



the spa

AT FAIRMONT DUBAI



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

Experience the calming and balancing benefits of revitalising treatments combined with healing properties designed to boost your health. Our skilled therapists' will help you choose the best spa treatment designed to soothe, pamper, de-stress or invigorate the mind and body depending on your preference and requirements.

Create your own perfect spa moment by choosing or combining two distinct experiences, at the spa and health club. The dedicated spa has a luxurious Romanesque feel throughout, with separate male and female sections, which both feature an opulent Jacuzzi area with steam rooms, and a total of seven private treatment rooms and relaxation areas.

The health club offers memberships and state of the art Technogym® equipment, plus two swimming pools, sunrise and sunset that capture the sun throughout the day.

The Spa at Fairmont, Product Philosophy

The Spa at Fairmont places emphasis on many aspects when choosing spa products for each location of our spas around the world. With luxury in mind, each brand selected 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 to the brand. Our relationships with the product houses are important in ensuring we have premium spa products and training available for each and every encounter with our guests.

KERSTIN FLORIAN

Kerstin Florian is a luxury skincare company that focuses on results. The guiding philosophy of Outer Beauty, Inner Health inspires a sense of wellbeing through powerful plant, marine and technically-advanced ingredients as well as professionally designed spa services.

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.

REFINERY

Expert skincare combining aromatherapy expertise with the unique knowledge of specialised male grooming at The Refinery. Designed for any age, skin is soothed, calmed and protected from aggressive environmental stresses. Day to night needs are included – from shaving preparations to intensive treatments.

Fairmont Fitness

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 customised wellness areas and supply 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.

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

- Personal training
- Group and private yoga classes in our private studio
- 2 x outdoor swimming pool
- Wet areas, complete with steam room
- Relaxation areas
- Shower and locker area

PERSONAL TRAINING, NUTRITION & 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 programme, 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 instructor offers a variety of different yoga techniques, available in personal or group classes at our private studio.

Memberships

At Fairmont we understand the importance of exercise in our everyday life. Our fitness centres are built to ensure our guests have a comfortable space utilising the best in fitness equipment. Technogym provides spacious, customised wellness areas and supplies fitness facilities to suit all your needs. Catering to your own fitness level, ability or age our dedicated personal trainers are here to assist you with all your fitness goals.

Fairmont Dubai offers exclusive memberships, giving you access to a comprehensive spa and wellness facility. As a valued member you will enjoy the following benefits:

- 2 x 90 minute spa treatments per year
- Priority to all group classes - advance booking is required
- Use of facilities including fitness and wet areas
- 4 x 60 minute personal training sessions per year
- Valet parking whilst using the facilities
- Use of the outdoor pools
- Privileged pricing at some of our food and beverage outlets throughout the hotel

The fitness facilities are open daily from 6am - 11pm and are located on the 9th floor.

The outdoor pools are open daily from 7am - 10pm*.

*The opening hours are subject to the season and weather conditions.

Hydrotherapy Wellness Experiences

STEAM ROOM WELLNESS

Maintained at 42-45°C, the 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 85-110°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 your body is kept well hydrated afterwards.

JACUZZI

Maintained at a temperature of 38°C, this luxurious bespoke pool is equipped with air and water jet features, such as a hydro back bench, air tubs, body massage stations, stepped wall jets, and neck massage spouts in several sizes and shapes. Vitality pools help to increase circulation and alleviate joint pain.

OUTDOOR SWIMMING POOLS

Bathed in natural light, the 16-metre outdoor pools are the ideal spot for rest and relaxation. Two outdoor terrace pools; a sunrise pool, jacuzzi and a sunset pool with children's pool area.



Classic Facials For Her

LUXURY CAVIAR ANTI-AGING FACIAL

60 minutes / 90 minutes

A decadent, luxurious facial that firms, tones, refines and deeply hydrates the skin with protein rich Caviar and powerful antioxidants. Beautiful Caviar products infuse skin with age-defying nutrients to smooth fine lines and improve texture. 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, healthy and luminescent.

CORRECTING BRIGHTENING FACIAL

60 minutes / 90 minutes

This specific treatment delivers brightening and clarity for immediate luminosity. With this results-driven facial, the hands, face, neck and décolleté are treated to effective formulas that even out skin texture and tone. Using a powerful blend of skin-illuminating botanical and Acti-5 Brightening Complex, along with a multi-acid peel, a concentrated Vitamin C ampoule, and a unique cooling masque with luminous rice, skin appears lighter, brighter and more refined.

Classic Facials For Him

REFINERY FACIAL DEEP CLEANSING

60 minutes

When time is short and you need to look your best, this deep cleansing and brightening facial, will leave your skin looking clean and luminous. The results are a clear, clean and bright complexion, full of health and vitality.

Facial Enhancements*

- EYE OR LIP RESCUE
- AMPOULE THERAPY

*Facial enhancements are optional add-ons for a facial treatment, which can be purchased for an additional fee and are not available for single purchase.

Body Treatments

LAVENDER DREAMS

90 minutes

Experience the calming and balancing benefits of Lavender Dreams. Earthy 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 and concluded with a foot and pressure point scalp massage.

IMMUNE RECOVERY

90 minutes

Benefit from the natural anti-bacterial powers of eucalyptus, tea-tree and pine to maintain healthy breathing, perfect for an avid traveller. Clear your head as this upper body treatment focuses on back, chest, neck, shoulders and face using inhalation and pressure point massage to open up airways and maximise effective breathing to support the immune system.

ROSE HYDRATOR

60 minutes

Precious essential oil of damask rose works on renewing the skin whilst the aroma soothes the emotions and nurtures the heart. The treatment begins with a gentle olive grain exfoliation and then the body is layered in a hydrating and regenerating rose gel. A moisturising and softening combination of evening primrose oil and shea butter is smoothed on before being left to penetrate with the body's own heat under a wrap. An Ayurvedic scalp massage works simultaneously on the physical, mental and emotional aspects.

Body Massages

FAIRMONT DUBAI SIGNATURE MASSAGE

90 minutes

This treatment focuses on aligning the body's inner strength to help restore a sense of balance and harmony. Experience a diagnostic pressure point foot massage targeting specific reflex areas on the feet, followed by a relaxing heated stones massage and Aromatherapy Associates Inner Strength oil, which combines a unique blend of rose, clary sage, frankincense and cardamom essential oils, inspiring healthy circulation and elimination of toxins. Finish off with a head and scalp massage that will leave you revived and invigorated.

TRADITIONAL HOT STONE MASSAGE

60 minutes / 90 minutes

This full body massage helps relax the muscles, stimulates and improves healthy circulation. Nourishing essential oils and warm volcanic stones are placed on various key points during the massage to encourage healing.

DUBAI MUSCLE MELT

60 minutes / 90 minutes

Using Aromatherapy Associates De-stress Muscle Oil, this deep tissue massage uses rosemary, black pepper and ginger, deeply absorbed into the muscles to relieve the stress and strain or rid of knots and muscular aches.

AROMATHERAPY RELAXATION MASSAGE

60 minutes / 90 minutes

This gentle intensity massage combines the power of Aromatherapy oils (choose from a selected collection) to suit your mood and is designed to increase circulation and promote relaxation, using long, smooth strokes to relax the muscles and stimulate the lymphatic and circulatory system.

ORIENTAL FOOT REVIVER

60 minutes

Experience holistic revitalisation as 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.

Traditional Thai Massage

THAI MASSAGE

75 minutes / 90 minutes

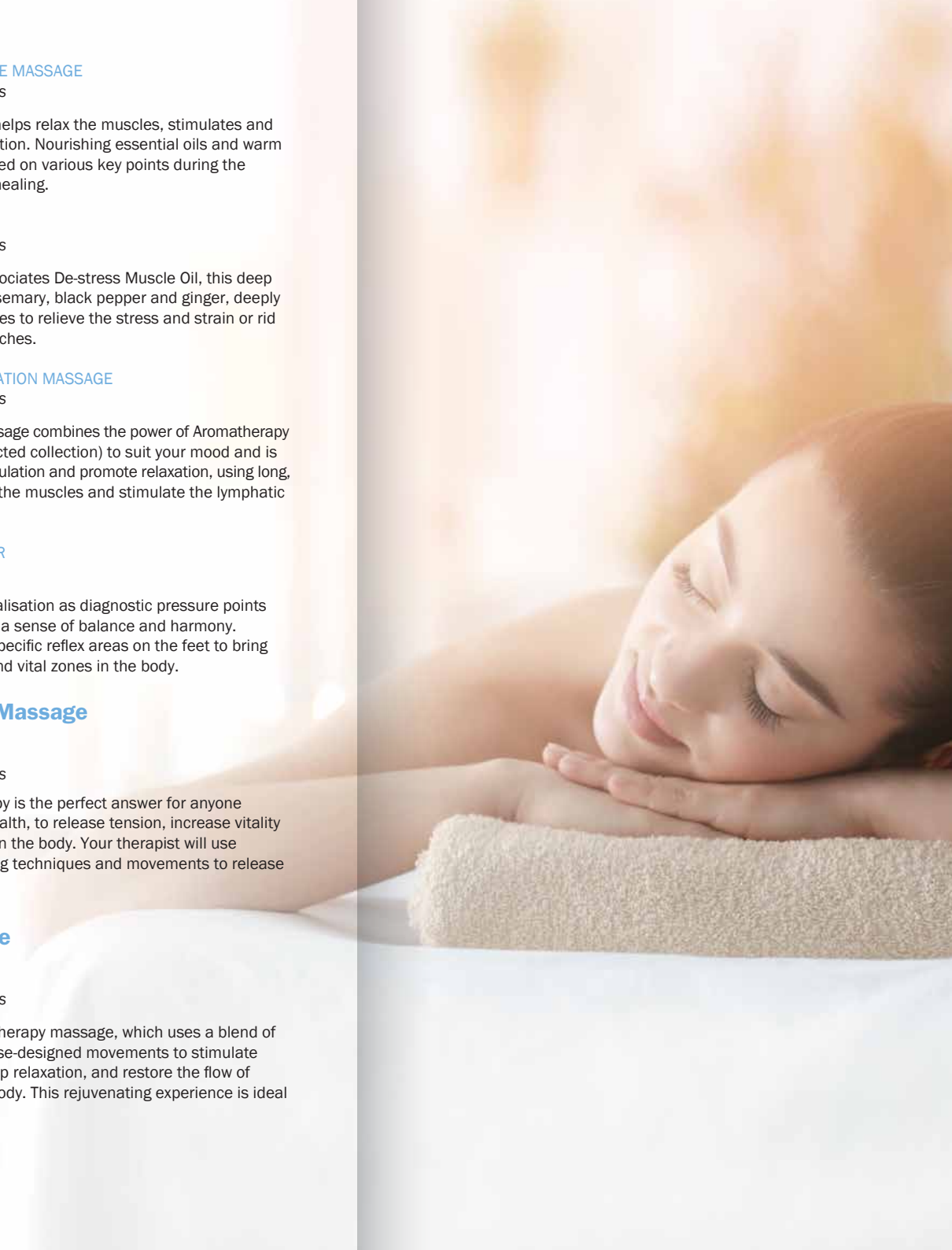
This centuries-old therapy is the perfect answer for anyone searching for optimal health, to release tension, increase vitality and flexibility, and realign the body. Your therapist will use traditional Thai stretching techniques and movements to release tightness and flexibility.

Couples Massage

TREASURED TIME

60 minutes / 90 minutes

Enjoy 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 rejuvenating experience is ideal for togetherness time.



Mother-to-be Treatments

MOTHER-TO-BE MASSAGE

60 minutes / 90 minutes

Feel nurtured and supported in a time of constant change. Choose from a selection of three oils each safely formulated to be used during pregnancy to nourish and care for your expanding skin. Using the traditional aromatherapy pressure point massage for the upper back and paying particular attention to tight shoulders, this massage helps to relieve stress and tension. The legs are massaged to ease the heavy feeling that can come with pregnancy and a full scalp and facial massage, with treatment oil chosen specifically for your skin type, completes this top to toe treatment.

MOTHER-TO-BE NOURISHING TREATMENT

60 minutes

Take a moment to nourish your body and soul with a deeply comforting, restorative treatment. Precious essential oil of damask rose enhances the loving emotions in mothers-to-be while contributing its skin cell renewing properties to expanding skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to deeply penetrate with the body's own heat. The essential oils work simultaneously on the physical, mental and emotional aspects of wellbeing.

THE ULTIMATE INDULGENCE FOR A MOTHER-TO-BE

120 minutes

Give yourself a moment to appreciate the joy of pregnancy and leave the stresses of life behind you with this ultimate pampering package. You will be delighted with this luxurious treatment, which combines the mother-to-be massage with the skin nourisher, using essential oil of damask rose to deeply nourish the skin, aiding the prevention of stretch marks and soothing fluid retention.

Spa Essential Day Packages

Our experienced coordinators would be happy to recommend any 120, 180 or 300 minutes spa packages suited towards your specific needs. These can include anything from the menu above and also include a healthy snack or lunch.

THE TIME ZONE

120 minutes

Perfect for the busy executive who has come off a long flight and wishes to de-stress. Start with a de-stress muscle melt massage and finish with an express facial to cleanse, hydrate and balance dry skin.

URBAN ESSENTIALS

150 minutes

This de-stressing package begins with a 90-minute Lavender Dreams treatment which includes a double exfoliation, hydrating cream application and ends with a Traditional Hot Stone Massage on the back. This wonderful experience is followed by a 60-minute facial, tailored to your skin type.

Additional Time

For those who wish to upgrade any of our present treatment list with additional time and services or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs ensuring complete relaxation and rejuvenation. Choose from a variety of 30-minute mini treatments including:

- Indian Head Massage
- Body Scrub
- Express Facial for Her or Him
- Head, Neck and Shoulder Massage
- Foot Massage

Spa Etiquette

SPA ENVIRONMENT

The Spa at Fairmont Dubai 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 like 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 30-minute 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 reception on +971 4 311 8800.

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. We ask that you please leave jewellery and valuables in your hotel room or the safe provided for you.

MAKING SPA APPOINTMENTS

Tel: +971 4 311 8800

Email: spadubai@fairmont.com

The Spa is located on the 9th floor of Fairmont Dubai.

Advance reservations are recommended to ensure availability.

FEES AND SERVICE CHARGE

All prices are in Dirhams and include 7% municipality fees, 10% service charge and 5% VAT.

CANCELLATION POLICY

If you wish to re-schedule or cancel any spa appointments or packages, please notify the spa 4 hours in advance. Missed appointments without proper notices are subject to 100% charge for reserved services. The same applies for no shows.

HOURS OF OPERATION

Spa Treatments: 9am - 10pm

Fitness Centre: 6am - 11pm

Outdoor Pool: 7am - 10pm*

*The opening hours are subject to the season and weather conditions.



FOR SPA RESERVATIONS

*Please call +971 4 311 8800
or e-mail spadubai@fairmont.com*

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