



WELLBEINGS
HOLISTIC HEALING

THE
DUBAI
EDITION

Award winning Spa ceremonies and personalised Treatments based on result driven Wellness concepts. A tranquil setting which is transcending time. Relax. Unwind. Rejuvenate. Experience an immersive journey into the heart of your Wellbeings.

HOLISTIC SPA SERVICES

Wellbeings prides itself on offering a complete holistic spa experience. Following a thorough consultation our expertly trained therapists will uncover your needs and completely customise your massage, facial or body treatment. Choose from a mix of your favourite modalities or machines to restore, rest and relax.

Customized Massage Therapies

30 mins / 350 AED

60 mins / 600 AED

90 mins / 800 AED

Love some stretching with a mix of Thai Herbal Poultice, or deep pressure with aroma oils? Our team of industry experts is trained to perform an array of Therapies from all over the world.

Choose from:

- Thai
- Aromatherapy
- Chakra Balancing
- Bamboo
- Thai Herbal Poultice
- Relaxing
- Philippine Hilot
- Balinese
- Halo Therapy
- Lymphatic Drainage
- Element Stone Therapy
- Deep Tissue/ Sports Therapy

*All Massages are available as an exclusive tailor made experience for couples

Customized Facial Therapies

Signature Facial : Rose Crystal Lymphatic 90 mins / 1000 AED

Our facials provide the perfect blend of the best hands, result driven organic products and the latest in cutting edge technology to deliver a treatment that will leave your skin feeling in awe*

Choose from: **30 mins** / 395 AED **60 mins** / 700 AED **90 mins** / 900 AED

- Anti Ageing
- Organic
- Deep Hydration
- Whitening
- Deep Cleansing
- Lymphatic Massage
- Face Yoga
- Hydrafacial
- Gentlemen Specific

*Upon request Facials can be booked with a state of the art 3D Skin analysis which will require advanced bookings and is priced at AED150

Customized Body Therapies

30 mins / 350 AED

45 mins / 450 AED

60 mins / 600 AED

At Wellbeings, we like to customise every step of your experience, so naturally we have a number of carefully curated body treatments for you to choose from.

Choose from:

- Aroma Body Polish
- Energising Coffee Scrub
- Green Coffee Body Sculpting
- Brightening Exfoliating Peel
- Basil and Mint Scrub

WELLNESS THERAPIES

The world is in search of the answer to true inner wellbeing. Eastern Medicine and the power of traditional healing combined with modern technologies based on science. We have it all...

Holistic Healing

Consultation with our trained Wellbeings Alternative Practitioner

60 mins – 500 AED

- NLP
- Hypnotherapy
- Trauma Therapy
- Meditation & Mindfulness
- Crystal Healing
- Reiki
- Energy Healing

*programs available upon request

Oxygen Therapy

30 mins - 200 AED

Relax in our lounge whilst we help speed up the healing process by supporting additional oxygen flow to your body. This treatment can also be added to a treatment.

Sleep Therapy *POA*

Problems falling asleep or sleeping through the night ?

Our healers will determine exactly what is needed;

- Course of specific Massages
 - Use of strong aromatherapy before sleep
 - Breathing techniques
 - Recommendation of lifestyle changes
 - Consultation with healer and added meditation
 - Nutrition Changes
 - Analyzing of REM phase and sleep cycles.
 - Evaluation of personal sleep surroundings (Mattress, lighting, sound, airflow, etc)
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Detoxification & Weight loss

60 mins - 1000 AED

Whether it is a detox program to recharge your energy levels or a plan to reboot your lifestyle, our team and our carefully selected array of services and products can help you achieve your objectives.

Try one of these result driven treatments:

- Detoxifying Body Massage
- Detox Algae Body Wrap
- Detox Escape
- Detox Cleansing Ritual
- Slimming Body Scrub and Wrap

WELLBEINGS SIGNATURE ESSENTIALS

Couples Experience

150 mins / 2200 AED

Start with a cleansing organic scrub in a shared steam & bath and choose from a 60minute Custom Massage and Facial, performed side by side in one of our deluxe couple's suites.

Arabian 1001 Night Ritual

120 mins / 1200 AED

Immerse yourself in the eternal beauty of the Arabian desert in a true Wellbeing adventure. Revive your body with a refreshing desert sand scrub and indulge in a relaxing massage which uses the authentic 'oussada' cushion filled with coriander, and an energising 'khemoussa' pouch featuring three powerful Moroccan mint varieties. Then treat your face to a true Dubai inspired facial using specially treated camel milk and local date derivatives as a foundation for this boundless beauty treat.

Non Surgical Face Lift

120 mins / 1500 AED

Suitable for both men and women. Following a 3D skin analysis is a combination of Hydrafacial, Cryotherapy, Galvanic, lymphatic drainage and a sequence of manual applications that leaves your face with an intense beauty boost. Results are immediate and will last for up to two weeks.

*Using the best pharmaceutical grade organic skincare

Rose Crystal Lymphatic Facial

90 mins / 900 AED

Our Ultimate Signature Experience. Deep cleansing followed by three luxurious masks to decongest, brighten and hydrate the skin.

Lymphatic drainage followed by acupressure massage firms and reduces puffiness. A relaxing aroma massage of feet, hands, arms and scalp leaves you totally relaxed and the skin fresh and glowing.

Chakra Balancing Wellbeings Ritual

90 mins / 950 AED

Rebalance your 7 Chakras in this beautiful Ritual using ancient healing techniques. Start with a singing bowl meditation and experience a therapeutic full body Massage focusing on the awakening of dormant Chakras. 7 different Emeralds will be placed on your bodies energy centers to open up blockages. Hot Stones and Reflexology as well as an array of stretching techniques will be used to get the energy flowing evenly again.

ESSENTIAL WELLBEINGS ADD ONS:

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|---------------------------|-----------|---------|
| • Coconut oil upgrade | Full Body | 50 AED |
| • Singing Bowl Experience | 20 mins | 200 AED |
| • Ear Candle Deep Cleanse | 30 mins | 250 AED |
| • Express Facial | 30 mins | 250 AED |

Complimentary Wellness all throughout your visit:

- Dyson Air filters throughout
- BLUE Water filters
- Halo Therapy and Air Ionization
- Sound therapy and Frequency Healing (all music tuned at 528hz Solfeggio Frequencies) in all treatment spaces
- Aroma Therapy blends chosen daily for optimal health
- Hand crafted Wellness Teas and beverages available in the wellness lounge

Please arrive 15 minutes before your appointment and enjoy our Spa Wet Area Facilities

Bathrobe, Slippers and Towels are provided for your convenience

Cancellation policy

Please provide 24 hours notice of cancellation to avoid a 100% charge.

Service charge and Municipality fee

All prices are in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge and 5% VAT

Scan to Unlock your
Wellness Experience



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