



*The Spa*  
AT  
ADDRESS  
DUBAI MARINA

# SIGNATURE SPA RITUALS

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## **Indulgence at The Address**

120 mins – AED 985

The session begins with an exotic bamboo scrub to exfoliate your skin and prepare it for treatment. A detox cocktail is mixed based on your needs and applied to the body, infusing it with elements to boost your body's own efforts to clean and detoxify. A warm cocoon envelops you, as the seaweed's rich array of minerals, vitamins and enzymes penetrates your pores and nourishes your skin. End your journey with a traditional Balinese full body massage, the perfect finale to this exotic experience.

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## **Arabian Oasis**

100 mins – AED 785

Purify your body, mind and soul with our full body exfoliation that utilises fine grains, chamomile and frankincense to help release muscle tension. Follow this indulgence with our warming traditional Boreh wrap. You will complete the treatment in the most memorable way possible, with a facial using the finest rose-based products, and a spiced oil massage.

# الدلال المميز

## الدلال في العنوان

١٢٠ دقيقة – ٩٨٥ درهم

تبدأ الجلسة بتقشير البشرة باستخدام مقشّر الخيزران الفريد وذلك لتهيئتها للعلاج. حيث يتم خلط كوكتيل إزالة السموم بناءً على احتياجاتك الخاصة ومن ثم تطبيقه على الجسم. يحتوي هذا المزيج على عناصر تعمل على تعزيز قدرة الجسم الذاتية على التنقية وإزالة السموم. كما تساعد اللفافة الدافئة مجموعة المعادن الغنية والفيتامينات والأنزيمات الموجودة في الأعشاب البحرية بالتغلغل من خلال المسامات لتغذية البشرة. ولا تكتمل هذه الرحلة الفريدة إلا مع مساج بالي التقليدي لكامل الجسم.

## الواحة العربية

١٠٠ دقيقة – ٧٨٥ درهم

نقّي جسمك وذهنك وروحك مع تقشير الجسم الكامل باستخدام أجود أنواع الحبوب والبابونج واللبان، التي تعمل على التخلص من أي شّد عضلي بمساعدة غطاء «بوره» التقليدي الدافئ. وبعدها، سوف تنعم بتدليك للوجه باستخدام أفخر المنتجات التي تحتوي على الورد مع تدليك الزيوت الغنية بالتوابل.

# MASSAGE THERAPY

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## **Relaxing Massage**

40 mins - AED 399

Choose from a selection of exotic scents extracted from natural plants and flower oils. A powerful therapeutic treatment for energising both body and mind.

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## **Jet Lag**

40 mins AED 399

This treatment begins with inhalation of eucalyptus to clear the airways. Body brushing stimulates the skin and ensures better circulation, before a series of stretching exercises to re-align the body. Spinal pressures work on the nervous system to reset the body clock, encouraging healthy circulation and relieving aches and pains.

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## **Balinese**

40 mins - AED 399

Experience a variety of massage techniques – gentle stretching, acupressure and application of aromatherapy oils to stimulate the flow of blood, oxygen and Qi energy around the body. Relax, increase your circulation and feel spiritually renewed.

# MASSAGE THERAPY

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## **Traditional Thai**

50 mins – AED 480 / 80 mins – AED 720

Enjoy a traditional form of massage with roots extending to ancient times. Applying force on pressure points, muscles and ligaments, the spine is elongated and relieved of tension, and the joints are stretched. Experience a renewed sense of well-being, energy and flexibility.

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## **Reflexology**

30 mins – AED 200 / 50 mins - AED 320

An uplifting massage which focuses on the reflex points on the feet that help to restore a sense of well-being.

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## **Hot Stone Massage**

50 mins – AED 480 / 80 mins – AED 720

A combination of warm aromatherapy oils, heated Balinese stones and strong massage techniques that creates a lasting impression and instant benefits that melt away your stress and tension. This massage eases aches and pains and balances key energy points.

# MASSAGE THERAPY

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## **Quirogolf Massage**

50 mins – AED 505 / 80 mins – AED 690

Relaxation, muscle preparation, therapeutic massage and flexibility are the main benefits of this signature treatment, which uses golf balls. Soothe nerve pressure, relieve muscle tension and joint discomfort, improve flexibility and eliminate stress, while you experience new levels of physical and mental energy.

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## **Deep Tissue Massage**

40 mins – AED 399

This restorative treatment is good for tight, stressed muscles caused by heavy exercise or too many hours sitting at your desk. Swedish and cross muscle fiber techniques, plus stretching and draining are combined with essential oils known for their beneficial effects on circulation.

## **Add-on Body Treatments**

Extend - 30 mins - AED 100 / 60 mins - AED 185

Foot massage - 30 mins - AED 100 / 60 mins - AED 150

Body Scrub - 15 mins - AED 150 / 30 mins - AED 250

Paraffin Hands - 30 mins - AED 225

Paraffin Feet - 30 mins - AED 225

# BODY TREATMENTS

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## **Oriental Bamboo Exfoliation**

25 mins – AED 300

This delicate yet effective body exfoliation uses micro-particles from bamboo to liven and stimulate your senses.

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## **Detox Marine Algae Wrap**

60 mins – AED 490

The Detox Marine Algae Wrap uses various forms of marine algae to target and remove the toxins from your body. The session begins with an exotic bamboo scrub to exfoliate your skin and prepare it for treatment, followed by a detox cocktail. A warm cocoon helps the seaweed's rich array of minerals, vitamins and enzymes penetrate your pores and nourish your skin. A final massage fully decongests the area, leaving you and your skin refreshed and purified

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## **Anti-Cellulite**

50 mins – AED 470

The treatment starts with a body brushing to awaken your skin. A specially designed deep tissue detox massage targets inflexible areas of cellulite before you are wrapped in freshwater and mud to firm and tone the skin. A foot reflex pressure massage encourages the release and elimination of toxins and excess body fluid.





# FACIALS

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## **Booster Facial**

25 mins – AED 250

This express facial retains all the essentials of a traditional treatment.

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## **Teens Facial**

50 mins – AED 460

Experience our cleanest and freshest textures with the most aromatic facial treatment that supplies young skin with all the nutrients extracted from the juiciest citrus. A fun orange experience that includes cleansing techniques, massage and a deep exfoliation, it provides all the benefits of Vitamin C. Awaken every pore in your skin with this treatment, specifically designed to address the needs of young, active skin.

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## **Facial for Sensitive Skin**

60 mins – AED 470

This luxurious facial harnesses the regenerative properties of the rose to nourish and hydrate all skin types, especially dry and

# علاجات تنشيط الوجه

## إعادة رونق الوجه

٢٥ دقيقة – ٢٥٠ درهم

يتضمن هذا العلاج السريع لتدليك الوجه نفس خصائص عملية التدليك التقليدية.

## سن الرشيد

٥٠ دقيقة – ٤٦٠ درهم

تنعم بموادنا النقية والطازجة مع علاج الوجه العطري الغض الذي يزود بشرتك الشابة بكافة العناصر الغذائية المستخرجة من العصائر الحمضية. وتتضمن تجربة البرتقال الرائعة تقنيات التنظيف والتدليك والتقشير العميق لتزويد البشرة بكافة فوائدها فيتامين سي. أيقظ كل مسام بشرتك على مدى ساعة كاملة بهذا العلاج المميز الذي صمم بشكل دقيق لتلبية متطلبات بشرتك الشابة ليضفي حيوية ونشاطاً عليها.

## تجدد الورد

٦٠ دقيقة – ٤٧٠ درهم

يستخلص هذا العلاج الفاخر للوجه عبر خصائص الورد المجددة، لتغذية وترطيب كافة أنواع البشرة، وخاصة الجافة والحساسة منها. وهو يحفز سريان الدورة الدموية وتجدد الخلايا، لتحصلوا على بشرة ناعمة وبراقة.

# FACIALS

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## **Radiance Facial**

60 mins – AED 480

If pregnancy, hormonal changes, medications or sun abuse have left any blemishes on your skin, let our facial help. This specialised treatment lightens the skin using glycolic acid in addition to intensive clarifying ingredients. Undesirable spots will be considerably diminished and your skin's tone will become noticeably even. The unparalleled benefits of an oxygenating massage, coupled with the clarifying power of pure oxygen, provides effective results that are magnified with each step of the treatment

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## **Metro Gents Facial**

75 mins – AED 585

Specifically designed for men on the go. A thoroughly cleansing facial which includes expertly performed extractions through a nearly imperceptible extraction technique, while a stimulating mask with a deliciously foamy texture effectively releases its moisturising, soothing and revitalising effects on the skin

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## **Deep Cleaning Facial**

75 mins – AED 570

A thoroughly cleansing facial which includes expertly performed extractions through a nearly imperceptible extraction technique, while a stimulating mask with a deliciously foamy texture effectively releases its moisturising, soothing and revitalising effects on the skin.

# FACIALS

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## **Age Defying**

80 mins – AED 615

Switch gears on the ageing process. This facial is a structure repair treatment that addresses the underlying problems of ageing at the skin's cellular level. Targeted ingredients such as key amino acids and A-E-C vitamins penetrate deep down to target the visible effects of hormonal deficiencies. This facial reverses the ageing process by reactivating healthy cell functions and nourishing your skin's cells with their most basic needs. The result is instantly firmer, glowing skin.

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## **Diamond Multisensory Facial**

90 mins – AED960

The first of its kind in the beauty world, this exclusive treatment helps the skin regenerate and energise. The 'Diamond Experience Multisensorial Lifting' reinforces the skin's natural defence systems, maintains long-lasting hydration and improves elasticity and tone. It also has a lifting effect, giving back the skin its natural brightness.

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## **ADD on Facial Treatments**

Eye Enhancement

25 mins – AED 155

Facial steam and Extraction

25 mins- AED 100

Quick facial

25 mins- AED 155

# علاجات تنشيط

## تقليل تقدم السن

٨٠ دقيقة - ٦٥٠ درهم

يعمل هذا العلاج على محاربة علامات تقدم السن من خلال التركيز على المشاكل الكامنة وراءه على مستوى خلايا البشرة. فتعمل المكونات المدروسة كأحماض الأمينية الأساسية وفيتامينات أ-إي-سي عميقاً داخل الجلد لتصحيح الشكل الخارجي ونقص الهرمونات. كما يعمل هذا العلاج على عكس عملية التقدم في السن من خلال تنشيط الخلايا السليمة وتزويد الجلد بالعناصر الغذائية الأساسية الهامة. كل ذلك لتحصلوا على بشرة منسجمة ومتألقة.

## علاج الماس المتعدد الحواس

٦٠ دقيقة - ٨٣٥ درهم / ٩٠ دقيقة - ٩٩٠ درهم

يعتبر هذا العلاج الأول من نوعه في عالم الجمال، والذي يعمل على تجديد البشرة وتنشيطها. ويعزز علاج الشد بالماس أنظمة الدفاع الطبيعية للبشرة، كما يحافظ على ترطيب طويل الأمد ويحسن من مرونتها وامتصاصها. كما يعمل على شدّها وإعادة بريقتها الطبيعي.

## علاجات الوجه الإضافية

علاج تعزيز منطقة العينين

٢٥ دقيقة - ١٥٥ د.إ.

علاجات الوجه بالبخار وإزالة الرؤوس السوداء

٢٥ دقيقة- ١٠٠ د.إ.

علاجات الوجه السريعة

٢٥ دقيقة- ١٥٥ د.إ.

# MOTHER-TO-BE

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## **Real Nurturing Experience**

50 mins – AED 480

Feel nurtured and supported in a time of constant change. Choose from three oils, each safely formulated to be used during pregnancy, to soothe and care for your expanding skin. Using traditional aromatherapy pressure point techniques for the upper back and paying particular attention to tight shoulders, this massage relieves tension. The legs are massaged to ease any heaviness, followed by a full scalp and facial massage, with treatment oils chosen for your skin type to round off this top-to-toe treatment..

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## **Rose Hydrating Cocoon**

50 mins – AED 480

Nourish your body and soul with a deeply restorative treatment. Precious essential oil of Damask rose enhances the emotions in the mother-to-be, while stimulating its cell renewing properties to expand the skin. Richly moisturising oils and creams are layered onto freshly exfoliated skin before being gently wrapped and left to penetrate with the body's heat. Essential oils work simultaneously on the physical, mental and emotional aspects of well-being.

# SPAcation Journey to Infinity

## **Spacation to Serenity**

90 minutes - AED 500 per person / AED 1,000 per couple

- Stimulating body wrap, along with an energizing full body massage
- Fitness Centre and Infinity Pool access
- AED 100 food consumable at Shades

## **Spacation to Tranquility**

120 mins - AED 650 per person / AED 1,150 per couple

- Skin peeling, Relaxing massage, Booster Facial
- Fitness Centre and Infinity Pool access
- AED 100 food consumable at Shades

## **Spacation to Harmony**

180 mins - AED 750 per person / AED 1,300 per couple

- Skin refining, Balinese Massage, Radiance Facial
- Fitness Centre and Infinity Pool access with private cabana
- AED 100 food consumable at Shades

# HOW TO SPA

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## **OPENING HOURS**

Daily from 10 am to 10 pm

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## **ARRIVAL TIME**

You are encouraged to arrive a minimum of 30 minutes prior to your appointment to enjoy the serenity and facilities of The Spa at Address Dubai Marina. Please be advised that late arrivals may result in a reduction of the treatment time.

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## **SPA TREATMENTS**

All treatments include the use of the Relaxation Areas and are available to in-house guests of The Spa at Address Dubai Marina. For other visitors, all treatments are available; however a minimum treatment booking time of one hour is required.

Bookings must be secured with a credit card.

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## **SCHEDULING APPOINTMENTS**

To schedule an appointment for the perfect treatment, please speak to one of the members of our Spa team who will guide you in making the right choice. In-house guests can press the Spa button on their room telephone or dial extension 8155. From outside the hotel, please call +971 4 436 7424 or email [spa.dubaimarina@theaddress.com](mailto:spa.dubaimarina@theaddress.com). To ensure your preferred time and service are available, we do advise booking in advance.

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## **PREGNANCY**

We have specially designed treatments for expecting and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.



# SPA ETIQUETTE

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Our spa environment is one of relaxation and tranquillity. Please respect all spa guests' right to privacy and serenity. In light of this, The Spa is a mobile phone, pager and smoke-free zone.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit. We would like to invite residential guests to arrive at the spa wearing the robe and slippers provided in the room.

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## **GIFT VOUCHERS**

Gift vouchers are available for treatments, Day Spa Programmes and products. Gift vouchers are non-refundable and must be presented at the time of the treatment or product purchase.

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## **HEALTH CONDITIONS**

When making your Spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect the service.

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## **CANCELLATION POLICY**

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 12 hours prior to appointment.

Cancellation within 6 hours will incur a 100% charge.

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## **HOMECARE**

To continue your Spa regime and experience at home, all products used in the treatment are available at the Spa reception.

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## **PRICES**

All prices are in AED and include 7% Municipality fee, 10% service charge and 5% VAT