

# Summer 2021: Spectacular UAE Spa Days for the ultimate summer glow up

**fact.**

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**From Gold Quartz Healing Therapy to Psammo Therapy, the summer of spa is upon us...**

## **Abu Dhabi**

### **Al Wathba, A Luxury Collection Desert Resort & Spa – Desert Harmony**

Hotel residents and day guests can enjoy the ultimate daycation getaway at this desert retreat outside Abu Dhabi. Slow down and pamper your body and soul with an invigorating massage at Saray Spa, followed by a decadent culinary feast for either lunch or dinner. The meal can be taken

whilst watching the roaming horses at the Italian restaurant Terra Secca or relaxing on one of the [sunbeds](https://factmagazines.com) or private cabanas at Panache Pool Bar. AED 840 for adults and AED 220 for children.

GO: [Email reservations.alwathba@luxurycollection.com](mailto:Reservations.Alwathba@luxurycollection.com)

(<mailto:Reservations.Alwathba@luxurycollection.com>) or call (0)2 204 4444 (tel:022044444) for reservations and more information.



## **EDITION Spa at The Abu Dhabi EDITION – Golden Treatments**

With proven anti-inflammatory properties, gold is known to nourish and heal the skin. The Golden Body Treatment at EDITION (<https://factmagazines.com/hotel-review/hotel-hotspot-the-abu-dhabi-edition>) Spa includes an invigorating exfoliation with a golden sugar scrub and a soothing massage with fragrant oil enriched gold particles to leave the body soothed, hydrated and radiant. AED 475. If it's a gold facial you'd prefer, The KNESKO Gold Facial includes a choice of 30-minute KNESKO Nano Gold Repair or KNESKO Diamond Radiance mask and nourishing hand treatment. With an array of benefits, including repairing, firming, age-defying, lifting, hydrating and calming, this treatment promises a rejuvenated glow (AED 500). Available daily, from 10am to 10pm.

GO: Visit [www.editionhotels.com](https://www.editionhotels.com) (<https://www.editionhotels.com/abu-dhabi/>) or call (0)2 208 0000 ([tel:022080000](https://factmagazines.com)) for reservations and more information.



## **Emirates Palace Spa at Emirates Palace – Signature IV Nutrient Therapy with The Elixir Clinic**

Emirates Palace Spa has teamed up with The Elixir Clinic to offer guests tailor-made IV infusions designed to replenish, reinvigorate, and restore wellbeing from the inside out. In addition to The Elixir Clinic's signature IV infusions, an exclusive Emirates Palace VitaDrip has been carefully formulated with essential vitamins, minerals, amino acids and antioxidants to enhance energy levels, strengthen immunity, rehydrate the body while promoting detox, anti-ageing and overall wellbeing. Embark on a journey of inner vitality and outer radiance within the serenity of the Emirates Palace Spa or in the comfort of the guest room. AED 2,750.

GO: Visit [mandarinoriental.com](https://www.mandarinoriental.com) (<https://www.mandarinoriental.com/abu-dhabi/emirates-palace/luxury-hotel>) for bookings and more information.



## **Iridium Spa at The St. Regis Saadiyat Island Resort – Detox and Relax Treatment**

The two-hour Detox and Relax treatment provides a relaxing, full-body experience. Under the expert care of Iridium Spa's expert therapists, you'll be taken through a rejuvenating journey. The treatment includes Iridium's Spa's ultra-luxurious traditional hammam, which uses aromatic Gold Body Soap and Gold Body Mud to cleanse and smooth the skin before the pampering concludes with a full-body massage. AED 980 per person.

*GO: Email [iridium.saadiyat@stregis.com](mailto:iridium.saadiyat@stregis.com) (mailto:iridium.Saadiyat@stregis.com) or call (0)2 498 8996 (tel:024988996) for bookings and more information.*



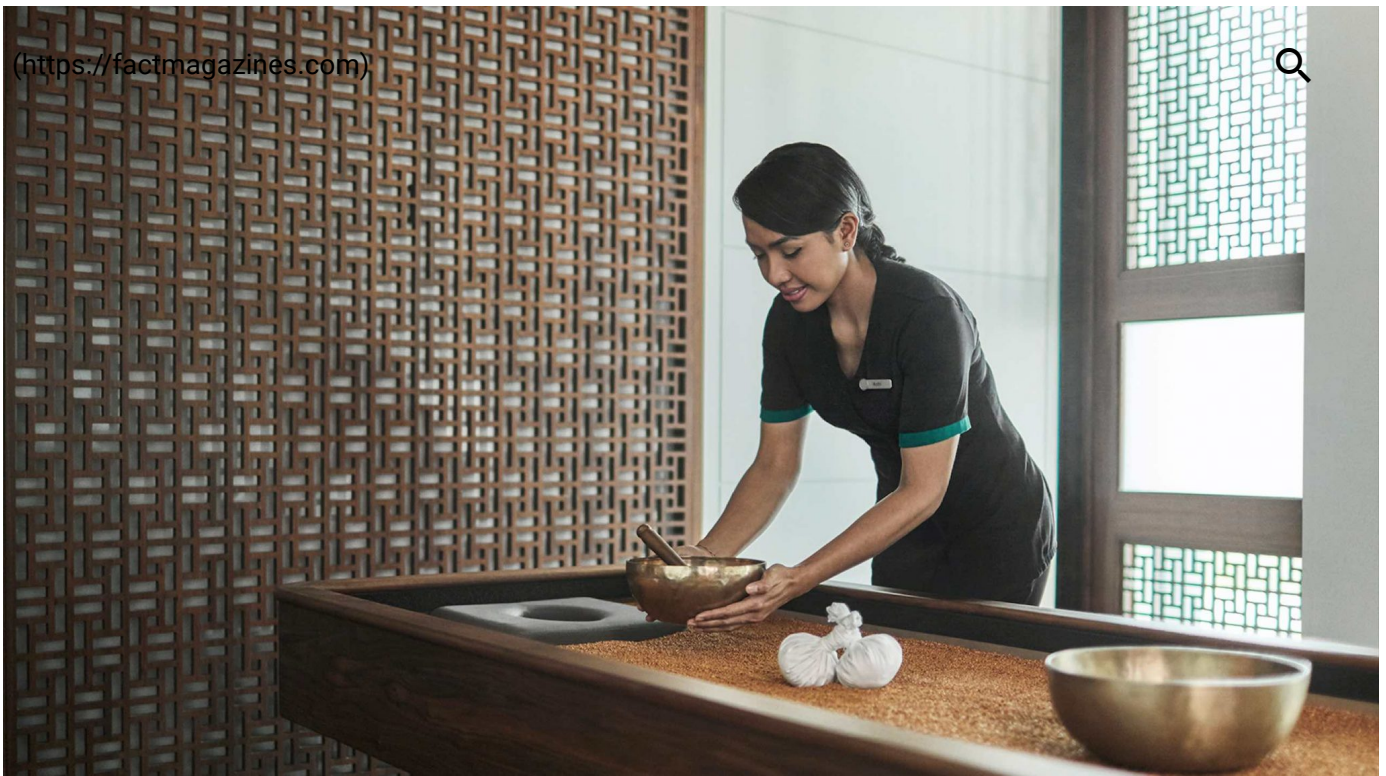
## **The Pearl Spa at Four Seasons Hotel Abu Dhabi at Al Maryah Island – Gold Quartz Healing Therapy**

The UAE's capital city has long been a city of dreamers developing a vibrant creative hub from the sands of the Arabian Peninsula. With this in mind, the luxury five-star hotel has crafted a modern sanctuary inspired by local traditions of peace. The theme of tranquillity extends to The Pearl Spa & Wellness with its restorative Gold Quartz Healing Therapy. Based on the ancient Greek concept of psammo therapy, a table of alpha-quartz sand is warmed to your desired temperature to help alleviate pain and tension and can be added to any massage, creating a cocoon of sensory wellness.

*GO: Email [reservations.abudhabi@fourseasons.com](mailto:reservations.abudhabi@fourseasons.com)*

*(<mailto:reservations.abudhabi@fourseasons.com>) or call (0)2 333 2222 (tel:023332222) for bookings and more information.*

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## Dubai

### **The Spa at Address Sky View – Spa and lunch at CÉ LA VI Dubai**

Relax in The Spa inside the Address Sky View and choose from three different massages: stress-relieving, detoxifying or muscle release. Fresh from your massage, treat yourself to a manicure before enjoying a three-course lunch with a view at CÉ LA VI (<https://factmagazines.com/food/culinary-spotlight-ce-la-vie>). Dishes on the menu include the popular Burrata Salad, Black Truffle Sushi Rice Risotto and Dark Chocolate Fondant. Available Sunday to Thursday. AED 530 per person.

*GO: Email [spa.adsvh@addresshotels.com](mailto:spa.adsvh@addresshotels.com) (mailto:spa.adsvh@addresshotels.com) or call (0)4 873 8882 (tel:048738882) for reservations and more information.*



## **Amara Spa at Park Hyatt Dhaba – Psammo Therapy**

Amara Spa at Park Hyatt Dubai (<https://factmagazines.com/dubai/01-2021-staycation-spotlight-park-hyatt-dubai>) is a majestic haven of escapism, with its white-washed walls and cascading bougainvillea leading to the blue and white tiled entrance where pure relaxation awaits. Psammo Therapy, otherwise known as hot sand therapy, was initially used in Ancient Egypt to treat ailments such as scoliosis and inflammatory diseases. Today, thermal therapy is used in wellness and spa resorts to provide mental and physical relaxation. Experience a unique and luxurious touch therapy with Golden Quartz Delight. This unique treatment of being immersed in warm quartz sand is accompanied by inversion and Tibetan singing bowls sound therapy. AED 1,900 per couple (90-minutes).

*GO: Call (0)4 602 1660 (tel:046021660) for bookings and more information.*



## **Armani/SPA at Armani Hotel Dubai – Swim, Sip & Spa**

Ease into the Dubai summer with a spot of weekday self-care at Armani/SPA (<https://factmagazines.com/spa-wellness/spa-review-armani-spa-at-armani-hotel-dubai>). Enjoy a cooling swim in the landscaped pool at the foot of the Burj Khalifa before sipping on a refreshing juice and enjoying a summer bento selection. Then it's time to relax, purify and de-stress with a classic 50-minute massage, facial, wrap or scrub. AED 650 per person.

*GO: Email [armanispa.dubai@armanihotels.com](mailto:armanispa.dubai@armanihotels.com) (mailto:armanispa.dubai@armanihotels.com) or call (0)4 888 3282 (tel:048883282) for bookings and more information.*

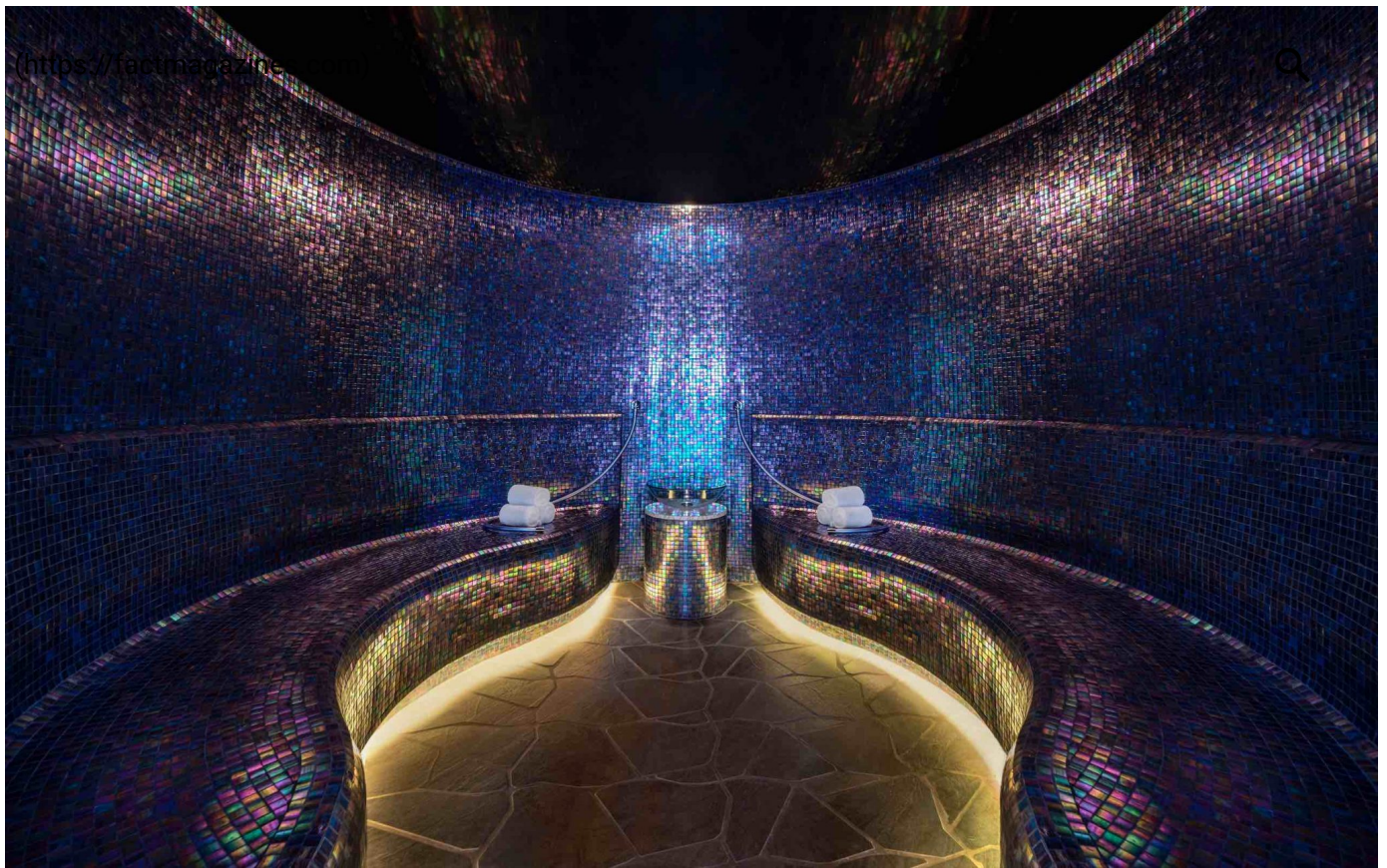




## **AWAY Spa at W Dubai – The Palm – 2 For 1 Summer Spa**

Get ready to hit escape with an exclusive 2 for 1 summer spa offer across all massages at AWAY Spa. Experience a summertime rendezvous at W Dubai – The Palm’s unconventional spa with 2 for 1 on all 30, 60 and 90-minute massages this summer. Offering a glow-up better than any Instagram filter, AWAY Spa (<https://factmagazines.com/spa-wellness/spa-review-away-spa-w-dubai-the-palm>) has transformed the traditional spa experience, offering glam sessions, relaxing massages, and rejuvenating treatments, all within a unique social space with a seriously playful vibe. Available until 15 September 2021.

*GO: Email [w.dxbtp.spa@whotelsworldwide.com](mailto:w.dxbtp.spa@whotelsworldwide.com) (mailto:w.dxbtp.spa@whotelsworldwide.com) or call (0)4 245 5533 (tel:042455533) or email for bookings and more information.*



## **REFIVE Spa at FIVE Palm Jumeirah Hotel – Spa, Lunch & Beach**

Spend the day pampering yourself at REFIVE Spa and Beach By FIVE. Enjoy complimentary beach access and recharge with a 45-minute massage or facial to get your glow. Pre or post-treatment, you can tuck into a delicious lunch in one of FIVE's signature restaurants, including Italian at Cinque, Mediterranean tapas at Beach by FIVE or International classics at BLVD on One. AED 399 per person.

*GO: Call (0)4 455 9999 (tel:044559999) for reservations and more information.*



## **Guerlain Spa at One&Only The Palm – Imperial Relaxing Massage**

The only Guerlain Spa in the United Arab Emirates, Guerlain Spa at One&Only The Palm is accessed through a courtyard inspired by the architecture of Andalusia’s Moorish palaces, creating a feeling of calm sanctuary. This summer, enjoy a 60-minute Imperial Relaxing Massage, entrance to the adults-only pool and beach and the choice of either a three-course light lunch at ZEST restaurant or an elegant afternoon tea at the Lobby Lounge. Available daily. AED 995 per person.

*GO: Call (0)4 440 1040 (tel:044401040) for bookings and more information.*

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## **PAUSE Spa by Château Berger at Paramount Hotel Dubai – Summer Preparation Package**

The soothing all-white haven utilises calming patterns and neutral tones along the walls, inviting guests into a sanctuary of serenity and stillness. The spa (<https://factmagazines.com/spa-wellness/spa-review-pause-spa-chateau-berger>) menu includes various treatments, including deep tissue massages, body scrubs, hammams and glowing facials. To celebrate the opening, Paramount Hotel Dubai has launched some tempting offers. Indulge in a special Summer Preparation Package, including a 90-minute full-body Himalayan Salt Scrub and full body massage for AED 499. With therapists trained according to the rituals and celebrated skill of Château Berger signatures, the PAUSE Spa experience emphasises serenity and renewal.

*GO: Email [pausespa@paramounthotelsdubai.com](mailto:pausespa@paramounthotelsdubai.com) or call (0)4 246 6750 (tel:042466750) for reservations and more information.*



## **Raffles Spa at Raffles Dubai**

Inviting spa-goers to relax during the week, Raffles Dubai offers a Spa-cation experience. When booking a 60-minute body massage of your choice, you can also indulge in a healthy breakfast or lunch with a curated Bento Box while relaxing at the swimming pool all day. Available Sunday to Thursday, from 10am to 9pm. AED 500 per person.

*GO: Email [spa.dubai@raffles.com](mailto:spa.dubai@raffles.com) (mailto:spa.dubai@raffles.com) or call (0)4 314 9869 (tel:043149869) for reservations and more information.*

## **Six Senses Spa at Renaissance Downtown Hotel, Dubai – Damaskan Rose Wrap**

The Six Senses Spa at Renaissance Downtown, Dubai, invites you to balance your senses and achieve calm at their first-of-its-kind treatment suites, each dedicated to a different sense – sight, sound, touch, taste, smell, and intuition. The luxury spa in the heart of Downtown Dubai offers several signature wellness treatments, such as the 60-minute Damaskan Rose Wrap, an anti-ageing ritual using royal jelly and honey peel with ground apricot stones to exfoliate the skin,

followed by a rose petals body wrap to rehydrate, soothe and regenerate. While being cocooned  
(<https://factmagazines.com>)  
in the wrap, a scalp massage provides additional relaxation and the treatment concludes with the  
application of Dr. Burgener Active Anti-Aging Concentrate. AED 620.

*GO: Call (0)4 512 5566 (tel:045125566) for reservations and more information.*

**Sofitel SPA with L'Occitane at Sofitel Dubai The Obelisk – Therapeutic Spa Experience**

Explore intense pampering throughout this summer months, immersing yourself in a therapeutic  
(<https://factmagazines.com>)  
Spa experience designed to leave you nourished and completely revitalised. Enjoy a 30%  
discount on any 50 to 80-minute treatments. Offer applicable till 31st September 2021.

*GO: Call (0)4 281 4030 (tel:042814030) for reservations and more information.*

**Swissôtel Spa at Swissôtel Al Ghurair**



Enjoy a variety of relaxing treatments from Anne Semonin that use a unique combination of <sup>(<https://factmagazines.com>)</sup> essential oils and entirely vegn natural ingredients. The much recommended 150-minute Anne Semonin Ultimate Indulgence Package pairs a 60-minute Vital Detox Massage, a 60-minute Made-to-Measure Collection Facial and a 30-minute Nude Body Scrub for AED 1000. Spoil yourself further by enjoying a special 50% off on all treatments, running from now till the end of summer.

*GO: Email [reservations.alghurair@swissotel.com](mailto:reservations.alghurair@swissotel.com)*

*(<mailto:reservations.alghurair@swissotel.com>) or call (0)4 293 3183 (tel:042932183) for reservations and more information.*

## **The M Spa at Grand Plaza Mövenpick Media City – Performance Facials**

(<https://factmagazines.com>)



Select any 60 or 90-minute performance facials and be pampered with a complimentary 60-minute Balinese Bliss or Deep tissue massage. The M Spa's modern-day alchemists will work their magic using the latest techniques and ingredients to brighten, firm, plump, balance and hydrate your skin. AED 525 per person.

*GO: Email [hotel.grandplaza.spa@movenpick.com](mailto:hotel.grandplaza.spa@movenpick.com)*

*(<mailto:hotel.grandplaza.spa@movenpick.com>) or call (0)54 525 7720 (tel:0545257720) for reservations and more information.*

## **The Ritz-Carlton Spa at The Ritz-Carlton DIFC – Fit-Well Package**

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The treatment begins with a consultation which will help the masseuse identify the most suitable treatments for you. After the consultation, you'll have access to the newly renovated state-of-the-art fitness centre, where you can burn off some steam before your treatment. After a workout, enter an oasis of relaxation and experience a bespoke treatment that integrates restorative traditions from around the world with rituals native to the Middle East. The full-body experience includes four treatments that focus on touchpoints from head to toe. The treatment consists of the pink Himalayan salt foot ritual, a choice between a 30-minute body scrub or body wrap, a 60-minute full-body massage, and a 30-minute express facial, each tailored to ensure every guest leaves the spa feeling refreshed. The package also includes the use of the indoor swimming pool, sauna and steam facilities. AED 850 per person.

*GO: Email [difcspa@ritzcarlton.com](mailto:difcspa@ritzcarlton.com) (mailto:difcspa@ritzcarlton.com) or call (0)4 372 2777 (tel:043722777) for reservations and more information.*

## **The Ritz-Carlton Spa at The Ritz-Carlton Dubai, JBR – Soul to Sole Treatment**

Blending the best of both world's – where a Middle Eastern city meets the tranquillity of the sea – the exclusive Soul to Sole 60-minute treatment begins with a foot scrub using sea salt scrub and desert sand. This is followed by a relaxing foot massage, after which the therapist will move directly to your shoulders to deliver a tension-melting shoulder and facial massage. The treatment ends with a soothing scalp massage using warm coconut oil. AED 580 per person.

GO: Email [spa.dubai@ritzcarlton.com](mailto:spa.dubai@ritzcarlton.com) (mailto:spa.dubai@ritzcarlton.com) or call (0)4 318 6520  
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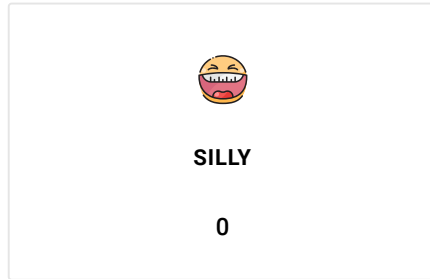
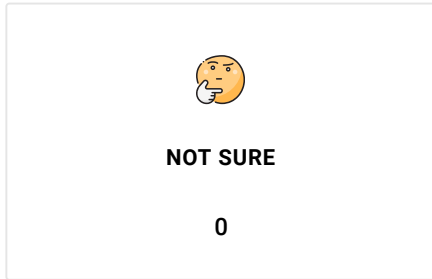
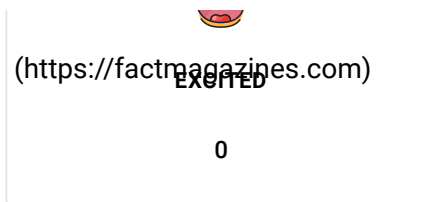
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







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