



CONRAD® SPA

DUBAI



A NEW DIMENSION OF BLISS



CONRAD® SPA
DUBAI

Imagine a spa that feels like it was made for you. With warmth and familiarity, surprising intuitiveness and a refreshing approach. Where innovative services and efficiency seamlessly come together to return you to your optimum state of well-being, whether you stay the whole day or half an hour. Not only through treatments, but through an atmosphere that transports you into an organically designed, locally inspired haven of harmony and lightness. Combining state-of-the-art treatments and techniques from the world's most exotic destinations into a restorative and rejuvenating journey. A journey to becoming an even better you.



THE JOURNEY STARTS WITH YOU

ESSENTIALLY YOU. A collection of treatments that respect your time and rejuvenate your mind and body. With technologically advanced elements to effectively and efficiently return you to a beautifully balanced state of being.

PERFECTLY YOU. When you have time to take well-being to another level. A journey that leaves every inch feeling reborn. Where time, technology and organic treatments are expertly combined to elevate you to a state of absolute perfection.

BEYOND PERFECTION. Innovative treatments tailored to meet your every need, whether added to another treatment or experienced on their own. You'll feel totally relaxed – from head to toe.

EXPECTING YOU. Pregnancy requires a special touch and these treatments provide it. Expertly tailored to bring out the best in mothers and mothers-to-be.

CONRAD DUBAI SIGNATURE TREATMENTS. Drawing on local techniques, culture and surroundings, these exclusive therapies are deeply relaxing and rejuvenating.



ESSENTIALLY YOU



ESSENTIALLY YOU

FACE

THE CONRAD SIGNATURE ESSENTIAL FACIAL

30 min

This correcting and perfecting facial is a deeply cleansing treatment that exfoliates and refines the forehead, softens the eye contour and immediately plumps and moisturizes the lips. Targets expression lines and increases skin firmness. Skin instantly looks smoother and firmer, leaving you feeling younger and refreshed.

INTRACEUTICALS RESTORE ME FACIAL

30 min

Get back to your beautiful self. Atoxelene Serum is designed specifically to refine the forehead, soften the eye contour and plump and smooth the lips. The natural amino peptide Argireline works with Hibiscus Extract to target expression lines and increase skin firmness. Skin looks noticeably smoother and you feel instantly younger.

ULTIMATE CLARIFY AND CLEANSE FACIAL

60 min

An intensive treatment that incorporates steaming, extraction and hot towel compresses, alongside facial massage and a freshwater mud mask, to leave you with deeply clean and refreshed skin. You'll look positively radiant.

THE CONRAD SIGNATURE AROMATHERAPY FACIAL

90 min

Recover the naturally vibrant you with this Conrad Spa signature experience. Utilizing all the benefits of aromatherapy to provide your skin with a hugely restorative time-out. It refreshes and revives your skin with a purifying cleanse and exfoliation, a custom facial massage and a vitamin infusion that leaves skin rejuvenated and ready to take on the world.

RADIANT YOU FACIAL

60 min

Don't just glow, radiate. This indulgent treatment helps regulate problem skin, leaving the complexion instantly and noticeably brighter. Prepare to get noticed.

With back massage:

90 min

From balancing oily skin to smoothing fine lines and wrinkles, **Essentially You** facial therapies are tailored to meet your specific needs. With a thoughtful combination of exfoliation, moisturizing and advanced technologies, you are quickly returned to your naturally renewed self.



ESSENTIALLY YOU

Let us take you on an individualized journey of healing, rejuvenation and relaxation. Through targeted massage, invigorating scrubs and warming wraps, these **Essentially You** body therapies work quickly to bring your entire body back to a balanced and beautiful state of well-being.

BODY

ESSENTIAL OXYGEN THERAPY

15 min

Feel amazing in minutes. Maintaining proper oxygen levels in the body is a vital ingredient for health, vitality, physical stamina and endurance. Oxygen therapy is said to be one of the most powerful and efficient methods of detoxifying the body and cleansing the blood. Essential for jet lag, mental clarity, hangover, sinus pressure, endurance and overall well-being.

ESSENTIAL AROMATHERAPY EXPERIENCE

60 or 90 min

This balancing treatment starts with a consultation to find out what your emotional and physical needs are. From there we carry out an aromatherapy smell test to allow you to choose the oil most suitable for you. There are twelve signature oils to choose from, formulated with natural plant and flower oils with wonderful exotic scents and powerful therapeutic benefits for the body and mind.

DEEP MUSCLE RELIEF

60 min

An intensive massage that works deep into stiff, tight, taxed muscles to instantly release pain and relieve tension. Leave your aches and pains at the hotel.

IMMUNE REINFORCEMENT

60 min

Get your immune system ready for the world. This cleansing, clearing and congestion-fighting upper body treatment helps clear the mind and supports well-being.

JETLAG CURE

90 min

Get back to being you after a long flight with a treatment designed to revive sluggish, tired muscles.



ESSENTIALLY YOU

BODY

DETOX AND REVIVE

60 min

This treatment is perfect for times of overindulgence, or when you're just feeling a little sluggish. We combine zesty citrus oils to leave you feeling invigorated and full of energy.

BRILLIANT ROSE HYDRATOR

60 min

This intensely hydrating treatment includes the layering of rich rose serum, oil and cream, leaving your body radiant, soft and smooth and your spirits bright and uplifted.

MIRACLE BODY REFINEMENT

60 min

A toning and slimming treatment designed to refine the contours of your body, eliminate excess fluids and return a smoother, sleeker you.

SUN-KISSED SKIN SAVER

60 min

Powerfully soothing and rehydrating for overexposed skin, this treatment leaves the body nourished and cooled. Love your skin.



PERFECTLY YOU



PERFECTLY YOU

Experience a thoroughly relaxing and rejuvenating journey to the next level of well-being. **Perfectly You** facials combine the latest technologies, expertly applied techniques and essential elements, such as oxygen, organic plant extracts and antioxidants, into a treatment that brings out your absolute best.

FACE

THE CONRAD SIGNATURE BRILLIANT ROSE FACIAL

90 min

It starts with a rose oxygen treatment. Then, using a combination from Aromatherapy Associates and Intraceuticals, a noticeable renewal begins. With exfoliation to erase fine lines and wrinkles. Hydrating facial mask to soothe and protect. Massage to relax and stimulate cell growth. Plus an infusion of essential vitamins, antioxidants and peptides to further diminish signs of aging and turn your radiance to high.

INTRACEUTICALS TIMELESS TRAVELER

90 min

A quenching treatment that deeply infuses vitamins and antioxidants into the skin, resulting in instant hydration, improved firmness and a noticeable lift. Atoxelene Serum, a natural amino peptide complex proven to diminish the appearance of fine lines and reduce deeper wrinkles, is then applied. The forehead is smoother, the eye contour softer and the lips plump and smooth. It's a difference you'll notice.

PERFECTLY YOU FACIAL

60 min

This facial is designed for you and only you. Upon arrival, your individual skin needs are assessed. A combination of pure essential oils and plant extracts are then applied with specifically designed massage techniques, to revive and recondition the skin, leaving your complexion smooth and luminous. And you perfectly restored.

PERFECTLY AGELESS FACIAL

90 min

An intensive treatment for more mature skin, including a unique dual layering of intensive masks, with targeted lifting, plumping and firming massage. This treatment delivers instantly visible results. It's you, only younger.

BRILLIANT ROSE FACIAL

60 min

Luxurious rose oils help condition and deeply nourish the skin. The result is a smooth, radiant complexion and a relaxed state of mind filled with nothing but peace and petals.

With back massage:

90 min



PERFECTLY YOU

Indulge us with the opportunity to show you how extraordinary you can feel. **Perfectly You** therapies are tailored to meet your every need. Relaxation, rejuvenation and total restoration are achieved through a mix of massage, aromatherapy, stretching and skin exfoliation that leave you feeling, well, perfect.

FACE AND BODY

THE CONRAD SIGNATURE RADIANT BODY

120 min

Relax as we soothe tight, aching muscles and calm your mind. Your journey begins with an uplifting treatment of frankincense and gentle stretches, followed by your choice of chamomile, petitgrain or rosemary to calm and cleanse your thoughts and ginger and black pepper to relax your muscles. Then Swedish and cross-fiber massage techniques are applied, followed by an invigorating Ayurvedic scalp, neck and shoulder massage to remove stress, restore well-being and reveal your inner radiance.

THE CONRAD SIGNATURE TRANQUIL BODY

120 min

A higher state of relaxation awaits, starting with a scrub to release critical reflex points on the hands and feet. Then craniosacral massage is carefully applied to balance the nervous system and ease the mind, followed by reflexology to release healing energy deep within the body. This totally relaxing treatment utilizes rich, earthy oils like vetivert, chamomile and sandalwood, renowned for their calming and grounding effects. It's the perfect remedy for your jet-setting life.

THE CONRAD SIGNATURE FULLBODY REFRESHMENT

120 min

This detoxifying treatment is perfect for those feeling the weight of a busy, global life. Refreshing essences of pink grapefruit, green rosemary and juniper berry are applied to promote mental clarity and remove toxins. Exfoliation refines and opens the pores. Then massage pinpoints the colon, digestive, circulatory and lymphatic systems to promote total well-being. Finally, foot reflexology releases any remaining tension. Take a deep breath and say ahhhh.

INTRACEUTICALS OXYGEN FACIAL

60 min

Your skin will breathe again. The restorative powers of pure oxygen are central to this innovative treatment. Pure oxygen is washed over the skin's surface – cooling and calming while restoring the skin's natural vitality and glow.

With rejuvenation:

60 min

This skin-quenching treatment deeply infuses a cocktail of vitamins and antioxidants into the skin, resulting in instant hydration, improved firmness and a noticeably radiant you.

With brightening:

60 min

Rediscover your natural luminosity with a blend of botanical skin brighteners that safely treat uneven skin tone and reveal your beautiful glow.



PERFECTLY YOU

BODY

PERFECTLY MOISTURIZED

90 min

A deep-down treatment for dry, overly tired skin. Designed to leave the whole body intensely nourished and smooth, with a refreshing scrub, followed by the layering of hydrating marine algae and velvety moisturizing body butter.

PERFECTLY RESTED

120 min

No need to count sheep after this head-to-toe massage. Expertly applied massage targets pressure points to induce a total state of relaxation, leaving you prepared for your deepest sleep ever.

PERFECTLY CLEAR

120 min

Perfect for times of stress and overactivity, this treatment helps unwind the mind so you can focus and be at your absolute best.

PERFECTLY HAPPY

120 min

For times when you need a little emotional pampering, this indulgent treatment helps to harmonize and rejuvenate your unique spirit.

BEYOND PERFECTION

90 min

Pamper every last inch of you with therapies that can be enjoyed separately or paired with other treatments. With our Beyond Perfection treatments, hands, feet, eyes and hair all get the attention they deserve.



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HEAD TO TOE

AGELESS HANDS

30 min

A combination of surprisingly restorative essential oils are massaged into the hands and arms for deep conditioning and smoothing. Turn back the hands of time.

REFRESHED HANDS

30 min

Refresh and support overworked hands with this warming blend of essential oils expertly applied to invigorate and revive.

NOURISHING HAND RESCUE

30 min

A deeply necessary treatment for dry, hardworking hands. Skin is left feeling supple and velvety to the touch. And you are relaxed and rejuvenated.



BEYOND
PERFECTION

HEAD TO TOE

ROSE PETALS
AT YOUR FEET

30 min

A combination of rose, geranium and lavender essential oils are massaged into dry, tired feet, leaving them intensely nourished, smooth and pampered.

RELAX AND PUT
UP YOUR FEET

30 min

Whether you've been working or dancing the night away, this treatment is designed to relieve aches and pains in lower legs and feet.

LIGHT LEGS
MASSAGE

30 min

This specialized massage eases travel-weary legs and ankles, leaving you refreshed and energized.

POWERFUL FOOT
NOURISHMENT

30 min

Feet and lower legs will feel silky soft and deeply moisturized after this layering of rich body oil and cream. Rediscover a softer you.



BEYOND PERFECTION

HEAD TO TOE

IN MY GLOWING SKIN

30 min

A relaxing full-body exfoliation followed by the layering of richly nourishing products to leave the skin looking radiant and feeling wonderfully smooth.

BRIGHT EYES INSTANT REPAIR

30 min

Targeted massage techniques help improve circulation and remove puffiness while natural plant extracts and oils work to leave the windows to your soul bright, refreshed and beautiful.

LUSCIOUS LOCKS HAIR TREATMENT

30 min

Feel the day drift away as scented essential oils are applied from root to tip, to release tension, condition and soothe the scalp for shiny and beautifully nourished hair.

BEAUTIFUL BACK

30 min

Designed for backs prone to blemishes and oil, this treatment restores balance, leaving your skin smooth, glowing and flawless and your body revived and relaxed.

With back massage:

60 min



EXPECTING YOU

Now more than ever, you deserve to relax. To feel rejuvenated. To experience the kind of gentle care that can take you to a place of calm well-being. Focusing on the specific needs of mothers and mothers-to-be.

WELL-BEING

BRILLIANT ROSE MASSAGE FOR MOM-TO-BE*

60 min

Reward yourself with a thoroughly relaxing and carefully applied massage. Stresses, strains, heavy legs and aching backs instantly feel better with this rose-scented treatment. Includes relaxing and rejuvenating craniosacral and facial massage so every inch of you feels perfect.

BRILLIANT ROSE POST-PREGNANCY PAMPERING

60 min

This deeply restorative treatment pampers every inch of you. Exfoliation is followed by the layering of rose-scented products to immediately restore skin's glow and youthfulness. Because you deserve it.

* We do not perform massage treatments during the first trimester of pregnancy.



CONRAD DUBAI SPA PACKAGES

A collection of therapies that are uniquely inspired by local culture, expertise and breathtaking surroundings.

THE EXECUTIVE

90 min

This Gentlemen's package begins with a back treatment to restore glowing skin and is followed by a deep tissue massage to relieve stiff and tired muscles.

INDULGENT DUO

120 min

The treatment begins with a relaxing bath followed by an enriching scrub. An aromatherapy massage completes this indulgent treatment for two.

INVIGORATE ME

150 min

This invigorating treatment begins with a rose scrub and is followed by a balancing aromatherapy massage. The package is completed with a prescriptive facial and a hydrating rose cream applied to the hands & feet.

ULTIMATE BLISS

180 min

Combining three treatments which begin with a body refining scrub and followed by a deeply relaxing massage. A rose facial completes the package with a serum applied to the feet to complete the luxurious experience.



CONRAD DUBAI
SIGNATURE
TREATMENTS

A collection of therapies that are uniquely inspired by local culture, expertise and breathtaking surroundings.

ROSE HAMMAM

45 min

Relax and renew yourself in this deeply cleansing indulgent experience. Using loofahs the body is washed down and rinsed. An enriching body scrub and a rose gel application are applied, followed by a luxurious white clay mud mask. The hair is massaged and washed to end this complete cleansing treatment.

**With Essential
Aromatherapy
Experience Massage:**

105 min

ENRICH HAMMAM

60 min

Enrich yourself in this deeply cleansing indulgent experience. Using loofahs the body is washed down and rinsed. An enriching body scrub and enrich serum is applied, followed by a base mud mask. The hair is massaged and washed to end this complete cleansing treatment.

**With Essential
Aromatherapy
Experience Massage:**

120 min

COUPLES HAMMAM

60 min

Enrich yourself in this deeply cleansing indulgent experience. Using loofahs the body is washed down and rinsed. An enriching body scrub and enrich serum is applied, followed by a base mud mask. The hair is massaged and washed to end this complete cleansing treatment.

**With Essential
Aromatherapy
Experience Massage:**

120 min

THAI MASSAGE

60 min or 90 min

Enjoy this deep form of massage while the therapist uses positive force on pressure points, muscles and ligaments. Due to stretching and bending, the spine is elongated and the joints are relieved of tension.

HOT STONES

60 min or 90 min

The use of heated stones and the therapist's hands during the massage assist in relaxing the muscles, relieving tension and soothing the mind.



Conrad Dubai

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