



*The Spa*  
AT  
THE ADDRESS  
DOWNTOWN DUBAI











TREATMENTS FOR *Ladies*

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### **GLOW FROM HEAD TO TOE**

Let the rest of the world melt away as you enter one of our 11 sumptuous treatment rooms or our private suite for two. Our professional therapists have a variety of skills at their fingertips: including the Oriental healing techniques of Thai ayurveda, shiatsu, reflexology and the ancient traditions of Bali and Hawaii.

Choose from the most relaxing signature facials and regenerating beauty treatments, purifying body wraps and meticulous hand and foot care, intense body scrubs and deeply soothing massages. You'll find balance is restored and mind and body are placed in perfect harmony.

Here, you can expect the finest treatments in an exquisite setting, leaving you feeling bright-eyed, beautiful and utterly glowing.

# SIGNATURE TREATMENTS

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## **RESTORE AT THE ADDRESS**

2 hours

A perfect treatment to relieve deep-seated tension and muscular stress. Skin brushing, exfoliation and a facial cleanse begin the treatment. Vital energy points and Chakras are then massaged with an individually tailored blend of oils and hot volcanic stones to release deep-seated tension and restore energy to the body. A de-stressing and deeply soothing head massage concludes this treatment to restore balance and equilibrium.

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## **REJUVENATE AT THE ADDRESS**

2 hours

This outstanding treatment is tailored to your needs, 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. A salt and oil scrub follows before warmed 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.

# ADVANCED FACIAL TREATMENTS

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## **ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES**

2 hours

A complete body experience that targets the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin. A stimulating deep-cleansing back exfoliation is followed by a powerful back massage using hot volcanic stones and aromatic oils to melt away tension. A facial is tailored to your skincare needs while a stress relieving scalp massage completes this treatment. The body feels totally rejuvenated, skin revitalised and muscles soothed.

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## **AGE DEFYER FACIAL**

1 hour 30 minutes

A highly effective regenerating facial treatment, especially created to help combat the signs of ageing, and skin damaged by the sun. Special facial massage techniques using products rich in anti-oxidants help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, helping to minimise lines and wrinkles, leaving skin fresh, replenished and nourished.

# INTENSIVE FACIALS

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Every intensive facial begins with a detailed skin analysis using a specialised lamp revealing skin conditions not visible to the naked eye. The facial follows with triple cleansing, gentle yet effective exfoliation, facial massage techniques and a face mask chosen to suit the skin condition. Each facial is individually tailored to naturally improve the condition of the skin and enhance its appearance. To gain maximum benefits, regular facials are recommended at least once a month.

## **THE SKIN BRIGHTENER FACIAL**

1 hour

Exposure to pollution and stress can result in dull skin, lacking vitality and luminosity. This revitalising facial treatment helps refresh tired skin giving a noticeably brighter and naturally radiant appearance. A special application of Super Active Skin Brightener, rich in natural AHA's and BHA's from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin. The Organic Red Mandarin oil and other skin regenerating products also rich in anti-oxidants help deliver instant and long-term skin radiance.

## **THE RE-HYDRATOR FACIAL**

1 hour

An intensive and regenerating moisture boost for dry, dehydrated skin in need of hydration. Gentle cleansing and soft exfoliation help the skin to absorb nourishing and replenishing facial oils and masks; specifically chosen for their deeply moisturising and soothing properties. This rehydrating facial leaves skin smooth, supple and nourished.

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### **THE OIL CONTROLLER FACIAL**

1 hour

Ideal for oily, congested and problematic skin or those suffering from hormonal imbalance. This deep-cleansing and deeply relaxing, oil-controlling facial helps to regulate oil secretions and refine open pores. Essential oils of Tea Tree and White Thyme, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin encouraging a more balanced and clearer complexion.

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### **THE DE-SENSITISER FACIAL**

1 hour

A comforting facial for sensitive, fragile skins prone to redness and irritation. Soothing, and de-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skins. This soothing facial helps to reduce the skin's sensitivity and minimise high-colour leaving skin calmed, nourished and comfortable.

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### **THE REGENERATING & FIRMING EYE TREATMENT**

30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective 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 impact of the environment. This regenerating eye treatment also helps relieve tension for those suffering from eye-strain and computer headaches and is a luxurious addition to any facial.

# ADVANCED BODY TREATMENTS

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These speciality treatments have been carefully designed to address the needs of the individual. Using advanced massage therapies and procedures, each treatment has a purpose to target concerns that other treatments may not specifically focus upon.

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## **PRE NATAL TREATMENT**

1 hour 30minutes

A nurturing body treatment carefully designed for pregnant and nursing mothers to relax the body and tone the skin during this very special time. This treatment begins with gentle body exfoliation and uses a natural Calendula infused oil and advanced massage techniques to areas prone to tension and stress during pregnancy. Following is a warm application of Deeply Nourishing Body Mask to the whole body including the bust and stomach; then gently covered in warm linens, a relaxing scalp massage takes place. This indulgent treatment leaves you glowing, your spirit calm and the skin toned.

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## **STIMULATING HIP AND THIGH TREATMENT**

1 hour

An effective massage targeting areas which are prone to cellulite, fluid retention and uneven skin texture. The body is exfoliated using a special blend of seaweed, salt and oil and removed using iced mitts to tone and firm the skin. A brisk and powerful detoxifying massage follows, stimulating the lymphatic system to instantly improve the appearance of the skin. Relevant reflex zones and pressure points on the feet are activated to leave you feeling totally revitalised and refreshed. A course of treatments is recommended to maximise the effects.

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### **LIFESAVING BACK TREATMENT**

45minutes

A tension releasing massage suitable for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and refresh the skin. Soothe away tension from the back with a calming aromatherapy massage. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect.

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### **SALT AND OIL SCRUB**

25minutes

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. Perfect as a stand alone treatment or in preparation for an Aromatherapy massage.

# BODY MASSAGES

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Experience an indulgent massage and reap the intense physical and emotional benefits from these advanced therapies. Choose a specialised massage and enjoy a unique, body treatment tailored to address your personal needs.

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## **AROMATHERAPY MASSAGE**

50minutes or 1 hour 20minutes

A therapeutic massage, using blends of essential oils personally selected to each individual's needs.

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## **BALINESE INFLUENCED MASSAGE**

50minutes or 1 hour 20minutes

This massage uses long, gentle movements to encourage complete calm and wellbeing. Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. Hot volcanic stones are used on areas of pressure to release deep seated tension. A sophisticated, soothing and indulgent massage leaving mind, body and spirit soothed and relaxed.

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### **SWEDISH MASSAGE**

50minutes or 1hour 20minutes

A truly traditional massage with regulated pressure; excellent for releasing knots and tension in the body. Stimulating, strong movements and aromatic oils effectively ease a tired aching back and limbs to leave you energised and invigorated.

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### **REFLEXOLOGY**

50minutes

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.

# BODY WRAPS

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This tailor-made experience includes lymphatic skin brushing, body exfoliation and a complete body wrap of Algae, Marine Mud or Oshadi Clay combined with essential oils and blended to meet your specific needs. The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effects and absorption of the oils in the wrap. Ultimate tranquillity is achieved with a mind calming Oriental head massage during the envelopment.

Choose from the following:

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## **DETOXIFIER**

1 hour

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also improves the appearance of the skin, firming uneven skin texture and minimising the dimpled look of cellulite.

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## **BODY TONER**

1 hour

The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy; this wrap leaves the skin smooth, toned and nourished.

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## **SKIN HYDRATOR**

1 hour

The Skin Hydrator is pure luxury and brings true re-hydration to dry or sensitive skin, leaving it nourished and soft. Excellent after a holiday or a wonderful preparation for a special occasion.

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### **MUSCLE RELAXER**

1 hour

The Muscle Relaxer is soothing and warming, and eases tension and tightness in the muscles helping to restore mobility and reduce aches and pains.

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### **IMMUNE BOOSTER**

1 hour

Perfect to help combat the effects of environmental pollution from air travel, crowded trains and congested cities. Ideal when resistance is low and effective in balancing the body after illness.

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### **STRESS RELIEVER**

1 hour

Melt away stress with the warmth and comfort of a tension relieving wrap, restoring equilibrium, peace of mind and bringing deep relaxation to body and spirit.

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### **ENERGY BOOSTER**

1 hour

The cleansing benefits of Marine Algae combine perfectly with a refreshing and uplifting essential oil blend to re-establish a sense of well-being and leave you energised and revitalised.

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### **JET LAG**

1 hour

To counter the effects of long haul travel, this wrap uses powerful aromatherapy oils to either soothe and relax you into untroubled sleep, or revitalise and energise leaving the mind clear to enjoy the day ahead.

# SPA RETREATS

## **RESTORE AND HYDRATE**

3 hours 15 minutes

This exquisite retreat has been designed to address the strains of a hectic lifestyle and offers a true haven of rejuvenation for all.

### RESTORE

A perfect treatment to relieve deep-seated tension and muscular stress. Skin brushing, exfoliation and an facial cleanse begin the treatment. Vital energy points and Chakras are then massaged with an individually tailored blend of oils and hot volcanic stones to release deep-seated tension and restore energy to the body. A de-stressing and deeply soothing head massage concludes this treatment to restore balance and equilibrium.

### RE-HYDRATOR FACIAL

An intensive and regenerating moisture boost for dry, dehydrated skin in need of hydration. Gentle cleansing and soft exfoliation help the skin to absorb nourishing and replenishing facial oils and masks; specifically chosen for their deeply moisturising and soothing properties. This rehydrating facial leaves skin smooth, supple and nourished.

## **DETOX AND RENEW**

3 hours 15 minutes

A luxurious yet stimulating combination of treatments designed to cleanse, purify and detoxify mind and body. An excellent way to refresh and renew.

### DETOXIFIER BODY WRAP

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also improves the appearance of the skin, firming uneven skin texture and minimising the dimpled look of cellulite.

### DETOXIFIER MASSAGE

Detoxifying Body Oil is a blend of cleansing citrus oils, naturally diuretic to eliminate toxins from the body.

### SKIN BRIGHTENER FACIAL

Exposure to pollution, lack of sleep and stress can result in dull skin, lacking vitality and luminosity. This revitalising facial treatment helps refresh tired skin giving a noticeably brighter and naturally radiant appearance. A special application of Super Active Skin Brightener, rich in natural AHA's and BHA's from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin. The Organic Red Mandarin oil and other skin regenerating products also rich in anti-oxidants help deliver instant and long-term skin radiance.

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## **ESCAPE AND REVITALISE**

2hours 30minutes

Renew the senses with this calming and soothing retreat which restores beauty, balance and leaves you with a healthy natural glow.

### SALT AND OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft, in preparation for an Aromatherapy massage

### AROMATHERAPY MASSAGE

A therapeutic massage, using blends of essential oils personally selected to each individual's needs.

### INTENSIVE FACIAL

Every intensive facial begins with a detailed skin analysis using a specialised lamp revealing skin conditions not visible to the naked eye. The facial follows with triple cleansing, gentle yet effective exfoliation, facial massage techniques and a face mask chosen to suit the skin condition. Each facial is individually tailored to naturally improve the condition of the skin and enhance its appearance.

## **ESSENTIAL ADDITIONS**

The following touches may be added to your treatment

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### **NOURISHING FOOT AND LEG TREATMENT WITH HOT STONES**

1 hour 5minutes

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. Nail polish application is not included and needs to be booked separately.

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### **NOURISHING HAND AND ARM TREATMENT WITH HOT STONES**

50minutes

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. Nail polish application is not included and needs to be booked separately.

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### **FRENCH NAIL POLISH APPLICATION**

30minutes

Choose an elegant finishing touch with an application of French polish which can be incorporated into any of the hand and foot experiences.

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### **NAIL FILE AND POLISH**

15minutes

No time to treat your hands and feet. This express file and polish or buff will revive tired nails.

## WAXING

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### LUXURY FULL LEG WAX

40minutes

Skin brushing and exfoliation help to prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft.

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### FULL LEG AND BIKINI WAX

1 hour

### HALF LEG WAX

30minutes

### BIKINI WAX

20minutes

### UNDERARM WAX

20minutes

### LIP OR CHIN WAX

20minutes

### EYEBROW SHAPING

20minutes

## LASHES AND BROWS

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### EYELASH AND EYEBROW TINT\*

25minutes

### EYELASH TINT\*

20minutes

### EYEBROW TINT\*

10minutes

\*24 hour patch test required.

TREATMENTS FOR *Gentlemen*



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### **CLEANSE, TRANSFORM AND DE-STRESS**

Enjoy the highest level of luxury at The Spa at The Address Downtown Dubai. Here, you can experience the most effective treatments that focus on face, body and energy levels for a deeply rejuvenating and transforming experience.

Visiting The Spa at The Address Downtown Dubai is your route to looking and feeling incredible. Soothe away tension from a busy day of business meetings or sightseeing, with reviving deep-tissue massages and enriching wraps. Revive your senses after intensive traveling with aromatic oils and invigorating masks.

From the moment you arrive to the second you leave, our expert therapists will use all-natural ingredients combined with ancient and modern techniques to help you relax, refresh and restore. This is your world-class retreat from the demands of daily life, in a setting of pure sophistication.

# SIGNATURE TREATMENTS

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We encourage our male guests to enjoy any of our treatment experiences; however this selection is designed to help address specific areas of focus and tension.

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## **RESTORE AT THE ADDRESS**

2 hours

A perfect treatment to relieve deep-seated tension and muscular stress. Skin brushing, exfoliation and a facial cleanse begin the treatment. Vital energy points and Chakras are then massaged with an individually tailored blend of oils and hot volcanic stones to release deep-seated tension and restore energy to the body. A de-stressing and deeply soothing head massage concludes this treatment to restore balance and equilibrium.

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## **REJUVENATE AT THE ADDRESS**

2 hours

This outstanding treatment is a 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. A salt and oil scrub follows before warmed 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 acupressure facial massage helps renew and revitalise the skin and ultimate peace of mind is achieved with a luxurious head massage.

# ADVANCED FACIAL TREATMENTS

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Every intensive facial begins with a detailed skin analysis using a specialised lamp revealing skin conditions not visible to the naked eye. The facial follows with triple cleansing, gentle yet effective exfoliation, facial massage techniques and a face mask chosen to suit the skin condition. Each facial is individually tailored to naturally improve the condition of the skin and enhance its appearance.

To gain maximum benefits, regular facials are recommended at least once a month.

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## **ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES**

2 hours

A body experience that targets the classic areas of stress, from headaches, neck pain and shoulder tension and the effect these have on the skin. A stimulating deep-cleansing back exfoliation is followed by a powerful back massage using hot volcanic stones and aromatic oils to melt away tension. A personalised facial tailored to your skincare needs with a stress relieving scalp massage completes this treatment. The body feels totally rejuvenated, skin revitalised and muscles soothed.

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## **AGE DEFYER FACIAL**

1 hour 30 minutes

This regenerating facial treatment has been especially created to help combat the signs of ageing, and skin damaged by the sun. Special facial massage techniques using products rich in anti-oxidants help hydrate and protect your skin with particular focus on the delicate area around the eyes, neck and lips that are prone to fine lines. The anti-ageing benefits of this treatment visibly improve the appearance of your skin, helping to minimise lines and wrinkles, leaving skin fresh, replenished and nourished.

# INTENSIVE FACIALS

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## **MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE**

1 hour

This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

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## **REGENERATING & FIRMING EYE TREATMENT**

30 minutes

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective 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 impact of the environment. This regenerating eye treatment also helps relieve tension for those suffering from eye-strain and computer headaches and is a luxurious addition to any facial.

# ADVANCED BODY TREATMENTS

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These speciality treatments have been carefully designed to address the needs of the individual. Using advanced massage therapies and procedures, each treatment has a purpose to target concerns that other treatments may not specifically focus upon.

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## **STRESS BUSTER**

1 hour 30minutes

This deeply relaxing treatment focuses on rebalancing and harmonising the mind and body both physically and emotionally. The treatment begins with skin brushing, body exfoliation and a facial cleanse, followed by an indulgent body massage using individually chosen essential oils to release tension and restore energy and equilibrium. This full body treatment then focuses on easing pressure around the neck and shoulders with a calming acupressure head massage and gentle stretching to leave your body feeling soothed and your spirit calm.

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## **LIFESAVING BACK TREATMENT**

45minutes

A tension releasing massage suitable for tight muscles and congested skin on the back, neck or shoulders. The back is deep cleansed, body brushed and exfoliated to help stimulate circulation and refresh the skin. Soothe away tension from the back with a calming aromatherapy massage. A marine mud mask is then smoothed onto the back to remove impurities; lower legs and feet receive a deeply relaxing massage while the mask takes effect.

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## **SALT AND OIL SCRUB**

25minutes

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. Perfect as a stand alone treatment or in preparation for an Aromatherapy massage.

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## **EXFOLIATING BODY POLISH**

25minutes

A total body and skin smoothing treatment which can be used in isolation to leave skin smooth and nourished or as a preparation for a massage. This complete exfoliation will cleanse and invigorate the body.

# BODY MESSAGES

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Experience an indulgent massage and reap the intense physical and emotional benefits from these advanced therapies. Choose a specialised massage from the list below and enjoy a unique, body treatment tailored to address your personal needs.

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## **AROMATHERAPY MASSAGE**

50minutes or 1 hour 20minutes

A therapeutic massage, using blends of essential oils personally selected to each individual's needs.

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## **BALINESE INFLUENCED MASSAGE**

50minutes or 1 hour 20minutes

This massage uses long, gentle movements to encourage complete calm and wellbeing. Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. Hot volcanic stones are used on areas of pressure to release deep seated tension. A sophisticated, soothing and indulgent massage leaving mind, body and spirit soothed and relaxed.

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## **SWEDISH MASSAGE**

50minutes or 1 hour 20minutes

A truly traditional massage with regulated pressure; excellent for releasing knots and tension in the body. Stimulating, strong movements and aromatic oils effectively ease a tired aching back and limbs to leave you energised and invigorated.

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### **SPORTS AND FITNESS MASSAGE**

50minutes or 1hour 20minutes

A powerful treatment for guests who experience massage regularly or those suffering with deep-seated muscle tension. This specialised treatment incorporates the use of advanced massage techniques and hot volcanic stones, to penetrate deep into the muscles and achieve a truly effective and invigorating experience.

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### **THAI MASSAGE**

50minutes or 1hour 20minutes

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

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### **SHIATSU**

50minutes or 1hour 20minutes

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.

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### **REFLEXOLOGY**

50minutes

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.

# SPA RETREATS

Spa retreats at The Address Downtown Dubai are timeless, classic and distinctive. They include full use of the fitness studio, steam room, tranquil relaxation areas and refreshments.

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

## **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

This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

## EXECUTIVE FOOT AND LEG TREATMENT WITH HOT STONES

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.

## EXECUTIVE HAND AND ARM TREATMENT WITH HOT STONES

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.

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### **CITY ESCAPE**

2hours 30minutes

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

#### SALT AND OIL SCRUB

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft. Perfect as a stand alone treatment or in preparation for an Aromatherapy massage.

#### AROMATHERAPY MASSAGE

A therapeutic massage, using blends of essential oils personally selected to each individual's needs.

#### MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

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### **URBAN RELAXATION**

2hours 30minutes

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 night's sleep or re-energise you for the day ahead.

#### FITNESS MASSAGE

A powerful treatment for guests who experience massage regularly or those suffering with deep-seated muscle tension. This specialised treatment incorporates the use of advanced massage techniques and hot volcanic stones, to penetrate deep into the muscles and achieve a truly effective and invigorating experience.

#### MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE

This facial works at a deep level to cleanse, purify, balance and hydrate the skin. An advanced triple cleansing technique and hot towels are used to soothe and soften the skin and facial hair and aid in clearing the complexion and preventing blocked pores. A relaxing massage of the face, shoulders and scalp follows releasing tight muscles and tension, leaving you feeling totally de-stressed.

## **ESSENTIAL ADDITIONS**

The following touches may be added to your treatment

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### **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.

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### **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.

# SPA INFORMATION

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## **OPENING HOURS**

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

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## **WHEN TO ARRIVE**

To truly enjoy the serenity and peaceful ambience of The Spa at The Address Downtown Dubai, it is 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.

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## **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 the room telephone, or extension 8755. If you are calling from outside the Hotel, please dial +971 4 4368755.

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## **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.

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## **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 the safety deposit box located in your hotel room.

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## **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 booked.

# SPA ETIQUETTE

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## 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 aroma room and ice cave.

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, however, please let your therapist know if there is any way that she or he can improve your treatment or comfort at all times.

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## 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.

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## HOMECARE

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

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## PRICES

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

WHERE *life* HAPPENS

THE ADDRESS DOWNTOWN DUBAI

T +971 4 4368751 F +971 4 4368755 SPA.DOWNTOWNDUBAI@THEADDRESS.COM WWW.THEADDRESS.COM GDS CODE – AT

# TREATMENTS FOR LADIES

## SIGNATURE TREATMENTS

RESTORE AT THE ADDRESS	2hours	<b>AED 995</b>
REJUVENATE AT THE ADDRESS	2hours	<b>AED 995</b>

## ADVANCED FACIAL TREATMENTS

ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES	2hours	<b>AED 950</b>
AGE DEFYER FACIAL	1hour 30minutes	<b>AED 715</b>

## INTENSIVE FACIALS

THE SKIN BRIGHTENER FACIAL	1hour	<b>AED 475</b>
THE RE-HYDRATOR FACIAL	1hour	<b>AED 475</b>
THE OIL CONTROLLER FACIAL	1hour	<b>AED 475</b>
THE DE-SENSITISER FACIAL	1hour	<b>AED 475</b>
THE REGENERATING & FIRMING EYE TREATMENT	30minutes	<b>AED 250</b>

## ADVANCED BODY TREATMENTS

PRE NATAL TREATMENT	1hour 30minutes	<b>AED 715</b>
STIMULATING HIP AND THIGH TREATMENT	1hour	<b>AED 475</b>
LIFESAVING BACK TREATMENT	45minutes	<b>AED 375</b>
SALT AND OIL SCRUB	25minutes	<b>AED 250</b>

## BODY MASSAGES

AROMATHERAPY MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
BALINESE INFLUENCED MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
SWEDISH MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
REFLEXOLOGY	50minutes	<b>AED 475</b>

## BODY WRAPS

DETOXIFIER	1hour	<b>AED 495</b>
BODY TONER	1hour	<b>AED 495</b>
SKIN HYDRATOR	1hour	<b>AED 495</b>
MUSCLE RELAXER	1hour	<b>AED 495</b>
IMMUNE BOOSTER	1hour	<b>AED 495</b>
STRESS RELIEVER	1hour	<b>AED 495</b>
ENERGY BOOSTER	1hour	<b>AED 495</b>
JET LAG	1hour	<b>AED 495</b>

## SPA RETREATS

RESTORE AND HYDRATE	3hours 15minutes	<b>AED 1325</b>
DETOX AND RENEW	3hours 15minutes	<b>AED 1300</b>
ESCAPE AND REVITALISE	2hours 30minutes	<b>AED 1100</b>

## ESSENTIAL ADDITIONS

NOURISHING FOOT AND LEG TREATMENT WITH HOT STONES	1hour 5minutes	<b>AED 375</b>
NOURISHING HAND AND ARM TREATMENT WITH HOT STONES	50minutes	<b>AED 350</b>
FRENCH NAIL POLISH APPLICATION	30minutes	<b>AED 200</b>
NAIL FILE AND POLISH	15minutes	<b>AED 150</b>

## WAXING

LUXURY FULL LEG WAX	40minutes	<b>AED 350</b>
FULL LEG & BIKINI WAX	1hour	<b>AED 500</b>
HALF LEG WAX	30minutes	<b>AED 300</b>
BIKINI WAX	20minutes	<b>AED 300</b>
UNDERARM WAX	20minutes	<b>AED 150</b>
LIP OR CHIN WAX	20minutes	<b>AED 150</b>
EYEBROW SHAPING	20minutes	<b>AED 150</b>

## LASHES AND BROWS

EYELASH AND EYEBROW TINT	25minutes	<b>AED 280</b>
EYELASH TINT	20minutes	<b>AED 150</b>
EYEBROW TINT	10minutes	<b>AED 150</b>

# TREATMENTS FOR GENTLEMEN

## SIGNATURE TREATMENTS

RESTORE AT THE ADDRESS	2hours	<b>AED 995</b>
REJUVENATE AT THE ADDRESS	2hours	<b>AED 995</b>

## ADVANCED FACIAL TREATMENTS

ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES	2hours	<b>AED 950</b>
AGE DEFYER FACIAL	1hour 30minutes	<b>AED 715</b>

## INTENSIVE FACIALS

MEN'S PURIFYING FACIAL, SHOULDER AND SCALP MASSAGE	1hour	<b>AED 475</b>
REGENERATING & FIRMING EYE TREATMENT	30minutes	<b>AED 250</b>

## ADVANCED BODY TREATMENTS

STRESS BUSTER	1hour 30minutes	<b>AED 715</b>
LIFESAVING BACK TREATMENT	45minutes	<b>AED 375</b>
SALT AND OIL SCRUB	25minutes	<b>AED 250</b>
EXFOLIATING BODY POLISH	25minutes	<b>AED 250</b>

## BODY MESSAGES

AROMATHERAPY MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
BALINESE INFLUENCED MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
SWEDISH MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
SPORTS AND FITNESS MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>

## BODY MASSAGE (CONTINUED)

THAI MASSAGE	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
SHIATSU	50minutes	<b>AED 475</b>
	1hour 20minutes	<b>AED 715</b>
REFLEXOLOGY	50minutes	<b>AED 475</b>

## SPA RETREATS

EXECUTIVE GROOMING	3hours 15minutes	<b>AED 1100</b>
CITY ESCAPE	2hours 30minutes	<b>AED 1100</b>
URBAN RELAXATION	2hours 30minutes	<b>AED 1090</b>

## ESSENTIAL ADDITIONS

EXECUTIVE FOOT AND LEG TREATMENT WITH HOT STONES	1hour 5minutes	<b>AED 375</b>
EXECUTIVE HAND AND ARM TREATMENT WITH HOT STONES	50minutes	<b>AED 350</b>