



*The Spa*  
AT  
THE ADDRESS

*Treatments for Gentlemen*

## ESPA *Signature Treatments*

### RESTORE AT THE ADDRESS | 2 hours

A foot cleansing ritual will commence your treatment and allow your therapist to bespoke your treatment to your individual needs. After a full body exfoliation, this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and on chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, before an acupuncture head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders and leaves your body feeling soothed and your spirit calm.

### REJUVENATE AT THE ADDRESS | 2 hours

This outstanding treatment is needs specific, sophisticated and holistic. Your therapist will guide you towards the most suitable treatment choice whether purifying, stress reducing, tension releasing, energising or jet lag recovery.

During the foot cleansing ritual your therapist will conduct an in-depth consultation to identify your specific needs of the moment. A salt and oil body scrub follows before warmed ESPA oils are poured onto the body and used for an intensive massage. A heated body mask of either Oshadi Clay, Marine Algae or Mud are then smoothed on and the body cocooned. An acupuncture facial massage helps renew and revitalise the skin and ultimate peace of mind is achieved with a luxurious head massage.

## ESPA *Speciality Treatments*

### SALT AND OIL SCRUB | 25 minutes

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised and smooth.

### ESPA LIFESAVING BACK TREATMENT | 45 minutes

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

### STRESS BUSTER | 1 hour 20 minutes

Hours hunched over a desk, numerous emails composed at a computer and thousands of miles spent on a plane all lead to executive stress with tension seated in the lower back, shoulders, neck, hands and eyes. Relieve tension with this purposely designed treatment incorporating a stimulating massage of the back, neck and shoulders followed by a soothing eye treatment to relieve eye strain, a hand and arm massage and a deeply relaxing scalp massage to completely soothe and relieve headaches.

## ESPA *Advanced Facial Treatments*

### AGE DEFIER FACIAL | 1 hour 30 minutes

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing, and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA seriously effective moisturising products, rich in natural anti-oxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

### ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES | 2 hours

A powerful stress releasing treatment using hot stones which works on alleviating deep seated tension to restore balance to the body and mind. The initial, deep cleansing back exfoliation is followed by the hot stone back massage with essential oils. Hot stones are placed along spine, shoulders and neck to soothe, relax and remove tension.

The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

## ESPA *Facial Treatments*

### PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE | 1 hour

City pollution, environmental stress, travel, business pressures or lack of sleep is reflected in dull, lifeless skin. This relaxing facial works at a deep molecular level to purify, balance and hydrate the skin leaving you feeling de-stressed and renewed.

The triple cleanse procedure which includes steaming hot towels to soothe and soften bristles, promotes drainage and aids in preventing blocked pores. Following a relaxing acupressure face massage and purifying mask, a deep shoulder and scalp massage is performed using conditioning hair and scalp mud combined with ESPA Body Oil to release tight muscles and tension.

### THE REGENERATING AND FIRMING EYE TREATMENT | 30 minutes

This regenerating eye treatment is a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A firming and hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

## ESPA *Essential Massages*

### ESPA AROMATHERAPY MASSAGE |

50 minutes or 1 hour 20 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

### SWEDISH MASSAGE | 50 minutes

A truly traditional massage with regulated pressure, excellent for releasing knots and tensions in the body. Stimulating, strong movements effectively ease tired aching back and limbs.

### BALINESE MASSAGE | 1 hour 20 minutes

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.

### SPORTS AND FITNESS | 50 minutes or 1 hour 20 minutes

A sophisticated massage using advanced movements with elbows and forearms to achieve a truly effective deep tissue massage. Ideal for experienced massage guests who suffer from deep-seated tension.

### THAI MASSAGE | 50 minutes or 1 hour 20 minutes

This specialised treatment incorporates thumb, palm, forearm and foot pressures. Your skilled therapist will stretch and manipulate pressure points and meridians to balance the flow of energy within the body, elongate the muscles and release deep-seated tension.

### SHIATSU | 50 minutes or 1 hour 20 minutes

A traditional Japanese treatment performed without oil eases tension in tired, strained and aching muscles combining specialised finger pressure massage and techniques with expert movements of tapping, kneading and rubbing to unblock trapped energy.

### REFLEXOLOGY | 50 minutes

A relaxing and therapeutic foot massage used to stimulate energy zones and pressure points in the feet that correspond to pressure points in the body. This gentle therapy encourages the body to naturally restore and maintain its own healthy balance.

## ESPA *Finishing Touches*

### EXECUTIVE HAND AND ARM TREATMENT WITH HOT STONES | 50 minutes

This holistic hand and arm treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation.

### EXECUTIVE FOOT AND LEG TREATMENT WITH HOT STONES | 1 hour 5 minutes

A holistic foot and leg treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation.

## ESPA *Retreats*

ESPA Retreats at The Address are timeless, classic and distinctive.

They include full use of the fitness studio, steam room, tranquil relaxation areas and refreshments. We would like to encourage you to arrive at least 60 minutes prior to your appointment time in order to make full use of the Spa facilities.

Each ESPA Retreat commences with a welcoming foot cleanse, Rosehip exfoliation and consultation to prepare mind and body for the experience to follow.

### CITY ESCAPE | 2 hours 30 minutes

Relax and recharge with these calming and soothing treatments which restore, balance and leave you feeling revitalised.

#### Salt Scrub

A blissful experience that will leave your body refreshed and cleansed with your skin feeling smooth and glowing.

#### Aromatherapy Massage

A tension releasing massage using essential oils to restore balance and calm the mind and body.

#### Men's Purifying Facial, Shoulder and Scalp Massage

A uniquely tailored facial that includes triple cleansing, acupressure massage, a purifying mask and a deep shoulder and scalp massage.

### URBAN RELAXATION | 2 hours 30 minutes

A perfect combination of treatments to help soothe tired, aching muscles and revitalise dull lifeless skin. The results will help lull you into a restful nights sleep or re-energise you for the day ahead.

#### Sports and Fitness Massage

A therapeutic and stress relieving treatment that reduces aches and pains and reduces tension in tired muscles.

#### Men's Purifying Facial, Shoulder and Scalp Massage

A uniquely tailored facial that includes triple cleansing, acupressure massage, a purifying mask and a deep shoulder and scalp massage.

### EXECUTIVE GROOMING | 3 hours 15 minutes

The ultimate in men's grooming to leave you feeling relaxed revitalised and refreshed.

#### Men's Purifying Facial, Shoulder and Scalp Massage

A uniquely tailored facial that includes triple cleansing, acupressure massage, a purifying mask and a deep shoulder and scalp massage.

#### Executive Hand and Arm Treatment with Hot Stones

A hand and arm treatment to revitalise tired hands. It is the ultimate grooming and de-stressing treatment for the hands.

#### Executive Foot and Leg Treatment with Hot Stones

Renew tired, sore and cracked soles with this intensely hydrating and therapeutic experience. An ideal treatment to maintain tired and stressed feet and legs.

*The Spa*  
AT  
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*Menu of Services and Pricing*

ESPA SIGNATURE TREATMENTS

RESTORE AT THE ADDRESS	AED 995
REJUVENATE AT THE ADDRESS	AED 995

ESPA SPECIALITY TREATMENTS

SALT AND OIL SCRUB	AED 250
ESPA LIFESAVING BACK TREATMENT	AED 375
STRESS BUSTER	AED 715

ESPA ADVANCED FACIAL TREATMENTS

AGE DEFIER FACIAL	AED 715
ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES	AED 950

ESPA FACIAL TREATMENTS

PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE	AED 475
THE REGENERATING AND FIRMING EYE TREATMENT	AED 250

ESPA ESSENTIAL MASSAGES

AROMATHERAPY – 50 minutes	AED 475
AROMATHERAPY – 1 hour 20 minutes	AED 715
SWEDISH	AED 475
BALINESE	AED 715
SPORTS AND FITNESS – 50 minutes	AED 475
SPORTS AND FITNESS – 1 hour 20 minutes	AED 715

THAI – 50 minutes	AED 475
THAI – 1 hour 20 minutes	AED 715
SHIATSU – 50 minutes	AED 475
SHIATSU – 1 hour 20 minutes	AED 715
REFLEXOLOGY	AED 475

ESPA FINISHING TOUCHES

EXECUTIVE HAND AND ARM TREATMENT WITH HOT STONES	AED 350
EXECUTIVE FOOT AND LEG TREATMENT WITH HOT STONES	AED 375

ESPA RETREATS

CITY ESCAPE	AED 1100
URBAN RELAXATION	AED 1090
EXECUTIVE GROOMING	AED 1100

## HOW TO *Spa*

### OPENING HOURS

Daily from 8:30am to 9:30pm

Treatment times daily from 9:00am – 9:00pm

### ARRIVAL TIME

You are encouraged to arrive a minimum of 30 minutes prior to your appointment to enjoy the serenity of The Spa at The Address. Please be advised that late arrivals may result in a reduction of their treatment time.

### SPA TREATMENTS

All treatments include the use of the Relaxation Areas and are available to in-house guests of The Spa at The Address.

For non in-house guests, all treatments are available; however a minimum treatment booking time of one hour is required. Bookings must be secured with a credit card.

### SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. In-house guests can press the Spa button on their room telephone or use EXT 8751. From outside the hotel please call +971 4 436 8888 or email [DBDSPA@THEADDRESS.COM](mailto:DBDSPA@THEADDRESS.COM)

To ensure your preferred time and service is available we do advise booking in advance.

### SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. In light of this the Spa is a mobile phone, pager and smoke-free zone.

We would like to invite residential guests to arrive at The Spa wearing the robe and slippers provided in their room.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in The Spa is 16 years.

### GIFT VOUCHERS

Gift vouchers are available for one hour treatments, Day Spa Programmes and products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or product purchase.

### HEALTH CONDITIONS

When making your Spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

### CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

### HEMOCARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa Reception.

### PRICES

All prices are quoted in UAE Dirhams and include municipality fees and service charge.



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