



OBEROI SPA  
MENU



*The Oberoi*  
BEACH RESORT  
AL ZORAH



The Oberoi Spa has an elegant, contemporary design with open spaces and natural light; the perfect setting to relax and unwind with signature Oberoi treatments for the face and body.

We request you keep all gadgets on silent mode while at The Oberoi Spa, so you can fully switch off and enjoy the tranquil ambience. Silence is a powerful catalyst for relaxation, healing and nurturing wellness from within.

Welcome to The Oberoi Spa at The Oberoi Beach Resort, Al Zorah.

### A Customised Experience

We want you to experience healing in its fullest sense, which means that the best therapies for you will be based on what your body and mind actually need.

Simply visit The Oberoi Spa and allow our spa team to personalise a quality and memorable experience for you.

## The Oberoi Beach Resort, Al Zorah: Signature Experiences

*Our signature selection of spa treatments are deeply rooted in traditional culture and are exclusive to The Oberoi Spa in Al Zorah.*

### The Oberoi Signature Massage

*Duration: 90 minutes*

Relax your mind, body and senses with our signature holistic massage. This ritual includes a combination of soothing, rhythmic strokes. Excellent for releasing muscular tension, increasing circulation and relieving physical and mental stress.

### Energy Balance with Himalayan Singing Bowls

*Duration: 90 minutes*

Long, stimulating massage strokes help to remove blockages in the body's energy points while a Himalayan singing bowl creates a sound bath experience of sonic vibrations that lull your body into a deeply meditative and relaxed state.

### Island of Life

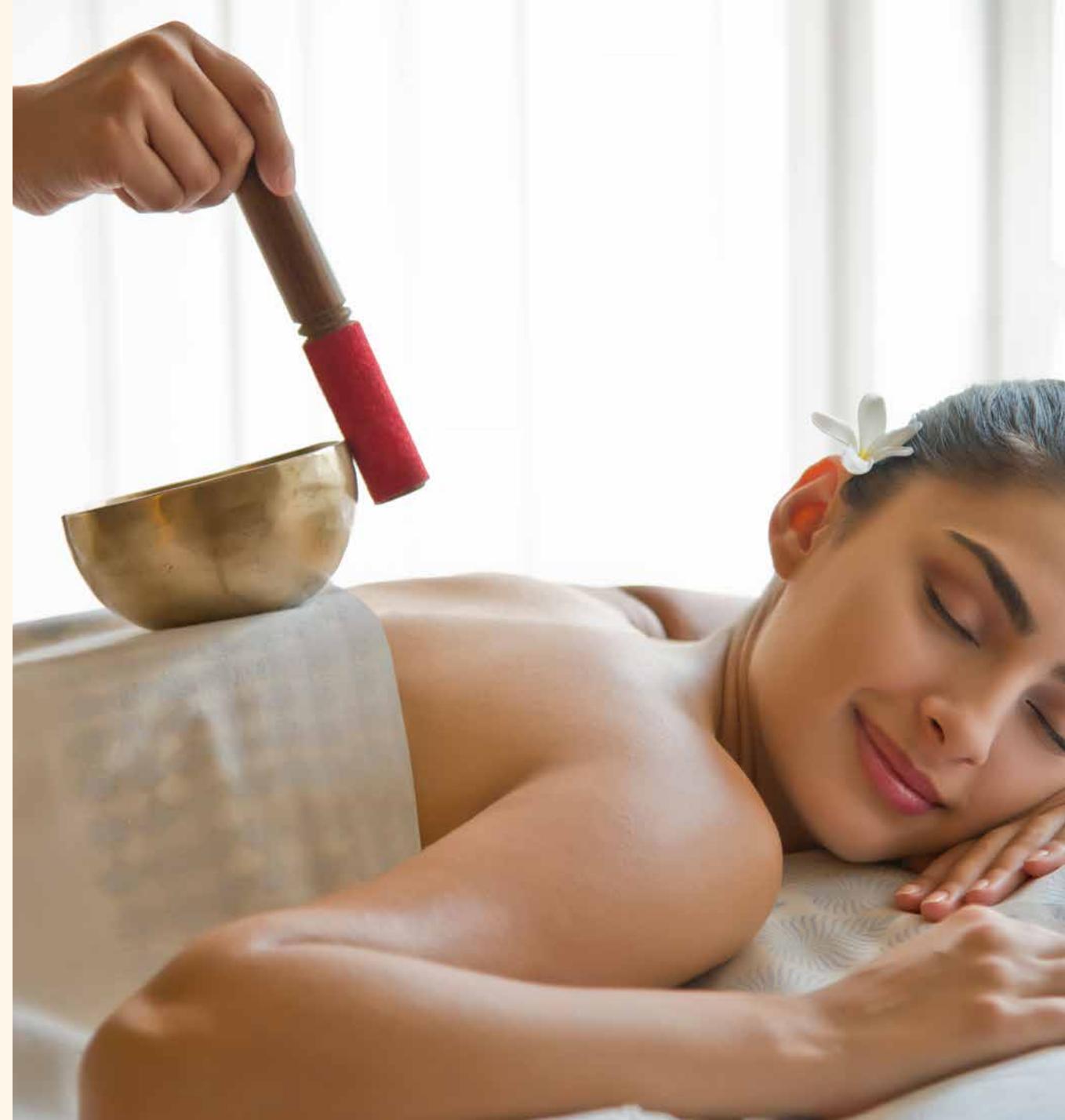
*Duration: 90 minutes*

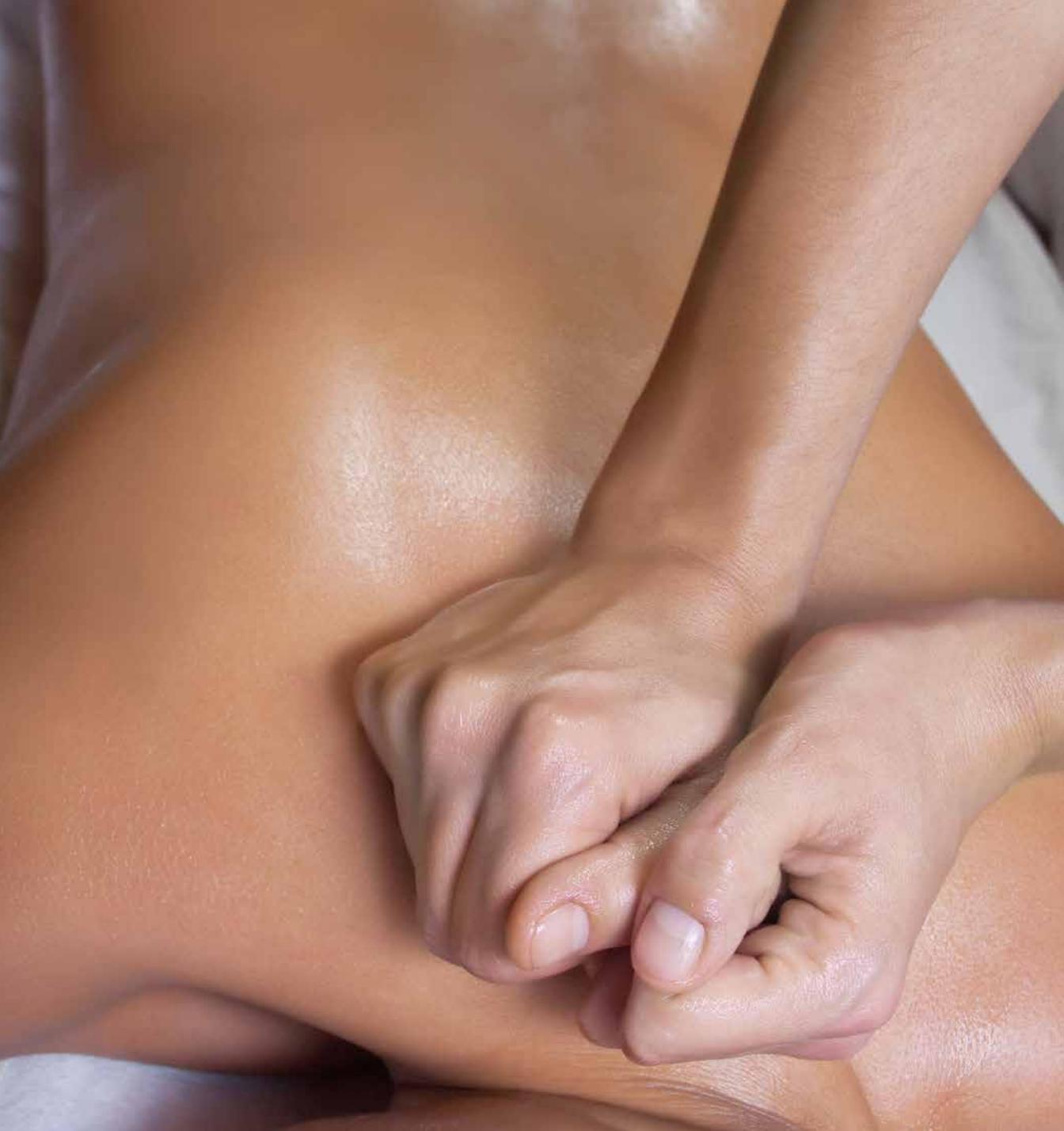
Locally-sourced natural ingredients combined with ALQVIMIA aroma oils refresh tense and tired muscles. Elements of Swedish, Lomi-Lomi and aromatherapy massage of medium to firm pressure, combined with natural warm sand compresses, melt away accumulated stress. The perfect treatment to restore vitality to the body and mind.

### Jet Lag Recovery

*Duration: 90 minutes*

This rebalancing journey combines a back massage using specially blended oils, a foot treatment, a face mask and a head massage to release tension, revive circulation and reset your internal clock.





## Oberoi Body Massages

*A massage is a truly unique journey wherein you discover the power of touch to refresh, rejuvenate or relax your body. Oberoi massage therapies are designed with you in mind. Let us tailor your treatment to suit your needs and wishes.*

### Aromatherapy

*Duration: 60/90 minutes*

Unwind and de-stress with this aromatic treatment. A soothing massage using light to moderate pressure and a blend of pure essential oils from ALQVIMIA, melts away bodily tension. As the skin absorbs the essential oils it becomes more supple, aches and pains are relieved and your mind can completely relax.

### Deep Touch

*Duration: 60/90 minutes*

Recharge your body with this powerful massage designed to alleviate deep seated tension and muscular stress. Strong pressure and stretching techniques are used on specific areas of concern to help relieve sports-related discomfort.

### Herbal Poultice

*Duration: 90 minutes*

A full body massage using locally-sourced therapeutic herbs are wrapped in a muslin cloth and tied into a ball. This is soaked in oil and applied to pressure points using gentle and rolling movements, to relieve aches and pains.

### Volcanic Hot Stones

*Duration: 90 minutes*

A therapeutic, rejuvenating massage using warmed natural stones and medium pressure to deeply soothe tired, aching muscles and aid relaxation.

Candle “Sensory Awakening” by marocMaroc

*Duration: 90 minutes*

A sensory, soft to medium pressure massage to relax the body and mind. Circular movements encourage the body to release tensions lulled by the magical melted candle and the incredible scent of amber.

Oriental

*Duration: 60/90 minutes*

A muscular stress-relieving treatment that combines a full body dry massage with acupressure and stretching with medium to firm pressure. A combination of the very best of Shiatsu, Balinese and Thai massage techniques.

Reflexology

*Duration: 60 minutes*

An ancient Chinese pressure point massage that stimulates reflex points in the feet to restore the free flow of energy throughout the body. Reflexology stimulates energy meridians and maintains the body’s natural equilibrium in order to encourage optimal healing.

Beautiful Mother-To-Be (*only from the 2nd trimester of pregnancy*)

*Duration: 90 minutes*

Whether you’re just entering your second trimester or are nearing your due date, the ALQVIMIA Mother-To-Be treatment is the perfect way to nourish and soothe your body, and get you ready to welcome a new life into the world. Using our most gentle 100% natural products, we will nourish your stretched skin, whilst improving its tone and elasticity. We will also treat you to a facial. This massage releases tensions, reduces heaviness in the legs, and gives you permission to totally relax for an hour.





## ALQVIMIA Luxury Body Rituals

ALQVIMIA uses 100% natural products and promises one-of-a-kind healing rituals, with methods based on ancient alchemic wisdom and treatments that evoke physical, energetic and emotional sensations.

ALQVIMIA believes that the balance between mind, body and soul is essential to beauty. Holistic care is requisite for internal and external wellbeing.

### Peace and Serenity

*Duration: 150 minutes*

A holistic treatment for the face and body. Designed to dissolve stress and envelop you in the aura of physical and mental wellbeing you need to live your life from a place of inner harmony.

### Queen of Egypt

*Duration: 150 minutes*

Cleopatra, one of the most fascinating and seductive women in history, inspired this delicious beauty ritual that uses Dead Sea wraps and salts along with nature's purest incense and myrrh, to rejuvenate your body and mind, leaving it looking and feeling beautifully radiant.

### Garden of Desire

*Duration: 120 minutes*

### Sensual Woman

Enhance your potential to seduce, attract, charm and enjoy with a facial and body ritual inspired by the extraordinary properties of rose, neroli and jasmine.

### Seductive Man

A facial and body ritual designed for men. Based on an extraordinary blend of powerful essential oils from seeds and exotic woods that are known to recharge masculine energy.

### Eternal Youth

*Duration: 120 minutes*

The exclusive formulas used in Eternal Youth facial and body treatments help restore, rejuvenate and leave you with glowing, younger looking skin. This ritual is designed to enhance holistic harmony in your body and mind. Includes a Biological Age test.

## ALQVIMIA Silhouette Body Treatments

*Let us help you choose a made-to-measure ALQVIMIA Silhouette Body Treatment for your personal needs and desired results. These treatments include a kinesiology test.*

### Shape Reducer

*Duration: 90 minutes*

With draining, lipolytic effects that improve micro-circulation and catalyse the exchanges needed for reduction, toning and cell renewal.

### Body Sculptor

*Duration: 90 minutes*

Shapes the figure through lipo-seductive, restructuring action. It firms, moisturises, tones and stimulates the skin. Suitable for those who want to reduce fat in specific areas.

### Anti-Cellulite

*Duration: 90 minutes*

Improves skin elasticity and smoothness, as well as promoting lipolysis. Anti-cellulite oil is applied with a massage of various techniques to encourage the dispersal of accumulated fats and fluids.

### Firming

*Duration: 90 minutes*

Restores firmness and helps recover skin tone. ALQVIMIA Body Oil for Firm and Healthy Skin is applied for its firming, toning, nourishing and rejuvenating effects.





## ALQVIMIA Beauty Facials

*These personalised facial treatments are performed with ALQVIMIA luxury skincare products and include a facial scrub, face mask and moisturiser.*

- Nourish  
*Duration: 60 minutes*  
*\*Suitable for dry skin.*  
Stimulates the epidermis, helping to keep the skin young and supple.
- Calm  
*Duration: 60 minutes*  
*\*Suitable for sensitive skin.*  
A reconstituting treatment with a calming, decongestant, deeply moisturising effect.
- Balance  
*Duration: 60 minutes*  
*Suitable for oily skin.*  
Rebalances excessive oil secreted from the sebaceous glands and encourages their normalisation.
- Rejuvenate  
*Duration: 60 minutes*  
*\*Suitable for mature skin.*  
Activates deep cellular regeneration and visibly softens existing fine lines, with antioxidants that counteract premature ageing.
- Eternal Youth  
*Duration: 90 minutes*  
*\*Suitable for mature and fatigued skin.*  
A unique, deeply regenerating treatment to activate fresh and youthful looking skin.

## Luxury Hammam Rituals by marocMaroc

*marocMaroc gives life to the most enchanting beauty tales inspired by the soft atmosphere of the hammam, the richness of the argan tree, the majesty of the rose, the authenticity of almond flowers...*

### Traditional Hammam

*Duration: 60 minutes*

Designed to revive the body and release tension. This treatment commences with an ultra-purifying exfoliation using the traditional Moroccan kessa massage glove combined with a detoxifying body scrub. This is followed by a soothing soaping with orange blossom-infused shower milk. The skin is left deeply cleansed and softened.

### Signature Hammam

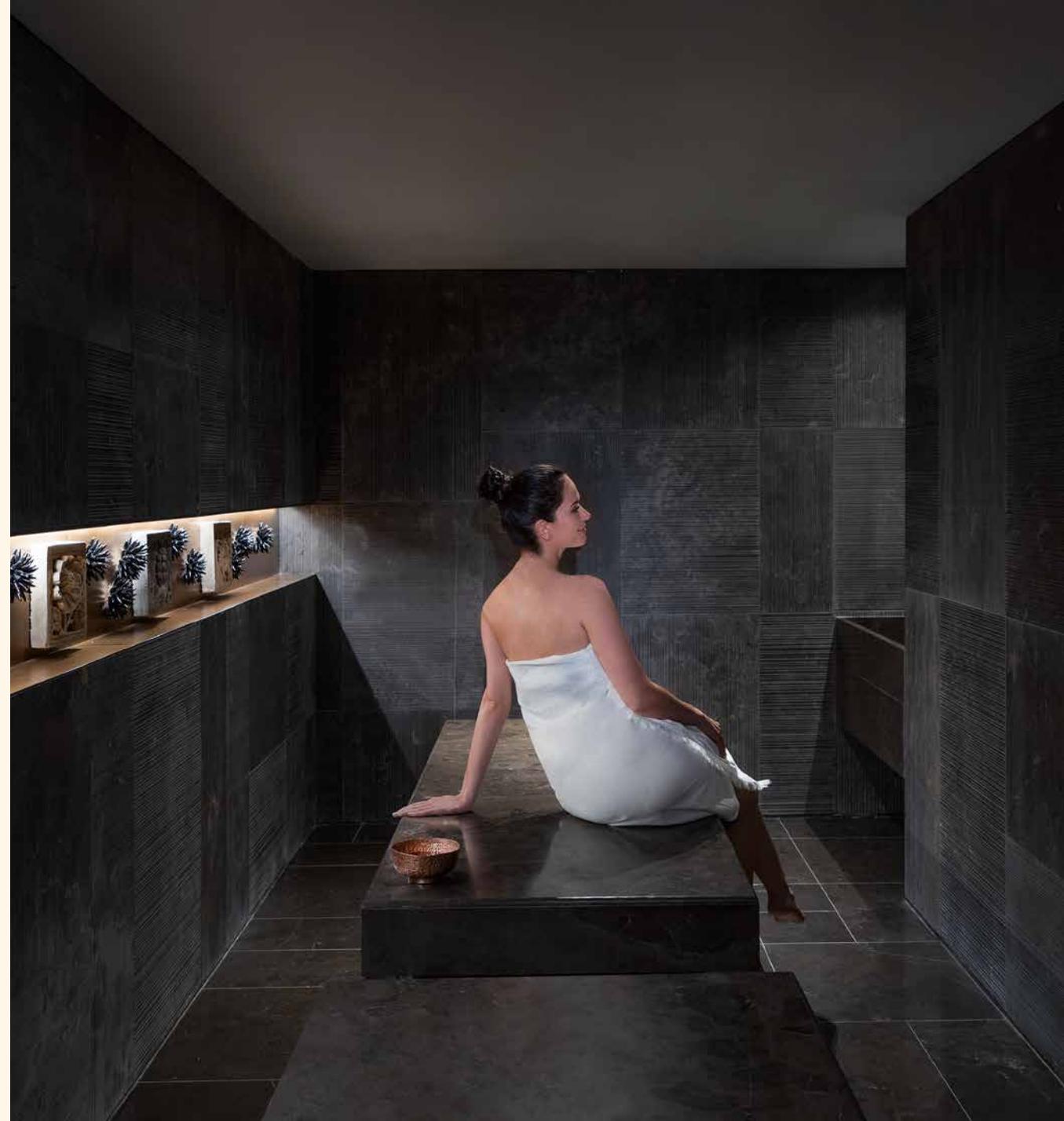
*Duration: 90 minutes*

A sensual journey to the heart of traditional Moroccan skincare techniques. The skin is cleansed using Moroccan black soap, then exfoliated using a kessa glove. A unique body wrap made from Atlas Mountains' clay, aromatic medicinal plants and rose water is then applied to the skin. To complete the journey, nourishing argan oil is generously applied on the body.

### Luxury Hammam Journey

*Duration: 120 minutes*

Luxurious Moroccan techniques, combined with marocMaroc products, will take you on a sensual journey to deep relaxation. A hammam ritual is followed by a ceremonial "sensory awakening" candle massage to release tension from your whole body, leave your skin radiant, and restore peace and tranquility.





## Oberoi Spa Express Treats

*Our express spa treatments have been specially designed to help relax, refresh and rebalance your sense of wellbeing.*

### Tension Soother

*Duration: 30/45 minutes*

A reviving back, neck and shoulder massage using therapeutic trigger point massage techniques to relieve muscular tension, and promote greater mobility in the back.

### Revitalising Scalp Massage

*Duration: 30/45 minutes*

A deeply relaxing, oil-based massage using craniosacral techniques to ease tension in the muscles and fascia of the head, neck and upper body.

### Lip & Eye Facial Treatment

*Duration: 30 minutes*

Specialised sheet mask helps to firm, hydrate, brighten and energise skin.

### Jade Roller Facial Toning

*Duration: 30 minutes*

Sculpt facial muscles and increase circulation by incorporating this ancient Chinese tool into your facial.

## Oberoi Spa Packages

### Detox Package

*Duration: 2hours 30minutes*

This package uses unique ALQVIMIA remedies and techniques to rid the body of impurities that accumulate over a period of time. Includes a steam experience, skin circular brushing, a detox massage and face toning.

### “Me and You” Couples Package

*Duration: 2hours*

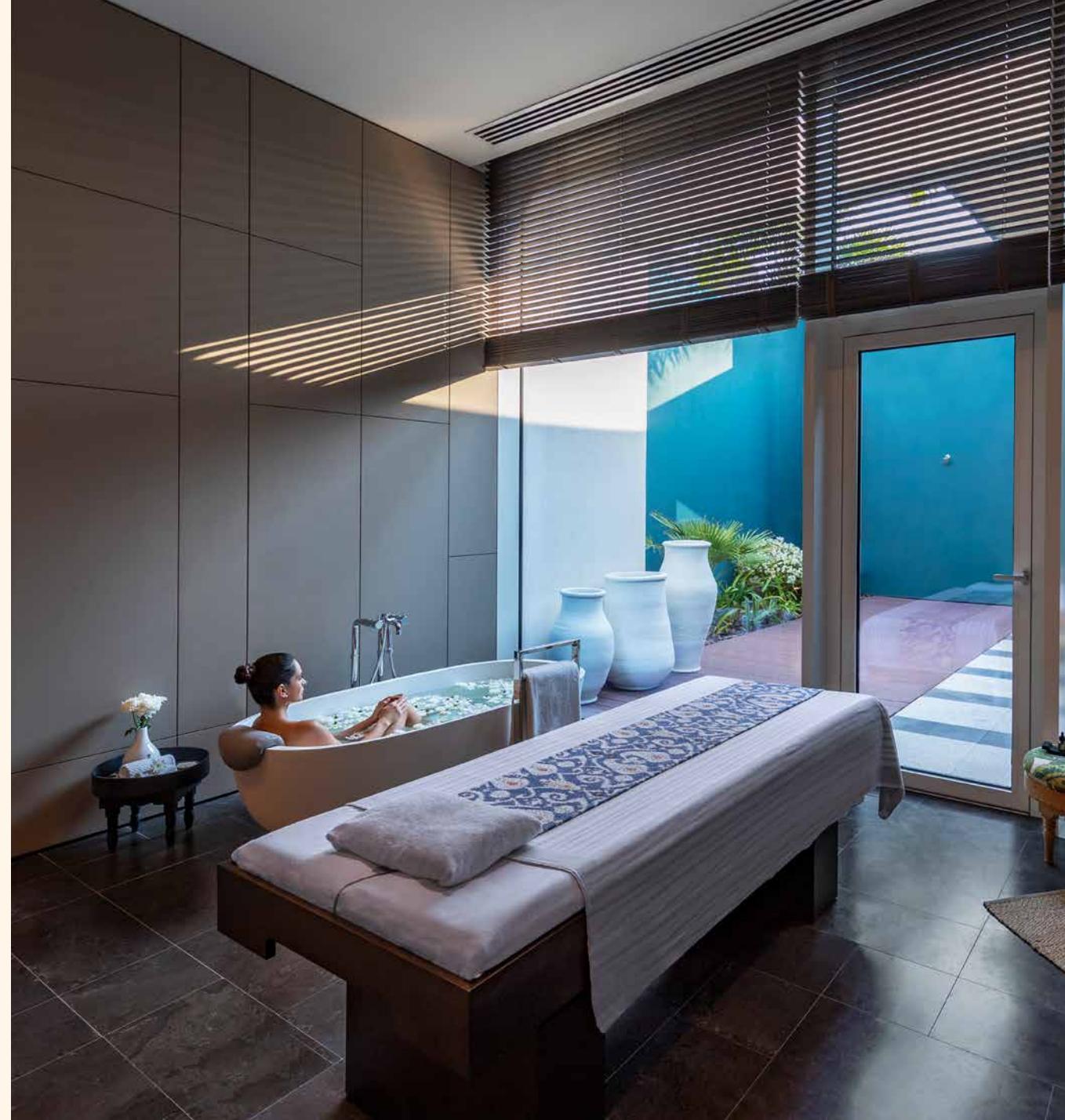
Relax and unwind with a combination of massage and facial therapies to suit each of your individual needs and preferences. Designed for you and your loved one. Because those special moments together are worth cherishing. Includes a 75-minute full body massage of your choice and a 30-minute facial in our Couples' Treatment Room.

### Family Spa Package

*Duration: 3hours/6hours*

Reserve yourself some spa time during your holidays and we will ensure you get the most out of your time off. A 45-minute private yoga session is included with every Family Spa Package, with our compliments.

*\*Please note that the Family Spa package is valid for the duration of the current stay, credit cannot be postponed or reimbursed after purchase. The package can be shared between family members. Advanced payment required.*



## For the Complete Spa Experience

To ensure your spa experience is a relaxing journey into a different world, we recommend the following:

- Kindly switch off your mobile phone or set the ringer to silent to ensure total relaxation.
- Arrive at the spa reception area 10 minutes prior to your appointment in order to change and relax.
- Gentlemen who are having a facial are advised to shave at least 3 hours before their therapy.
- Schedule your therapy at a time when you will be able to relax for at least one hour after the therapy.
- Guests with high blood pressure, heart conditions or other medical complications and ladies who are pregnant should consult their doctor before undertaking spa therapies.
- Home spa: many of the body and skin care products that we use in our therapies are available for purchase. We encourage you to ask your therapist how to use these products to continue your spa experience at home.
- The spa is designed for guests 16 years and above.

## Reservation and Cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa at least 4 hours prior, to avoid the full charge of our service.

For spa reservations, please dial extension 4821.



