Willow Stream Spa at Fairmont The Palm, Dubai

Willow Stream Spa draws its energy from its location: from the vitality of urban Dubai, from the quiet mystery of the sand and sea, from the endless sky, and the intense desert heat.

These elements are reflected in the spa’s design, which—like Dubai itself—combines modernity and tradition to create an ideal urban oasis in which to discover your energy.

Overlooking the inviting beach and azure water, the Willow Stream Spa provides indoor and outdoor spaces where you can unwind in perfect tranquility or gather with friends and enjoy healthy spa refreshments. Our thermal suite includes a large steam area and experience showers, highlighted by ambient sound and light, aromatherapy and water temperatures that vary from tropical to arctic. In our private hammam room, highly trained spa experts, a low temperature, and soothing aromas create a perfect atmosphere for guests who simply want to relax.

Find your energy at Willow Stream Spa.
About Willow Stream Spa

Willow Stream Spas are acclaimed around the world for our focus on finding innovative ways to help guests discover their own energy. Energy makes the difference between living and living well; recharging our energy allows us to flow, rather than fight, through life. That is why energy renewal is our mission.

Each of our spas is designed to reflect the beauty and ambience of its location and of the hotel in which it is located, so no two are alike. But all of our spas have this in common: they deliver an outstanding experience. Simply being here—away from the chaos of everyday life—relaxes our guests and starts them on their energy journey.

Our spa experiences combine authentic and effective treatments with a place for you to spend time alone or with your friends. Social spaces by the pool, relaxation lounges and steam rooms, yoga and fitness areas—all are designed to stir our passion for living with abundant energy.
Our name: Willow Stream

We believe these two words reflect our philosophy and our connection to nature’s elements.

**Willow:** The willow represents our deep-rooted authenticity, strong centre and flexible spirit.

**Stream:** The stream represents our energizing journey through life—bending and changing in a peaceful, purposeful manner as it finds its way around obstacles.

Our logo

Our logo is composed of ancient symbols for the world’s essential elements: earth, air, fire and water. The willow—wood—is the fifth element. Balancing these elements puts us in sync with nature’s equilibrium.
Willow Stream Spa Product Philosophy

Willow Stream Spa places emphasis on many aspects when choosing spa products for each of our Spas around the world. With luxury in mind, each brand demands quality and result-driven treatments, which are personalised to suit the needs of our valued guests. Environmental sustainability is considered whenever and wherever possible, which reflects our social responsibility. Our relationships with the product houses are important to ensure that we have premium spa products and training available for every encounter with our guests.

Kerstin Florian
Kerstin Florian is a luxury skin-care company that focuses on results. Guided by a philosophy of “outer beauty, inner health”, Kerstin Florian inspires a sense of well-being through powerful plant, marine and technically advanced ingredients, as well as professionally designed spa services.

Shiffa Dubai
The Shiffa core philosophy is to create luxury and exceptionally functional products that truly work effectively for the body and mind. Shiffa products are made from the most precious combinations of ingredients to create a unique product line that delivers exceptional results. Created by Dr. Lamees Hamdan, an Emirati Dermatologist, Shiffa offers an authentic Arabian experience in every treatment.

Aromatherapy Associates
Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare, resulting in beautiful, glowing, healthy skin, free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates.
Willow Stream Wellness Facilities

We know that exercise is a vital component to daily life, especially for travellers on the go, and appreciate the desire for high-quality, well-equipped fitness facilities. Technogym® provides spacious customized wellness areas and supplies fitness facilities to meet all your needs. Catering to your own fitness level, ability, or age, our dedicated wellness professionals are here to assist you in achieving your personal health and fitness goals, supporting you every step of the way.

Fairmont The Palm is the perfect environment to restore your energy with access available to hotel guests as well as local guests, offering the following facilities and services:

• Personal training
• Group and private yoga classes
• Outdoor swimming pools
• Private beach
• Wet areas, complete with sauna and steam room
• Relaxation areas
• Shower and locker areas

Personal Training & Lifestyle
Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching, and lifestyle sessions. Allow our personal trainers to help you create a customised program, aimed at balancing physical activity with relaxation.

Yoga
The word ‘yoga’ translates as the union or discipline of breath control, simple meditation, and the adoption of specific bodily postures, widely performed for a greater sense of well-being. The practice of yoga has been known to increase flexibility, decrease stress levels, and energise and restore the mind. Our certified instructors at Fairmont The Palm offer a variety of different yoga techniques, available in personal or group classes.
Fitness and Memberships

At Fairmont The Palm we understand the importance of exercise in our daily life. Our fitness center is built to ensure our guests have a comfortable space to use the best fitness equipment.

Fairmont The Palm offers exclusive memberships, giving you access to a comprehensive fitness and wellness facilities. As a valued member you will enjoy the following benefits:

- Introductory Personal Training session
- Priority to all group classes
- Use of facilities, including fitness and wet areas
- Use of the outdoor pools and beach
- Special pricing on spa and salon treatments
- Special pricing for resort accommodation and in the food & beverage outlets

The fitness centre is open daily from 5:30 AM until 11:00 PM and is located on the lower ground level.

* Terms & Conditions apply.

Hydrotherapy Experiences

Steam Room
Maintained at 42-45°C, this humid, aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 10-15 minutes and that you keep your body well hydrated afterwards. Humid heat is especially beneficial before or after a massage treatment to increase circulation.

Sauna Wellness
Maintained between 80-85°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimising joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 10-15 minutes daily and it is important to ensure that you body is kept well hydrated afterwards.

Outdoor Swimming Pool
Located next to the beach and bathed in natural light, the outdoor pool is the ideal spot for rest and relaxation. Kept at 28°C, it is ideal for year round swimming.
Willow Stream Signature Expressions

Willow Stream Signature Expressions bring together the key elements of face and body as one. We place a careful emphasis on our guests feeling locally connected while encouraging relaxation to restore their personal energies, resulting in feeling revived.

**Pearls and Caviar Ultimate Anti-Aging Rejuvenation - 120 minutes**
This ultimate anti-aging face and body experience promises total body and mind rejuvenation. Your experience begins with a full body polish using the gentle pearl beads, followed by a bamboo and ginger massage to invigorate the senses and relax aching muscles. The treatment is finished with the caviar anti-aging facial, resulting in a youthful, radiant glow.

**Traditional Rose Bliss Hammam - 120 minutes**
Enjoy this traditional hammam from ancient Arabia, the true roots of Shiffa. Relax and let the scented black olive soap purify your body and clear your senses. Your skin will glow after a vigorous exfoliation using a Moroccan hammam mitt. A heated rose clay body mask is applied to the body to regenerate and heal the skin, finishing with the popular Rose Bliss Body Balm applied to the body to seal in moisture to nourish and protect the skin.
Classic Facials

For the most advanced facial results, Kerstin Florian is proud to present their K-Lift Age Management System. This advanced system integrates the strength of three modalities, each penetrating deep into the transdermal layers of the skin, targeting a specific function to improve overall skin rejuvenation. Benefits include: triggering collagen production which lifts and tones, reducing lines and smoothing wrinkles, and tightening facial contours resulting in younger, healthier-looking skin.

Advanced Anti-Aging Repair Facial

Using Kerstin Florian’s K-Lift Technology - 90 minutes
This facial provides immediate anti-aging results. The treatment uses three high-performance energy technologies: red LED light therapy, impulse micro-currents (kinetic energy), and Kerstin Florian active ingredients.

Caviar AcuLift Facial - 90 minutes
A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin. An exclusive AcuLift massage visibly firms and tones as the Marine Biomatrix Sheet provides intensive hydration to instantly restore radiance. Results are immediate, leaving skin looking supple and healthy.

*for best results book this facial with the K-Lift Machine.

Customized Corrective Facial - 60 minutes
A deep cleansing and skin-refining facial specifically designed for congested, oily and problematic, sensitive or dull looking skin. Includes an exclusive professional Multi-Acid Complex peel followed with a purifying organic masque. A result orientated facial perfect for all skin types leaving a radiant glow.

K-Lift Express Add-Ons

- Express Lift
- Express Eyes
- Express Lips
- Express Congestion
- Facial Hydration
- Facial Enhancements
  - Eye or Lip Rescue
  - Ampoule Therapy
  (will be recommended following your skin consultation)
Body Treatments

**Classic Moroccan Hammam - 60 minutes**
Enjoy this Classic Moroccan hammam from ancient Arabia using the traditional black olive soap to purify the body and clear your senses. A thorough kese scrub eliminates dead skin cells and improves circulation. Complete your journey with an application of the luxurious sweetness body lotion to leave your skin beautifully nourished and pampered.

**Basil and Mint Energizer - 90 minutes**
This energising body scrub contains healing Dead Sea Salts to deeply exfoliate and cleanse skin. The refreshing blend of pure organic oils leaves the skin nourished and smooth. Complete your exfoliation with a luxurious application of Shiffa energising body oil and an invigorating hair oil to the scalp.

**Green Clay Detox Body Wrap - 90 minutes**
Relax in a soothing cocoon body wrap using the Shiffa Green Clay, which purifies and stimulates the skin. Enjoy a mini facial and finish with a full body massage using a soothing body oil infused with a blend of citrus and nut extracts to soothe tension and relax the mind.

**Sweetness Body Polish - 60 minutes**
Let the traditional aroma of Arabian rose essence relax your mind and body while being gently exfoliated with a luxurious sugary body scrub. The rich ingredients of coconut, frangipani, grapefruit and rosemary oils leave the skin smooth and nourished.

**Soothing Sun Aloe Wrap - 60 minutes**
The healing, moisturising properties of the organic Aloe Vera plant are combined with the re-mineralising and nourishing elements of algae and soothing properties of lavender in this deluxe hydrating body wrap. This treatment includes a luxurious scalp and neck massage, followed by a foot massage with invigorating alpine foot balm.
Body Massages

**Willow Stream Palm Signature Massage - 90 minutes**
Inspired by ancient healing therapies from Asia and designed by the team at Fairmont The Palm, this treatment begins with dry massage techniques to warm up the body. Heated herbal compresses, holding precious Thai herbs such as Prai, Aloe Vera and Tamarind are then compressed on the body to relieve stress, boost energy and improve blood circulation. An ancient escape into Asia right in the heart of Dubai.

**Traditional Thai Massage - 90 minutes**
This centuries-old therapy, known as passive yoga, is the perfect answer for anyone searching for optimal health, the release of tension and the restoration of vitality. Your therapist will use traditional Thai stretching techniques and movements to release tightness and increase flexibility.

**Stone Massage - 90 minutes**
This tailored massage uses specific stress-relief techniques—such as the use of hot volcanic stones—to release deep-rooted tension, loosen tight muscles and improve muscle mobility. Ideal for those looking to relieve deep muscle tension.

**Stress Rescue Massage - 60 minutes/90 minutes**
This medium to deep pressure full body massage is designed to improve energy levels, promote restful sleep, and melt away muscle aches. Using specialised Aromatherapy Associates oils combining rosemary, black pepper and ginger, your therapist will focus on specific areas of concern and ease common discomforts such as: a stiff neck, painful lower back pain, and sore, tight shoulders.

**Relax and Unwind - 60 minutes/90 minutes**
This light to medium pressure full body massage is designed to increases circulation and lymph return. Experience the gentle relaxing and restful powers of lavender, ylang ylang and petitgrain to unwind after a busy day.

**Reflexology - 60 minutes**
One of the world’s oldest healing methods, reflexology is a unique massage technique — performed on the feet and hands—that brings all of the body’s organs back into balance and creates an all-over sense of relaxation.

**Couple’s Treatments**

**Couple’s Romance - 90 minutes**
Enjoy a relaxing aromatic soak in our couple’s bath with romantic touches. Then delight in a full body light-to-medium pressure aromatherapy massage using an oil of your choice. This is the perfect romantic spa getaway to relax the mind. This treatment includes a special welcome drink on arrival.

**Treasured Time - 60 minutes/90 minutes**
Relax together with a full body aromatherapy massage, which uses a blend of essential oils and purpose-designed movements to stimulate circulation, promote deep relaxation, and restore the flow of energy throughout the body. This wonderfully soothing and rejuvenating experience is ideal for together time.
Spa Essentials Packages

Our experienced coordinators would be happy to recommend any two-, three- or five-hour spa packages suited to your specific needs. These can include any treatment, as well as a healthy snack or lunch.

Additional Time

To upgrade any of our present treatment list with additional time and services, the below mini treatments will suit your skin care needs, ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- Bath Therapy
- Body Scrub
- Head, Neck, and Shoulder Massage
- Head and Scalp Massage
- Express Facial
- Foot Massage
Beautyspot Salon

*located next to Willow Stream Spa*

You may also wish to add services from the Beautyspot Salon*, located next to the Willow Stream Spa. Services available include:

- Wash and Blow Dry
- Manicure and Pedicure
- Brow & Eyelash Tinting
- Haircut & Colouring
- Waxing/Threading
- Eyelash extensions

To make an appointment, please contact salon on +971 4 457 3500

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**Wedding Services**

Take the stress out of your wedding day styling needs. Our full-service salon brings out your best look: stunning hair, flawless makeup, and perfect nails.
Spa Etiquette

Spa Environment
Willow Stream Spa is a place to restore your energy and relax. For your peace and privacy, phones and other electronic devices are not permitted. If you would to receive messages during your time with us, please let one of our colleagues know and we would be happy to assist.

Spa Arrival and Etiquette
We recommend you arrive 45 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact the Spa on:
T + 971 4 457 3545

Personal Matters
Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we can better customise your experience to your needs.

Spa Attire
You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. For your comfort, undergarments are provided to be worn during treatments.

Gift Vouchers
Gift Vouchers for all Willow Stream Spa services and packages are available for purchase. Please contact our Spa Experience Coordinators for further information.

Making Spa Appointments
T : + 971 4 457 3545
Email: palm.willowstream@fairmont.com
Consult our Spa Experience Coordinators to select treatments that fulfil your personal requirements. The spa is located on the first floor of the Fairmont The Palm. Advanced reservations are recommended to ensure availability.

Spa Cancellation Policy
If you wish to reschedule or cancel any spa appointments, please notify the spa four hours in advance. Cancellation or rescheduling of a package requires 24 hours’ notice. Missed appointments without proper notices are subject to a 100% charge for reserved services.

Taxes and Service Charges
For your convenience, Municipality fees and 10 % service charge are included in the treatment price.

Hours of Operation
Willow Stream Spa: 9:00 AM to 10:00 PM, daily
Health Club: 5:30 AM to 11:00 PM, daily
Tariff

Signature Expressions
Pearls and Caviar Anti-Aging Rejuvenation 120 minutes 1049 AED
Traditional Rose Bliss Hammam 120 minutes 1049 AED

Facials
Advanced Anti-Aging Repair Facial 90 minutes 949 AED
Caviar AcuLift Facial 90 minutes 789 AED
Customized Corrective Facial 60 minutes 489 AED
Express Lift 30 minutes 149 AED
Express Eyes 30 minutes 149 AED
Express Lips 30 minutes 149 AED
Express Congestion 30 minutes 149 AED
Facial Hydration 30 minutes 149 AED
Eye or Lip Rescue 30 minutes 169 AED
Ampoule Therapy 159 AED

Massages
Willow Stream Palm Signature Massage 90 minutes 789 AED
Traditional Thai Massage 90 minutes 759 AED
Stone Massage 90 minutes 739 AED
Stress Rescue Massage 60 minutes/90 minutes 489/729 AED
Relax and Unwind 60 minutes/90 minutes 459/689 AED
Reflexology 60 minutes 459 AED

Couples Treatments
Couple’s Romance 90 minutes 1489 AED
Treasured Time 60 minutes/90 minutes 989/1019 AED

Body Treatments
Classic Moroccan Hammam 60 minutes 459 AED
Basil and Mint Energizer 90 minutes 729 AED
Green Clay Detox Body Wrap 90 minutes 739 AED
Sweetness Body Polish 60 minutes 459 AED
Soothing Sun Aloe Wrap 60 minutes 459 AED

*will be recommended after your skin consultation*
Opening hours
9AM - 10PM, open daily
1st floor

To book your next spa journey
TEL +971 4 457 3545 or EMAIL willowstream.palm@fairmont.com
www.fairmont.com/palm