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WALDORF ASTORIA  
Spa



EXPERIENCES



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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 SUITE JOURNEYS BY AMRA

### BLISSFUL COUPLE EXPERIENCE

Indulge in some precious time together in your very own luxurious spa suite, while you relax with one of the purifying pearl or 24 karat rejuvenating gold treatments by AMRA. Unwind with an opulent bath laced with sumptuous AMRA aromas, followed by a gentle full body exfoliation to pamper the skin. Your experience will continue with a side by side couples' massage and finish your blissful journey with the choice of either a mini facial or gold hand and foot ritual by AMRA.

### PRECIOUS PEARL EXPERIENCE

Start your purifying journey in your own private bath where your mind and body will be transported into pure relaxation, followed by a delicate pearl body exfoliation leaving your skin smoother, softer and more youthful in appearance. The treatment concludes with a full body massage tailored to your needs by your AMRA Therapist.

### A JOURNEY FOR THE SENSES

Relax with an exclusive bath in the serenity of your private spa suite, followed by opulent twenty four karat gold or purifying pearl hot stone massage and indulge with a precious argan scalp treatment by AMRA. The journey concludes with a Pearl Foot Ritual to help tired feet and melt away tension.

### TIME TOGETHER

An exclusive journey for two takes place in your very own spa suite starting with a Rhassoul body mask and some relaxation in the steam room. AMRA therapists will then proceed with a synchronized massage using warm AMRA oils; and finishing with a purifying pearl or 24 karat gold mini facial or 24 karat gold hand and foot ritual. Mini bites and bubbles served in your suite are also included in this experience.

### PEARL PURIFYING HAMMAN

The pearl purifying hammam helps prevent premature ageing, whilst leaving the skin looking smooth and refined due to the detoxifying benefits of the black pearl. The hammam starts with a purifying pearl cleanse, before the body is perfectly polished to remove impurities from the skin. An application of Rhassoul mask draws out impurities, while the treatment finishes with an application of pearl shea butter. Wake with the essence of precious body spritz and be alluring with the scents of rose oud hair essence.

### GOLD REJUVENATING HAMMAM

Immerse your senses, body and mind with this truly luxurious hammam ritual. The hammam starts with a 24 karat gold cleanse, before the body is perfectly polished to remove impurities from the skin. An application of Rhassoul mask draws out impurities, while the active technology rejuvenates the skin. This rejuvenating treatment finishes with an application of 24 karat gold shea butter. Wake with the essence of gold body spritz and be alluring with the decadent aroma of gold hair essence.



## UNFORGETTABLE BRIDAL JOURNEY

Prepare for your special day in the two private spa suites where you and your guests will be treated to a truly luxurious spa experience. The journey will start with a gentle body exfoliation using 24 karat gold rejuvenating body polish, followed by a full body massage. The experience continues with an opulent AMRA facial and concludes with twenty four karat gold hand and foot ritual leaving you perfectly pampered and ready for your special day. The Bridal Journey also includes a selection of mini bites and bubbles for you and your guests to enjoy during the experience

## AMRA PERSONALISED MASSAGE

Allow your expert AMRA therapist to transport you on a journey of pure relaxation and well-being with your selected massage techniques to melt away your stress and tension leaving you relaxed, soothed and revived. Choose from a pearl purifying and detox massage, which enhances the elimination of toxins and impurities from the body or a gold deeply relaxing massage, which will help you to sooth tired aching muscles to promote relaxation and ease any tension leaving you relaxed and revived. All AMRA personalised massages includes a 30 minutes relaxation time in your own private suite.





## SPA JOURNEYS

### IMPERIAL GOLD

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.

### ROSE QUARTZ MASSAGE

A warm blend of essential oils and warm Rose Quartz stones make this body experience truly transporting. Rose Quartz Stones are not placed on the body; they become extensions of the therapist's hands to relieve muscular tension and stress.

### 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 at the nearby poolside restaurant or an afternoon tea at the terrace.





## MASSAGE THERAPIES

### HEALING STONE MASSAGE

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid relaxation.

### MUM TO BE MASSAGE BY NEOM

Allow us to scoop you up, cocoon your body and mind with the utterly calming and specially created treatment, the most luxurious way to balance, restore and refresh during this special time. Masterminded by the Neom Wellbeing Board, our safe, supportive and incredibly effective pre-natal massage uses our hand-picked blend of 100% natural Neom essential oils, which deliver additional comfort and warmth. This top to toe treatment begins with a pregnancy-specific 5 minute guided meditation and includes a wonderful back exfoliation where you will experience the exceptional mood enhancing results of the Neom Great Day Body Scrub, an award-winning exfoliator which blends wild mint and mandarin to help naturally lift your mood, as well as a 'Mothers-to-be' massage.

### REFLEX ZONE MASSAGE

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.

### WALDORF ASTORIA SIGNATURE MASSAGE BY ANNE SEMONIN

Experience combines a blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Guests may select a relaxing, detoxifying or deep tissue experience.

### 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.

### SLEEP CANDLE MASSAGE BY NEOM

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.

### DE-STRESS CANDLE MASSAGE BY NEOM

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.



## BODY THERAPIES

### LUXURY BODY POLISH BY ANNE SEMONIN

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.

### GOLDEN BODY BY OMOROVICZA

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.

### CLASSIC HUNGARIAN BODY EXPERIENCE BY OMOROVICZA

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.

### HAPPINESS BODY EXPERIENCE BY NEOM

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.

### ENERGISE BODY EXPERIENCE BY NEOM

Using changes in temperature, speed-of-touch and different textures this treatment begins with the Neom Scrub with its potently invigorating oils of wild mint and mandarin. Throughout we drizzle the stimulating essential oils of grapefruit, lemon and rosemary which penetrate the skin and allow for detoxification, whilst you experience a full body massage focusing on key stress relieving points. This treatment allows you to stop, unplug and then reboot. Your senses will be awakened and your body and mind will be given a boost of natural energy.





## FACIAL THERAPIES

### PRECIOUS PEARL ULTRA LIFTING FACIAL BY ANNE SEMONIN

Experience the ultimate wrinkle-fighting facial to restore your skin's lack of firmness and tone leaving your skin and face contours in the utmost desired condition. This fresh and exceptional treatment includes a series of comprehensive lifting as well as drainage massage techniques that are solely a benefit for those suffering from tight facial muscles and a tired complexion.

### RE-GENERATING GOLD PLUMPING FACIAL BY OMOROVICZA

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.

### BLUE DIAMOND FACIAL BY OMOROVICZA

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.

### HUNGARIAN DEEP CLEANSING FACIAL BY OMOROVICZA

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.

## HAND & FOOT THERAPIES BY MARGRET DABBS

### THE MARGARET DABBS SUPREME MANICURE

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

### THE MARGARET DABBS TOTAL MANICURE

### THE MARGARET DABBS SUPREME PEDICURE

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

### THE MARGARET DABBS TOTAL PEDICURE



## MEN'S THERAPY

### THE GENTLEMEN'S ANTI-AGING FACIAL BY OMOROVICZA

This anti-aging treatment starts with a deep cleansing and exfoliation to prepare the skin. A mask then deploys hyaluronic acid to plump and nourish the skin while bio-available gold serum repairs micro-damage to strengthen the skin. Finally a traditional Hungarian facial massage lifts and firms the skin and a scalp and shoulder massage relieves tension and stress.

### THE GENTLEMEN'S DEEP CLEANSING FACIAL BY OMOROVICZA

Regular cleansing and exfoliation are the basis of good skincare; this facial addresses those needs. A mineral-rich Hungarian Moor mud mask draws out impurities, cleanses deeply and nourishes the skin. A unique Hungarian facial massage soothes the skin whilst stimulating micro-circulation and a scalp and shoulder massage relieves tension and stress.

### THE GENTLEMEN'S DE-STRESS MASSAGE

Experience a De-stress massage focusing on the neck and shoulder area. This simple and safe massage will loosen knots and release tension carried in the surrounding muscles that support the head and neck.

### THE MARGARET DABBS GENTLEMEN'S PEDICURE

### THE MARGARET DABBS GENTLEMEN'S MANICURE





## 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 10:00 AM - 9:00 PM 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.

### CANCELLATION POLICY

If you must cancel or reschedule your appointment we request four hours' advanced notice allowing us to offer the time to other guests. Cancellations made within four hours or who fail to arrive for scheduled appointments will be charged the full service fee. The Spa reserves the right to refuse bookings for guests who repeatedly fail to arrive for appointments scheduled.

### SPA ARRIVAL

Please arrive for your treatment at least 30 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 MATTERS

When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience. If you are pregnant or think you may be pregnant, we have specially designed treatments which provide maximum benefits for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massage or body treatments on expectant mothers within their first or final trimesters and some treatments should be avoided throughout.

### SPA ETIQUETTE

To ensure that our Spa provides for relaxation and tranquillity, 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.waldorfastoriadubaipalmjumeirah.voucherspro.com](http://www.waldorfastoriadubaipalmjumeirah.voucherspro.com)



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