

REFIVE

SPA & RECHARGE

Reinvigorate your senses and energy levels with FIVE Palm Jumeirah's range of health and wellness treatments.

Get your glow with a facial from the award-winning Natura Bisse; relax and unwind with a soothing massage or hammam; or find your inner peace during a dedicated yoga practice.

OPENING HOURS
10AM to 10PM
Sunday to Wednesday

10AM to 12AM
Thursday to Saturday

Gift certificates for any treatments
are available at reception.



BODY TREATMENTS

FEATHER TOUCH

60 minutes: 575 | 90 minutes: 650

Ideal for those who want to enjoy a relaxing experience and prefer light pressure from our experienced masseurs. Feather Touch will leave you feeling relaxed, peaceful and as light as air.

BALANCING ACT

60 minutes: 575 | 90 minutes: 650

An invigorating body treatment incorporating luxurious essential oils and classic Swedish massage movements to ease muscle tension and stimulate blood circulation.

MUSCLE MELT

60 minutes: 575 | 90 minutes: 650

A deep tissue massage designed to unravel tension in sore and tight muscles, relieve deep stress and tension and enhance the body's circulation. Recommended for those suffering from chronic stress, pain or tension.

XPRESS MESSAGE

30 minutes: 295

In a hurry? No problem. This 30-minute massage will leave you feeling relaxed and energised in a matter of minutes.

BOTANICAL BODY POLISH

45 minutes: 350

A hand blended mix of complementing minerals designed for those seeking a bespoke and personalised treatment.

COFFEE SCRUB

30 minutes: 250

The all-rounder scrub. The natural coffee beans gently exfoliate providing freshness and brightness to stressed skin.

CLEAN AND POLISH

90 minutes: 650

Relax and unwind on the Gharieni heated bed with warm quartz sand. A revitalising experience with a luxurious Xpress facial followed by body scrub and massage.

FACIALS

NATURA BISSÉ

A family-owned company established in 1979, Natura Bissé's collection of exceptional skincare combines an inherent creativity with the expertise of industry-leading aestheticians to deliver results that exceed expectations. Using high concentrations of innovative active ingredients and the latest technologies, Natura Bissé's award-winning treatments take beauty and skincare to thrilling new levels of luxury.

CITRUS ESSENCE

60 minutes: 600

An antioxidant treatment that restores vitality to sun-damaged skin and helps minimise aging. Vitamin C stimulates collagen production and renews skin firmness while improving luminosity and hydration.

3D COLLAGEN

60 minutes: 700

A firming treatment with three types of collagen, that sculpts and defines facial contour, improves skin density and preserves moisture. This inative facial provides an outstanding, lifting and firming effect for plump skin.

DIAMOND COCOON

90 minutes: 800

A prebiotic, revitalising and renewing treatment designed to counter the effects of pollution and stress. Using a special massage and highly effective ingredients that purify, fortify and repair, this detoxifying ritual leaves your skin healthy and luminous.

PACKAGES

MR. & MRS.

90 minutes: 1200

Relaxation comes in pairs. Choose between one of our exclusive scrub treatments followed by a massage of your choice, for two.

TOTAL INDULGENCE

120 minutes: 1000

Enjoy a 30 minute hand blend botanical scrub, a 30 minute facial, followed by a 60 minute massage of your choice.

THE REFIVE PACKAGE

120 minutes: 1000

Our luxurious face and body experience promises total top to toe rejuvenation. Your experience begins with a foot ritual using pearl beads, followed by a Valeur Absolue massage to invigorate the senses and relax aching muscles. The treatment is finished with an illuminating stem cell facial, resulting in a youthful, radiant glow.

SPRAY TANNING

NAKED TAN

Naked Tan is an Australian vegan-friendly sunless tanning company designed to give the best tanning results in the least amount of time.

SUN SALUTATION

45 minutes: 350

The perfect skin recovery treatment. Includes a body wrap, mini facial, SPF application or luxurious shimmer body oil.

SPRAY TAN

30 minutes: 350

Get beach ready with the best tanning results in the least amount of time, including the world's first two hour wash and wear tan.



Relax and unwind at our adults-only rooftop spa pool with hydrotherapy jets or enjoy our male and female steam rooms, located on the 1st floor. A selection of healthy snacks is also available at the Spa Café.



ReFIVE's facilities comprise 10 spa suites including three couples' suites, two complete with jacuzzis. Choose between our luxury Gharieni spa treatment beds or our heated quartz bed for complete calmness.

ADD-ONS

SCALP THERAPY

30 minutes: 250

For the effective relief of pressure through the activation of points on the head.

XPRESS FACIAL

30 minutes: 295

In a hurry? We've got you covered with our express vitamin boosting facial.

REVIVING FOOT THERAPY

30 minutes: 250

Rejuvenation for tired feet through pre-determined activation points on your foot.

QUARTZ BED

100

Upgrade your massage with our exclusive heated quartz bed.

WAVE BED

100

Enjoy a whole new level of relaxation with our exclusive wave bed. Using in-built acoustic and vibrational therapy that focuses on the energy centres (chakras) of the body, this high-tech bed trains the brain to relax, reduces stress, improves sleep quality and supports the immune system. Can be incorporated into a treatment or used on its own.

HOT STONES

100

Incorporate hot stones into your massage for deep relaxation

PERSONAL TRAINING

Our 24-hour state-of-the-art gym offers a suitable workout for everyone, offering a range of personal training sessions to keep you motivated.

1 session: 150 | 8 sessions: 1100 | 12 sessions: 1500
16 sessions: 1800 | 20 sessions: 2000

EMS

Did you know 20-minutes of EMS training is equivalent to 240 minutes of heavy gym workout? EMS training is a cutting-edge method that integrates the science behind electrical muscle stimulation into a series of exercises that are customised to fit your training goals.

1 session: 275 | 12 sessions: 2200 | 24 sessions: 3500
48 sessions: 5250 | EMS suit: 250 |

YOGA

Relax your body and mind with our in-house yoga instructor at our dedicated yoga studio. Yoga has a lot to offer for beginners and advanced practitioners. It is a powerful way of living that can help you identify your hidden physical and mental potentials. This practice promotes a relaxed and happy body, which fosters a happy mind. A full yoga timetable is available at reception.

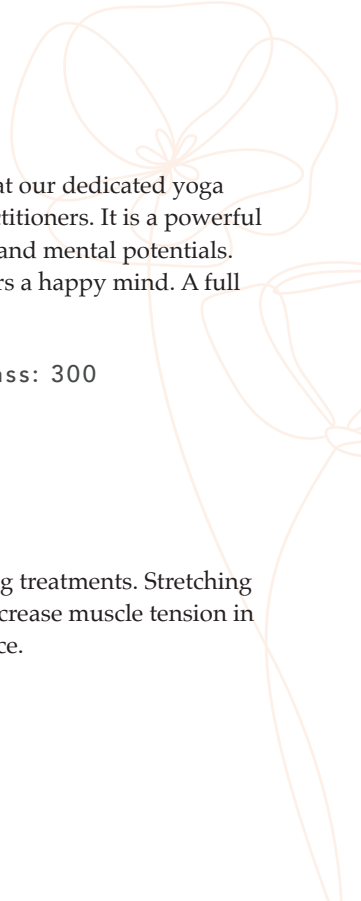
45 minute class: 75

Private class: 300

STRETCHING BY PROVERB

Ease tight and tense muscles with one of our Proverb stretching treatments. Stretching can help boost your flexibility, reduce the risk of injury and decrease muscle tension in your body. It can even help improve your workout performance.

15 minute: 55 | 30 minute: 75 | 45 minute: 320



HOW TO HAMMAM

The Moroccan hammam is an ancient treatment for body and soul relaxation. The first public baths were created by the Roman Empire more than 2000 years ago, allowing citizens to cleanse themselves. The concept gained momentum, starting in several Arab countries with hammam meaning 'hot water' in Arabic. Morocco was among one of the first countries to embrace this way of bathing and even made it a community ritual. Over time the hammam has become part of Moroccan culture and a popular place to relax and unwind.

Our hammam treatments incorporate natural and quality ingredients found locally within the region.

10 IMMEDIATE BENEFITS OF HAVING A HAMMAM TREATMENT

Reduces stress, anxiety and promotes deep relaxation.

1

Removes dead skin from the body and unclogs pores while eliminating toxins from the skin.

2

Skin nourishing and rehydrating. Provides essential vitamins and minerals.

3

Regulates skin oil secretions to prevent acne and help heal scars and reduce redness.

4

Boosts the immune system and activate blood circulation.

5

Feel fresh and revitalised.

6

Helps to rejuvenate your body while sleeping.

7

Decreases muscle tension, soothes muscle pain and rheumatism.

8

Helps tone and firm the skin while improving elasticity.

9

Body and mind connection. Boosts energy levels and feel more balanced.

10



TREATMENTS

MOROCCAN HAMMAM

60 minutes: 500

Experience Moroccan tradition with this purifying hammam. The skin is exfoliated using black soap and kesa, followed by a Ghassoul clay mask. Floral water and organic oil are used to refresh and nurture the body.

HERBAL HAMMAM

75 minutes: 600

This enriching hammam is a combination of traditional black soap, kesa, herbal body exfoliation and Ghassoul clay body mask to provide the skin with essential minerals. The hair is cleansed while a cooling mist and organic oil refreshes and moisturises the skin.

FIVE SIGNATURE HAMMAM JOURNEY

90 minutes: 700

Our signature hammam incorporates double cleansing of the body with personalised black soap followed by honey and sugar exfoliation. Relax with an exfoliating facial followed by a clay mask. Unwind as the journey continues with a scalp treatment and elixir to clear the mind, before a scented floral water is spritzed over the body. The ritual is completed by applying organic oil to nurture and moisturise the skin.

SPA ETIQUETTE

RESERVATIONS

To ensure the availability of your preferred time and service, we advise you to book in advance. Please arrive 15 minutes prior to your treatment to ensure a smooth check in. We will do our best to accommodate all walk-in guests but please note, this is subject to availability.

AGE REGULATION

Spa treatments & pool: The minimum age is 16 years.

VALUABLES & JEWELLERY

Please do not bring any valuables to the Spa. FIVE Palm Jumeirah accepts no responsibility for the loss of valuables brought onto the spa premises.

CANCELLATION POLICY

If you need to cancel or change your treatment, please inform us 3 hours prior to your appointment. We will accommodate late arrivals as best as we can, but cannot guarantee the full length of the treatment.

