

## MASSAGE THERAPY

### **Reflexology**

A therapeutic foot massage based on ancient Chinese principles of relieving pain by gentle stimulation of the acupressure points.

**45 mins - 375.00**

**30 mins - 275.00**

### **Destress Back Massage**

A rhythmic back, neck and shoulder massage that brings relief to muscular aches and pains.

**45 mins (oil) - 375.00**

**30 mins (dry/chair) - 275.00**

### **Swedish Massage**

Stimulating massage using traditional Swedish techniques that allows the body to absorb more oxygen and allow detoxification.

**90 mins - 675.00**

**60 mins - 495.00**

**Upgrade to Aroma - add 47.25**

### **Hawaiian Lomi-Lomi**

One of the oldest forms of healing, long soothing strokes are used to improve circulation and rejuvenation.

**90 min - 695.00**

**60 min - 525.00**

**Upgrade to Aroma - add 47.25**

### **Timeless Combination Massage**

Timeless Spa signature massage to relieve tension and stress with the combination of the traditional massage techniques such as Shiatsu, Swedish and Thai massage that heals the body's natural ability to heal itself.

**90 min - 695.00**

**60 min - 525.00**

**Upgrade to Aroma - add 47.25**

### **Add on:**

#### **Indian Head Massage**

With techniques based on the ancient healing system of Ayurveda, this firm yet gentle massage relieves tension headaches and increases alertness.

**30 min - 275.00**

## FACIAL THERAPY

### **Timeless Classic Facial**

The natural ingredients from our unique Timeless Spa range helps cleanse, moisturize and strengthen the skin.

**60 mins - 420.00**

**30 mins - 230.00**

**All prices are in AED and inclusive of 5% Value Added Tax**

## BODY THERAPY

### **Organic Body Scrubs**

A natural exfoliate rich in minerals and anti-oxidants that stimulate blood circulation, gently detoxifies the body and relieves muscle tension; leaves the skin soft and moisturized.

**60 mins - 420.00**

**30 mins - 230.00**

## SPA THERAPY PACKAGES

### **Timeless Teaser**

For the ultimate spa quick fix, enjoy a short version of our Classic Mini Facial along with our De-Stress Back Massage.

**45 mins - 395.00**

### **Time Out**

Recharge your senses and experience revitalizing energy with a body massage and your choice of either body scrub or facial. Package comes with home care products.

**120 mins - 875.00**

### **Rejuvenate**

A total pampering experience to renew and rejuvenate, includes:

- Organic Body Scrubs
- Swedish Massage
- Timeless Classic Facial

**180 mins - 1,095.00**

## NAIL THERAPY

### **Refresh Manicure**

A miniature manicure treatment that includes buffing, filing, nail shaping and ends with a relaxing hand massage. Polish can be added as per Guest's request.

**30 mins - 210.00**

### **Refresh Pedicure**

A miniature pedicure treatment that includes exfoliating, cleansing and ends with a relaxing foot massage. Polish can be added as per Guest's request.

**30 mins - 230.00**

## HAIR CARE

**(by appointment only)**

### **Professional Blow Dry**

**Short - 170.00**

**Medium - 190.00**

**Long - 210.00**

### **Hair Shaping with Blow Dry**

**Short - 225.00**

**Medium - 245.00**

**Long - 265.00**

**Dry Cut (Men) - 130.00**