

SHUIQI SPA AND FITNESS AT ATLANTIS, THE PALM

A journey into a world of wellbeing

The multi-award winning ShuiQi Spa & Fitness presents a memorable experience for guests, awakening the senses in an awe-inspiring and serene water surrounding. Set over two magnificent floors within the Royal Towers of Atlantis, ShuiQi provides a sublime range of exclusive treatments, bathing options, and traditional therapies that boost wellbeing. Walking over the earth-hue natural stone steps, past babbling water pathways lined with lush flora, guests are warmly welcomed into one of 27 treatment rooms, a tranquil place of serenity, opulence and pure indulgence, ready for an experience that revives the senses.

Winning a host of awards since opening, ShuiQi Spa offers the ultimate in rest and relaxation. Most recent award wins and commendations include:

- **Most Recommended Luxury Spa for the UAE** – 2019 Global Luxury Hotel & Spa Awards
- **Luxury Resort Spa Middle East & North Africa** – 2018 World Luxury Spa Awards

ZEROBODY TREATMENT

The Zerobody experience provides all the benefits of floating in a solution without having to get wet. Science shows that the body, free of the need to continually regulate its temperature and gravitational alignment, can now start to unwind. The muscles relax and the blood circulation improves.

Signature treatments include:

Express Floating Treatment (10 minutes) - Express relaxation period perfect as an add-on to any Spa treatment.

Post-Workout Floating Treatment (20 minutes) - Helps the recovery process by eliminating metabolic waste products and easing muscular tension.

UNDERWATER YOGA

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Rejuvenate and restore yourself in a unique aquatic surrounding in The Lost Chambers Aquarium's Hatha Yoga class. This class is for all different levels and aims to improve strength, flexibility and balance.

Every Sunday, Tuesday and Friday 08:00-09:00 – AED 130 per person

BASTIEN GONZALEZ

Bastien Gonzalez is world famous for his unique approach to foot treatments based on quality and innovation. He designed and developed exclusive treatments for feet, nails and hands whose uniqueness lies in the fusion of well-being and beauty. Visit the Pedi:Mani:Cure Studio by Bastien Gonzalez, only at ShuiQi Spa.

Signature treatments include:

Bastien's Duo Nail Treatment (75 minutes) - An award-winning, synchronised, four hand treatment focusing on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

Bastien Foot Refoundation (30 minutes) - A relaxing massage from toes to knees focusing on muscle tension, joint mobility, circulation and skin elasticity; includes a preliminary exfoliation performed with the Black Diamond Scrub.

DR. BURGNER

Dr. Burgener presents The Atlantis Legendary Programme, an exclusive offering designed to address individual skincare needs through detailed skin analysis. Personalised skincare programmes are created using our unique Core Cures, which include Rebalance, Regenerate, Resurface and Recharge. Treatments range from introductory level to advanced therapies, using the best technologies available in the market.

SHISEIDO

Shiseido is the fruit of an alliance between Eastern traditions and philosophies, and Western science and technology. Indulge in facial and body treatments by Shiseido and experience the power of rejuvenation

from a leader in health.

Signature treatments include:

Shiseido Face & Body Experience (2 hours, 30 minutes) - The perfect spa experience for both men and women commences with Kuroho Body Bliss – a thorough body exfoliation to deep cleanse, leaving your body feeling luxuriously smooth. This is followed by a blissful Qi body massage and a specialised facial.

Shiseido Japanese Couple's Ritual (4 hours) - In the privacy of ShuiQi's 'Royal Spa Suite', this exclusive treatment begins with an infused rose petal foot bath and a Japanese inspired body bath. The ritual continues with a full body Qi massage, scalp massage and Shiseido's premium facial, 'Future Solution LX Facial Ceremony' for her, and the 'Time Fighting Facial' for him, followed by an elegant Sushi selection and Japanese green tea.

AROMATHERAPY ASSOCIATES

Aromatherapy Associates maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.

Signature treatments include:

Aromatherapy Associates De-Stress Massage (60/90 minutes) - This stress relieving massage balances the mind and soothes aching muscles.

Aromatherapy Associates Mother-to-be Massage (60 minutes) - This all over body treatment, including a relaxing and rejuvenating scalp and facial massage, relieves stresses, strains and soothes leg pain.

ShuiQi Spa's **Pamper Me package** offers offering UAE residents a relaxing day at Atlantis, The Palm including a massage, beach and pool access, plus a three-course lunch. Available daily, the package, in collaboration with **Aromatherapy Associates** promises to take guests to a world away from their everyday.

The Pamper Me package includes:

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- A 75 minute Aromatherapy Associates treatment and massage which starts off with a foot scrub and wash and back scrub, followed by a relaxing full body massage (for the duration of 50 minutes) and an Aromatherapy Associates scalp massage as the finishing touch.
- Lunch at Nasimi Beach including a starter, main course and dessert
- Access to the Royal Pool, Zero Entry Pool and Royal Beach all day
- 10% discount on Aromatherapy Associates retail products
- Complimentary Aromatherapy Associates gift (available while supplies last)

ESPA

ESPA is a complete collection of skincare and spa treatments each expressing their belief in the power of nature to calm, refresh and renew.

Signature treatments include:

ESPA Back, Face, Scalp Treatment with Hot Stones (2 hours) - Renowned for being our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone. This includes a back exfoliation and hot stone back massage, a personalised facial and a scalp massage.

ESPA Energy Balancing Treatment (2 hours) - This unique treatment is ideal for those experiencing high levels of stress, or poor sleep patterns. Includes a body exfoliation and facial cleanse, full body massage and scalp massage.

MORNING WELLNESS PACKAGE

The Morning Wellness Package is the perfect programme to wake up to, ensuring a refreshed and invigorated start to the day. Begin with a one-hour personal training session and then recharge with a delicious well-being breakfast. Afterwards, relax and unwind in the spa wet facilities before you finish your morning off with a one-hour full body massage.

MEDI:SPA

ShuiQi Spa is the only spa in the region to offer some of the world's most popular and top of the line treatments to our guests. You can now experience the remarkable work of the accomplished Dr.

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Maurizio Viel, enhancing your appearance through botox therapy, natural hyaluronic acid fillers, anti-aging regenerative treatments and mesotherapy.

SHUIQI SALON

The hair stylists at ShuiQi Salon are both passionate and creative and are devoted to providing a service with a true personal touch. ShuiQi Salon's dedicated ladies only salon offers all the glamour and sophistication you would expect from an elite salon.

MEN'S TREATMENTS

ShuiQi Spa offers a range of treatments designed specifically for men. Concentrating on relaxation, rejuvenation and deep tissue massage for those aches and pains, there's something for every man to enjoy.

Signature treatments include:

Shiseido Deep Cleansing Detox Facial (60 minutes) - A deep cleansing facial treatment that targets your skin's imperfections and works to regulate, balance and rehydrate your face.

Shiseido Time Fighting Facial (60 minutes) - This high performance facial focuses on wrinkles and fine lines, and will reduce roughness and boost firmness of the skin. This age-defying treatment leaves your skin hydrated and firm to the touch.

Gentlemen's Tonic

Guests can enjoy a traditional experience to be savoured at the new men's grooming salon, Gentlemen's Tonic at Atlantis, The Palm. Using a skin line that has been specifically developed to help stop the inflammation caused by everyday shaving, each guest is treated to a distinct personal grooming ritual in the surroundings of masculine leather and hardwood retro interior.

Signature treatments include:

Royal Shave - Designed for men who require their face to be in top condition before a critical

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professional or personal endeavour. This 45-minute treatment focuses on refreshing and recharging the face by thoroughly rejuvenating the skin and promoting tissue regeneration.

SHUIQI FITNESS 'WELLNESS CENTRE'

The 'Wellness' Centre at ShuiQi Spa & Fitness features Technogym's exclusive ARTIS range, the first integrated collection of cardio, strength and functional equipment in the region. The exclusive ARTIS equipment range on offer comprises of a complete cardio line (Treadmill, Elliptical, Vario, Bike and Recline), strength pieces and functional stations.

Designed by Tao, the new ShuiQi Spa & Fitness Centre boasts an exceptional design derived from the simplicity of fine lines. Based on the spa's very own philosophy centered on objects, shape, light and texture, guests are drawn to a focal point that starts from the back-lit flooring design to a striking feature wall. Designed with an emphasis on natural materials including wood and stone, in the knowledge that the human body is more responsive towards natural elements, but such materials are beneficial to the overall aesthetic of the work out environment.

ShuiQi Spa is open from 10:00-22:00 daily. ShuiQi Fitness is open from 05:00-22:00 daily.