


TREATMENT PRICE LIST

The essence of Anantara Spa is rooted in our philosophy of “unending”, and we offer wellness that is ongoing for the health of our guests. We believe that wellness is a regular and habitual practice and not a one-time experience. All our treatments are curated to offer immunity boosting benefits and overall wellbeing for our guests.

AYURVEDIC TREATMENTS

Ayurveda is a traditional system of holistic medicine, which has been practiced in India for more than 5,000 years. It works on the foundation that the mind and body comprise five elements: fire, water, ether, air and earth. Each individual has a different constitution of these elements that determines their mind-body type (dosha) - Vata, Pitta, Kapha, or a combination.

Our Ayurvedic treatments offer a rejuvenating and relaxing experience using carefully selected therapeutic oils that correspond to your dosha to balance your body and mind, alleviate muscle tension and improve circulation.




	Minutes	Price
Abhyanga  	75/90	700/850
Shirodhara (<i>Hot oil therapy</i>)  	75/90	700/850
Herbal Poultice  	75/90	700/850

MAGNESIUM BODY TREATMENTS BY ‘OF THE ISLANDS ELEMENTS’

Magnesium is one of the seven macro minerals, best absorbed through the skin, that helps us to function normally, including regulating hundreds of enzymatic reactions and biochemical activities.

Magnesium contributes to healthy bones, maintaining normal cardiac rhythm, supporting nerve and muscles function, promoting energy level and aiding a healthy immune system.













Rebirth Magnesium Bath 	30	350
Glow Magnesium Body Scrub  	45	500
Immunity Recharge Magnesium	60	680
Full Body Massage  		
Uplift Deep - Tissue Magnesium	75	750
Full Body Massage  		
Uplift Deep - Tissue Magnesium	90	880
Full Body & Scalp Massage   		
Magnesium Infinite Dip  	90	950
Magnesium Rebalance  	90	950

Wellness  , Immunity Booster  , Relaxation, Stress Relief and Promote Sleep 

Detoxification  , Anti-ageing and Rejuvenation  , Respiratory and Cardiovascular Wellness 

THALASSO WELLNESS TREATMENTS BY 'THALION'


A leading expert in marine cosmetics, who carefully selects the richest seaweed and preserves their original qualities to integrate them in new formulas.

	Minutes	Price
Marine Body Scrub 	45	500
Toned Legs 	45	500
Detox Drainage Body Treatment  	75	750
Slimming and Firming Treatment  	75	750
Jetlag and Sleep Management  	75	750
Muscle and Joint Relief  	75	750
Thalasso Stress Management  	75	750



ANANTARA SPA JOURNEYS

Escape the limits of space and time as you are gently whisked away on a supreme journey to wellbeing. An impressive array of treatments fuse Middle Eastern charm with traditional Thai techniques that nourish mind, body and spirit.

Couple's Quality Time










	Minutes	Price per couple
Anantara Royal Ritual  	120	2,300
Dubai Romance 	120	2,100
Palm Retreat 	180	3,200

Packages

	Minutes	Price per person
Nham Jai 	120	1,200
Rejuvenating Experience 	120	1,300
De-Stress Experience 	120	1,300



Body Massage







Massage therapy is manual manipulation of soft body tissues (muscle, connective tissues, tendons and ligaments) to enhance a person's health and well-being.

	Minutes	Price
Anantara Signature Massage  	60/90	630/830
Arabian Massage 	60/90	630/830
Balinese Massage 	60/90	630/830
Traditional Thai Massage 	60/90	630/830
Foot Reflexology 	30/60	350/630
Back Massage 	30	350
Foot & Ankle Massage 	30	350
Scalp Massage 	30	350

TURKISH HAMMAM

For the ultimate pampering experience, relax like a Sultan, as the traditional 'tellak' guides you through.

Traditional Turkish Bath Ritual  	45/60	500/630
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Wellness , Immunity Booster , Relaxation, Stress Relief and Promote Sleep ,
Detoxification , Anti-ageing and Rejuvenation , Respiratory and Cardiovascular Wellness 














MOROCCAN HAMMAM RITUALS BY 'MAISON D'ASA'

Indulge in a Moroccan Hammam experience, supported with a luxury collection of signature treatments. Our 100% organic certified range of products is further complemented with bespoke fragrances and aromatherapy blends that evoke images of the Maghreb and the East.

	Minutes	Price
Traditional Purification  	45	500
Treasures of Morocco  	60	630
The Anantara Royal Hammam  	90	830

FACE & BODY TREATMENTS BY 'ELEMIS'

Undergo a profoundly effective anti-ageing treatment at the hands of a highly trained ELEMIS therapist. Using a combination of massage techniques from around the world, enjoy how intuition meets expertise with clinically proven results.

Pro-collagen Age Defy Facial  	60/75	680/780
Superfood Pro-Radiance Facial 	60/75	680/780
Skin Energizer Men Facial  	60/75	680/780
Express Facial 	30	350
Peaceful Pregnancy Massage 	60/90	680/880
Deep Tissue Massage 	60/90	680/880
Deeper-than-Deep Hot Stone Massage  	90	850
Lime & Ginger Salt Scrub 	45	500
Thousand Flower Detox Wrap  	60	680



FACE & BODY TREATMENTS BY 'NATURA BISSE'

Our professional therapists have mastered the power of touch, applying expert techniques with their hands-massage, facial contour exercises and sculpting rituals that induce relaxation, energy flow and ultimate well-being. Experience the power of touch.

Diamond Cocoon Experience  	60/75	680/780
O2 Relax Facial 	60/75	680/780
Skin Comfort Facial 	60/75	680/780
The Cure Facial 	60/75	680/780
Diamond Life Infusion Facial  	90	1,200
O2 Body Perfection 	60	680

We have carefully selected the following therapies to complete and enhance your Spa experience. These are not available separately, but as add-ons to other treatments.






ADDITIONAL TOUCHES

Diamond Microdermabrasion  	30	350
Micro Silk Bath 	30	350
Cocoon Flotation  	30	350

Anantara Spa is open 10.00 am – 10.00 pm daily.

To book your spa experience call +971 (0) 4 567 8140 or
email spa.dubai@anantara.com

spa.anantara.com

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Detoxification  , Anti-ageing and Rejuvenation  , Respiratory and Cardiovascular Wellness 