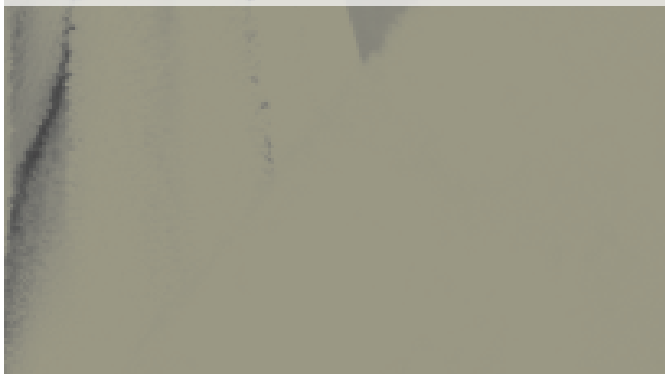




*Fairmont*  
DUBAI

the spa | inspiring



THE SPA  
AT FAIRMONT DUBAI

The Spa at Fairmont Dubai is a unique destination created to inspire, nourish, and guide guests on a journey to find their personal energy in a location that reflects their cultural and environmental surroundings.

By combining proven methodology for relaxation and rejuvenation, all spa experiences are designed to soothe, pamper, de-stress or invigorate the mind and body depending on each individual and their requirements.

The spa covers over 40,000 square feet and offers two distinct experiences. One being the dedicated spa facility which has a luxurious Romanesque feel throughout, with separate male and female sections, which both feature an opulent Jacuzzi area with Turkish Hammam inspired steam rooms, two relaxing footbaths and a total of eight private treatment rooms and relaxation areas.

The second location offers state of the art health club facilities plus two swimming pools, sunrise and sunset, that capture the sun throughout the day.

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## Massage experiences

### ULTIMATE AROMATHERAPY EXPERIENCE

*Aromatherapy / 60 minutes / 90 minutes*

This relaxation massage combines the power of pure essential oils (selected from a hand-blended range) to suit your mood, with a specialized gentle massage drawn from the traditions of the East and West.

### DUBAI MUSCLE MELT

*Deep Tissue / 60 minutes / 90 minutes*

A deep tissue massage to relieve the stress and strain of a long day or to rid of the knots and muscular aches caused by exercise. Allow the warmth of ginger and black pepper essential oils to relieve tension in an extensive deep tissue massage treatment.

### THE TRAVELLERS MASSAGE

*Invigorating / 90 minutes*

This treatment is ideal for the business person who has come from a long flight and wants to feel invigorated and ready for the day or evening ahead. The treatment begins with the inhalation of eucalyptus oil to clear the airways. Body brushing stimulates the skin and improves circulation before working 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.

### HOT STONE MASSAGE

*Calming / 60 minutes / 90 minutes*

The heat of the stones used during the massage helps to relax the muscles, improves circulation and soothes the mind. The stones are placed on various key points during the massage to encourage healing.

### SWEDISH MASSAGE

*Relaxing / 60 minutes / 90 minutes*

The popular full-body Swedish style massage offers gentle intensity and is designed to increase circulation and promote relaxation, using long, smooth strokes to relax the muscles and stimulate the lymphatic and circulatory system.

## Body experiences

### LAVENDER DREAMS - SIGNATURE BODY TREATMENT

*Rejuvenating / 90 minutes*

Experience the calming and balancing benefits of Lavender Dreams. Earthly minerals are combined with the lavender's healing properties in an invigorating full body exfoliation. The treatment is followed by a pampering massage for your back, neck and shoulder with an organic lavender oil and warm healing stones. Finish off with a luxurious foot and pressure point scalp massage while you nourish and relax inside a warm cocoon of lavender scented dreams.

### CITRUS DETOX REVIVER

*Detoxifying / 60 minutes*

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 will encourage the release of toxins.

### REFLEXOLOGY

*Balancing / 45 minutes*

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.

### HEAVY LEG REVIVER

*Reviving / 30 minutes*

Specialised massage technique that eases swollen legs and ankles, leaving you feeling refreshed and energised.

## Facial experiences

### CAVIAR FACIAL - SIGNATURE FACIAL

*Hydrating / 90 minutes*

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein-rich Caviar and powerful antioxidants. Exclusive caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. An AcuLift massage visibly firms and tones, while the Marine Biomatrix sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple, healthy and luminescent.

### MAJESTIC HARMONY

*Harmonising / 60 minutes / 90 minutes*

Ideal for people who experience sensitivity with their skin caused by travelling, pH changes in the skin, environmental factors or busy lifestyles. This facial will soothe and calm any sensitized areas by using natural plant extracts to gently cleanse, nourish and re-hydrate delicate skin. Toxins will be absorbed, encouraging oxygenation to the skin with essential amino acids working to remineralize and strengthen weak and susceptible skin.

### ROYAL RADIANCE

*Brightening / 90 minutes*

This facial will improve any pigmentation and uneven skin tone caused by sun damage or other factors causing changes to your skin. Antioxidants and vitamins will boost dull and tired skin with a lightening effect and will increase oxygen absorption. Perfect for brides to be or anyone looking to generate a radiant and luminous glow to their skin.

### IMPERIAL CLARITY

*Deep Cleansing / 90 minutes*

This facial will help rebalance and remineralize the skin whilst removing impurities with its trace elements and anti-bacterial properties. This facial will treat oil production and eliminate congestion for a healthy, natural glowing appearance.

### JEWEL OF ARABIA

*Anti Aging / 90 minutes*

Our ultimate anti aging facial which will revitalize, firm and tighten all skin types. Containing active ingredients such as Spirulina to stimulate cell vitality and Calcium Sulfate to improve moisture retention in the skin, this facial will also increase tissue regeneration and stimulate fibroblasts for instant vitality.

### EXECUTIVE EXPRESS FACIAL (JUST FOR MEN)

*Soothing / 30 minutes*

For men of all ages looking to discover their own true radiance. The skin will be left refreshed and invigorated, pores will be refined and a more supple appearance will be present. Men suffering from shaving burn, in-grown hairs or rashes will also find relief and protection against future irritations.

### ION WAND THERAPY

*Iontophoresis / 15 minutes*

Use the principle of ion technology to advance the absorption of skin care lotion, creams and serums.

### INSTANT EYE REPAIR

*Refreshing / 15 minutes*

Adapted especially for the delicate eye area; this contour masque contains Marine Collagen and essential amino acids to strengthen cells, reduce puffiness and smoothen lines. The contour area will be refreshed, firmed and luminous after this treatment.

### INSTANT LIP TREATMENT

*Firming / 15 minutes*

Combining 3 active ingredients of Marine Collagen, Chitosan and rice starch, lips will be firmed and elasticity improved. Toxins are removed leaving the lips plump, softened and hydrated.

## Spa rituals

### THE TIME ZONE

*Invigorating / 2 hours*

Perfect for the business person who has come off a long flight and wishes to de-stress. Start with an invigorating Traveller's Massage and finish with an express facial to cleanse and balance the skin.

### DUBAI DREAMS

*De-stress / 2.5 hours*

This de-stressing package begins with a 90 minute Lavender Dreams treatment which includes a double scrub, cream application and a Hot Stone Massage on the back. This wonderful experience is followed by 60 minute Majestic Harmony facial to soothe and calm the skin to leave you feeling completely relaxed and rejuvenated.

### ARABIAN LUXURY

*Be Pampered / 3 hours*

Combining three treatments to relieve the stress and strain of a long day. A body polish prepares the skin for a deeply relaxing Hot Stone Massage which is followed by a luxurious, hydrating Caviar Facial.

## Aromatherapy in-room baths

Soothe your body, mind and soul with a wide selection of bath oils. Pamper yourself with these essential oils that will leave you feeling refreshed and rejuvenated in the privacy and comfort of your hotel room. Whether for a good night's sleep or to relax after a long hard day, our spa coordinators would be delighted to recommend a bath oil that will suit your mood.

### DEEP SLEEP

Slip into tranquility and enjoy a good night's sleep.

### RISE & SHINE

Feel energized and invigorated after a long day or night.

### EASE UP

Unwind and relax your aching muscles.

### ROSE RENEW

Uplift and pamper yourself.

### SUN DOWNER

Cool down after a day out in the sun.

For more information, please press 'Health Club & Spa' on your guest room telephone or visit the spa reception located on the 9th floor.

Essential baths are not recommended for people with low/high blood pressure, pregnant women or children under 12 years.

## Spa information

### HOURS OF OPERATION

The spa facility is open daily from 6am – 11pm

Spa appointments are available from 9am - 10pm

Swimming pools are open daily from 7am – 10pm

### WHEN TO ARRIVE

To ensure complete relaxation we advise our guests to arrive 30 minutes prior to their scheduled treatment to enjoy the sauna, jacuzzi, steam and relaxation room.

### MAKING AN APPOINTMENT

Please call +971 4 311 8800 or e-mail [spadubai@fairmont.com](mailto:spadubai@fairmont.com) and speak to one of our highly qualified spa coordinators who will be able to guide you on your recommended treatment. Advance reservations are suggested to accommodate your preferences.

### CANCELLATION POLICY

If you reschedule or cancel your appointment, please notify the spa reception at least 12 working hours in advance to avoid being charged.

### PRICING

All prices are in UAE Dirhams and include 10% municipality fees and 10% service charge and are subject to change without prior notification.

## Spa experience

### THE ENVIRONMENT

The Spa at Fairmont Dubai is an adult sanctuary for male and female guests. Mobile phones or other electronic devices are not permitted in the spa environment. If you wish to receive messages during your experience, please advise one of our spa coordinators who will be glad to assist you.

### SPA ATTIRE

You will receive a spa robe and slippers to wear and a locker for your personal belongings. For your comfort, undergarments may be worn during treatments; however our therapists are highly trained in the correct draping procedures for your privacy. Please note, that swimsuits are required in some areas of the spa.

### HEALTH MATTERS

Please inform us of any health conditions when booking your appointment e.g. high blood pressure, heart conditions and allergies or if you are pregnant. Also, consumption of alcohol before, during or directly after spa treatments is not recommended.

### HOME CARE

Why let the experience end when you leave the spa? Our therapist will recommend face and body products that will continue your experience at home.

### SPA GIFT CARDS

Spa gift cards are available for purchase for all spa services and packages. Please contact the spa reception for further information.

[www.fairmont.com](http://www.fairmont.com)

FOR SPA RESERVATIONS

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