

# SHUIQI

SPA & FITNESS



# A Journey Into Another World...

ShuiQi Spa and Fitness presents a memorable experience, awakening your senses, within awe-inspiring and serene water surroundings. Set over two magnificent floors within the Royal Towers of Atlantis, the Spa provides a sublime range of treatments, bathing options, traditional and water therapies. With his and her separate areas and sessions, every guest can find the ideal treatment or therapy. The six Laconium thrones in his quarters serve to stimulate circulation and strengthen the body's defense system. Walk the earth-hue natural stone steps along streaming water pathways to one of the 27 treatment rooms or discover the secluded Royal Spa Suite. We welcome each guest and visitor warmly, extending an invitation to sample our spa products, talk with our spa hosts for assistance in personalising your treatment, or enjoy the fitness centre overlooking the pool and outdoors. We delight in being your guide into a tranquil place of serenity, opulence and pure indulgence.



SHISEIDO

TREATMENTS AT SHUIQI SPA & FITNESS



## SHISEIDO A LEADER IN HEALTH AND BEAUTY SOLUTIONS FOR OVER 130 YEARS...

A pioneer of the 19th century and still unique today, SHISEIDO is the fruit of an alliance between Eastern traditions and philosophies and Western science and technology.

Even if SHISEIDO constantly evolves with the rest of the world, its three main values remain the same since 1872 and are really present in the SHISEIDO treatments:

Rich - Human science - Omotenashi

**Rich** means the continual research for beauty and aesthetics.

**Human science** is focused on the humanity behind the creation of a product or the ritual of a treatment.

**Omotenashi** is about the devotion to Clients.

These core values are present in the SHISEIDO philosophy and treatments.

The attention paid to the Clients, the treatments, the decoration and design, the devotion of the Beauty Therapists, everything is here for one thing: the absolute satisfaction

of the Client. Everything is done to make them find their path to complete well-being and serenity.

The symbols of the 5 senses play an important role within the SHISEIDO Qi treatments... Each treatment begins with a 'Spa Senses Menu' where you will choose your very own Aroma and Refreshment.

Aroma Breathing follows, allowing the Client to fall into a deep rhythmical state of relaxation.

The Qi treatment concludes with a gradual return to an alert state of mind combining a set of stretching and stimulating movements.

SHISEIDO SIGNATURE TREATMENTS  
EXCLUSIVELY DESIGNED FOR SHUIQI

THE SHUIQI SPA & FITNESS – FACE AND BODY EXPERIENCE 2HRS 30 MINS

The perfect combination for a man or woman...

Commencing with our Kuroho Body Bliss; A thorough body exfoliation to exquisitely and expertly exfoliate, cleanse and leave your body luxuriously smooth. A blissful Qi body massage follows; finishing with a specialised facial. A sublime fragrance of Ylang, Ylang, Rose and Jasmine is introduced within this spa experience, ending with a soothing and calming refreshment of Jasmine tea.

THE SHUIQI SPA & FITNESS – JAPANESE RITUAL 4HRS  
(WITHIN THE ROYAL SPA SUITE)

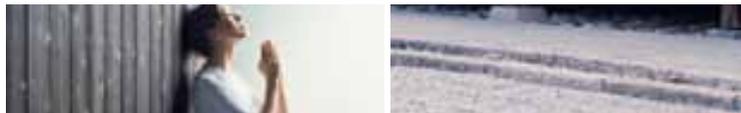
Lose yourself at ShuiQi's 'Royal Spa Suite'. An exclusive and private Spa, just for you...

An infused rose petal foot bath awaits you, allowing you to completely indulge and relax, followed by a Japanese inspired body bathing to enrich your senses. This ritual will then commence with a full body Qi massage and Shiseido's most beautiful and premium facial, Future Solution LX Facial Ceremony for her, and for him, the 'Time Fighting Facial' - incorporating a sublime scalp massage.

Included within this package, is a taste from Japan. An elegant Sushi selection and a delicate Japanese Green Tea.



## FACIAL COLLECTION FOR LADIES AND FOR MEN



The Facial Collection includes a deep cleanse, steam, exfoliation and mask. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced facial products. Includes a truly unique, specialised and unwinding Qi facial massage, incorporating a Japanese Spa Secret, Qi Massage Cream that contains Japanese and Chinese plant extracts. The massage is designed to relax, firm and define facial contours. Stimulating tsubo points to release tension and stress, resulting in wonderfully radiant, plumped and rejuvenated skin.

### FACIAL COLLECTION FOR LADIES\*

#### PERFECT PURIFYING FACIAL

'FEEL HYDRATION\*\* - LOOK MATTE' 1HR 1HR 15 MINS

Give your skin power over shine, imperfections and dehydration. A deep cleansing facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing Mask. This facial will help limit oil production, and keep the skin shine-free.

#### HYDRO-NOURISHING FACIAL

'MOISTURE\*\* - CONSISTENT SKIN' 1HR 1HR 15 MINS

Now skin can create its own moisture. An intensive hydrating and soothing facial treatment for a dry/sensitive skin. The Skincare line feeds the skin with thirst quenching ingredients to give a cushioned plumpness back to the skin. A specialised Japanese mask technique will enrich the skin with comfort and moisture.

### ULTIMATE RADIANCE FACIAL

'LUMINOSITY AND BRIGHTNESS' 1HR 1HR 15 MINS

For a brighter, clearer and radiantly glowing skin. If you have pigmentation concerns or dull, cloudy, lacklustre skin, Ultimate Radiance Facial is your answer: This facial will help to counteract pigmentation, and give that ultimate glow to your skin.

### SUPER REFINING FACIAL

'THE ULTIMATE SKIN RENEWAL' 1HR 1HR 15 MINS

Smooth, even and retexture your skin, combining the vitality of nature and the power of science. An advanced resurfacing technique to effectively balance the thickening layer of the epidermis and bring fresh, radiantly healthy skin cells to the surface.

\* Please note that extraction is not included within the Shiseido facials.

\*\* Upper layers of epidermis. Please note that a 1 hr 15 minutes facial includes exfoliation and a facial steam, in contrast to a 1 hr facial.

## FACIAL COLLECTION FOR LADIES AND FOR MEN



### WRINKLE LIFTING FACIAL

‘SCULPT, LIFT AND REFINE’ 1HR 30 MINS

Give your skin supple resilience, firmness and richness. Utilising an Anti-Ageing skin care line renowned for its luxuriously rich textures, preventing the formation of lines. This facial will help to restore your youthful energy. Including a specialized skin lifting technique. The result: a better toned, lifted and nourished skin.

### PURE BEAUTY BOOST

‘MATTE, PURIFY, PERFECTION’ 30 MINS

This facial will help limit oil production, and keep the skin shine-free. (please note this facial does not include massage).

### SUPER CORRECTIVE BEAUTY BOOST

‘TOTAL ANTI-AGEING’ 30 MINS

Using the latest time-fighting formula serum, with a caption ‘In just one day, you can achieve timeless skin’ (please note this facial does not include massage).

### ADVANCED EYE BRILLIANCE AND LIP CONTOUR TREATMENT 30 MINS

‘Reawaken, Rejuvenate and Firm’ This advanced treatment will reawaken and leave the eye area looking alleviated from dark circles, puffiness and fatigue.

### FUTURE SOLUTION LX FACIAL CEREMONY

‘THE SCIENCE OF SHISEIDO. THE FUTURE OF INFINITE BEAUTY’ 2HRS

An exclusive and beautiful, premium Qi Facial combining SHISEIDO’s most luxurious and advanced skin care line ‘Future Solution LX’, specially developed to maximize skin beauty and smooth the signs of aging. This particular path to beauty includes a specialized mask to lift and sculpt the facial contours, together with a unique massage cream combining the ‘Future Solution LX’ fragrance of Rose, Plum and Cherry Blossom.

This facial ritual also incorporates a scalp, hand and foot massage. Concluding with a ‘taste’ of SHISEIDO, combining Japanese Green Tea to truly indulge the senses.

### FUTURE SOLUTION LX EYE AND LIP CONTOUR CEREMONY 45 MINS

A premium targeted treatment to help prevent wrinkles and sagging around the delicate eye and lip contour area.



## FACIAL COLLECTION FOR MEN\*

### DEEP CLEANSING DETOX FACIAL

'FEEL HYDRATION - LOOK MATTE' 1HR 1HR 15 MINS

Give your skin power of shine, imperfections and dehydration. A deep cleansing and detoxifying facial treatment that works to regulate, balance and rehydrate. Skin is polished to perfection; gentle steam is applied to clean the pores, combined with a deep cleansing Mask. This facial will help limit oil production, and keep the skin shine-free.

### DAMAGE DEFENSE FACIAL

'SOOTHE AND COMFORT' 1HR 1HR 15 MINS

Soothe, calm and hydrate your skin. The Men's Damage Defense Facial tackles the unique concerns of male skin: dehydration, sensitivity, dryness and oiliness, which are all aggravated by daily shaving. To soothe, calm and moisturise the skin, a specialised Japanese Mask technique will be applied during this facial treatment.

### TIME FIGHTING FACIAL

'ANTI AGEING SKINCARE' 1HR 1HR 15 MINS

The value of SHISEIDO Men offers the power of positive ageing. A high performance facial focusing on wrinkles and fine lines. This facial will help reduce roughness and boost firmness on the skin. An all-encompassing time-fighting treatment to leave your skin with maximum hydration and firm to the touch.

\* Please note that extraction is not included within the Shiseido facials.

## BODY COLLECTION FOR LADIES AND FOR MEN



### 'EAST MEETS WEST': A COMBINATION OF EASTERN TRADITIONS AND WESTERN STYLE TECHNIQUES

A complete indulgence for the mind, body and soul. Deep and caressing massage techniques allow the body to relax and unwind. These massages boost lymphatic micro circulation. Unique Japanese techniques allow for positive energy flow, stimulating tsubo points and allowing the channels of energy to flow positively. Combined with hot Japanese 'oshibori' towels to enhance relaxation and allow skin preparation to receive SHISEIDO's advanced Body products.

## BODY COLLECTION FOR LADIES

### KUROHO SPA JOURNEY'S

'A true Japanese tradition. A creation of sublime spa journeys.' The following journeys incorporate a premium line of body products, containing KUROHO, a fragrance treasured by the Japanese aristocracy in the 9th century, and still used today. Using superior fragrance technology, Shiseido has recreated the aristocratic KUROHO scent with rare and valuable ingredients. This modern arrangement is an exhilarating, revitalising fragrance.

### KUROHO BODY BLISS 'TOTAL BODY REPLENISHMENT' 2HRS

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. A blissful Qi body massage follows, followed by an application of our replenishing body cream.

### KUROHO BODY MOISTURE 'LUXURIOUS MOISTURE' 1HR 30 MINS

This body massage concludes with the application of replenishing body cream, specially designed to provide nutrients, moisture and give a complete alluring beauty.

### KUROHO BODY POLISH 'SMOOTHED AND REFINED SKIN' 45 MINS

A thorough body exfoliation to exquisitely and expertly cleanse, polish and leave your body luxuriously smooth. Concluding with an application of Shiseido's replenishing body cream.

### BODY SCULPTING\* 'SHAPE, CONTOUR AND SCULPT' 1HR

This body massage targets cellulite and local water retention, to help stimulate the senses and refine your silhouette.

### HIP, LEG AND THIGH SCULPT\* 'TARGETED CONTOURING' 45 MINS

This specialised treatment soothes legs and feet and reduces the uncomfortable sensation. Your silhouette will also feel more refined and sculpted.

\* Specific Body Methods, additional to Qi.



## BODY COLLECTION FOR MEN

### DEEP CLEANSING BACK TREATMENT 'DETOXIFY AND RELAX' 1HR

A special treatment for the back... If you are suffering from break-outs and pimples on the back and shoulders, this is the perfect fix. Incorporating deep cleansing with gentle steam to clean the pores. Together with a deep cleansing mask to detoxify and re-mineralise. An application of appropriate body products concludes this treatment.

### QUICK TENSION RELEASE 'TARGETED STRESS MASSAGE' 30 MINS

Concentrates on key stress areas such as the neck, shoulders and back to ease away stress, leaving you feeling deeply calm and relaxed. Why not combine it with one of our Qi Facials?

## BODY COLLECTION FOR LADIES AND MEN

### RELAXING MASSAGE 'RELAX AND UNWIND' 1HR 30 MINS

Unwind under the skilful hands of your Beauty Therapist. A prescribed application of Body products will leave you with a sense of well-being and inner calm.

### DEEP TENSION RELIEF\* 'RELIEVE TIRED MUSCLES' 1HR

A massage technique that focuses on the body tensions. Aims to release the chronic patterns of tension in the body through slow strokes and finger pressure on the tensed areas, either following the muscle fibres. Ideal for Men and avid sport fans.

### JAPANESE JET LAG THERAPY 'STRESS RELIEVING INDULGENCE' 1HR

Back, and Scalp massage. The perfect spa indulgence for after a long flight or when you feel a loss of energy and fatigue. Starts with our 'Qi' back, neck and shoulder massage to reduce tensions, leaving you feeling truly relaxed. Includes a delightful Japanese scalp treatment. Your feet and lower legs will be massaged to relieve feeling of heaviness and alleviate excess water retention. This wonderful treatment combination will relax the body and mind while rejuvenating and reawakening the senses.

### JAPANESE SCALP AND SHOULDERS MASSAGE 45 MINS 'WELL-BEING AND TRUE RELAXATION'

A deeply relaxing and unwinding experience. Let your thoughts escape under the skilful hands of your Beauty Therapist. This beauty treatment will reawaken the senses giving incredible tension relief through delicate massage and specific pressure points.

\* Specific Body Methods, additional to Qi.

## SHISEIDO SPA PACKAGES FOR LADIES AND FOR MEN



### SHISEIDO SPA PACKAGES 'A PERFECT COMBINATION OF SHISEIDO TREATMENTS'

We are pleased to recommend four SHISEIDO perfect treatment combinations.

#### JOURNEY OF RELAXATION 2HRS 15 MINS

- RELAXING BODY MASSAGE
- HYDRO-NOURISHING FACIAL

#### JOURNEY OF SENSES 2HRS 45 MINS

- RELAXING BODY MASSAGE
- 1HR 15 MINS FACIAL TO CHOOSE FROM OUR COLLECTION
- JAPANESE SCALP AND SHOULDERS MASSAGE

#### JOURNEY OF ENERGY 2HRS 15 MINS

- DEEP TENSION RELIEF\*
- QI 1HR 15 MINS FACIAL

#### JOURNEY OF REFINEMENT 1HR 30 MINS

- BLISSFUL BODY POLISH
- BODY SCULPTING\*

FACE AND BODY EXPERIENCE	2HRS 30 MINS	AED 1,600
JAPANESE RITUAL	4HRS (WITHIN THE ROYAL SPA SUITE)	AED 4,480
PERFECT PURIFYING FACIAL	1HR 1HR 15 MINS	AED 600 AED 700
HYDRO-NOURISHING FACIAL	1HR 1HR 15 MINS	AED 685 AED 750
ULTIMATE RADIANCE FACIAL	1HR 1HR 15 MINS	AED 685 AED 750
SUPER REFINING FACIAL	1HR 1HR 15 MINS	AED 700 AED 800
WRINKLE LIFTING FACIAL	1HR 30 MINS	AED 950
PURE BEAUTY BOOST	30 MINS	AED 400
SUPER CORRECTIVE BEAUTY BOOST	30 MINS	AED 400
ADVANCED EYE BRILLIANCE & LIP CONTOUR TREATMENT	30 MINS	AED 400
FUTURE SOLUTION LX FACIAL CEREMONY	2HRS	AED 1,530
FUTURE SOLUTION LX EYE & LIP CONTOUR CEREMONY	45 MINS	AED 475
DEEP CLEANSING DETOX FACIAL	1H 1HR 15 MINS	AED 600 AED 700
DAMAGE DEFENSE FACIAL	1HR 1HR 15 MINS	AED 600 AED 700
TIME FIGHTING FACIAL	1HR 1HR 15 MINS	AED 600 AED 700
KUROHO BODY BLISS	2HRS	AED 1,100

KUROHO BODY MOISTURE	1 HR 30 MINS	AED 750
KUROHO BODY POLISH	45 MINS	AED 420
BODY SCULPTING*	1 HR	AED 650
HIP, LEG AND THIGH SCULPT*	45 MINS	AED 550
DEEP CLEANSING BACK TREATMENT	1 HR	AED 650
QUICK TENSION RELEASE	30 MINS	AED 360
RELAXING MASSAGE	1 HR 30 MINS	AED 750
DEEP TENSION RELIEF*	1 HR	AED 600
JAPANESE JET LAG THERAPY	1 HR	AED 600
JAPANESE SCALP AND SHOULDERS MASSAGE	45 MINS	AED 390
JOURNEY OF RELAXATION	2 HRS 15 MINS	AED 1,380
JOURNEY OF SENSES	2 HRS 45 MINS	AED 1,530
JOURNEY OF ENERGY	2 HRS 15 MINS	AED 1,380
JOURNEY OF REFINEMENT	1 HR 30 MINS	AED 685



# Aromatherapy Associates

Aromatherapy Associates has been at the forefront of aromatherapy for over 30 years. From the beginning Aromatherapy Associates have believed passionately in the healing powers of natural plant extracts. Aromatherapy Associates have brought knowledge and skills to the world's finest hotel and destination spas with signature treatments and rituals to restore health and vitality. From sourcing ingredients and developing products, to blending oils and creating unique, recognizable aromas, Aromatherapy Associates maintain the highest standards of quality to bring you an aromatherapy experience that's as effective as it is luxurious.



## Tropical Aqua Cure

2h 30 Mins

The Tropical Aqua Cure is inspired by sensual flowers of Arabia. An idyllic, luxurious facial transforms and regenerates with the power of Frankincense. A Jasmine body exfoliating scrub stimulates and moisturizes, whilst exotically scented essential oil is massaged gently into the scalp. An enriching body massage, with Ylang Ylang deeply moisturizes and improves skin texture. Dissolve tension and feel amazing.

The Tropical Aqua Cure is inspired by sensual flowers of Arabia. An idyllic, luxurious facial transforms and regenerates with the power of Frankincense. A Jasmine body exfoliating scrub stimulates and moisturizes, whilst exotically scented essential oil is massaged gently into the scalp. An enriching body massage, with Ylang Ylang deeply moisturizes and improves skin texture. Dissolve tension and feel amazing.

## Dubai Glamour Ritual

2h 20 Mins

This unique ritual, designed for the most glamorous women of today, begins with a full body exfoliation designed to leave the skin feeling silky smooth. Be cocooned in an intensely slimming and detoxifying seaweed wrap. Invigorate your senses with our signature Dubai Glamour full body massage: stimulating with orange and boosting circulation with lemon grass. Rejuvenate yourself with our decadent, luxurious damask rose facial ritual to firm the eye area and lips and visibly rejuvenate your complexion. The perfect prep for a very special night out, for an extremely special you.

## Atlantis Sunset Ritual

2h 20 Mins

As the golden sun slowly sinks into the sea, the Atlantis Sunset Ritual envelops you in the rejuvenating power of essential oils. Unwind with a deeply softening body exfoliation of olive and petigrain. Experience a deeply relaxing and soothing Mediterranean aromatherapy full body massage with oil of lavender and ylang ylang to cool and comfort. The ritual culminates with a fragrant, rejuvenating facial therapy, using precious essences of rose, geranium and evening primrose. Emerge feeling relaxed, toned and calmed, ready to face the evening ahead

# Scrubs and Wraps



## Purifying Seaweed Wrap

60 Mins

A detoxifying, slimming and energy boosting treatment, this wrap begins with a body exfoliation to remove dead skin. Formulated with a moisturizing marine complex, firming chlorella algae, nourishing shea butter and vitamins-rich cereal germ oils with anti-free radical properties, A natural seaweed wrap will kick start and maintain the elimination of toxins and waste, with essential oils which help stimulate the venous circulation and promote elimination of toxins. An essential body treatment to support a detox or weight management program

## Sea Minerals Scrub

60 Mins

Using the natural power from the sea of Body Oil and sea salt, this revitalizing body scrub is designed to stimulate the circulatory system, leaving the skin silky smooth. Body Milk helps rebuild the hydrolipidic film and effectively protects the skin from the drying effects of the environment.

# Facials



## The Palm Signature Deep Cleanse Facial

60 Mins

This purifying treatment, based on traditional European deep cleansing techniques, is designed for all skin types. Cleansing and toning with steam, extractions and hot towels, using highly effective essential minerals and Kaolin Clay extracts is followed by an intensive facial massage with penetrating oils and calming and uplifting aromas. A rich mask with organic minerals with moisturizing action is applied for deep, penetrating facial stimulation and balancing, leaving the complexion fresh and purified.



## Rose Blossom Facial

80 Mins

This luxurious facial harnesses the regenerative properties of rose to nourish, soften, and hydrate. Using pure regenerating Damask Rose, your skin is cleansed, exfoliated and toned. A traditional aromatherapy pressure point massage releases tension, whilst lymphatic drainage eliminates toxins and congestion with a relaxing back massage. Hydrating and deeply moisturizing masks, gels and creams of the three roses, completes a divine experience and leaving unsurpassed softness.

## Fragrant Jasmine Rejuvenation

80 Mins

A nurturing, nourishing anti-aging treatment reduces the signs of aging and stimulates collagen formation to deliver firm and tightened skin, whilst the anti-inflammatory properties of Pomegranate and Rosehip seed oil work on slowing down the effects of aging skin. Cleanse tone and exfoliate, and then enjoy a massage in oils renowned for cell renewal properties including Raspberry Seed oil and Date Palm Oil. Complete your rejuvenation with a double application of masks and a luxurious scalp massage to finish turning back time for a more youthful you.

# Massages



## Traditional Thai Massage

60/90 Mins

This traditional Thai massage treatment applies pressure along the meridians in order to unblock trapped energy and improve vitality. This dry massage relaxes and revitalises the entire body by stretching joints gently and balancing all the major muscle groups. Thai pyjamas are provided for your use during the treatment.

## Sport Aqua Vitae

90 Mins

This ultimate relaxing experience combines deep, vigorous massage with steaming hot towels and aromatic herbs of ginger, rosemary and black pepper. Feel your body sigh in relief, as tension bound within muscles is unravelled and released by this energizing treatment.



## Desert Hot Stones

90 Mins

Inspired by and incorporating the vital energy of the Arabian Sahara, the Desert Hot Stone therapy is a deeply soothing and healing treatment that relaxes and balances body and soul. Smooth, hot basalt stones are applied gently to warm and release areas of tension, with particular attention paid to the shoulders, back and legs. The smooth, flat stones provide deep comfort and a vital reconnection with nature. Expect to emerge rebalanced, renewed and re-energised.

## Swedish

60/90 Mins

A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness. A fragrant combination of lavender and Ylang Ylang that complements the massage to make this a uniquely relaxing and rejuvenating aromatherapy experience.

## Herbal Fusion

60/90 Mins

A deeply nurturing herbal massage serves to help the body unwind, alleviating stress and restlessness. A fragrant combination of lavender and Ylang Ylang that complements the massage to make this a uniquely relaxing and rejuvenating aromatherapy experience.

## Jet Lag Recovery

60/90 Mins

This special treatment provides a stimulating aromatic scalp and full body massage designed to release deep-rooted tension. Energising evergreen essences of Orange and lemon grass are gently warmed and applied vigorously to the scalp, neck and shoulders. A restorative full body massage, including a hand and foot treatment, completes the restorative journey.

## Lymphatic Drainage

90 Mins

This toning / slimming body treatment incorporates special lymphatic drainage techniques to help eliminate toxins from the body more effectively and improve cellular metabolism. The result is a deeply hydrated, luminous and silky soft skin.

## Foot Massage

60 Mins

This treatment, performed on the soles of the feet, not only offers a sublimely relaxing experience, but also provides benefits to the body as a whole. The therapy focuses on points of the soles corresponding to specific areas of the body; when stimulated, these points can rectify imbalances so as to help the body to repair itself.

## Scalp Massage

25 Mins

An exotically scented treatment to harmonize your hair and appeal to the senses. Experience the deeply penetrating and conditioning powers of rich coconut oil and essential oils to moisturize & condition your hair & scalp.



## Balinese Massage

60/90 Mins

Based on the healing expertise of Balinese people, a breathtaking massage handed down through generations. Using traditional Balinese techniques such as thumb circling, gentle stretches, hand over hand, and long knead stroking to stimulate and heal the body system, restore balance and feel spiritually renewed.

## Mother To Be Massage

60 Mins

Our pure natural pregnancy oil combined with gentle massage techniques is especially tailored to relieve the stress and tension many expectant mothers experience. What a lovely and welcome way to pamper the mother-to-be!



# Ayurveda

## Sirodhara

90 Mins

It is a unique spa experience based on the treatment for balancing the Vata dosha, helping to relax the nervous system as well as the mind. This treatment begins with full body Abyangam massage followed by warm Herbal oil poured in a steady stream on the forehead for 30-45 minutes followed by gentle scalp massage making yourself fresh and totally calm.

## Abyangam

60/90 Mins

The herbal oil seeps in the body to improve the muscle flexibility, joints mobility, and absolutely calming the nervous system.



## AYURVEDA TREATMENT PRICE

Tropical Aqua Cure	2h 30 Mins	AED 1,530
Dubai Glamour Ritual	2h 20 Mins	AED 1,380
Atlantis Sunset Ritual	2h 20 Mins	AED 1,320
Purifying Seaweed Wrap	60 Mins	AED 480
Sea Mineral Scrub	60 Mins	AED 420
The Palm Signature Deep Cleanse Facial	60 Mins	AED 510
Rose Blossom Facial	80 Mins	AED 684
Fragrant Jasmine Rejuvenation	80 Mins	AED 684
Scalp Massage	25 Mins	AED 210

Traditional Thai Massage 60/90 Mins AED 510/654

Sport Aqua Vitae 90 Mins AED 654

Desert Hot stones 80 Mins AED 816

Swedish 60/90 Mins AED 510/654

Herbal Fusion 60/90 Mins AED 510/654

Jet Lag Recovery 60/90 Mins AED 510/654

Lymphatic Drainage 90 Mins AED 654

Foot Massage AED 510

Balinese Massage 60/90 minutes 510/654 AED

Mother To Be Massage AED 510

Sirodhara 90 Mins AED 795

Abyangam 60/90 Mins AED 510 /654



  
ESPA  
Regenerating  
Moisture Complex /  
A RICHLY REGENERATING  
AHA-BARRIER COMPLEX  
FOR FINE, UNIFORM SKIN

  
ESPA  
Replenishing  
Face Treatment  
Oil /  
A DEEPLY NOURISHING  
FACIAL TREATMENT TO  
SOFTEN, SMOOTHEN,  
AND RENEW

# ESPA Treatments

Found in the finest spas around the world, every encounter with ESPA brings with it a profound sense of pleasure and discovery.

Our treatments are tailored to your needs on the day, whether it is for relaxation and quality time with a partner – or total escapism and isolation from the outside world. They have a soul of their own, with rituals inspired by traditional cultures and advanced treatments performed by highly skilled and trained therapists concentrating on stress-relief, optimising health and age-defying results.

As long time pioneers of the science of natural beauty, we've created a potent collection of products for face and body that are as effective as they are luxurious. Using only natural extracts, ESPA biochemists distill natural, ethically sourced ingredients into proven, potent formulations that promise dramatic, long-lasting results.

The result, a complete skincare collection and spa treatments you'll find both effective and therapeutic.



# ESPA Signature Treatments

## ShuiQi Sun Soother Ritual

This 120 minutes cooling and calming ESPA ritual is designed to relax the mind and soothe sun drenched skin. This treatment begins with a foot ritual followed by a cooling body exfoliator containing natural Aloe Vera and Spearmint, followed by a rich and nourishing body envelopment with linens. It conclude with a nourishing full body and scalp massage using skin repairing, aromatic essential oils to leave you feeling completely rejuvenated.

## ShuiQi De-Stress Experience

This 120 minutes stress-relieving ESPA ritual totally balance the mind, soothe aching muscles and nourish the skin. Body brushing and back exfoliation are followed by a luxurious, personalised aromatherapy back massage using individually chosen essential oils combined with warm natural Marine Mud. Lower legs are massaged to ease aches and pains and the treatment finishes with a completely personalised facial to brighten and nourish the skin.

## ESPA Naturally Tailored Facial

This 60 minute facial uses deep cleansing, exfoliation, steam and gentle extraction where needed together with an ESPA treatment-specific massage and mask. Finally, an intensive booster serum is chosen to suit your individual needs and achieve maximum results.

## ESPA Totally Personalised Body Massage

This 60 to 110 minute tailored massage is perfect for you. After a detailed consultation your therapist will design a massage according to your individual needs, using your personally chosen aromatherapy oil and focusing on particular areas of concern. The massage may include exfoliation, the use of hot stones and a combination of specific massage movements to ease tension, reduce stress and leave you feeling totally revitalised.

## ESPA Advanced Facials

### New Cellular Renewal Enzyme Facial

This 90 minute facial is our hero with powerful, instant results. A deep brush cleanse is followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. After a soothing massage using Rose Quartz Crystals, a Lifting and Smoothing Mask is applied, containing concentrated Seaweed Extracts, Argan Oil and Menthol, to give your skin a more plumped and firmer appearance

### Active Peel Facial

This 60 minute powerful and highly effective natural facial peel, dramatically smoothes, softens and evens skin tone. A deep brush cleanse, followed by an intense Enzyme Peel containing botanical extracts and Pumpkin Enzymes to deeply exfoliate and remove dead skin cells. Rose Quartz Crystals help to cool and calm, revealing an ultra smooth, glowing complexion



## ESPA Body Treatments

### ESPA Back, Face and Scalp Treatment with Hot Stones

This 120 minute treatment is our renowned 'Hero' treatment and loved by all - ultimate relaxation. This ESPA experience delivers triple results – exfoliation and a deeply relaxing back massage, a personalized ESPA facial and a tension-melting scalp massage, making it the ultimate relaxing experience.

### Contour and Firm Body Treatment

This 120 minute specialised body treatment combines a detoxifying wrap and advanced body massage to tone and firm the skin. This treatment stimulates circulation through body exfoliation using warm and iced mitts. A body wrap is then applied to address problem areas prone to cellulite, fluid retention and uneven skin texture. Finally, a lymphatic drainage massage follows to help the body eliminate toxins, tone the skin and revitalise the mind. A course of these treatments is recommended to maximise the effects.

# ESPA for Men

## Age Rebel Facial

An effective, age-defying facial.

Designed to deliver immediate results for tired looking skin, and reduce fine lines and wrinkles.

## Personalised Facial

Tailored for you.

Whether your skin needs a deep cleanse, a healthy glow, soothing or purely hydrating, experience a personalised facial tailored by your therapist to suit you.

## Deep Muscle Reviver

A powerful massage designed to alleviate deep-rooted tension and muscular stress.

This treatment starts with an invigorating body exfoliation to uplift and stimulate the circulation. Specialised massage techniques concentrate on specific areas of concern such as a stiff necks, painful lower backs and tight shoulders.

## Stressbuster

Ideal for those suffering with stress from a fast-paced lifestyle.

A gentle skin cleanse involving skin brushing and body exfoliation is followed by a full body massage with hot stones and scalp massage to finish. Gentle stretching leaves your body feeling soothed, revitalised and de-stressed.

### **ESPA SIGNATURE TREATMENTS**

Shuiqi Sun Soother Ritual 120 Mins AED 900

Shuiqi Des-Stress Experience 120 Mins AED 900

Espa Naturally Tailored Facial 60 Mins AED 510

Espa Totally Personalised Body Massage 60/90/110 Mins AED 510/654/795

### **ESPA ADVANCED FACIAL**

New Cellular Renewal Enzyme Facial 90 Mins AED 800

Active Peel Facial 60 Mins AED 550

### **ESPA BODY TREATMENTS**

Espa Back, Face & Scalp With Hot Stones 120 Mins AED 850

Contour & Firm Body Treatment 120Mins AED 900

### **ESPA FOR MEN**

Stressbuster 120 Mins AED 850

Deep Muscle Reviver 60/90 Mins AED 510/654

Age Rebel Facial 90 Mins AED 700

Personalised Facial 60 Mins AED 510



GENTLEMEN'S TONIC

**Gentlemen's Tonic** is a unique establishment that was founded in the

heart of Mayfair, London that affords the modern man a traditional barbershop and a variety of lifestyle and grooming services.

Gentlemen's Tonic services and products have been carefully selected and personally tested for quality and effectiveness and are designed to promote a sense of well-being and vitality.

The name Gentlemen's Tonic has been chosen to reflect two aspects of the business: Gentlemen's to indicate that the business is dedicated exclusively to the needs of men and Tonic to signify the restorative properties of the experience.

Gentlemen's Tonic philosophy is understated, self-confident and is an opportunity for our clients to experience the highest level of dedicated care attention.

Gentlemen's Tonic is perfect antidote to the rigors and stresses of the outside world.

## Royal Shave

Designed for men who require their face to be in top condition before a critical professional or personal endeavor. This 45 minute treatment focuses on refreshing and recharging the face by thoroughly rejuvenating the skin and promoting tissue regeneration.

The process starts with cleansing the face and softening of the hair stubble using pre shave oil. Followed by a 'touch up' shave using a razor and brush set. A mask application is applied after the shave to cool the skin and to tone the skin in order to reduce the appearance of pores and fine lines. Acupressure massage is applied while the mask dries, focusing on stress relief points which encourage deep relaxation and a free mind.

## Traditional Shave

This 30 minute treatment is designed for the man with a demanding schedule that requires a clean shave before a critical appointment.

The five o'clock shadow is immediately softened with essential oil extract before a precise shave is delivered, then instantly soothed and rehydrated with a post-shave moisturizing treatment. Time is always allocated for a forearm and shoulder massage and a treatment around the eyes so that the face is completely rejuvenated.



## Scalp Shave

This 30 minute treatment will gently cleanse your scalp, after which an application of priming oil extract is massaged in to soften the hair and prepare the scalp for a meticulous shave.

The razor blade and hair brush will be used to ensure the closest shave possible. An application of the soothing shave balm will cool and calm the skin and help promote cellular repair.

Haircut	AED 240
Junior Haircut	AED 100
Scalp Shave	AED 200
Royal Shave	AED 310
Traditional Shave	AED 250
Beard Trim	AED 120
Wash & Style Long Hair	AED 240
Wash & Style Short Hair	AED 100
Full Head Color	AED 336
Highlights	AED 390
Hair Treatment	AED 120
Keratin Treatment Short Hair	AED 1200
Keratin Treatment Medium Hair	AED 2000
Keratin Treatment Long Hair	AED 3000



# Ionithermie

## Body Treatments

Ionithermie's collection of award-winning skin- and body-care products are known throughout the world. Founded in France over 30 years ago by renowned biochemist Olivier Fouchet, Ionithermie is recognized for its scientific approach to skin and body-care with results-oriented products, treatments and protocols.

## Super Detox Treatment

### Ultimate Ionithermie

1 h 30 Mins

The ultimate Ionithermie treatment, working on the thighs and tummy to combat cellulite and firm the skin. The body is initially prepared with an exfoliator and tonic for better absorption of the products used throughout. A+B Ampoule is then smoothed onto the skin to activate your body's own cellulite reducing process, followed by a mixture of slimming and firming creams. This combination helps to improve lymphatic circulation and boost the metabolism in order to eliminate toxins. The Thermal Clay Algae Mask is then spread over the area that you want to re-sculpt, acting as a conductor for the gentle current stimulating the muscles.

Results are visible after just one session – the contours of your silhouette are sleeker, your skin is smoother, firmer, tighter and the appearance of cellulite is reduced. To measure your inch-loss, measurements are taken throughout a course of treatments.

## Cheek Lift Treatment

### The Derriere Treatment

1 h 30 Mins

The 'Cheek Lift' or 'Derriere Treatment' is ideal for those who want a pert bottom and tighter tummy. Designed to trim, lift and tone the derriere, this treatment is a firm favourite among celebrities. Focusing on the lower body and buttocks, carefully selected products are applied to areas of concern, followed by an application of the Thermal Algae Clay Mask and gentle electrical stimuli. Your first treatment will include an exfoliation of the treated area, repeated every other treatment in a course.



## The Deluxe Duo

1 h 30 Mins

'Perk up' with this lifting and toning treatment, aimed at improving the overall shape of the bust and arms whilst smoothing the delicate skin of the décolleté. This treatment uses specialized products with firming properties to improve skin texture, whilst gentle stimuli concentrate on muscle tone. The arm trim effortlessly tones your upper arms, providing instant and lasting results for firmer triceps. A superb treatment for both men and women concerned with improving muscle tone around the bust and chest area.



Super Detox Treatment Ultimate Ionithermie

1 hour 30 Mins

AED 475

Cheek Lift Treatment The Derriere Treatment

1 hour 30 Mins

AED 475

The Deluxe Duo

1 hour 30 Mins

AED 475



# Bastien Gonzalez Treatments

Bastien Gonzalez is internationally famous for his unique approach to foot treatments. Due to his professional expertise and experience as a French Podiatrist, he designed and developed exclusive treatments for the feet, nails and hands whose uniqueness lies in the fusion of well-being and beauty. Bastien selects and trains every member of his team to his treatment protocols and standards, ensuring the excellence of his know-how all over the world.

## Bastien's Duo

75 Mins

This synchronized four hands treatment focuses on your feet, legs, hands and arms. The ultimate in manicure and pedicure luxury with total relaxation.

## Foot Refoundation

35 Mins

A treatment designed for the total well-being of the feet and legs. Ideal for legs, heavy and tired after long flights, this truly relaxing massage is from the toes up to the knees, focusing on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub will ease the penetration of the cream used during the massage. The effects of its active ingredients thereby being optimized.

## Bastien's Pedicure

60 Mins

An overall pedicure including a nail treatment (gentle buffing to restore the beauty of the nails which results in a healthy natural shine); followed with a skin treatment to eliminate hard skin and dryness; completed with a genuine massage from the toes up to the knees relieving any muscle tension and heaviness.

## Bastien's Manicure

45 Mins

An exceptional manicure in 3 steps: A cuticle and nail treatment, including a natural beauty finish to the nail and a thorough massage of the forearms, wrists, hands, and fingers. An unforgettable experience!



# Special touch

## Paraffin Touch

20 Mins

Intensify any of the Bastien Gonzalez treatments by adding the paraffin touch. The warmth of this silky wax will aid the penetration of applied moisturisers into the skin for deep hydration. It will enhance relaxation and ease tension in the joints and muscles.

## Colour Touch

20 Mins

Select your preferred colour from our range of lacquers, which are formaldehyde, toluene, DBP and Camphor free to prevent from any aggression to the nail once removed.

Includes nail reshaping



## French Touch

30 Mins

A white line is applied on the nails tip, followed by a natural soft pink lacquer to the whole nail resulting in the perfect French paint. Includes nail reshaping.

The Reverence de Bastien range accompanied with a new beauty ritual, truly offers the answers developed by its creator, dedicated to the wellness and beauty of the nails, hands and feet.

Bastien's Duo	75 Mins	AED 720
Bastien's Pedicure	60 Mins	AED 470
Foot Refoundation	35 Mins	AED 360
Bastien's Manicure	45 Mins	AED 310
Paraffin Touch	20 Mins Hand Feet	AED 150 AED 150
Colour Touch	20 Mins	AED 100
French Touch	30 Mins	AED 100



# ShuiQi Salon

has a female salon using the brands L'Oreal and Kerastaste to take care of all your hair needs including cutting, coloring & blow-dry's to even creating a totally new look with Hair Dreams Hair extensions & Brazilian Cacau Keratin treatment. Hairdreams is recognized worldwide as the leading hair extension system offering premium quality 100% human hair in a wide range of standard and lengths. Its patented bonding system perfectly blends with client's own hair and requires minimal daily maintenance. Hairdreams legendary "Special Hair" extensions are carefully hand-selected and offer superior quality that can be re-used and rebonded. This one-of-a-kind, multi-step hand-selection process results in the hair strands that feel as soft and silky as the client's own hair. The Brazilian Cacau Keratin treatment is the most innovative and effective professional smoothing treatment in the World, reinforcing the internal structure of the hair, instantly improving the condition of the hair. The hair will be straighter, softer, shiny, smooth, and frizz-free with instant manageability which will reduce styling time.

Ask for a complimentary Consultation for Hair Dreams Extensions and Cacau Keratin treatment

\*Prices vary depending on length, type of hair and how many strands of hair used.



# Spray

## Spray Tan

30 Mins

There's nothing quite like a healthy, glowing, natural looking tan to make you look and feel fantastic. Spray tan provides a gradual tan and is quick and easy to use, and give great, long-lasting results on all skin types that looks fabulous.

Shampoo Cut & Blow dry	Long Hair	AED 300
Shampoo Cut & Blow dry	Short/Medium Hair	AED 280
Shampoo & Blow dry	Long Hair	AED 240
Shampoo & Blow dry	Short/Medium Hair	AED 210
Cut Only		AED 200
Restyle		AED 500
Full Color		AED 350
Roots Color		AED 300
INOA Full Color		AED 650
INOA Roots Color		AED 450
Color Removal		AED 300
Full Head Highlights	Long Hair	AED 470
Full Head Highlights	Short Hair	AED 390
Half Head	Highlights Long Hair	AED 390

Half Head Highlights	Short Hair	AED 300
Kerastate Chronologist Treatment	Long Hair	AED 500
Kerastate Chronologist Treatment	Short Hair	AED 350
Kerastate Hair Conditioning Treatment		AED 150
Keratin Treatment	Long Hair	AED 3,000
Keratin Treatment	Medium Hair	AED 2,000
Keratin Treatment	Short Hair	AED 1,200
Bride Hairstyle with accessories		AED 1,500
Bride Hair Style without accessories		AED 1,000
Evening Hairstyle		AED 330
Removal of Hair Extensions		AED 500
Hair Extensions	Quotation upon request.	
Brazilian Cacau Keratin treatment	upon request.	
Spray Tan	30 Mins	AED 250

# Medi Spa

## Services

Shuiqi Spa is the first Hotel Spa in Dubai to offer the highest standard of medical treatments in a luxury spa environment. This has been created through the unique fusion of collaborating with partners LCAS & THE CLINIC.

With the right combination of our medical spa services and high quality doctors, you can achieve and maintain a younger, more refreshed look, and the confidence that comes with it. The Doctors will listen to your concerns and walk you through each process to ensure you are comfortable with treatments that are selected.



## Botox Therapy, Natural Hyaluronic Acid Fillers and Mesotherapy

Through an exclusive partnership with London Center for Aesthetics Surgery, ShuiQi Spa & Fitness is the only spa in the region to offer three of the most popular and top of the line treatments to our guests - botox therapy, natural hyaluronic acid fillers and mesotherapy.

Guests can now experience the remarkable work of accomplished Dr. Maurizio Viel and enhance their appearance with botolium toxin injections, soft-tissue fillers and mesotherapy in the sanctuary of the spa.

Dr. Maurizio Viel will ensure that your treatment not only eliminates unwanted lines and wrinkles, but actually enhances your most favourite features.

Each procedure takes between 20 - 30 minutes to complete, and there is minimum discomfort throughout the experience.



## Professional Teeth Whitening and Teeth Cleaning

Through an exclusive partnership with THE CLINIC, ShuiQi Spa & Fitness is the only spa within a 5 stars hotel to offer professional teeth whitening and teeth cleaning services in the region.

With the notable work of Dr. Karim Fekih and THE CLINIC dental team, you can whiten your teeth which will rejuvenate your smile and boost your self-confidence.

Dr. Karim Fekih and his team will ensure that your smile will shine and brighten up all your holiday pictures in a short time. While listening to calming music in the serenity of the spa surroundings.

Each procedure takes between 45 - 75 minutes to complete, and there is minimum discomfort throughout the experience

## BOTOX TREATMENT

BOTOX 1 AREA	AED 1,400
BOTOX 2 AREAS	AED 1,800
FILLER	AED 2,000
MESOTHERAPY TO FACE W/ ROLLER	AED 3,500
UNDER ARM BOTOX	AED 4,000
BOTOX CONSULTATION	AED 350
REJUVENATION PARTY IN THE ROYAL SPA SUITE	AED 1,599

## DR. KAREEM'S TREATMENT

TEETH CLEANING	45 mins	AED 550
TEETH WHITENING	105 mins	AED 2,750



# Workout In Atlantis in ShuiQi Fitness Centre

Never has staying in shape been as easy as it is with the fitness facilities at Atlantis. Alongside state-of-the-art equipment and knowledgeable and friendly staff, the Fitness Centre offers stunning 360 degree views of the beach and pools, bringing the outdoors in while you work out.

## PRIVATE SESSIONS

### The InBody Composition Analyser

The InBody looks beyond the number on the scale and shows you what your body is really made of. It provides quantitative analysis of your current body composition, and will evaluate the balance between your muscle and body fat. You will also receive a complete result sheet and fitness recommendations from one of our personal trainers to set some goals and ensure long-term success.

### Personal Training

A customised training session focused on your specific strengths and needs. The session is devised by a personal trainer skilled at providing the motivation for regular exercise and giving the interactive feedback needed to make the most of your time at the resort.

### Core Training

This session aims at strengthening the muscles of the abdominals, trunk and pelvis. The exercises range from simple, and traditional to more complex ones using Swiss balls, BOSU®, foam pads and medicine balls.

### Assisted Stretching

This one-to-one session is devoted to assisted stretching and relaxation. It helps eliminate any tightness in the body and improves your overall flexibility.

### Water conditioning

Water resistance and body buoyancy make aqua training an ideal cross-training technique, no matter your age or fitness level. This is an opportunity to enjoy individual attention in an ultimate low impact workout in the spa's lap pool.

## Power Plate®

The Power Plate® uses the principles of Acceleration Training™ to stimulate the body's natural response to vibration. Whether you want to improve your fitness and flexibility, build up your muscles or simply improve your general health the Power Plate® will help you reach your goals.

## Technoshape®

In your quest to lose weight, Technoshape® provides an ideal kick-start and allows you to increase energy expenditure during your cardio workout. Technoshape's patented technology of pressure pause therapy encourages increased blood flow in the targeted midriff area.

## Kinesis™

Kinesis™ was born out of a need to bring people back to physical exercise, with the goal of improving their quality of life. The inspiring principle is to rediscover the beauty of movement through free, natural movements.

## MIND & BODY

### Yoga

This expert-led session specific to your current level of practice involves beautiful, calming sequences of postures, breathing exercises and relaxation of body tension.

### Mat-Based Pilates

Pilates' exercises focus on what founder Joseph Pilates called the "powerhouse." Often referred to as the core, this consists of your abdominal, back, buttock and upper leg muscles. Every exercise requires focus on this centre of the body while adhering to principles of concentration, fluidity, balance, centering, breath and control.

### Callanetics

It is a system of exercise involving frequent repetition of small muscular movements, designed to improve muscle tone. Great emphasis is placed on protection of the joints and the spine.

## PRIVATE SESSIONS

Inbody Composition Analyser 30 Mins	AED 200
Power Plate® 30 Mins	AED 150
Technoshape® 45 Mins	AED 300
Kinesis™ 30 Mins	AED 150
Personal Training 60Mins	AED 210
Core Training 30 Mins	AED 150
Assisted Stretching 30 Mins	AED 150
Water Conditioning 60 Mins	AED 210
Couple Personal Training 60 Mins	AED 315

## MIND & BODY

Yoga 60 Mins	AED 210
Mat-Based Pilates 60 Mins	AED 210
Callanetics 60 Mins	AED 210

## FITNESS PACKAGES

Personal Training Packages	
5 Sessions	AED 950
10 Sessions (plus complimentary Body Analysis)	AED 1,900
Technoshape®	
2 Sessions	AED 550
3 Sessions	AED 800
12 Sessions	AED 3,000
Power Plate® Package	
5 Sessions	AED 700

Open daily from 5:00am – 10:00pm. Minimum age for gym use is 16 years. Fitness attire and proper footwear are required.

\*There are a variety of Fitness Classes available. Please contact the Fitness centre for further details.