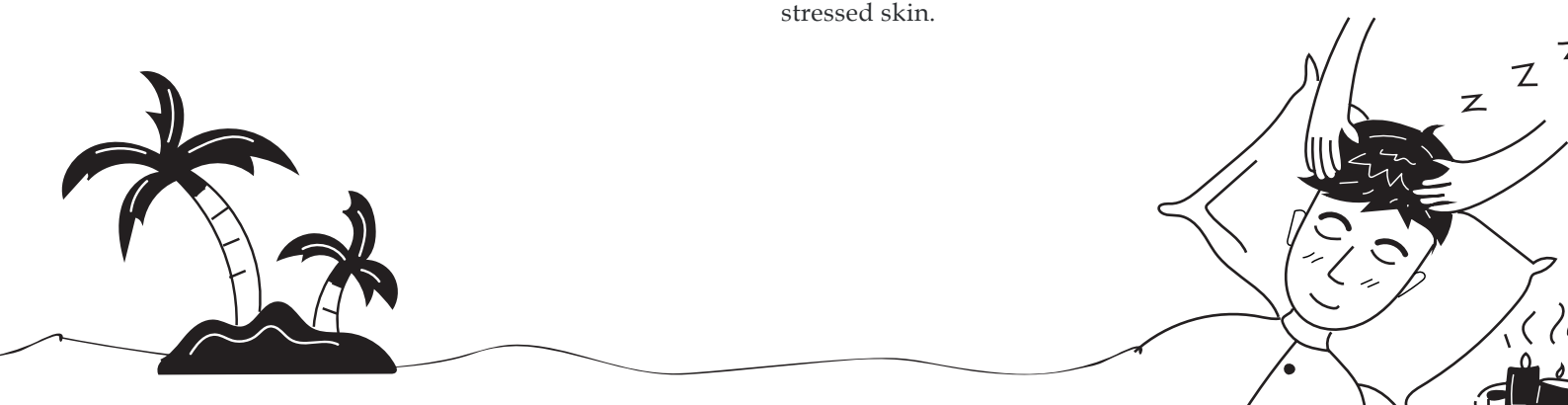
Combining collagen and elastin boosting actives, while addressing stress, anxiety and hormonal balance. This age-defying facial features Mogra, Queen of Jasmines, Himalayan Rose and 24k Gold that will penetrate the dermal layers of the skin, renewing and regenerating skin cells with a sustained result. Bring a radiant glow to the skin by oxygenating deeply on a cellular level, reducing fine lines and wrinkles.

VEGAN COLLAGEN FACIAL, 60/90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevating your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness the remarkable rejuvenation and embrace a youthful, lifted complexion.

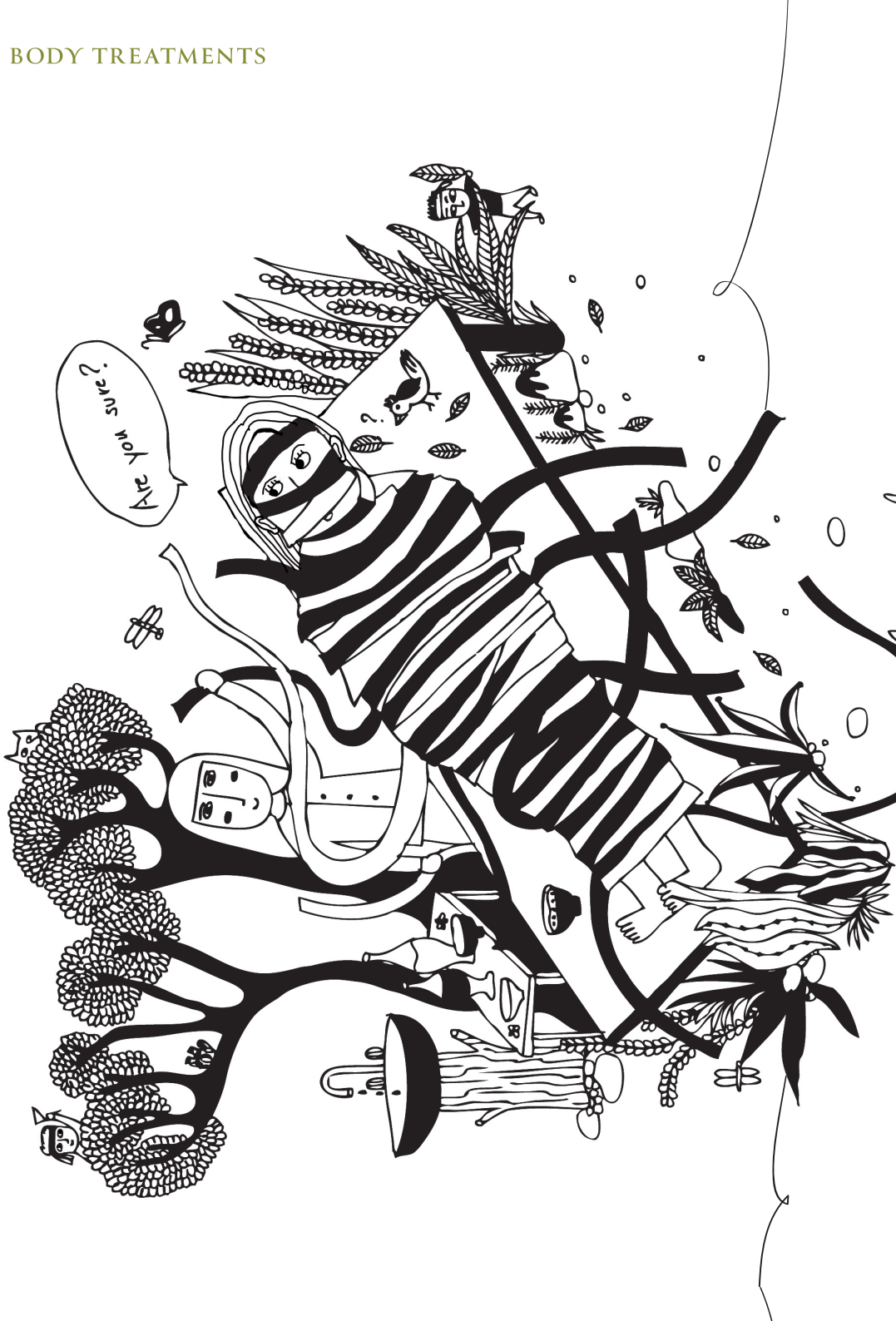
WILD KASHMIR FACIAL, 30/60 MINUTES

This purifying facial will, optimize your wellbeing and replenish the skin with renewed freshness. Wild turmeric purifies and exotic Kashmir lavender soothes and restores. Ideal for tired, congested and stressed skin.



BODY TREATMENTS




Are you sure?

BODY EXFOLIATING PERFECT SKIN 30 MINUTES

Suitable for all skin types, even the most sensitive ones, it removes impurities, perfect for stimulating blood circulation and firming the skin. The polyphenol contained in the grape combats' free radicals. *Using Dr Burgener Switzerland.*

ANTI-AGING BODY RITUAL WITH PEARLS OF GRAPES, 90/120 MINUTES

A luxurious rejuvenating ritual designed to restore skin vitality and combat premature aging. Rich grape antioxidants help protect the skin from free radicals while deeply nourishing and hydrating the body, leaving the skin smoother, radiant, and the body completely relaxed. *Using Dr Burgener Switzerland.*

DETOX SWISS SALTS AND ALGAE RITUAL 90/120 MINUTES

A purifying body ritual inspired by the Swiss Alps, designed to detoxify, remineralize, and restore balance. Mineral-rich salts and revitalizing algae help stimulate circulation, support natural drainage, and leave the body feeling lighter, refreshed, and deeply revitalized. *Using Dr Burgener Switzerland*

ANTI-CELLULITE TREATMENT, 60 MINUTES

Camphor, menthol and draining essential oils, helps to burn fats, improve blood and lymphatic circulation and eliminate toxins. The leg massage will drain the water retention, leaving a sensation of lightness. *Using Dr Burgener Switzerland.*



WALNUT & CINNAMON DETOX BODY SCRUB
60 MINUTES

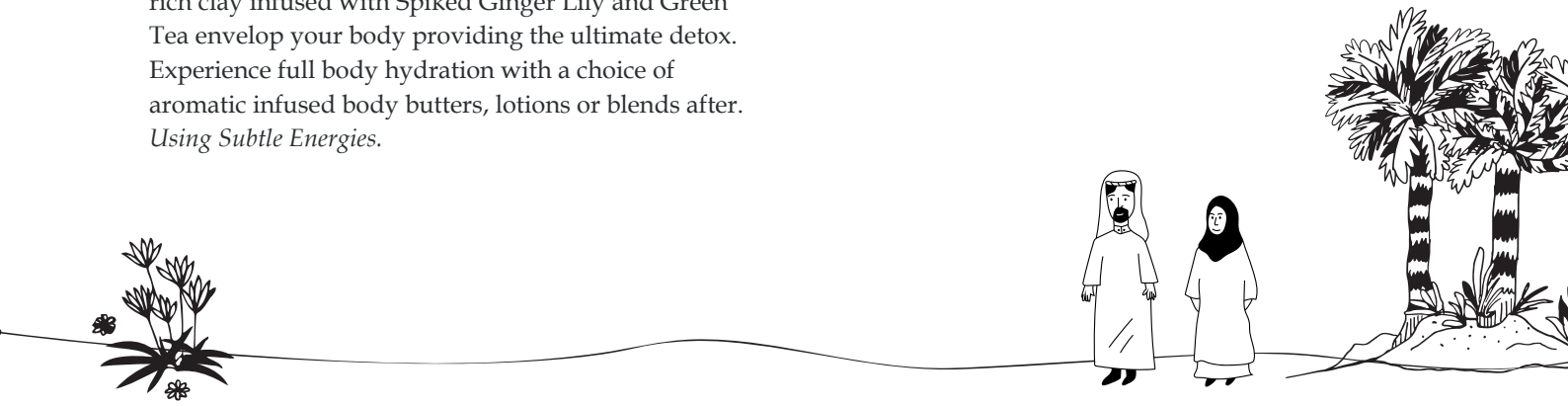
Detoxify and stimulate the adrenals to provide clarity and grounding. Dead skin cells are buffed away to help reduce cellulite using cinnamon bark and walnut shells blended with tulasi, Indian lime and wild turmeric. Followed by a full body hydration.
Using Subtle Energies.

RASAYANA DETOX BODY WRAP, 75 MINUTES

Revitalize, tone and purify as this active body therapy begins with a zesty exfoliation, including essential oils, cinnamon powder and walnut shells. A mineral rich clay infused with Spiked Ginger Lily and Green Tea envelop your body providing the ultimate detox. Experience full body hydration with a choice of aromatic infused body butters, lotions or blends after.
Using Subtle Energies.

PEARL INFUSED REMINERALIZING MASK
90 MINUTES

Commencing with a skin softening exfoliation, the journey continues with a mineral rich body mask infused with active ingredients of pearl and conch shell extracts to stimulate skin cells and regenerate. Whilst cocooned in this mineral mask experience, receive a Subtle Energies signature facial marma massage, using poten anti-ageing actives of Mogra and Indian rose to release tension and stress and restore balance.
Using Subtle Energies.



HAMMAM

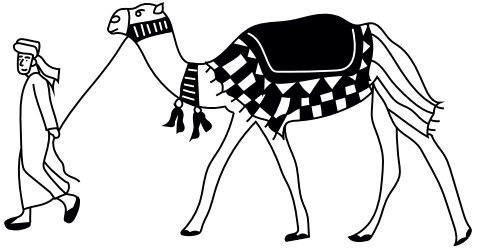


TRADITIONAL HAMMAM, 60 MINUTES

Begin with a session of warm steam to open pores and invite deep relaxation, followed by an application of traditional black soap infused with olive extracts to thoroughly cleanse and soften the skin. An expert therapist uses the signature kessa glove for vigorous full-body exfoliation, revealing a smooth, radiant complexion. Enjoy aromatic facial exfoliation with Grains de Lumière, then unwind as traditional Moroccan body stretching techniques are applied, which release tension and restore well-being.
Using MarocMaroc.

SIGNATURE HAMMAM, 90 MINUTES

This extended journey enhances the traditional experience with additional sensory and beauty touches. Following the classic steam and black soap ritual, the scalp is treated to a relaxing massage and a restorative hair mask. Your therapist uses orange blossom shower milk for a fragrant full body stretching sequence. Additionally, a purifying clay face mask is applied to detoxify and boost skin radiance. The ritual completes with a lavish massage using rich rose or argan cream for lasting hydration and a sense of cocooning renewal.
Using MarocMaroc.



AYURVEDA





AYURVEDIC CONSULTATION, 45 MINUTES

A personal consultation with an in-house Ayurvedic doctor to determine your constitution or 'dosha' type, including lifestyle and treatment advice.

ABHYANGA, 60 MINUTES

This popular Ayurvedic body massage, also known as 'four-handed massage' reduces the signs of aging, relieves fatigue, induces sleep, strengthens the skin and boosts the immune system.

SHIRODHARA, 60 MINUTES

This stress-releasing treatment, performed by two therapists, involves pouring a stream of warm oil over the third eye to soothe and calm the nervous system. It is helpful for treating skin conditions and insomnia, while also enhancing emotional balance.

AYURVEDIC EXPERIENCE, 90 MINUTES

This treatment combines Abhyanga and Shirodhara to deliver a deeply healing Ayurvedic experience.

YOGA & MINDFULNESS



SS

YOGA, 60 MINUTES

AERIAL YOGA, 60 MINUTES

Fly high with this yoga practice, which combines stretching, breathing and meditation with gymnastics and aerial arts. A hammock, made of a soft and supple parachute-silk fabric, is suspended from the ceiling and is used to support the body's weight during a sequence of postures. Our resident yogi will help you fine-tune your body's balance and alignment.

YOGA NIDRA, 60 MINUTES

A guided meditation that induces deep sleep-like relaxation, balancing the nervous system and restoring inner harmony.

PILATES REFORMER, 60 MINUTES

A mindful movement experience designed to strengthen from within. Using the Reformer's guided resistance system, this session enhances core stability, flexibility, and posture while cultivating balance between strength and fluidity.

SOUND JOURNEY, 60 MINUTES

Allow the sacred sounds to reverberate in your innermost. A transcendent experience not to be missed. Let the sound and vibration allow you to experience your true, limitless nature. We highly recommend sharing this transformative experience with your loved one.





BREATHWORK, 60 MINUTES
Breathing techniques to remove blockages in energy channels, strengthen the respiratory system and calm the mind by minimizing thought process.

MEDITATION, 60 MINUTES
We will guide you through the meditation that you need on the day. This could include chakra balancing or loving kindness.

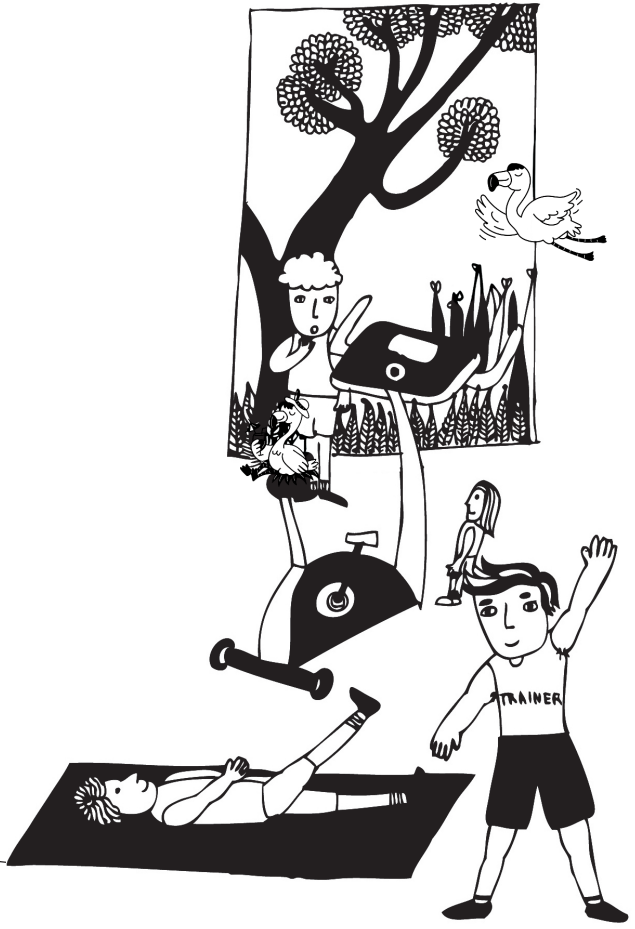
YOGIC INTESTINAL CLEANSE, 75 MINUTES
Detox and cleanse the digestive system in a natural and non-invasive way with Laghoo Shankha Prakshalana, combining five yoga postures with the drinking of six to eight glasses of lightly salted water.

JALA NETI, YOGIC NASAL CLEANSING, 45 MINUTES
A traditional cleansing ritual that gently clears the nasal passages, improving breathing, focus, and mental clarity. This has a soothing effect to reduce stress on the nervous system.

TRATAKA CANDLE MEDITATION, 45 MINUTES
An ancient mindfulness practice that awakens clarity and inner peace through steady gazing at a candle flame. Enhances focus, concentration, and helps calm a busy mind.



FITNESS



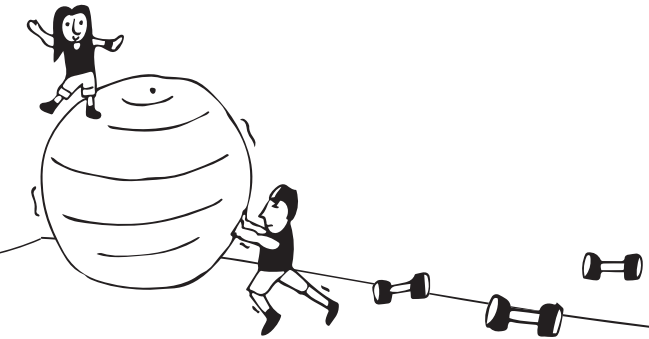
PERSONAL TRAINING, 60 MINUTES

CRYO FIT, 60 MINUTES
A combination of cryotherapy and a private fitness session tailored to your goals.

ASSISTED STRETCHING, 30 MINUTES
Relaxing and personalized techniques to increase mobility and flexibility of a muscle or group of muscles. Increase range of motion and flexibility, improve circulation and posture and it is a good stress and pain relief. Massage gun followed by personalized assisted stretching.

TENNIS COURT RENTAL, 60 MINUTES
Enjoy a dynamic game on our outdoor tennis court, perfect for both casual play and energetic matches.

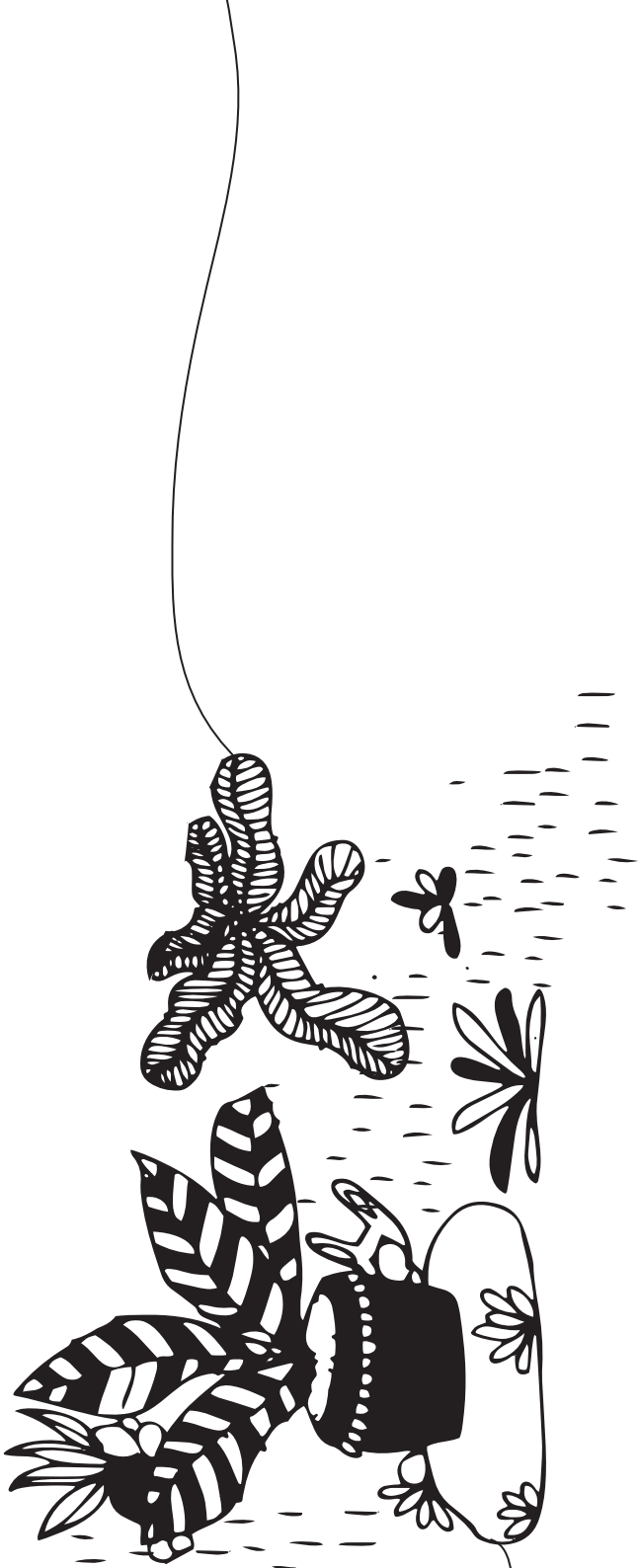
PADEL COURT RENTAL, 60 MINUTES
Experience the excitement of padel on our outdoor court, a fun and social sport ideal for fast-paced matches with friends or family.



SPA TO SPA-AAH

Make the most of your spa time





SPA OPENING HOURS

Spa Treatments 10.00 am to 9.00 pm
Gym 24/7 and supervised between 7.00 am to 9.00 pm

SPA RESERVATIONS

For inquiries or reservations, please contact the spa reception directly or the front desk. Advance bookings are recommended to secure your preferred treatment time.

WELLNESS ACCESS

External guests are invited to immerse in a minimum 90-minute spa experience.
This must be reserved as a standalone treatment or curated journey and cannot be accumulated through shorter services.

Access to the spa facilities is available for up to 60 minutes prior to the scheduled treatment time and concludes at the start of the treatment.

Beauty and biohacking sessions are considered express services and do not include spa facilities.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your room before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

ARRIVAL

Please arrive 45 to 60 minutes prior to your treatment to complete your consultation form and take time to enjoy our facilities and relax in the tranquil surroundings of our spa before your treatment.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



KIDS

At Six Senses, we believe that everyone can benefit from receiving spa treatments, including kids. Our services are adapted to a child's needs, and we offer private (one-on-one) treatments with children. We recommend that the parent or guardian be present in the room at the time of service for kids from 5 – 14 years old.

Between 9am and 2pm daily, little guests are welcome to enjoy select Spa treatments if accompanied by a parent or guardian. All areas after 2pm are strictly for adults only. Children under 16 are not permitted into the fitness center, or Spa facilities.

CANCELLATIONS

Please allow 3 hours' notice on spa treatments and 24hours' for packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

We recommend that you do not sunbathe after any massage, body treatment or depilatory waxing for at least six hours. We also do not recommend using the thermal facilities post treatment as this will diminish the benefit of the products applied and bathing in waters with oils and lotions can affect the delicate pH of the water. To extend your spa experience at home, a variety of spa products are available for purchase at the spa retail boutique.

PAYMENT

For hotel guests, all treatments will be charged to your room and will appear on your account at the time of departure from the hotel. Otherwise, major credit cards or cash are accepted at the spa reception.

SPA GIFT CERTIFICATE

Please enquire at Reception if you wish to surprise somebody special with a customized gift certificate.

SIX SENSES SPA THE PALM, DUBAI
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SIX SENSES SPA

THE PALM, DUBAI

WELLNESS AND SPA MENU
PRICELIST

TREATMENTS	DURATION/MINUTES	PRICE/AED
LOCALLY INSPIRED SIGNATURE TREATMENTS		
True Balance	90	1,150
Alchemy Bar Workshop	45	390
Discovery Ritual	90	1,150
Dream Catcher	90	1,150
Ritual of Connection For Two	150	3,900
WELLNESS		
Wellness Screening	45	390
BIOHACK RECOVERY LOUNGE		
Recovery Hack	30	350
Contrast Therapy	30	350
Traveler's Hack	30	350
Energy Hack	30	350
Sleep Hack	30	350

All prices are inclusive of 10% service charge and 7% municipality fee.
5% VAT will be applied at the time of billing.

TREATMENTS	DURATION/MINUTES	PRICE/AED
SIX SENSES SIGNATURE MASSAGES		
Deep Tissue	60/90	850/1,100
Detox	60/90	800/1,050
Holistic	60/90	800/1,050
Movement Restoration	90	1,050
Pregnancy Massage	90	1,050
Tension Soother	30/60	680/800
Head Massage	30/60	680/800
Relaxed Feet	30/60	680/800
Jet Lag Soother	60/75	800/880
ENHANCE YOUR SPA EXPERIENCE		
Cryotherapy		600
Percussion Massage Device		200
Ease Tension With Venom Back Wrap		200
Locally Inspired Body Scrub		480
Dry Body Brush		200
Muscle Ease For Deep Relaxation & Tight Muscles *by Subtle Energies*		150
Hydra Filler Mask *by Dr Burgener Switzerland*		300
Instant Eye Radiance *by Dr Burgener Switzerland*		300
Multi Molecolar Hyluronic Acid Mask *by Subtle Energies*		200

All prices are inclusive of 10% service charge and 7% municipality fee.
5% VAT will be applied at the time of billing.

TREATMENTS	DURATION/MINUTES	PRICE/AED
FACIALS		
Repairing Gold Facial *by Dr Burgener Switzerland*	90	1,450
Lifting And Firming Collagen Facial *by Dr Burgener Switzerland*	90	1,450
Antioxidant Brightening Facial With Pearls Of Vitamin C *by Dr Burgener Switzerland*	60	1,200
Balancing Facial *by Dr Burgener Switzerland*	60	1,200
Arabian Jasmine Rejuvaneting Facial *by Subtle Energies*	60/90	980/1,280
Vegan Collagen Facial *by Subtle Energies*	60/90	980/1,280
Wild Kashemir Facial *by Subtle Energies*	30/60	750/980
BODY TREATMENTS		
Body Exfoliating Perfect Skin *by Dr Burgener Switzerland*	30	550
Anti-Aging Body Ritual with Pearls Of Grapes *by Dr Burgener Switzerland*	90/120	1,500/1,800
Detox Swiss Salts and Algae Ritual *by Dr Burgener Switzerland*	90/120	1,500/1,800
Anti-Cellulite Tratment *by Dr Burgener Switzerland*	60	850
Walnut & Cinnamon Detox Body Scrub *by Subtle Energies*	60	850
Rasayana Detox Body Wrap *by Subtle Energies*	75	1,050
Pearl Infused Reminaralizing Mask *by Subtle Energies*	90	1,400

All prices are inclusive of 10% service charge and 7% municipality fee.
5% VAT will be applied at the time of billing.



TREATMENTS	DURATION/MINUTES	PRICE/AED
HAMMAM		
Traditional Hammam	60	850
Signature Hammam	90	1,280
AYURVEDA		
Ayurveda Consultation	45	400
Abhyanga	60	1,100
Shirodara	60	1,100
Ayuervedic Experience	90	1,250
YOGA & MINDFULNESS		
Yoga	60	450
Aerial Yoga	60	450
Yoga Nidra	60	450
Pilates Reformer	60	500
Sound Journey	60	400
Breathwork	60	350
Meditation	60	350
Yoga Intensinal Cleanse	75	650
Jala Neti Yogic Nasal Cleansing	45	400
Trataka Candle Meditation	45	400

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TREATMENTS	DURATION/MINUTES	PRICE/AED
FITNESS		
Personal Training	60	500
Cryo Fit	60	950
Assisted Stretching	30	350
Tennis Court Rental	60	550
Padel Court Rental	60	500
VIP Room Upgrade	30/60/90	680/1000/1350

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WELLNESS PROGRAM

SLEEP	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Consultation (60 mins)	1	1	1
Customized Private Movement (60 mins)	1	2	3
Trataka Candle Meditation (60 mins)	1	1	1
Breathwork (45 mins)	1	2	2
Jala Neti, Yogic Nasal Cleansing (20 mins)	1	2	2
Holistic Massage (60 mins)	1	1	2
Dream Catcher (90 mins)	1	1	1
Shirodhara (60 mins)	-	1	1
Sound Journey (60 mins)	-	1	2
Red Light Face Mask (20mins)	1	2	3
Compression Therapy Full Body (60 mins)	1	2	3
Zestos Dry Flot Bed (60 Mins)	1	2	2
Weekly Group Wellness Activities	1	1	1
Digital Detox And Conversation Cards Session	1	1	1
Sleep Amenities & Sleep Ring	1	1	1
Sleep Ring Tracker	1	1	1
Program Wrap-Up & Ws Check-In (15 mins)	1	1	1
Price per person	**5,290**	**8,890**	**11,350**
Price per couple	**9,550**	**16,050**	**21,400**

- *Daily Thermal Journey is included in all programmes.*
- *Prices are exclusive of accommodation and meals.*
- *Wellness packages are available to enhance your journey.*

All prices are inclusive of 10% service charge and 7% municipality fee. 5% VAT will be applied at the time of billing.

WELLNESS PROGRAM

PRICE/AED

DETOX	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Consultation (60 mins)	1	1	1
Customized Private Movement (60 mins)	1	2	3
Breathwork (60 Mins)	1	1	2
Jala Neti, Yogic Nasal Cleansing (20 mins)	1	2	3
Detox Massage (60 Mins)	2	2	2
Six Senses Signature Massage (60 mins)	-	1	1
Dr Burgener Detox Swiss Salt and Algae Ritual (90 Mins)	-	-	1
Traditional Hammam (60 Mins)	1	1	1
Yogic Intestinal Cleanse (75 mins)	-	1	1
Cellgym (45 mins)	1	2	2
Red Light Bed (10 mins)	1	2	3
Cryo Therapy (15 mins)	1	1	2
Weekly Group Wellness Activities	1	1	1
Digital Detox and Conversation Cards Session	1	1	1
Program Wrap-Up & WS Check-in (15 mins)	1	1	1
Price per person	**6,780**	**12,180**	**11,350**
Price per couple	**12,700**	**21,350**	**30,350**

- *Daily Thermal Journey is included in all programmes.*
- *Prices are exclusive of accommodation and meals.*
- *Wellness packages are available to enhance your journey.*

All prices are inclusive of 10% service charge and 7% municipality fee. 5% VAT will be applied at the time of billing.

WELLNESS PROGRAM

YOGA	3 NIGHTS	5 NIGHTS	7 NIGHTS
			PRICE/AED
Wellness Screening & Consultation (60 mins)	1	1	1
Private Yoga Session (60 mins)	1	2	3
Trataka Candle Meditation (60 mins)	1	1	2
Meditation (60 mins)	1	2	3
Subtle Energies Arabina Jasmine Rejuvaneting Facial (60 mins)	2	2	2
Red Light Bed (10 mins)	-	1	1
Weekly Group Wellness Activities	-	-	1
Digital Detox and Conversation Cards Session	-	1	1
Program Wrap-Up & WS Check-in (15 mins)	1	2	2
Price per person	**3,170**	**6,050**	**8,680**
Price per couple	**4,550**	**9,600**	**13,800**

- *Daily Thermal Journey is included in all programmes.*
- *Prices are exclusive of accommodation and meals.*
- *Wellness packages are available to enhance your journey.*

All prices are inclusive of 10% service charge and 7% municipality fee. 5% VAT will be applied at the time of billing.

WELLNESS PROGRAM

PRICE/AED

FITNESS	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening & Consultation (60 mins)	1	1	1
VO2 (10 mins)	1	1	1
Private Movement Session (60 mins)	3	4	6
Breathwork (60 Mins)	-	1	1
Deep Tissue Massage (60 Mins)	1	2	3
PEMF Max (30 mins)	1	2	3
Cryo Therapy (15 mins)	1	2	3
Cellgym (45 mins)	1	1	2
Weekly Group Wellness Activities	1	2	3
Digital Detox Card and Conversation Card	1	1	1
Price per person	**2,800**	**7,680**	**10,000**
Price per couple	**9,700**	**16,400**	**23,200**

- *Daily Thermal Journey is included in all programmes.*
- *Prices are exclusive of accommodation and meals.*
- *Wellness packages are available to enhance your journey.*

All prices are inclusive of 10% service charge and 7% municipality fee. 5% VAT will be applied at the time of billing.

WELLNESS PROGRAM

PRICE/AED

AYURVEDA	3 NIGHTS	5 NIGHTS	7 NIGHTS
Ayurveda Consultation (45 mins)	1	1	1
Private Hatha Yoga Session (60 mins)	1	2	3
Gratitude Meditation Or Yoga Nidra (60 mins)	1	1	1
Breathwork (60 Mins)	1	1	1
Yogic Intestinal Cleansing (75 Mins)	-	1	1
Abhyanga (60 Mins)	2	2	3
Shirodhara (60 Mins)	1	2	3
Kati Vasti (45 Mins)	-	1	1
Sublte Energies Walnut & Cinnamon Detox Body Scrub (60 mins)	-	1	1
Subtle Energies Arabina Jasmine Rejuvaneting Facial (60 mins)	-	-	1
Weekly Group Wellness Activities	1	2	3
Digital Detox Card and Conversation Card	1	1	1
Sleep Ring Tracker	1	1	1
Program Wrap-Up & WS Check-in (15 mins)	1	1	1
Price per person	**1,350**	**3,400**	**4,330**
Price per couple	**2,700**	**7,900**	**8,700**

- *Daily Thermal Journey is included in all programmes.*
- *Prices are exclusive of accommodation and meals.*
- *Wellness packages are available to enhance your journey.*

All prices are inclusive of 10% service charge and 7% municipality fee. 5% VAT will be applied at the time of billing.



KID'S SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from the pool for some funky nail art or a relaxing massage.

Parents, help your child feel better, sleep soundly, and understand more about what's going on for them with our junior spa menu. It's so much easier for you to relax when the kids are relaxed too.

JUNIOR BODY MASSAGE, 60 MINUTES

Relaxation is the way to go with this soothing full body massage using unscented oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures tomorrow.

FOOT MAPPING, 45 MINUTES

The various reflex areas on your feet form "maps" that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body's balance to its optimum state.

PARENT AND CHILD EXPERIENCE

Massage & Nails, 75 Minutes

Spend some relaxing time together and indulge in a relaxing full body massage followed by nail painting.

Top To Toe Massage, 75 Minutes

Unwind after an active day with a full body soothing massage followed by a scalp massage.

YOGA FOR GROWING MINDS, 45 MINUTES

CREATIVE MIND MEDITATION, 45 MINUTES

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