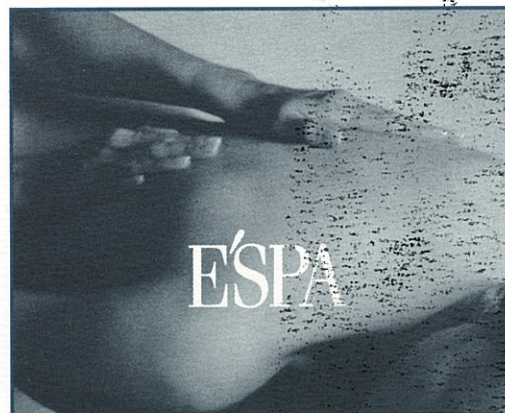




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TREATMENTS & PROGRAMMES

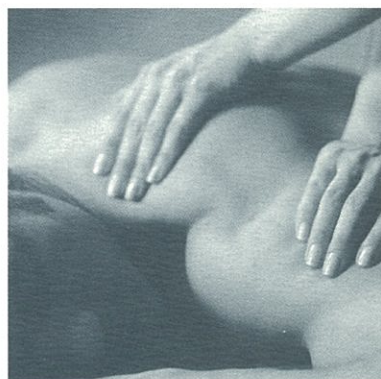
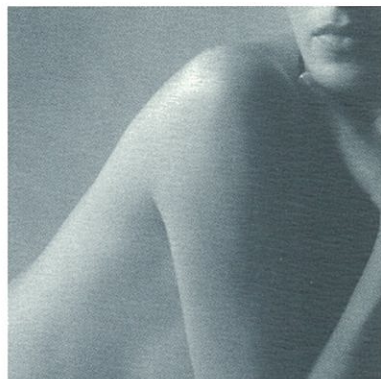


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Facial Treatments



Essential Aromatherapy Facial

55 mins DHS 235.00

A purifying and nourishing face treatment using a gentle skin refiner, lymph drainage, pressure point massage, and specific active aromatherapy products to help balance the skin. This is followed by a calming mineral mask and a moisturising hand treatment to complete your relaxing treatment and leave your skin with a healthy and radiant glow.

Luxury Facial Treatment for Dry, Dehydrated Skin

1hr 10 mins DHS 294.00

Specifically designed for dry or dehydrated skins, this luxurious treatment concentrates on reviving the skin's natural moisture and pays particular attention to the delicate eye and neck area. Whatever your skin type or age, a number of physical, climatic and environmental changes can cause premature ageing, resulting in the skin appearing tired, lifeless and dull. Pressure point massage, lymph drainage and a combination of hydrating, nourishing and replenishing aromatherapy products will leave your face and neck revitalised, and a deep therapeutic scalp massage leaves you feeling totally relaxed.

Thyme and Tea Tree Rebalancing Facial

55 mins DHS 235.00

Stress, hormonal imbalance, diet or an ineffective skincare regime as well as harsh, polluted environments can cause skin to become sensitised, red or blotchy. This facial uses natural aromatherapy products to help remedy these conditions and to help soothe and calm irritated areas. Lymphatic drainage, pressure point techniques and specific products help decongest, revive and revitalise.

Essence of Earth Back, Face and Scalp Treatment

1hr 25 mins DHS 353.00

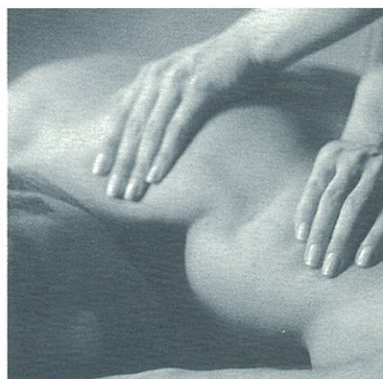
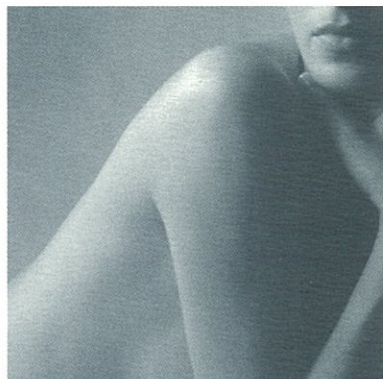
This luxurious back, face and scalp treatment commences with the deep cleansing of the back, followed by skin brushing, exfoliation and a back massage to ease away stress and tension. Continue to relax with this hydrating and purifying facial together with a therapeutic scalp massage to calm your mind. The treatment formulation and movements will leave skin balanced, while at the same time bringing harmony to both mind and body.

Cornflower and Chamomile Eye Treatment

25 mins DHS 176.00

Formulated to combat the effects of stress on the eye area, this treatment is especially recommended for those who wear contact lenses and glasses or have irritable, puffy or sensitive eyes. It will also help protect against the effects of ultra-violet exposure, pollution and other environmental stresses. A hydrating treatment, using gentle calming aromatherapy ingredients, including Cornflower and Chamomile, leaves this delicate area refreshed and nourished.

Body Treatments



Aromatherapy Body Massage

1 hr 10 mins DHS 294.00

Experience the benefits of deep body and scalp massage and individually chosen essential oils in one of the finest anti-stress treatments available. This complete treatment focuses on acupressure points, helping to strengthen the nervous system, thus restoring lost energy.

Holistic Total Body Experience

1hr 25 mins DHS 353.00

his skin brushing, cleansing and full body, face and scalp aromatherapy treatment takes an holistic approach by promoting deep relaxation using ESPA's products known for their purity, potency and therapeutic qualities. This deep treatment enables each individual to combat the stresses of modern day lifestyles and is ideal to ease away tension.

Detoxifying Algae Body Masque

1hr 10 mins DHS 294.00

A therapeutic, balancing and detoxifying body treatment involving skin brushing, gentle exfoliation and warm algae rich in minerals and enzymes. Designed to ease away tension, help boost the metabolism, reduce water retention and speed up the elimination of toxins. Includes a full scalp treatment for total relaxation and leaves the skin nourished and hydrated.

Marine Mud Envelopment

1hr 10 mins DHS 294.00

A therapeutic body treatment ideal for aches, pains and superficial skin problems using marine mud rich in trace minerals. Includes a full body exfoliation and deep scalp treatment to help ease tension and leaves the skin feeling calm and soothed.

Relaxing and Deep Cleansing Back Massage Treatment

40 mins DHS 206.00

An ideal treatment to rebalance the skin, but also a lovely treat for this much neglected and hard-to-reach area. The back is deep cleansed and exfoliated with algae and salts rich in vitamins and minerals to help stimulate circulation and cell renewal, then calmed with a luxurious deep massage and a soothing mud mask. An application of light lavender and rosewood moisturising balm will ensure that the skin is left soft, smooth and revitalised.

Spearmint and Aloe Body Polish

25 mins DHS 176.00

An exclusive body and skin enhancing treatment which can be used to remove dead or dry skin, or as a preparation for an aromatherapy, massage or tanning treatment. This complete exfoliation will cleanse and refine the skin and invigorate the body. If taken in isolation the body will be smoothed with a Body Silk spray.

Full Body Massage

55 mins DHS 235.00

A full body massage designed to ease tension, relieve stress and promote a general state of well-being.

Reflexology

First treatment *1hr 10 mins* DHS 294.00

Subsequent treatments *55 mins* DHS 235.00

An oriental foot massage working on the pressure points on the foot that relate to certain parts of the body. This gentle therapy encourages the body to heal itself at its own pace, tensions are eased, circulation and elimination are improved to promote a general feeling of well-being.

Finishing Touches



Manicure

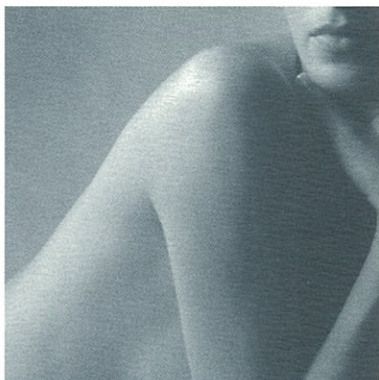
40 mins DHS 88.00

A basic manicure including re-shaping of the nails, cuticle tidy and finishing off with a colour of your choice.

Aromatherapy Luxury Hand and Nail Treatment

55 mins DHS 147.00

A holistic hand and nail treatment including a gentle skin polish, skin softening with an envelopment of warm paraffin wax and a therapeutic pressure point massage with the appropriate aromatherapy oil for your individual needs.



Pedicure

40 mins DHS 118.00

A basic pedicure to trim the nails, tidy cuticles and finish off with a colour of your choice.

Aromatherapy Luxury Foot and Nail Treatment

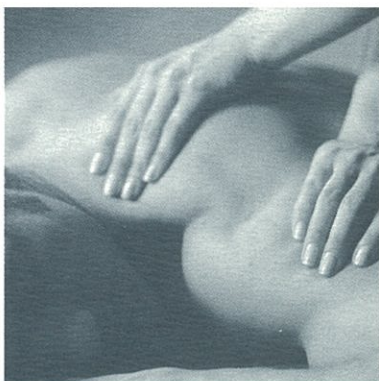
1hr 10 mins DHS 176.00

A holistic foot and nail treatment including gentle exfoliation, skin softening with an envelopment of warm paraffin wax and a relaxing pressure point massage with the appropriate aromatherapy oil for your individual needs.

Vincent Longo New York Day/Evening Make-over

40 mins DHS 176.00

Vincent Longo is one of the world's leading make-up artists who has created a range of exciting and original colours designed to enable each individual to wear their make-up with confidence.



Vincent Longo New York Make-up Lesson

55 mins DHS 235.00

Enjoy a one-to-one in-depth make-up lesson using Vincent Longo make-up and techniques to give knowledgeable advice and guidance on application and the use of colour.

Vincent Longo New York Bridal Make-over

2x40 mins DHS 323.00

Using the famous Vincent Longo cosmetics and including a trial make-over to ensure you look and feel wonderful for that special day.

Luxury Full Leg Wax/Half Leg Wax

40 mins/25 mins DHS 120.00/DHS 80.00

Skin brushing and exfoliation help to prepare the skin prior to waxing and a light, refreshing mist of essential oil distillates, including antiseptic Tea Tree, will calm and cool. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft.

Bikini Wax

10 mins DHS 40.00

Underarm Wax

10 mins DHS 40.00

Lip and Chin Wax

10 mins DHS 40.00

Eyelash Tint

25 mins DHS 60.00 (24hr Patch test required)

Eyebrow Tint

10 mins DHS 40.00 (24 hr Patch test required)

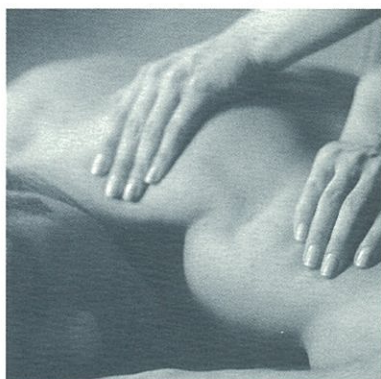
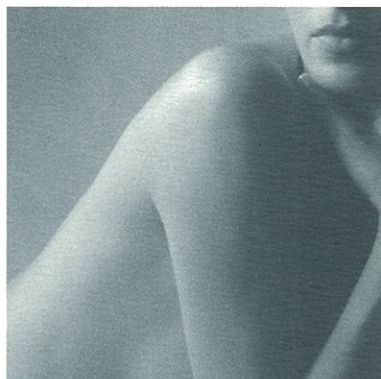
Eyelash / Brow Tint Combined

25 mins DHS 80.00

Eyebrow Shape

10 mins DHS 40.00

Treatments for Men



The Stress Buster

1 hr 25 mins DHS 353.00

This total body treatment takes an holistic approach by promoting total relaxation. Skin brushing and cleansing is followed by a full body massage, using blends of essential oils chosen to suit individual requirements. Ideal to ease away tension and help combat the stresses of modern day lifestyles, this treatment will help restore and revitalise body and mind.

Aromatherapy Sport and Fitness Massage

55 mins DHS 265.00

This full body treatment is appropriate either before or after exercise as it uses essential oils of Lavender, Rosemary and Clove to help increase circulation and warm muscles, preventing strains and relieving aches and pains. Ideal for anyone involved in sports, fitness or heavy physical work.

Relaxing and Deep Cleansing Back Massage Treatment

40 mins DHS 206.00

An ideal treatment to rebalance the skin, but also a treat for this much neglected and hard-to-reach area. The back is deep cleansed, body brushed and exfoliated with algae and salts rich in vitamins and minerals to help stimulate circulation and cell renewal, then calmed with a deep aromatherapy massage and a soothing mud mask. An application of a light moisturising balm will ensure that the skin is left soft, smooth and revitalised.

Flight Reviver

1 hr 10 mins DHS 294.00

A full body aromatherapy treatment, using clinical oils formulated to combat the effects of air travel. The therapist will also advise on the use of ESPA's Soothing and Energising Aromatherapy Bath and Massage Oils during and following a long-haul trip, to help regulate sleep patterns.

Golfer's Tonic

1 hr 25 mins DHS 353.00

Tee off with a relaxing back massage to ease muscle tension and follow with a holistic foot and nail treatment, which includes exfoliation, deep massage with an appropriate aromatherapy oil and an envelopment of warm paraffin wax, to relieve the aches and pains of feet that may be feeling below par.

Essence of Earth Back, Face and Scalp Treatment

1hr 25 mins DHS 353.00

A totally luxurious treatment, which incorporates a face treatment especially formulated for the male complexion, a deep back and scalp massage to leave your skin revitalised and your body and mind relaxed. Feel your skin come alive with gentle exfoliation and enjoy the therapeutic benefits of massage using deeply restorative essential oils. Let your skin become hydrated and revived with moisturising milks and refreshing balms and let this treatment bring back balance and harmony.

Essential Aromatherapy Face Treatment for Men

55 mins DHS 235.00

Specifically formulated for the male complexion, this treatment uses natural balms and oils to help purify, hydrate and revitalise the skin. Ideal for city dwellers, frequent air travellers and those with a stressful or hectic lifestyle.

Aromatherapy Luxury Hand and Nail Treatment for Men

55 mins DHS 147.00

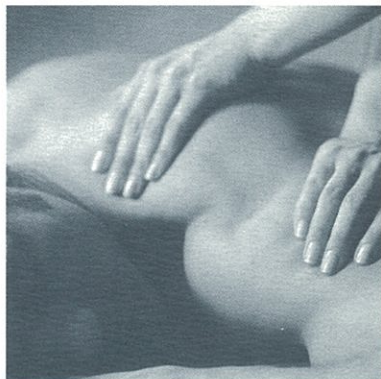
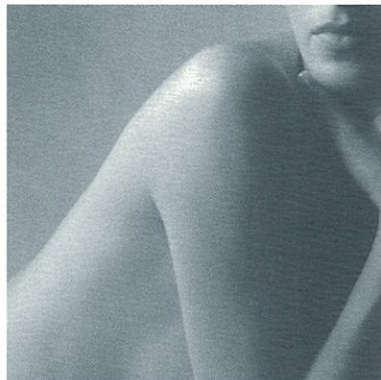
A holistic hand and nail treatment including a gentle skin polish, skin softening with an envelopment of warm paraffin wax and a therapeutic pressure point massage with the appropriate aromatherapy oil for your individual needs.

Aromatherapy Luxury Foot and Nail Treatment for Men

1hr 10 mins DHS 176.00

A holistic foot and nail treatment including gentle exfoliation, skin softening with an envelopment of warm paraffin wax and a relaxing pressure point massage with the appropriate aromatherapy oil for your individual needs.

Half Day Programmes



Health and Fitness Programme

Approx 2 hours DHS 365

This invigorating programme begins with a **Fitness Assessment** with a fully qualified gym instructor, who will then design a programme tailored to your aims and level of fitness. After an invigorating work-out, relax and unwind with a warming **ESPA Aromatherapy Sport and Fitness Massage** to soothe tired muscles and revitalise the body promoting a feeling of positive well-being.

Purely Holistic Programme

Approx 2 hours 15 mins DHS 500

A relaxing programme to treat mind body and spirit. Commence with an **ESPA Aromatherapy Body Massage** to ease away tension, a luxurious treatment uses essential oils to promote total relaxation and to rejuvenate the senses. Follow this with an **ESPA Essential Aromatherapy Facial** using lymphatic drainage and pressure point massage to nourish and rebalance the skin.

Detoxifying Spa Tonic

Approx 2 hours 15 mins DHS 500

This **Detoxifying Programme** starts with a stimulating full body skin brushing and gentle exfoliation preparing the skin for an **ESPA Detoxifying Algae Body Masque**. This therapeutic treatment uses a warm seaweed gel rich in minerals to help reduce fluid retention and aid as part of a weight loss programme, and is combined with a therapeutic **Indian Head Massage** to help release tension. This is followed by an **ESPA Full Body Massage** to increase the circulation, speed up the elimination of toxins and boost the metabolism leaving you feeling gently relaxed, but wonderfully invigorated.

Pure Indulgence Programme

Approx 2 hours 30 mins DHS 470

This classic programme will calm, restore and totally relax you. Commence with an **ESPA Essential Aromatherapy Facial**, a purifying and nourishing treatment which is guaranteed to leave your skin with a healthy glow. Follow this with an **ESPA Manicure** and a **Vincent Longo Make-over** to ensure you feel rejuvenated and ready to face the world again.

Gift Vouchers

An ideal present. Gift vouchers are available for use against any treatment or Day/Half Day Programmes at the Dubai Marine Beach Resort Spa.

Cancellation

A 50% cancellation charge will be incurred for any treatment or programme not cancelled at least 24 hours prior to appointment.