



ANANTARA

SPA

Wellness therapies



Rejuvenation by the ocean

Step into a world where time slows, senses awaken, and every touch restores. Ancient Thai and Arabian traditions meet modern wellness, guiding you on a journey of renewal. Surrender to soothing rituals, reconnect with yourself, and leave feeling balanced, radiant, and deeply renewed.



HydraCool facial

The ultimate HydraCool machine facial is a patented skin treatment available in four steps: cleansing, exfoliating, extraction, and hydrating the skin with intense moisturising serums that are infused into the skin.

The HydraCool Treatment assists in reducing skin imperfections and aesthetic brown spots. This potent treatment harmonises your complexion and instantly imparts a deep radiant glow to your skin. It deeply infuses the Lightening Vegetal Complex with the HydraCool Mesophoresis, which promotes skin brightening and offers protection from sun rays and external damage.

The HydraCool Ultrasound application lifts the skin, whilst highly concentrated vitamins and antioxidants provide optimal and immediately visible results in regeneration and anti-ageing.



Ayurvedic treatments

Ayurveda is an ancient holistic healing system that originated in India over 5,000 years ago. It guides and inspires us in the pursuit of a healthier and more balanced lifestyle. Recognising that each individual is unique, Ayurveda emphasises nutrition, lifestyle, massage, yoga, and herbal remedies tailored to one's distinct constitution.

Ayurvedic treatments offer both rejuvenating and relaxing experiences, utilising specially chosen therapeutic Ayurvedic oils that correspond to one's individual *doshas*. The goal is to naturally balance energies, alleviate muscle fatigue and tension, improve circulation, calm the mind, and uplift the spirit.

ABHYANGA
MASSAGE
75/90 MINUTES

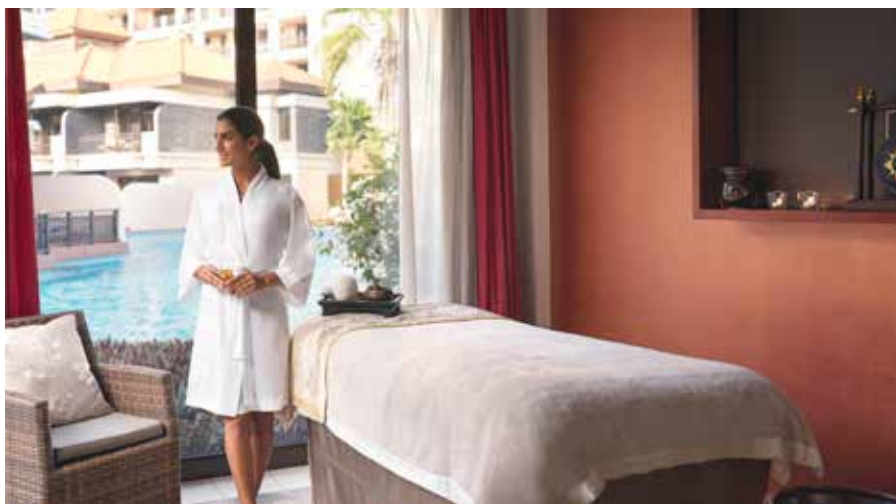
‘Abhyanga’ translates as “to anoint”. Specific warm herbal oils are used for the head and body, according to your *dosha*. This is a soothing massage with long strokes, stimulating specific Ayurvedic sites to achieve overall health and balance.

SHIRODHARA
75/90 MIN

In Shirodhara, the terms *shiro* (head) and *dhara* (flow) come together. The therapy involves applying a continuous stream of warm oil to the forehead. It harmonises and calms the mind, body, and spirit, boosting circulation to the brain, enhancing memory, nourishing the hair and scalp, and relieving stress and tension.

HERBAL POULTICE
75/90 MIN

This traditional massage utilises herbs to address joint pain, muscle cramps, stress, and arthritis. The poultices, warmed in therapeutic oils, are employed to massage the entire body. This technique fosters better circulation in the affected areas, encouraging increased perspiration, which aids the skin in expelling toxins.



UPLIFT DEEP-TISSUE
MAGNESIUM BODY
MASSAGE

75 / 90 MIN

Excessive physical exertion can lead to deep muscle fatigue. This magnesium-enhanced fitness massage, coupled with stretching, addresses stiffness and tension. It helps muscles recover rapidly, particularly after a workout. This is followed by a magnesium scalp massage to stimulate new hair growth and prevent hair from thinning.

MAGNESIUM
REBALANCE

90 MIN

Begin with a magnesium scrub to exfoliate and cleanse the skin, promoting circulation and detoxification. This is followed by a full body massage for profound relaxation, leaving you feeling replenished.

SLIMMING
MAGNESIUM
BOOSTER

90 MIN

A deep pressure body scrub, featuring the 'Of the Island Morning Coffee Scrub', targets cellulite's appearance by breaking up fatty deposits beneath the skin. 'Of the Island Top Shape Gel' is then applied as a wrap, stimulating blood and oxygen flow. The overall treatment aids in reducing cellulite formation and appearance, allowing the body to flush toxins through the lymphatic system.

Lavender ‘Of The Islands’ Collection

LAVENDER BODY MASSAGE 60 MIN

Experience the ultimate muscle recovery and relaxation with our Lavender Magnesium Deep Recovery Massage. This therapeutic treatment combines the anti-inflammatory benefits of magnesium with the calming, balancing properties of lavender. The gentle aroma of lavender uplifts the senses, eases anxiety, and promotes a sense of clarity and calm. Perfect after workouts, long travels, or hectic schedules, this treatment leaves your body restored and your mind recharged.

LAVENDER MAGNESIUM BODY RITUAL 90 MIN

Awaken your senses and recharge your body with this invigorating full body ritual. Begin with a rejuvenating scrub of mineral-rich magnesium salts and calming lavender, to exfoliate dull lifeless skin, reduce inflammation, and support muscle recovery. This is followed by a medium-pressure massage using a Zechstein magnesium gel enriched with lavender essential oil, that melts away physical tension while uplifting your mood. The result is soft, radiant skin and a calm, clear mind.





Anantara spa journeys

COUPLE'S QUALITY TIME

Forge enchanting memories as you both immerse in treatments that encourage profound relaxation, detoxification, and a purified body.

ANANTARA ROYAL RITUAL

120 MIN

Experience relaxation in unison with Middle Eastern-inspired treatments. Begin with the Treasures of Moroccan Hammam or opt for a traditional Turkish hammam, hosted in an exclusive couple's hammam chamber. Succumb to the allure of an Arabian massage featuring frankincense oil for deeply nourished skin.

Hammam & massage

DUBAI ROMANCE

120 MIN

Craft a memorable moment with your partner and drift into aromatic tranquillity. Relish collective relaxation in our inviting bath. Then, be invigorated by our body exfoliation and release tension through our signature stress relief massage.

Jacuzzi, body exfoliation & massage

PALM RETREAT

180 MIN

Begin a journey of external wellbeing and inner contentment with these all-encompassing therapies. Delight in a foot soak before sinking into a romantic bath. Allow our skilled therapists to exfoliate your skin, bringing about a rejuvenated feel. Envelop yourselves in a hydrating body wrap, ensuring skin is soft and radiant. Melt away tension with a calming massage, concluding with an express facial tailored to your skin type.

Jacuzzi, body exfoliation & wrap, massage and express facial

Body massages

Massage therapy involves the tactile manipulation of soft body tissues (muscles, connective tissues, tendons, and ligaments) to bolster health and overall wellbeing.

ANANTARA SIGNATURE MESSAGE 60/90 MIN

Blending our distinctive oils with bespoke movements, this massage boosts circulation and fosters profound relaxation. It also rejuvenates the flow of energy, or ‘prana’, along meridian lines.

ARABIAN MESSAGE 60/90 MIN

This treatment is drawn from time-honoured spa wisdom, and employs the hands and elbows to activate pressure points and support blood circulation. It increases energy and dispels muscular tension.

BALINESE MESSAGE 60/90 MIN

This is an intricate fusion of gentle stretches, acupressure, reflexology, and aromatherapy. It invigorates blood and oxygen flow, as well as the circulation of ‘qi’ (energy), cultivating a sense of wellbeing.

SWEDISH MESSAGE 60/90 MIN

Five distinct massage strokes target each body part, igniting the nervous system, improving circulation and flexibility, and nurturing both physical and emotional health.

TRADITIONAL THAI MESSAGE 60/90 MIN

Passed down through generations, this ‘passive yoga’ technique by our adept therapists will relieve tension and stress, paving the way for enhanced flexibility and vigour. This dry massage, performed without oil, is delivered in loose clothing.

FOOT REFLEXOLOGY
60/90 MIN

This treatment employs pressure on specific foot zones, known as “reflex areas”, which supports the function of internal organs.

**PEACEFUL PREGNANCY
MASSAGE**
60/90 MIN

Tailored for each trimester, these meticulously crafted treatments accompany a woman through her pregnancy journey. Experience a gentle, hydrating massage, designed for skin that stretches to nurture your growing baby.

**DEEPER THAN DEEP HOT
STONE MASSAGE**
60/90 MIN

Warm Balinese stones soaked in aromatic body oil are massaged deep into muscles, targeting tension zones. The result is invigorated vitality, complemented by hydrated skin.





Turkish hammam rituals

Embrace the core of “The Turkish Bath House.” The hammam, pivotal in Ottoman culture, purifies the body, boosts blood circulation, and revitalises the immune system.

At Anantara Spa, indulge in this time-honoured tradition amid the tranquil allure of our Turkish hammam, equipped with exclusive male, female, and couple’s sections. Entrust your relaxation to our seasoned ‘tellak’, guiding you through the hammam’s ancient wonders.

TRADITIONAL TURKISH BATH RITUAL

45/60 MIN

Surrender to the hammam’s ambient warmth, where steam and stone tenderise the skin. A kese mitt exfoliates, making way for an authentic foam massage, crafted from the finest handmade olive oil soap.

Moroccan hammam rituals

Indulge in a Moroccan hammam experience, combined with luxurious collection of signature treatments. Each journey reveres a unique element, representing age-old traditions and cultures. Luxuriate in exclusive treatments, accentuated by a 100% organic certified product range. Bespoke fragrances and aromatherapy evoke the mesmerising scents of the Maghreb and the East.



Moroccan hammam rituals

TRADITIONAL PURIFICATION 45 MIN

Begin with invigorating steam, proceeding to a deep exfoliation using lavender-infused black soap and a traditional Kessa mitt. The body is enveloped in a fragrant rose blossom mask, while feet experience a refreshing citrus exfoliation and hair enjoys a green tea cleanse. Conclude with a gentle rose spritz and a nurturing sandalwood body oil application.

TREASURES OF MOROCCO 60 MIN

A rejuvenating ritual to stimulate circulation and refresh the skin. Peppermint black soap is applied with a Kessa mitt for a thorough exfoliation. Lemon hand and foot exfoliations harmonise with an atlas verbena body mask for profound skin renewal. Savour an argan oil facial paired with a green tea and argan hair treatment, culminating in a revitalising orange blossom body mist and sweet orange body oil.

THE ANANTARA ROYAL HAMMAM 90 MIN

A majestic fusion of traditional Hammam rituals with a touch of opulence. Commence with steam, leading to a Bakhour Black Soap exfoliation with a hand-embroidered Kessa mitt. A luscious honey exfoliation joins a Neroli body mask and an argan-infused facial polish with a green clay mask. Feet are pampered with minted bath salts. An age-reversing prickly pear elixir enhances the organic argan oil hair serum. Conclude with a spritz of oud and sandalwood oil.



Face treatments by 'Phytomer'

PIONEER TREATMENT

FACE- LIPS – DÉCOLLETÉ

90 MIN

A lifting mask paired with an ultra-concentrated biotech lotion delivers top-tier anti-ageing performance, restoring the skin's soft, youthful glow. PHYTOMER's advanced facial massage technique is unmatched in relaxation, producing immediately visible results. The tailored lip treatment plumps the lips and smooths wrinkles around the lip line. Our self-heating mud pack is gently applied along the spine, offering a relaxation experience that reinvigorates the body's energy.

OLIGOFORCE

LUMINATION FACIAL

60/75 MIN

This ultra-comprehensive anti-ageing treatment brightens the skin tone, reduces dark spots, and smooths wrinkles. The ideal combination of a 20% acid facial peel and a smoothing cloth mask enriched with OLIGOMER immerses the skin in radiance.

DOUCEUR MARINE

FACIAL

60/75 MIN

A nourishing treatment that soothes sensitive skin and reinforces its defences, achieving smooth, hydrated results.

ACNIPUR FACIAL

60/75 MIN

A cleansing regimen specifically targeting blemishes, revealing a visibly clearer, healthier complexion.

Body treatments by 'Phytomer'

OLIGOMER SPA WELL -
BEING MASSAGE
90 MIN

This deeply relaxing, re-energising signature massage includes both a full body exfoliating scrub and a massage. The session provides a unique sensory experience thanks to OLIGOMER, PHYTOMER's legendary active marine ingredient, and its extraordinary remineralising and strengthening benefits. The head-to-toe exfoliating scrub and massage provide instant rejuvenation and incomparable relaxation.

P5 SLIMMING TREATMENT
60 MIN

A full body slimming treatment, perfect for wellness retreats. This treatment blends a toning massage with an exclusive alga wrap, sculpting curves, reshaping, and toning the body. Results after just 4 sessions speak volumes: an 11% reduction in belly bulge and an 8% decrease in thigh circumference.

BODY FIRING
TREATMENT
60 MIN

A high-performance gel wrap is applied and massaged into the skin, aiming to lift, tighten tissue, and stave off sagging. The result is a body that's comprehensively firmed and toned.

MARINE BODY WRAP
60 MIN

Select between a detox or energising marine wrap, then indulge in a tranquil body massage.

LEG REVIVAL
45 MIN

This targeted massage is formulated to alleviate and relax weary, strained legs, restoring their attractive curves and contours.



Additional touches

To enhance your visit to Anantara Spa and to provide a comprehensive Spa experience, the following options have been meticulously chosen to complement your Spa journey. Please note that these treatments cannot be booked separately and must be added to other treatments.

BACK MASSAGE

30 MIN

Soothe your senses with a rhythmic massage, merging pressure techniques with a curated oil blend, designed to dissipate tension and stress.

FOOT & ANKLE MASSAGE

30 MIN

Revitalise with this treatment, alleviating stress and boosting circulation in the foot and ankle region.

SCALP MASSAGE

30 MIN

This gentle fingertip massage boosts circulation, alleviates tension, and can mitigate headaches.

EXPRESS FACIAL

30 MIN

This introductory facial provides a quick and immediate uplift for dull, lifeless skin.

Additional benefits for spa guests

During your Anantara Spa experience, your children can delight in our Tuk Tuk Kid's Club.

Terms and conditions apply.

Terms and conditions for Tuk Tuk Kids Club:

- Guests may bring a maximum of two children aged between 4 and 12 years to the Kids Club.
- Children under four years must be accompanied in the Kids Club by their personal babysitter.
- Spa treatments should conclude by 7:00 pm
- Parents should arrive 30 minutes before their treatment to register their children at our Tuk Tuk Kids Club.

Anantara Spa is open 9:00 am - 10:00 pm daily.

To book your spa experience call +971 4 567 8140 or email spa.dubai@anantara.com

