



Spa & wellness



ANANTARA

SPA



Rejuvenate with blissful serenity amidst the city bustle

Slow things down away from the pulsing heartbeat of Dubai. Nestled amid the cityscape you will find Anantara Spa, where the finest therapeutic treatments are ready to ease away the strains of the day.

Ancient and modern, Asian and Arabian, refresh with tailored therapies that restore mind, body, and soul at our luxury spa in Dubai. Unwind with a signature Anantara massage, or a wellness journey that revives your spirit.

Thai wellness rituals

Born in Thailand, the essence of Thai wellness spa treatments combines the art of healing touch with mindful techniques to restore balance, vitality, and relaxation. Our treatments create a holistic journey that nurtures well-being and promotes a renewed sense of harmony.

TRADITIONAL THAI MASSAGE – 60/90 mins

Discover the art of Traditional Thai Massage, a centuries-old practice that uses rhythmic pressure, deep stretches, and mindful techniques to realign the body and free energy flow. Ideal for easing muscle tension, improving circulation, and restoring inner balance, this treatment leaves you both relaxed and re-energized.

LUKPRAKOB HERBAL COMPRESS MASSAGE – 90 mins

An ancient Thai healing ritual using warm herbal compresses, steamed to release their natural aromas and therapeutic properties. The compresses are gently pressed and rolled over the body to relieve muscular tension, improve circulation, and ease joint pain. This deeply soothing therapy combines the benefits of heat, herbs, and massage techniques to promote relaxation, restore energy flow, and leave the body balanced and renewed.

NUAD TAO – 60 mins

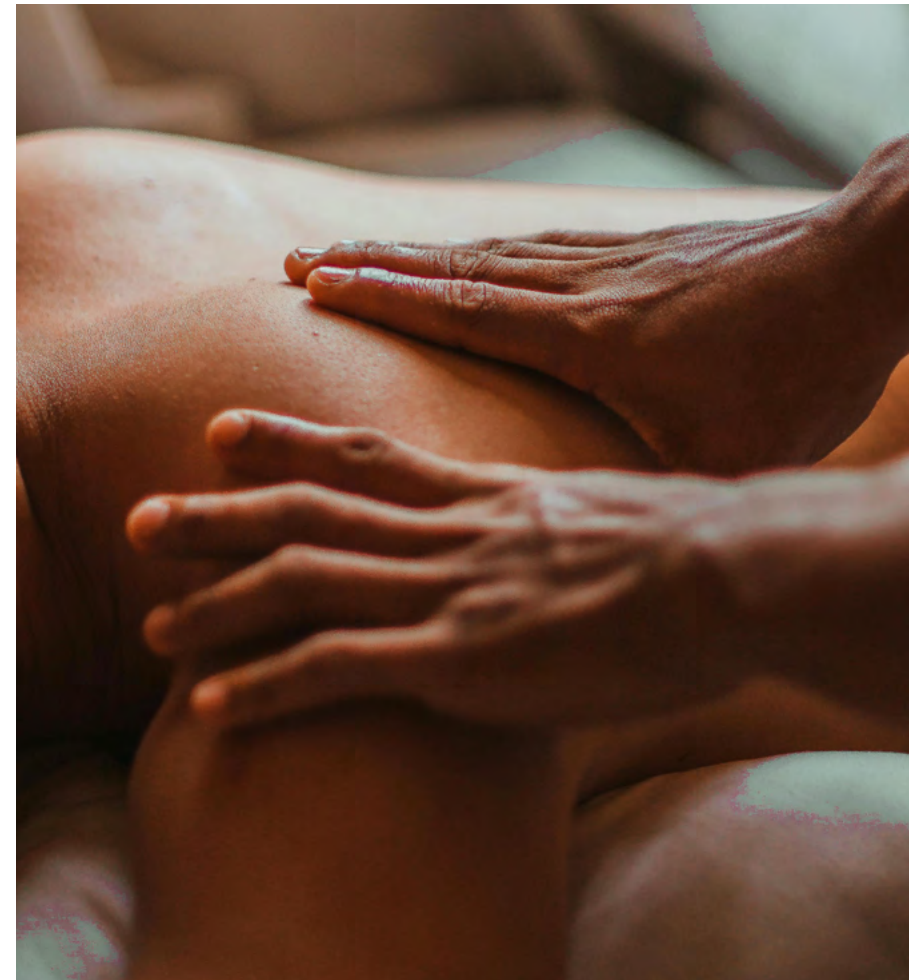
A therapeutic foot treatment rooted in ancient Thai healing traditions, Thai Reflexology focuses on stimulating reflex points on the feet that correspond to organs and systems in the body. Using thumb and hand techniques, this massage helps release tension, improve circulation, and restore the body's natural balance, promoting overall wellness from the ground up.



Ayurvedic wellness rituals

Ayurveda is an ancient holistic healing philosophy developed in India 5,000 years ago that guides and inspires us in the art of living a healthier and more balanced lifestyle. It recognizes that we are each unique and focuses on nutrition, lifestyle, massage, yoga, and herbal remedies to suit individual.

Ayurvedic treatment offers rejuvenating and relaxing experiences using specially selected therapeutic Ayurvedic oils to create natural balance, alleviate muscle fatigue and tension, improve circulation, calm the mind and uplift the spirit.



ABHYANGA MASSAGE - 60/90 minutes

Abhyanga means “to anoint”. Using specific warm herbal oils for the head and body according to the body type, this is a relaxing massage with long strokes that stimulates Ayurvedic sites to achieve overall health and balance.

SHIRODHARA - 90 minutes

“Shiro” (head) and “Dhara” (flow) come together in Shirodhara by applying a continuous stream of warm oil to the forehead. This therapy coordinates and calms mind, body, and spirit, enhances circulation to the brain, improves memory, nourishes hair and scalp, while releasing stress and tension.

Magnesium wellness treatments by “of the island”

Magnesium is one of the seven macro minerals, best absorbed through the skin that is responsible for us to function normally, including regulation of over hundreds of enzymatic reactions and biochemical activities.

Magnesium contributes to build strong bones, maintaining normal cardiac rhythm, supporting nerve and muscle function, promoting energy level, and aiding healthy immune system.

We use high grade quality and purest Zechstein magnesium formulations to elevate holistically your wellbeing through bridging together health, beauty, and wellness.



ESCAPE TO SALT ISLAND - 45 minutes

Multi-functional and multi-sensory magnesium exfoliation will remove dead cells for revealing a new brighter skin. Detoxifying and extremely rejuvenating for your whole body.

COFFEE LOVERS SCRUB - 45 minutes

An ultimate body exfoliation that helps you to remove the dead cells and reduce the appearance of cellulite by breaking the fatty deposits that is form beneath the skin.

LIMITLESS – DEEP RELAXING MASSAGE – 60/90 minutes

This deep aromatherapy massage, reinforced by magnesium healing properties is designed to relieve muscle fatigue, improve sleep, detox, and promote sensation of overall wellbeing.

RISE OF ONYX - DEEP-TISSUE BODY MASSAGE – 60/90 minutes

Excessive physical activities can cause deep muscular fatigue and low energy level, our magnesium fitness massage and stretching will melt stiffness and tension, enjoy it after physical activities to help the speedy recovery and strained muscles. It will be accompanied by divine deeply relaxing magnesium scalp massage to promote healthy scalp function, stop hair from thinning and falling, and stimulate the new hair growth.

JET LAG RECOVERY – 60 minutes

A revitalizing treatment designed to reboot your body and mind after long-haul travel. Using Zechstein Magnesium Gel, this therapy targets muscle tension, inflammation, dehydration, and travel stress. Through a combination of gentle, flowing massage techniques and warm compresses, circulation is restored, fatigue is relieved, and your body is rebalanced. You will leave feeling light, refreshed, and clear-headed, ready to embrace your journey with energy and vitality.

SWEPT AWAY – DETOX TREATMENT - 90 minutes

An anti-cellulite treatment is a deep pressure body scrub that helps to reduce the appearance of cellulite by breaking up fatty deposits that forms beneath the skin using ‘Of the Island Morning Coffee Scrub’ followed by ‘Of the Island Top Shape gel’ as a body wrap to stimulate blood and oxygen flow. The treatment further helps in reducing the formation and appearance of cellulite and allows you to flush out the body toxin through Lymphatic System.



Anantara signature experience

URBAN GETAWAY – 120 minutes

This treatment is perfectly curated to deeply exfoliate your skin, nourish your complexion with a bespoke facial and relax your body with a customized massage journey to relieve unwanted stress and pains.

TRIP TO MONTALCINO – 120 minutes

Instantly unwind and regenerate your skin with a warm volcanic rhyolite body scrub., followed by a surge of hydration and detoxification of a thermal waters, cocoon, and a deep relaxing full body massage.



Indegenious spa journey

ARABIAN OUD RITUAL – 60 minutes

A full-body massage using a blend of oud wood, frankincense, and myrrh oils – all sacred ingredients of Arabia. Long flowing strokes with gentle stretches mirror the rhythm of desert winds, designed to release deep tension while soothing the nervous system.



Couple's quality time

COUPLE CITY ESCAPE – 120 minutes

A complete body indulgence, providing you a personalized fully body massage followed by facial to rejuvenate your skin with our power packed skin care products.

JUST TWO OF US – 120 minutes

The ultimate treatment to relax, enjoy a deep exfoliation, the heat of the steam and a body wrap and induce with a state of meditation with a personalised full body massage.

Massages

Massage therapy is manual manipulation of soft body tissues (muscle, connective tissue, tendons, and ligaments) to enhance a person's health and well-being.

ANANTARA SIGNATURE MASSAGE - 60/90 minutes

Our Signature blend of oils, combined with purpose-designed movements, stimulates the circulation, and promotes deep relaxation, whilst restoring the flow of energy, or prana, along the meridian lines.

MOTHER TO BE MASSAGE - 90 minutes

These thoroughly researched and carefully formulated treatments have been designed to nurture and support a woman through the rich experience of each trimester. An intuitive and relaxing massage hydrates skin that expanding to accommodate a growing baby.

HOT STONE MASSAGE - 90 minutes

Balinese stones bathed in the Aromatic Body oil are worked deep into the muscles, getting into areas of tension. The result is sparkling vitality with the bonus of intensely hydrated skin.

BACK, NECK & SHOULDER MASSAGE - 30 minutes

Unwind with a massage that combines rhythmic pressure and a blend of oils to alleviate tensions and stress and provide immediate relief and relaxation.

FOOT & ANKLE MASSAGE - 30 minutes

Helps relieve stress and stimulate circulation with this foot and ankle treatment.

SCALP MASSAGE - 30 minutes

A gentle, de-stressing fingertip massage to help improve circulation, remove tension, and relieve headaches.



Face & body ritual by comfort zone

JOY OF BEAUTY – 60 minutes

A bespoke power packed facial designed especially for your skin needs, whether it is for hydration, purification or soothing.

LUMINANT 3 – BRIGHT FACIAL – 60 minutes

An intensive, triple-action treatment for the correction of dark spots, hyperpigmentation, and uneven skin tone, based on the 3-BRIGHT TECHNOLOGY™ approach inspired by dermatological science: correction, luminosity, and prevention.

NATURAL FILLER SOLUTION – 75 minutes

Firming and natural filler- effect facial thanks to the synergy of a replumping peel off masks & kobido techniques to restore fullness and tone.

DEEP BODY RENEWAL – 60 minutes

A smoothing, renewing, and regenerating treatment for restored tone, elasticity, and hydration. An ideal treatment for skin that needs moisture and elasticity with a regenerating and revitalizing action, the skin is left soft and compact.

MONTALCINO THERMAL WRAP – 60 minutes

An intensive treatment with thermal waters from Montalcino in Tuscany, with detoxifying and anti-cellulite actions. A blend of essential oils encourages a profound purification of tissues, while the fucus and laminaria algae promote lipolytic action. Ideal to remove accumulated toxins and restore the skin's vitality.





Just for kids

PURE CHILL OUT MASSAGE – 30 minutes

A soothing massage using gentle strokes and soft pressure, leaving your little one's calm in body and mind.

DIVO/ DIVA FACIAL – 30 minutes

A gentle facial, specially formulated for young ones with natural, organic products, to soothe and moisturise.

Additional touches

(ONLY AVAILABLE AS ADD-ON TREATMENT)

EXPRESS FACIAL – 30 minutes

Reveal a radiant glow with this quick yet effective facial. Tailored to your skin's needs, it gently cleanses, exfoliates and hydrates perfect for a fresh complexion in no time

MAGNESIUM BATH – 30 minutes

Immersing yourself from head to toe in a natural mineral hydro-bath with magnesium crystals, it is the perfect way to get your metabolism moving, eliminate waste material and supply your skin with the essential minerals it needs.

EYE RECOVERY - 15 minutes

Triple action against dark circles, puffiness, and wrinkles, providing immediate lifting and luminosity.

Spa etiquette

RESERVATIONS

To ensure the appointment time you prefer, we recommend booking in advance. Please book directly at the spa, call +9714441444 or email: spa.adtd@anantara.com

ARRIVAL TIME

Please arrive 10–15 minutes prior to your scheduled treatment to allow time for check-in, consultation. Late arrivals may result in a reduced treatment time.

MOBILE PHONES

Kindly switch off or silence your mobile devices to maintain a peaceful environment.

HEALTH CONDITIONS

Inform our therapists of any medical conditions, allergies, or injuries before your treatment. This helps us customize your experience safely.

SMOKING

Smoking is not permitted in the spa area.

CANCELLATION POLICY

We kindly request at least 6 hours' notice for cancellations or rescheduling. Late cancellations or no-shows will be charged 100% of the full treatments.



