



The Spa
AT
THE ADDRESS
DUBAI MARINA



ESCAPE TO A WORLD OF HARMONY

Welcome to The Spa at The Address Dubai Marina, a place of serene tranquility where soft candles glow against solid wood surfaces. In this fragrant sanctuary of quiet contemplation, time stands still as your equilibrium and energy are restored.

This is your space to escape from the stresses of the everyday with a complete menu of natural, luxurious treatments to choose from. Experience the curative wonders of plants and flowers with a deep, relaxing cleanse in our steam baths and invigorating en-suite showers. Refresh your mind and spirit with the therapeutic aromas of pure essential oils, brought to you by Aromatherapy Associates. Take in the peaceful views across Dubai's Marina.

The benefits of our holistic and soothing approach last long after you emerge to face the world again.





TREATMENTS FOR *Ladies*

WHERE TIME STANDS STILL

Step into The Spa and let experienced therapists work wonders in one of our 12 exquisite treatment rooms. Our highly effective treatments feature all-natural ingredients based on scientifically advanced formulas combined with techniques drawn from eastern and western traditions.

Choose from gorgeous signature facials and purifying body wraps, intense body scrubs and deeply soothing massages to restore balance. We also offer special treatments that safely nurture mums-to-be or treat cellulite-prone areas.

Meticulous hand and foot care, followed by a visit to the adjacent hair salon could be the perfect finishing touch to your day, leaving you glowing from head to manicured toes.

SIGNATURE INDULGENCES

A sublime spa experience

HEAVENLY HARMONY

2hours

A truly indulgent and pampering ritual to harmonise and rejuvenate. This is a complete experience that works on all the senses to boost your emotional well-being, while treating the body to some nurturing hands-on therapy.

The treatment starts with a gentle olive grain exfoliation to legs and feet, followed by applying vitamin rich wheat-germ oil to cuticles and dry skin. A pressure point massage using uplifting oils of geranium, frankincense and rose, encourages feelings of inner harmony, while a warm freshwater mud mask on the face will leave you radiant. We finish with a relaxing scalp massage using a rich, conditioning hair oil infused with pure essential oils – body and soul are at once nourished and uplifted.

SPA RITUALS

Maximum pampering with our exclusive spa treatments

REVIVE WAKE UP & DETOX

2hours 30minutes

An uplifting journey. Feel energised with a refreshing Citrus Detox scrub followed by an invigorating Jet Lag Massage and a Refining Facial to purify your skin.

SUPPORT COMFORT & NURTURE

3hours

For that little extra care, indulge with a beautifully scented Aromatherapy Associates signature massage and calming body scrub and wrap. Complete your experience with a tailor-made facial and a specialised eye treatment.

RELAX SLOW DOWN & UNWIND

3hours

Surrounded by the delicious scents of ylang ylang and vanilla, your body is massaged lavishly with nourishing oils before a regenerating facial completes your ritual.

BALANCE REFLECTION

2hours 30minutes

Refine and refresh with a truly cleansing facial, a fitting prelude to your Balinese massage. Your hair and scalp is then treated to a deeply nourishing hair treatment where richly scented oils of ylang ylang, geranium and patchouli aid circulation and leave hair healthy and conditioned.

DE-STRESS FOCUS & CLARITY

3hours

A polishing scrub prepares your skin for a deep de-stressing massage on tight, tense muscles. Oils of ginger and black pepper get to work on warming muscles while the calming scent of lavender relieves aches and pains. This ritual is completed with a customised facial that will leave your skin feeling revived and glowing.

MASSAGE THERAPY

Nourish your spirit with the ancient arts

REAL AROMATHERAPY EXPERIENCE

50minutes / 1hour 20minutes

This is our signature massage by Aromatherapy Associates with twelve oils to choose from – all formulated with natural plant and flower oils that release wonderful exotic scents and powerful therapeutic benefits.

Working on your body, mind and spirit, a combination of carefully applied pressures using Swedish and neuromuscular techniques help stimulate the nervous system and relieve muscular tension. A lymphatic drainage encourages healthy circulation followed by an intense massage ritual drawn from a fusion of eastern and western techniques.

JET LAG MASSAGE

1hour 20minutes

The treatment begins with the inhalation of eucalyptus oil to clear the airways. Body brushing stimulates the skin and improves circulation, before a series of stretches are used to re-align the body. We work on spinal pressure points to reset your body clock, encouraging healthy circulation, digestion and elimination of toxins. Finally, carefully selected essential oils are combined with effective massage techniques to get you back on track.

MUSCLE RELEASE MASSAGE

50minutes

This deeply restorative treatment is good for tight, stressed and aching muscles, caused by heavy exercise or too many hours spent sitting at your desk. Swedish and cross-muscle fibre massage techniques, stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

BREATHE EASY MASSAGE

50minutes

Your immune system is strengthened with this purifying, fortifying, upper body treatment. An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. The decongesting scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine alongside healing lavender, enhance your natural immunity. Used together, they help unblock stuffiness – keeping your airways clear and your body oxygenated.

CLASSIC SWEDISH MASSAGE

50minutes / 1hour 20minutes

This classic, deep relaxation massage promotes a sense of well-being by increasing circulation and promoting lymphatic flow. It is ideal for relieving muscular tensions, aches and pains.

BALINESE MASSAGE

50minutes / 1hour 20minutes

Experience a variety of massage techniques: gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and Qi energy around your body. Relax, as you feel your circulation increase and your spirit renewed.

TRADITIONAL THAI MASSAGE

1hour 20minutes

Enjoy this deep form of massage, an art form based on ancient traditions. The therapist uses positive force on pressure points, muscles and ligaments. While stretching and bending, the spine is elongated and joints are relieved of tension. The sense of well-being, energy and flexibility brought back into your body is extraordinary.

MOTHER-TO-BE

Soothing treatments for mother and baby

REAL NURTURING EXPERIENCE FOR A MUM-TO-BE

50minutes

Feel gently supported during a time of rapidly growing change. Choose from three oils each safely formulated to be used throughout pregnancy, to nourish and care for your expanding skin. Using traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage relieves tension. The legs are massaged to ease any heavy feeling and a full scalp and facial massage, with a treatment oil chosen for your skin type, completes this top-to-toe treatment.

ROSE HYDRATING COCOON FOR A MUM-TO-BE

50minutes

Nourish your body and soul with a deeply comforting, restorative treatment. Precious essential oil of damask rose enhances the emotions in mothers-to-be while renewing cells on expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to penetrate with the body's own heat. Essential oils work simultaneously on the physical and emotional aspects of well-being during this uniquely special time.

BODY BEAUTIFUL

Regain your natural glow with reviving skin treatments

ANTI-CELLULITE

50minutes

The treatment starts with body brushing to awaken your skin. A specially designed deep tissue detox massage targets inflexible areas of cellulite before wrapping you in fresh water mud to firm and tone the skin. A foot reflex pressure massage encourages the release and elimination of toxins and excess body fluid.

ENRICH BODY TREATMENT

1 hour 20minutes

Fragrant, exotic flowers like fresh tuberose, ylang ylang and vanilla calm your mind as an intensive salt and coffee exfoliation stimulates circulation and revives the skin. Your body is then layered in hydrating marine algae and massaged. As a final touch, a scalp massage dissolves tension, rejuvenating your mind.

ROSE HYDRATING COCOON

50minutes

The perfect way to restore your radiance. Precious damask rose essential oil works on capillary circulation – renewing skin and soothing emotions. After a gentle olive grain exfoliation, nourishing oils are applied to cuticles and heels, followed by a hydrating rose gel body wrap. Finally, an Ayurvedic scalp massage with frankincense inhalation works to balance your body, mind and emotions.

CITRUS DETOX REVIVER

50minutes

This body treatment soothes and stimulates the skin. It combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores; then while you are enveloped in layers of gels and oils, a foot reflex pressure massage encourages the release of toxins.

DE-STRESSING SOOTHER

50minutes

A polishing scrub prepares your skin for nourishing layers of essential oils and herbal extracts. Your body is then wrapped to encourage the restorative effects. An Ayurvedic scalp, shoulder and neck massage focuses on relaxation and a combination of soothing essential oils relieves your mind. Pressure and gentle stretches then awaken your muscles and ease you back into the day.

ULTIMATE BACK TREATMENT

50minutes

Using herbal extracts this deep cleansing treatment works to effectively eliminate toxins and balance the production of the skin's own oils. Your entire system will be detoxified with a foot pressure point massage at the end.

FACE FORWARD

Add life and beauty with invigorating facials

PRESCRIPTION

50minutes / 1 hour 20minutes

Spoil yourself with a facial that is tailor-made for your skin. This new approach to facial care uses essential oils to improve skin condition, utilising eastern and western massage techniques to refresh the skin, improve circulation, lymphatic flow and skin oxygenation. Your personalised Prescription uses a range of products based on therapeutic essential oils and natural plant extracts to detoxify the skin and provide deep and vital nourishment.

ROSE RENEW

50minutes / 1 hour 20minutes

This luxurious facial harnesses the regenerative properties of rose to nourish, soften and hydrate all skin types – especially dry, delicate and finely textured complexions. This treatment helps to improve circulation, promoting cell renewal and regeneration, leaving your skin radiant and delicately scented.

SKIN REFINING

50minutes / 1 hour 20minutes

Essential oil of neroli and orange flower water helps calm irritation or inflammation, while ylang ylang regulates sebum production to refresh oily and combination skin. After cleansing and exfoliation, a re-mineralising mask revitalises, and a facial massage uses aromatherapy pressure points to ease tension. A scalp massage using an inhalation of frankincense is then followed by an arm and hand massage.

AGELESS ELEGANCE

1 hour 20minutes

This repairing and anti-ageing facial works with natural oils of inca inchi and larch extract to stimulate collagen formation and firm and tighten the skin, while the anti-inflammatory properties of pomegranate and rosehip seed oil slow down the effects of ageing.

Skin is prepared by cleansing and exfoliating with jojoba beads or corncob granules. It is then massaged using apple seed extract, raspberry seed oil and date palm oil which are renowned for their cell renewal and anti-oxidant effects. Two masks are applied, a rose gel to hydrate, and an intense strawberry seed and frankincense mask to firm and plump. Whilst the masks take effect, the eye area is given lymphatic massage to improve skin suppleness and elasticity.

DEEP CLEANSING

50minutes / 1 hour 20minutes

Oily and combination skin is purified using powerful essential oils of lavender, ylang ylang and tea tree. Boasting natural antibacterial properties, they penetrate deeply to help control sebum production. Cleansing and exfoliation is followed by steaming and extraction with a hot towel compress to refine the pores. A facial massage using drainage techniques improves circulation while eliminating toxins and impurities, culminating with a relaxing scalp and arm massage.

ESSENTIAL ADDITIONS

The following touches may be added to your treatment

CLASSIC MANICURE

30minutes

CLASSIC PEDICURE

30minutes

DE-STRESS HAND TREATMENT

25minutes

Refresh hands and lower arms with spicy black pepper, energising ginger and fresh rosemary. At first they are immersed in a warm aromatic soak, and prepared with an olive grain scrub – then soothed with a tension-relieving gel. Wrapping allows the oils to penetrate. Then comes the final touch: a nourishing oil and lotion massage.

REVIVE FOOT TREATMENT

25minutes

Zesty pink grapefruit, fresh peppermint and juniper berry essential oils will stimulate foot circulation, reduce fluid retention and lift your spirits. Feet and lower legs are brushed, soaked, exfoliated with an olive scrub and refreshed with hot towels – before a stimulating gel and oil massage, that will leave you feeling refreshed.

ROSE RENEW HAND TREATMENT

25minutes

After being immersed in a warm, aromatic, stress-relieving soak, a refining olive grain scrub prepares your hands – and a rich vitamin E oil is applied to cuticles. Your forearms are layered in hydrating rose gel, evening primrose oil and shea butter, then wrapped to allow the creams and oils to soften and moisturise.

ROSE RENEW FOOT TREATMENT

25minutes

Restorative rose and softening evening primrose oils work to deeply nourish rough, dry feet. Lower legs and feet are lightly brushed before soaking. The skin is prepared with an exfoliating olive scrub and heels are softened with rich natural oils. A hydrating rose gel is applied and the feet are wrapped to allow deeper penetration. Layers of oils and creams are then massaged into the skin to nourish.

REFLEXOLOGY

55minutes

Diagnostic pressure points are used to help restore a sense of balance and harmony. This technique targets specific reflex areas on the feet to bring benefits to the organs and vital zones in the body.

BACK & SHOULDER MASSAGE

25minutes

This treatment eases muscular tension by concentrating on the tight and stressed muscles of the neck, back and shoulders.

NOURISHING HAIR & SCALP TREATMENT

25minutes

This enriching treatment uses pure essential oils of rosemary, geranium, ylang ylang and patchouli combined with coconut oil. These richly scented oils encourage circulation and balance sebaceous activity, helping to promote healthy, conditioned hair. Nourishing hair oil is massaged into the hair and scalp as part of an Ayurvedic head massage that releases tension and creates a deep state of relaxation.

REVITALISING EYE

25minutes

The herbal extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in antioxidants, they protect against free radicals. Caring rose wax and shea butter nourish, hydrate and soften the skin. A soothing scalp massage completes the treatment, improving circulation.

WAXING

Half Leg / Full Leg
Bikini

Full Leg & Bikini
Underarm

Lip or Chin
Eyebrow Shaping



TREATMENTS FOR *Gentlemen*

A JOURNEY TOWARDS WELL-BEING

A visit to The Spa is a centuries old ritual that The Address has taken to the highest level. Here, the focus is on premium treatments designed for total well-being, as well as targeting areas of your face and body.

You want your skin to look and feel better. De-stress your muscles and mind after a demanding day. Relax and recharge after an important meeting or session in the gym. All the demands of a busy lifestyle are met in this world-class space of peaceful sophistication.

Expert therapists can prepare deeply restorative facials and massage therapies using powerful essential oils and mineral enriched masks, soothing away aches and pains from the moment you arrive. These holistic experiences are enhanced yet further by refreshing, exotic scents to calm your senses and invigorate your spirit.

SIGNATURE INDULGENCES

Regain balance and harmony with full-body treatments

THE ULTIMATE UNWIND

2hours

Calm your senses with this refreshing yet soothing experience. A camomile and olive grain scrub refreshes legs and feet before you are treated to a spiritually uplifting inhalation of frankincense and a traditional aromatherapy massage to target symptoms of stress. A blend of camomile, petitgrain and rosemary helps to calm and cleanse your thoughts, whilst an Ayurvedic scalp massage works on your complete well-being to relieve physical and emotional exhaustion.

For the ultimate in relaxation, this treatment ends with a deep cleansing facial, leaving your skin feeling perfectly purified. An ideal treatment for those who need to refresh their mind and body.

EXECUTIVE RITUALS

Refresh, relax and restore your natural balance

REVIVE WAKE UP & DETOX

2hours 30minutes

An uplifting journey. Feel energised with a refreshing Citrus Detox scrub then enjoy an invigorating Jet Lag Massage and a Refining Facial to purify your skin.

SUPPORT THE ULTIMATE IN COMFORT

3hours

For that little extra care, indulge with a beautifully scented Aromatherapy Associates signature massage and calming body scrub and wrap. Complete your experience with a tailor-made facial and specialised eye treatment.

RELAX SLOW DOWN & UNWIND

3hours

Surrounded by the delicious scents of ylang ylang and vanilla, your body is massaged lavishly with nourishing oils before a regenerating facial completes your ritual.

BALANCE REFLECTION

2hours 30minutes

Refine and refresh with a truly cleansing facial, a fitting prelude to your Balinese massage. Your hair and scalp is then treated to a deeply nourishing hair treatment where richly scented oils of ylang ylang, geranium and patchouli aid circulation and leave hair healthy and conditioned.

DE-STRESS FOCUS & CLARITY

3hours

A polishing scrub prepares the skin to receive a deep de-stressing massage on tight, tense muscles. Oils of ginger and black pepper get to work on warming muscles while the calming scent of lavender relieves aches and pains. This ritual is completed with a customised facial that will leave your skin feeling revived and glowing.

MASSAGE THERAPY

The classic art of deep relaxation and energising invigoration

REAL AROMATHERAPY EXPERIENCE

50minutes / 1hour 20minutes

This is our signature massage by Aromatherapy Associates with twelve oils to choose from – all formulated with natural plant and flower oils that release wonderful exotic scents and powerful therapeutic benefits.

Working on your body, mind and spirit, a combination of carefully applied pressures using Swedish and neuromuscular techniques help stimulate the nervous system and relieve muscular tension. A lymphatic drainage encourages healthy circulation followed by an intense massage ritual drawn from a fusion of eastern and western techniques.

JET LAG MASSAGE

1hour 20minutes

This treatment begins with the inhalation of eucalyptus oil to clear the airways. Body brushing stimulates the skin and improves circulation, before a series of stretches are used to re-align the body. Spinal pressures work on the nervous system to reset your body clock, encouraging healthy circulation, digestion and elimination of toxins. Finally – carefully selected essential oils are combined with effective massage techniques to get you back on track.

MUSCLE RELEASE MASSAGE

50minutes

This deeply restorative treatment is good for tight, stressed and aching muscles, caused by heavy exercise or too many hours spent sitting at your desk. Swedish and cross-muscle fibre massage techniques, stretching and draining, are combined with essential oils known for their beneficial effects on the circulation.

BREATHE EASY MASSAGE

50minutes

Your immune system is strengthened with this purifying, fortifying, upper body treatment. An Ayurvedic scalp massage lightens a heavy head, while drainage movements help unblock sinuses and ease headaches. The decongesting scent of fresh green leaves, essential oils of eucalyptus, tea tree and pine alongside healing lavender, enhance your natural immunity. Used together, they help unblock stuffiness – keeping your airways clear and your body oxygenated.

CLASSIC SWEDISH MASSAGE

50minutes / 1hour 20minutes

This classic, deep relaxation massage promotes a sense of well-being by increasing circulation and promoting lymphatic flow. It is ideal for relieving muscular tensions, aches and pains.

BALINESE MASSAGE

50minutes / 1hour 20minutes

Experience a variety of massage techniques: gentle stretches, acupressure and aromatherapy oils to stimulate the flow of blood, oxygen and Qi energy around your body. Relax, as you feel your circulation increase and your spirit renewed.

TRADITIONAL THAI MASSAGE

1hour 20minutes

Enjoy this deep form of massage, an art form based on ancient traditions. The therapist uses positive force on pressure points, muscles and ligaments. While stretching and bending, the spine is elongated and joints are relieved of tension. The sense of well-being, energy and flexibility brought back into your body is extraordinary.

BODY WISE

Deep cleansing and invigoration for full-body freshness

CITRUS BLAST

50minutes

This body treatment soothes and stimulates the skin at the same time. It combines sweet zesty pink grapefruit, fresh green rosemary and rich, woody juniper berry for a strengthening, detoxifying effect. Exfoliation with finely ground olive grains refines the pores; then while you are enveloped in layers of gels and oils, a foot reflex pressure massage encourages the release and elimination of toxins.

ENRICH BODY TREATMENT

1 hour 20minutes

This lavish treatment is designed to rejuvenate dry skin. The fragrance of exotic flowers like fresh tuberose, ylang ylang and vanilla calm your mind as an intensive salt and coffee body exfoliation stimulates circulation and revives the skin. Your body is then layered in hydrating marine algae and massaged. Finally a scalp massage dissolves tension, rejuvenating your mind.

ULTIMATE BACK TREATMENT

50minutes

Together with herbal extracts this deep cleansing treatment works to effectively eliminate toxins and balance the production of the skin's own oils. Your entire system will be detoxified with a foot pressure point massage at the end.

DE-STRESS & CALM

50minutes

A polishing scrub prepares your skin for nourishing layers of essential oils and herbal extracts. Under a wrap, your body's warmth encourages their restorative effects. An Ayurvedic scalp, shoulder and neck massage focuses on relaxation and a combination of soothing essential oils relieves your mind. Pressure and stretches will awake your muscles and ease you back into the day.

FACE FORWARD

Exhilarating treatments for facial radiance

PRESCRIPTION

50minutes / 1 hour 20minutes

Spoil yourself with a facial that is tailor-made for your skin. This new approach to facial care uses essential oils to improve skin condition – utilising eastern and western massage techniques to refresh the skin, improve circulation, lymphatic flow and skin oxygenation. A personalised Prescription uses a range of products based on therapeutic essential oils and natural plant extracts to detoxify the skin and provide deep and vital nourishment.

CLARIFYING FACIAL

50minutes / 1 hour 20minutes

This purifying treatment refreshes, balances and leaves the complexion clean and fresh. Powerful essential oils of lavender, ylang ylang and tea tree with natural antibacterial properties penetrate deep into the skin, helping to control sebum production. After a thorough cleansing, steaming and extraction take place for the ultimate deep clean. Your face is then massaged to improve circulation and help eliminate toxins, whilst special pressure points ease tension and stress. The treatment includes a scalp and arm massage for complete care.

EXECUTIVE AGE REPAIR FACIAL

1 hour 20minutes

A deeply nourishing facial with rich oils and creams using three varieties of rose essential oil to maximise the regenerative effects. The treatment includes a firming facial massage, focusing on areas most affected by age, while a mud mask re-mineralises and a hydrating rose gel mask ensures ultimate relaxation.

RENEW

50minutes / 1 hour 20minutes

This luxurious facial harnesses the regenerative properties of rose to nourish and hydrate all skin types – especially dry, sensitive complexions. It helps improve circulation and promotes cell renewal while soothing skin irritated by shaving. The result is a smooth and radiant complexion.

ESSENTIAL ADDITIONS

The following touches may be added to your treatment

EXECUTIVE MANICURE

30minutes

EXECUTIVE PEDICURE

30minutes

REVIVE HAND TREATMENT

25minutes

Refresh hands and lower arms with spicy black pepper, energising ginger and fresh rosemary. First they are immersed in a warm aromatic soak, and prepared with an olive grain scrub – then soothed with a tension-relieving gel. Wrapping allows the oils to penetrate. Then comes the final touch: a nourishing oil and lotion massage.

REVIVE FOOT TREATMENT

25minutes

Zesty pink grapefruit, fresh peppermint and juniper berry essential oils will stimulate foot circulation, reduce fluid retention and lift your spirits. Feet and lower legs are brushed, soaked, exfoliated with an olive scrub and refreshed with hot towels – before a stimulating gel and oil massage, that will leave you feeling refreshed.

RENEW HAND TREATMENT

25minutes

After being immersed in a warm, aromatic, stress-relieving soak, a refining olive grain scrub prepares your hands – and a rich vitamin E oil is applied to cuticles. Your forearms are layered in hydrating rose gel, evening primrose oil and shea butter, then wrapped to allow the creams and oils to soften and moisturise.

RENEW FOOT TREATMENT

25minutes

Rose and evening primrose oils deeply nourish rough, dry feet. Lower legs and feet are lightly brushed and soaked before an exfoliating olive scrub. Heels are softened with rich natural oils. A hydrating rose gel is applied and feet are wrapped. Layers of restorative oils and creams are then massaged into the skin.

REFLEXOLOGY

55minutes

Diagnostic pressure points are used to help restore a sense of balance and harmony. This technique targets specific reflex areas on the feet to bring benefits to the organs and vital zones in the body.

BACK & SHOULDER MASSAGE

25minutes

Muscular tension is eased by concentrating on tight and stressed muscles in the neck, back and shoulders.

NOURISHING HAIR & SCALP TREATMENT

25minutes

Pure essential oils of rosemary, geranium, ylang ylang and patchouli, combined with coconut oil, encourage circulation and balance sebaceous activity. As well as nourishing the hair, the ayurvedic head massage releases tension, creating a deep state of relaxation.

REVITALISING EYE

25minutes

Extracts of toning black tea, cranberry and strawberry delicately firm the skin while working on dark circles and fine lines. Rich in antioxidants, they protect against free radicals. Rose wax and shea butter nourish, hydrate and soften. To finish, a soothing scalp massage improves the circulation.

SPA INFORMATION

OPENING HOURS

The Spa is open daily from 9am to 9pm.

WHEN TO ARRIVE

To truly enjoy the serenity and peaceful ambience of The Spa at The Address, it better not to feel rushed. We advise you to arrive at least 30 minutes before your appointment to enjoy the heat experience areas and relaxation room. Kindly be advised to bring suitable attire for these areas. Please be aware that late arrival may reduce your treatment time.

SCHEDULING AN APPOINTMENT

Before booking, kindly contact our Spa specialist reception team. They will be more than happy to advise you on the right choice of treatments. In-house guests can press The Spa button on room telephone, or use extension 8154. If you are calling from outside the Hotel, please call +971 4 436 7777.

CANCELLATION POLICY

Please be aware that there is a 50% charge for any treatment or Spa Programme not cancelled at least 24 hours before the appointment. Cancellation within 12 hours will incur a 100% charge.

PERSONAL VALUABLES

We ask that you don't wear any jewellery during your visit to The Spa and advise you to store all personal valuables in your safety deposit box located in your hotel room.

YOUR HEALTH

Kindly inform The Spa of any medical conditions, allergies or injuries you may have when making your reservation, as these could affect the treatment you have reserved.

SPA ETIQUETTE

SPA ETIQUETTE & TIPS

We want to ensure our Spa environment is a haven of relaxation and tranquility. This is why we have made The Spa a mobile phone, pager and smoke-free zone. You also need to be at least 16 years of age to enter The Spa and reserve treatments.

We will provide towels, slippers, shower caps, disposable underwear and all amenities required for use during your visit. Please bring suitable attire for the steam and sauna.

All our treatments can be enjoyed by both male and female guests, but the gender of the therapist will always be that of the guest.

We recommend you shower off any oils and sun-tan creams prior to your treatment to allow better absorption of the products applied. For men, shaving a few hours before having a facial ensures maximum comfort and benefit to the skin.

A spa is a very individual experience. We try to anticipate your needs and tailor the treatments to your age and skin type. But please let your therapist know if there is any way that she or he can improve your treatment or comfort at all times.

GIFT VOUCHERS

Gift vouchers are an ideal present for someone special and available for all treatments, spa rituals and products. Gift vouchers are non-refundable and must be presented at the time of treatment or purchase.

HOMECARE

Why let the experience end when you leave The Spa? All the renowned Aromatherapy Associate products used in the treatments are available from The Spa Reception – so you can continue your regime and re-live the pleasure when you get home.

PRICES

All prices are quoted in Dirhams and include 10% service charge and 10% municipality tax.

WHERE *life* HAPPENS

THE ADDRESS DUBAI MARINA

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