



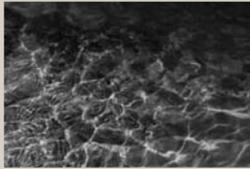
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# WILLOW STREAM

A FAIRMONT SPA

## Find your energy

MEN'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.

Our men's spa provides a club-style atmosphere in which discerning gentlemen can relax and recharge. Treatment facilities include a thermal suite with a large aroma steam room and sauna, a cooling ice fountain and several experience showers. You can also visit the private grooming suites, offering a range of treatments for the face, hands and feet — as well as the perfect shave. Or take advantage of our state-of-the-art fitness facilities and enjoy an invigorating workout. And be sure to unwind in our private hammam room, where our experts perform and perfect the art of the body scrub.

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.

### **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.

## Shaving experiences

Willow Stream Spa is the ultimate authority on men's grooming needs. Whether you're looking for total decadence or time is of the essence, let us cater to you in a tranquil urban environment.

### **Silver-Line Shave — 30 minutes**

*Smooth skin*

Following a thorough consultation, you'll receive a luxurious shave—the closest you've ever experienced.

### **Diamond-Edge Shave — 45 minutes**

*Anti-ageing*

In addition to our Silver-Line Shave, you'll be treated to the age-defying bonus of a black-diamond exfoliation and a bioactive-silt eye mask.

### **Designer Shave — 45 minutes**

*Best face forward*

Our master barber — the authority on shaving — will first consult with you regarding the best shapes and angles to enhance your facial features, then perform the shave with precision.

### **The Cadillac — 90 minutes**

*Polished*

Revitalise your appearance with this deluxe experience, which includes a Diamond-Edge Shave, a Master-Barber Cut and a luxurious Hand Grooming treatment.

## Men's grooming treatments

### **Master-Barber Cut — 45 minutes**

#### *Top of the line*

Our master barber has a fine eye for style — let him cut and style your hair traditionally, fashionably or a combination of both.

### **Eye Grooming — 15 minutes**

#### *Revive*

In this pampering eye treatment, brows are professionally trimmed and waxed, creating a subtle yet noticeable lift. Then, combat signs of ageing with an exfoliating eye mask, while simultaneously enjoying a HOMMAGE BlackBerry hand and arm massage.

### **Grooming Trio — 15 minutes**

#### *Clean up*

Complete your grooming with a professional trim and wax of your brows, ears and nose.

### **Hand Grooming — 45 minutes**

#### *Quick fix*

Designed for the busy executive, this treatment includes nail shaping and buffing, as well as a cuticle tidy-up.

### **Executive Hand Grooming — 60 minutes**

#### *The works*

This manicure for men features a deluxe diamond exfoliation, a skin-softening treatment, a HOMMAGE BlackBerry hand massage and a moisture-sealing paraffin treatment.

### **Foot Grooming — 45 minutes**

#### *The works*

Your feet will feel healthy and refreshed after this stimulating treatment, which includes an exfoliation, a nail and cuticle treatment, and a soothing massage.

### **Executive Foot Grooming — 60 minutes**

*The royal treatment*

Pamper your feet with this presidential pedicure, featuring a diamond exfoliation, a skin-softening treatment, a deep foot and leg massage, and a hydrating paraffin treatment.

### **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.

*Please refer to our price list for details.*

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## **Willow Stream Stay Active programme**

This programme, exclusive to Willow Stream Spa, offers relief from joint inflammation and recurring muscle aches and pains — whether the result of rounds of golf, work demands or ageing — helping you stay in the game.

### **Stay Active Sports Massage — 60/90 minutes**

*Deep pressure*

This deep-pressure massage 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*

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.

### **Healthy Revival Scrub and Massage — 90 minutes**

*Recovery*

To begin this head-to-toe service, 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.

## Hamмам 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 treatment, 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 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.

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## Body wraps, scrubs and baths

**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.



## Facial experiences

### **Deep-Cleansing Face Treatment — 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.

### **Diamond Face Sculpture — 60 minutes**

*Anti-ageing*

In this luxurious treatment, the face is double cleansed and exfoliated with micronised black diamonds, before an extraction is performed, giving you the clearest skin possible. A signature face, neck and scalp massage focuses on tension points, while lymphatic drainage promotes a more chiselled appearance. To complete the treatment, an absorbent bioactive-silt mask is applied, encouraging cellular regeneration and reducing the appearance of fine lines.

### **C-Suite Treatment — 90 minutes**

*For face and body*

The ultimate in skin and body maintenance, this all-inclusive treatment combines our renowned black-diamond exfoliation with a full-body exfoliation and lymphatic-drainage massage. Emerge with smooth, hydrated skin and a brightened complexion.

## 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 chest, 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.*

## 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.

*For deep-pressure massage options, see our Willow Stream Stay Active programme section.*

### **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.

### **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.

## 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 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](mailto: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). 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.



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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.