

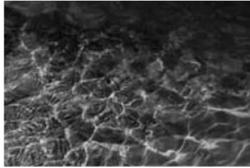


WILLOW STREAM

A FAIRMONT SPA

Find your energy

WOMEN'S TREATMENT EXPERIENCES
AT FAIRMONT THE PALM



Willow Stream Spa at Fairmont The Palm

Willow Stream Spa at Fairmont The Palm 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 women's spa provides indoor and outdoor spaces where you can unwind in perfect tranquillity 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 women who are pregnant, have high blood pressure or simply want to relax.

Discover Willow Stream Spa at Fairmont The Palm. Begin living with abundant energy.

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, steam rooms and saunas, 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 energising 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 the elements puts us in sync with nature's equilibrium.



Signature experiences

Featured in Willow Stream Spas around the world, these signature experiences are renowned for their effectiveness.

Ultimate Facial — 90 minutes

Luxurious results

This anti-ageing treatment intensively repairs, firms and hydrates the skin with the most effective skin-care ingredients available, such as Kerstin Florian's Caviar collection and an age-defence serum filled with skin-improving peptides. Includes a professional multi-acid skin exfoliation, a contour-lifting facial massage with energising rose quartz, and a protein-rich marine sheet that improves luminosity and reduces the appearance of fine lines.

Tranqwillow Face and Back Experience — 90 minutes

Awaken

This unique experience completely rejuvenates the skin and restores balance to the body. First, you'll receive a back cleanse and exfoliation, with warm lavender oil drizzled up and down the spine, and worked into your skin with energising massage strokes. After this, a hydrating facial and a luxurious pressure-point scalp massage help awaken your energy.

Pure Ener-g — 90 minutes

Uplifting

Using our exclusive line of Willow Stream Ener-g products, this treatment includes a revitalising foot scrub, a body exfoliation with remineralising salts, a pampering massage and a deeply hydrating body wrap. All products used contain Ener-g's exclusive blend of essential oils, including bergamot, rose geranium, clary sage and camomile.

Willow Stream Elements — 90 minutes

Spa tradition

Discover the restorative power of nature's elements: earth (mud wrap), air (aromatherapy), water (mineral bath) and fire (warm massage). This centuries-old spa experience combines a medicinal moor-mud wrap, a therapeutic bath and a full-body lotion application to stimulate and rejuvenate dry or maturing skin.

Hammam and Rasul

All experiences in this section are enjoyed in our private hammam (“to warm” in Arabic) or Rasul suite. Hammam treatments are a time-honoured Middle Eastern tradition that naturally detoxify, exfoliate and rejuvenate the skin, relieve tired muscles and release tension.

Renew Hammam — 60 minutes

Purifying

This treatment opens the pores, purifies and smooths the skin, and energises the immune system. A traditional wash with black-olive soap is followed by a vigorous kese scrub. The body is then coated in argan oil — full of antioxidants and vitamin E — and mineral-rich clay from the Atlas Mountains. Finally, a natural anti-ageing honey mask, featuring illuminating phytochemicals, is applied to the face.

Classic Hammam — 60 minutes

Refreshing

Regenerating and refreshing, this experience begins with a cleansing, hydrating application of traditional black soap. A thorough kese scrub eliminates dead skin cells and improves circulation, while a full-body mask improves skin tone and elasticity. A facial mask and hair-conditioning treatment — including a tension-relieving scalp massage — completes the experience, purifying the face and nourishing the hair.

Willow Stream Desert-Sand Hammam — 90 minutes

Warming

In this combination Vichy shower and hammam treatment, warm water is poured rhythmically over the body, releasing the day’s stresses. Your hammam specialist applies warm desert sand in relaxing strokes, sloughing off dead skin cells, then uses the Vichy rain shower to wash away impurities. A pampering massage follows, using khemoussa pouches and your choice of traditional oils.

Purifying Rasul — 60 minutes

Mineralising

In the luxury of our private Rasul suite, this traditional treatment starts with a full-body exfoliation, followed by the application of mineralising body clay. The heat of the Rasul chamber helps the detoxifying minerals penetrate into the body, and a tropical rain shower washes impurities away. A light application of hydrating lotion completes the treatment, leaving you feeling energised and revitalised.

Ultimate Detox Rasul — 90 minutes*Clarifying*

This full-body detoxifying experience targets areas prone to cellulite, fluid retention and uneven skin texture. An argan granita body scrub exfoliates the skin, while a face and body mask removes impurities and improves skin tone and elasticity. After the clay is washed away, you'll be treated to a stimulating full-body lymphatic massage.

Body wraps, scrubs and baths

Desert Aloe Body Wrap — 60 minutes*Soothing*

A perfect solution for sun-damaged or dry skin, especially after a day in the desert heat. Pure algae, blended with organic aloe vera and essential oils, absorbs quickly into the skin, calming and cooling it. As well, a wrap and gentle massage provide a soothing after-sun treatment.

Salt-of-the-Sea Scrub — 60 minutes*Invigorating*

Stimulate circulation and soften your skin with this two-step treatment, featuring an exhilarating exfoliation with salt and essential oils, and a loofah scrub with a mineral-rich shower gel.

Desert-Sand Scrub — 60 minutes*Regenerating*

This traditional, invigorating full-body scrub uses vitamin E, argan oil, helianthus and desert sand; the sand leaves the skin completely exfoliated, while the argan oil nourishes and hydrates.

Gentle Body Polish — 60 minutes*Smooth*

A gentle exfoliation for sensitive skin, using granulated pumice and camomile, refines and renews. A loofah mitt with camomile bath provides deep cleansing, and a camomile spray and lotion application complete the experience.

Healthy Revival Scrub and Massage — 90 minutes

Recovery

To begin this head-to-toe service, part of our Stay Active programme, organic ginger's healing properties work in tandem with mineral salts in an invigorating full-body exfoliation. This is followed by a therapeutic back, neck and shoulder massage with ginger oil and muscle-warming stones. Finally, enjoy a relaxing warm wrap while receiving a foot and pressure-point scalp massage.

Energising Detox — 90/120 minutes

Stimulating

At the beginning of this cleansing and skin-firming treatment, you'll receive a dry-brush exfoliation and a salt scrub with juniper essential oil, which will promote circulation. Then, a nutrient-rich marine-algae wrap provides an instant boost with intensive cleansing results. An invigorating body massage follows. For maximum detoxifying benefits, a stimulating seaweed bath is available, increasing the treatment time to two hours.

.....

Facial experiences

Advanced Age Correcting — 90 minutes

Skin renewal

Based on the latest in skin-care technology, this facial includes a 30% multi-acid exfoliation of the face, neck, décolleté and hands. Using vitamin C and skin-renewing essences, the customised treatment addresses and corrects your specific aging concerns, including hyperpigmentation, fine lines and uneven texture. Also includes a deep-cleansing massage to promote circulation, and a hydrating mask to leave skin looking vibrant.

Customised Deep Cleansing — 60 minutes

European style

Featuring skin-restoring antioxidants, this deep-cleansing facial — personalised to provide you with the most benefits — includes a professional skin analysis, a gentle ultrasonic exfoliation, a circulation-enhancing facial massage and a nourishing mask.

Ultra-Brightening Facial — 90 minutes

Luminescent skin

This results-oriented treatment, specifically designed to address hyperpigmentation and premature ageing, features an exfoliating, skin-brightening multi-acid peel for the face, neck, décolleté and hands; a circulation-promoting and deep-cleansing massage; and a unique illuminating mask.

Lifting facials

These facials use K-Lift Age Management System's next-generation technology to achieve significant results. This unique multi-phase approach combines red-LED exposure, advanced impulse micro-currents and a transdermal delivery system for a more youthful, smooth appearance.

Lift-and-Tone Facial — 60 minutes

Energising

Energise and transform skin with this high-performance treatment, which includes an exfoliating multi-acid peel for the face, neck and décolleté, and 40 minutes of treatment using the K-Lift system.

Ultra-Lift Facial — 90 minutes

Tighten and transform

For more intensive contouring, this facial features 60 minutes of treatment using the K-Lift system. The experience finishes with the application of our Biomarine Matrix Sheet, which allows minerals and vitamins to penetrate, revitalise and nourish the skin. Great for maturing skin.

A course of facials is recommended for maximum results. Please consult with our spa professionals for further guidance on selecting the course best suited to your requirements.

Facial enhancements

Express K-Lift machine treatments may be added to any facial (cannot be booked as stand-alone treatments):

Express Eyes

Express Lips

Express Lift

Express Skin Clarity

Ampoule Therapy

Infuse your skin with one of our intensive ampoule upgrades. Select one yourself or ask our expert aestheticians to select the one most suitable for your skin:

Vitamin C — an antioxidant formula that lightens the skin

Intensive Repair — improves skin texture and elasticity

Caviar Cell Vitale — provides a collagen-enhancing boost

Eye Rescue — smooths, hydrates, firms and brightens the eye area

Massage experiences

Relaxation Massage — 60/90 minutes

Light pressure

Tailored to your specific needs or preferences, this full-body Swedish-style massage, performed with gentle intensity, is designed to increase circulation, enhance lymphatic drainage, and promote relaxation and sleep.

Stress-Relief Massage — 60/90 minutes

Medium pressure

This medium-pressure massage is designed for the sole purpose of stress relief, and focuses on your main tension points — head, neck and shoulders — using a muscle-melting massage oil.



Stay Active Sports Massage — 60/90 minutes

Deep pressure

This deep-pressure massage, part of our Stay Active programme, is tailored to the areas of your body that require relief from tension or muscle and joint pain. Where there is swelling or inflammation, a cooling aid may be introduced; where there is stiffness or a combination of stiffness and inflammation, heat will be added. The massage features a unique warm Indonesian ginger-oil blend.

Stay Active Back Soother — 60 minutes

Lessens soreness

Part of our Stay Active programme, this treatment uses highly remineralising moor mud and infrared technology to relieve back soreness. Following the mud application, your back and neck are treated to a massage with Indonesian ginger oil, followed by infrared heat therapy and a luxurious foot massage.

Stone Massage — 60/90 minutes

Deep heat

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.

Maternity Massage — 60 minutes

Treat yourself

Designed with the safety of mother and child in mind, this pampering experience uses unscented oils or gentle lavender oils to relieve soreness and muscle tension.

Reflexology — 60/90 minutes

Ancient method

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.

Finishing-touch treatments

Transition seamlessly from daytime sophistication to night-time glamour with our range of essential beauty treatments – and enjoy the tranquillity of our ladies-only salon, which offers panoramic views of the Dubai Marina.

Hair-removal services

To keep you looking your very best, we are pleased to offer a full range of tea-tree waxing and threading services to remove unwanted hair.

Make-up services

Our salon proudly offers Jane Iredale Mineral Makeup, which is non-comedogenic, oil-free and recommended by plastic surgeons, dermatologists and skin-care professionals. Jane Iredale products provide UVB and UVA protection, contain pharmaceutical-grade vitamins and antioxidants, ensure fast and weightless coverage, and are ideal for sensitive skin. Let our skilled spa professionals create a beautiful look for you, or help you create your own.

Hair services

Our salon offers the full range of hair-care services, from the essential blow-dry to special-occasion updos. Using an assortment of conditioning treatments, our innovative stylists will leave your hair feeling fuller, glossier and healthier – and will leave you ready to face the world.

For full details about our finishing-touch treatments, please refer to our price list.

Manicure and pedicure experiences

Reviving Manicure — 45 minutes

Hydrate your hands

This manicure experience, designed to hydrate and beautify tired hands, uses our Willow Stream Reviving product line — a refreshing, uplifting aromatherapy blend of grapefruit, eucalyptus, patchouli and lemon. Hands are exfoliated and massaged, cuticles are treated and nails receive a polish application.

Reviving Pedicure — 45 minutes

For tired toes

Revive aching feet with a refreshing foot scrub and a cool massage, which will leave you feeling as though you are walking on air. An application of polish ensures that your feet are party-ready.

Ener-g Manicure — 60 minutes

Aromatic

This hand experience uses our Willow Stream Ener-g line — an exclusive blend of bergamot, rose geranium, clary sage and camomile. It includes a hand soak, a myrrh nail-oil application, a hand exfoliation, a hand and arm massage with hydrating and skin-conditioning body butter, and a moisture-sealing paraffin treatment.

Ener-g Pedicure — 60 minutes

Royal treatment

Featuring the signature Willow Stream Ener-g line — an exclusive blend of bergamot, rose geranium, clary sage and camomile — this experience is not only a beauty treatment for your feet, but an energising lift for the whole body. It includes a foot soak in sea salts and minerals, an exfoliation, a foot massage with hydrating body butter, and a nourishing paraffin treatment.

OPI Gelcolor Manicure or Pedicure — 45 minutes

Long-lasting

In this treatment, nails are shaped, cuticles are treated and a gel polish, lasting approximately two to four weeks, is applied to the nails.

Gel removal

Allow our nail technicians to remove your gel polish without causing damage to the nail bed. Includes a hydrating hand and nail massage.

Enhancing your spa experience

Spa arrival and etiquette

We recommend that you arrive 45 minutes before your first scheduled appointment. This gives you time to familiarise yourself with the facilities and relax before your treatments. Please note, all treatments end on time, regardless of start time. Please leave jewellery and other valuables in your room safe or the hotel safe.

Spa experience

Willow Stream Spa experiences last at least an hour. We want you to take the time you need to find your energy.

Spa environment

Willow Stream is an adult sanctuary. Guests must be 18 years or older. For your peace and privacy, cell phones and other electronic devices are not permitted. If you wish to receive messages during your time with us, please let our team know and we'll be happy to assist you.

Reservations

Please call +971 4 457 3545 or e-mail palm.willowstream@fairmont.com

To accommodate your preferences, advance reservations are recommended. To book your appointment, please call our knowledgeable Spa Experience Coordinators prior to your arrival at the hotel; they will be happy to help you select treatments that fulfil your personal requirements. Questions are, of course, welcome.

Cancellations

If you must reschedule or cancel any spa appointment, please notify the spa four hours in advance to avoid being charged for the service. Cancellation of a package requires 24 hours' notice. Missed appointments without proper notice are subject to a 100% charge for reserved services.

Hours of operation

Spa facility: 10:00 a.m.–10:00 p.m. daily

Fitness centre: 5:30 a.m.–11:00 p.m. daily

Spa appointments: 10:00 a.m.–10:00 p.m. daily

Health matters

Please inform us of any health conditions at the time of booking (e.g., high blood pressure, heart condition, allergies, pregnancy). Consumption of alcohol before, during or directly after spa treatments is not recommended. You will also be asked to complete a medical-history form upon arrival, so we can best customise your experience.

Spa attire

You will receive a robe and sandals to wear between treatments, as well as a locker for your personal belongings. Our therapists are highly trained in draping procedures to ensure your complete privacy; however, for your comfort, undergarments must be worn during treatments. Swimsuits are required in some areas of the spa.

Willow Stream Spa gift cards

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

Taxes and service charges

For your convenience, taxes and a 10% service charge will be included in your experiences and packages.

Gratuities

Additional gratuities for exceptional service can be added to your bill upon checkout.



WILLOW STREAM

A FAIRMONT SPA

Fairmont The Palm
Palm Jumeirah
P.O. Box 72413
Dubai, United Arab Emirates
TEL +971 4 457 3545
E-MAIL palm.willowstream@fairmont.com

willowstream.com
fairmont.com/palm



Fairmont Hotels & Resorts has been a WWF Climate Savers partner since 2009 and has committed to reducing its emissions by 20% below 2006 levels by 2013.