Inspired by the pristine beauty of its iconic location on the Palm Jumeirah, the Waldorf Astoria Spa offers a destination focused Spa journey and an extensive array of tailored treatments.

Each experience combines rich healing traditions and practices with sophisticated products and refined techniques to deliver an extraordinary experience.

The Waldorf Astoria Spa is a luxurious wellness escape where guests experience a unique and authentic Spa journey at a secluded resort just moments from the city - a haven of complete tranquility.
Spa Journey

SHIMMERING DUBAI NIGHTS 140 min  AED 1,245

A luxury body scrub and anti-aging facial to leave the skin with a golden shimmer.

Inspired by the mystical power and decadence of gold showcased throughout Dubai, this indulgent ritual will rejuvenate and repair the skin from head to toe. The ritual commences with a golden body scrub to polish away dry skin. Next, a soothing massage with fragrant oil enriched with gold particles takes place to repair the skin leaving a subtle shimmering of gold. A Regenerating Gold Plumping Facial completes this ritual leaving your whole body shimmering and radiant.

ORIENTAL TIME TRAVELLER 140 min  AED 1,065

An oriental blend of therapies to rejuvenate the mind and body.

Step back in time and experience ancient healing practices from across the Orient to soothe and melt away your stresses. Feel the muscle tension dissolve as an Oriental massage starts this journey. The warm aromatic oil then continues to flow onto your forehead and scalp to evoke a state of calm and to nourish dry hair. Tired overworked feet are the next focus, before a facial cleanse and acupressure massage revitalizes the complexion. A complete journey of transformation and relaxation for the mind and body.

MOROCCAN ROSE 80 min  AED 625

An aromatic body ritual to leave the skin smooth and soft.

A rosewood scented steam session commences this ritual to instantly heat and relax the body. Next, inhale rich rose scents as a body cleanse and ‘Isle das Rocas’ sea salt scrub diminishes dry and damaged skin. A traditional foam massage follows to purify and revitalize the body. A rose scented body butter enriched with evening primrose oil and shea butter is then applied in soothing massage techniques leaving the skin with a subtle scent and an incredibly smooth feeling.

SWISS PERFORMANCE 140 min  AED 1,245

A supreme anti-aging facial and body treatment.

Drawing on the natural resources of Switzerland and the latest cellular cosmetic research findings, this experience will deliver exceptional results. Select an anti-aging or slimming body treatment. Your ritual then concludes with an intensive chrono-cellular lifting facial, leaving your skin remarkably firm, lifted and youthful.

Spa Journey

JAPANESE TRADITIONS 110 min  AED 835

A six part body ritual to achieve flawless skin.

Inspired by the Japanese traditional art of maintaining flawless skin, this ancient six part body massage ritual utilizes rich vitamins and minerals from the earth and the sea. Begin with a rose camellia aromatic steam to calm and warm the body. A yuzu mimosa sea body cleanse purifies before a gingergrass and crushed bamboo scrub, then nutrient rich rice bran and cherry blossom polish reveals supple and soft skin. A quenching of wild lime silk oil application and shiatsu massage follows, reviving the flow of vital energy throughout the body. Finally, breathe heavenly scents of plum, as an application of nourishing cream seal in the healing benefits. Select the 140 minute option and your journey will continue with a peony petals soak to completely soothe and relax your mind and body.

IMPERIAL ARABIC HAMMAM 110 min  AED 835

A body ritual to deeply warm and relax the entire body.

A deeply warming and detoxifying ritual that follows a traditional Arabic sequence of steps to draw deep impurities from the body and create a warmth and radiance within. A steam session starts the treatment, followed by a Moroccan mint tea body cleanse. An enlivening olive stone and coffee scrub is next to purify and rejuvenate. An enveloping foam massage takes place next, before a rich rhassoul clay mud wrap draws toxins from the body. Rich aromas of amber oil delight the senses as a soul soothing massage broadens away tension. The layering of intense scents continues with a fig and tangerine body cream application. Immerse yourself in an optional neroli soak for the complete imperial experience.

NORDIC OCEAN 80 min  AED 625

A soothing face and body ritual ideal for dry over sun exposed skin.

This treatment follows the Nordic traditions of health, by using pure, natural plant and sea extracts, that release negative ions and stimulate the lymphatic system. A moisture boosting body wrap repairs environmentally damaged skin, whilst the lymphatic phytosuperv fragrance point facial massage takes place to boost circulation and radiance. An ion balancing body mist spray comes next, harmonizing the mind and refreshing the body. To finish, an application of collagen rich arctic berry cream leaves the skin plump and deeply hydrated. This treatment is ideal for those seeking deep hydration for their skin, especially after significant sun exposure.
Inspirational Environments

Waldorf Astoria Hotels and Resorts are sited in some of the most inspirational and stimulating locations in the world, and within these locations, each Waldorf Astoria is a destination in its own right, offering the best of everything in personal service, exemplified in our signature luxury Spas.

This is where you will fully appreciate the reality that is the Waldorf Astoria commitment to putting our guests at the center of our attention. An experience that will leave you inspired.

Waldorf Astoria Dubai Palm Jumeirah Spa is a luxurious wellness escape, where discerning guests experience a unique and authentic spa journey.

Spa Packages

**SPA SUITE PACKAGES**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Price</th>
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<tbody>
<tr>
<td>140 min</td>
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<tr>
<td>230 min</td>
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The ultimate indulgence that includes 30 minutes of suite time.

Select, customize, and create your own Spa package combining any number of treatments, depending on your desired results. Our Spa Receptionists will help you tailor your very own personalized Spa package. Spa Suite packages include time to indulge in the private facilities. Submerge in the thermal jacuzzi, sauna, and steam room to completely relax and pamper yourself.

**COUPLES’ RETREAT**

110 min  AED 1,695

Experience a body scrub, massage and soak in our couples suite.

Retreat together to one of our private couple suites. Together you experience a luxury body polish to rejuvenate the skin, followed by a bespoke massage tailored to your individual needs. Next, submerge in the aromatic waters of your private Jacuzzi and enjoy the thermal facilities.

**HALF DAY PACKAGE**

240 min  AED 1,625

Escape the city and experience a morning or afternoon at the Waldorf Astoria Spa.

Spend the morning or afternoon indulging in a range of Spa therapies and Spa facilities available at the Waldorf Astoria Spa. The Spa Half Day Package lasts three hours, where you may combine various spa treatments of your choice as well as lunch at our signature pool restaurant, or afternoon tea at Peacock Alley.

**FULL DAY PACKAGE**

AED 2,095

Relax and rejuvenate for the day at the Waldorf Astoria Spa.

Dedicate a day to indulge and rejuvenate at the Waldorf Astoria Spa. Your day will comprise of four hours of Spa treatments of your choice as well as lunch in the Spa garden or at the nearby poolside restaurant. You will also have the opportunity to enjoy the beach and glamorous pools for a whole day of complete relaxation.

**BESPOKE BODY CARE**

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<th>Duration</th>
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<tr>
<td>110 min</td>
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<tr>
<td>140 min</td>
<td>AED 1,065</td>
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<tr>
<td>170 min</td>
<td>AED 1,275</td>
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Day after day, a busy lifestyle can take its toll on the body. Consult with one of our Spa Receptionists to create a body care package individually tailored to rejuvenate and restore wellbeing, for your mind and body.

**BESPOKE TIME**

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<td>170 min</td>
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Create your own journey to wellbeing and beauty.

Select and combine any of the treatments from our menu, simply choose the duration of your journey and leave the rest to us. This package is ideal for those wanting visible results, as you will leave looking and feeling incredible.
Facial Therapy

REGENERATING GOLD PLUMPENING FACIAL  
80 min  AED 855  
An anti-ageing gold facial to achieve a youthful complexion.  
This indulgent treatment combines a copper enriched peel to brighten the complexion and an anti-inflammatory gold serum to heal and regenerate the skin. A unique plumping massage follows which reduces the depth and appearance of fine lines and wrinkles. A gentle eye contour massage will brighten and refresh the eyes. A plumping anti-ageing face mask and sprinkling of gold oil to the arms and décolleté leave a youthful appearance and your skin shimmering.

SOURCE OF BISSES HYDRATION FACIAL  
80 min  AED 855  
A deeply hydrating facial that targets and treats all three layers of the skin.  
Inspired by the Swiss mountain people from the Valais region, the Source of Bisses treatment is an ancestral tradition, where water mastery is applied to quench dehydrated and thirsty skin. Acting as a hydration bath, this treatment quenches the thirstiest of skins. Filled with water, the epidermis regains vitality and the dermis is re-plumped, thus smoothing down the fine lines of dehydration. This absolute must of a treatment will leave your skin feeling as fresh as the morning dew.

VITALITY ANTI-STRESS BOOSTER FACIAL  
80 min  AED 855  
A rejuvenating facial for stressed skin.  
The impact of stress, pollution and high demands of modern life progressively mark the skin. Over time, the complexion becomes dull and lackluster; it loses its freshness because the cells are deprived of oxygen and nutrients. The Vitality facial treatment focuses on reinventing the skin through a complex combination of ingredients that boost cellular renewal. The ingredients and treatment steps act in total synergy leaving the skin refreshed, smoothed, detoxified and oxygenated.

PEAKS OF FIRMNESS ANTI-AGEING FACIAL  
80 min  AED 925  
The ultimate anti-ageing facial.  
With the passing of time, the bumps and curves in your face tend to become deeper and your facial contours mark more severely. Although wrinkles and the loss of firmness are unavoidable, their appearance and intensity can be visibly reduced. The Peaks of Firmness anti-ageing facial visibly reduces the signs of ageing with biotechnological extracts, a lifting massage, and chrono-cellular lifting mask to leave the skin visibly plumper, smoother and firmer.

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Body Therapy

PEAKS OF SLIMNESS 50 min  AED 495
A slimming and anti-cellulite treatment.
A true remodeling of the silhouette, this professional Valmont treatment focuses on the epidermis, the dermis and the subcutaneous tissue, to offer tangible results from the very first session. This body treatment starts with a full body exfoliation to prepare the skin before a unique motion technique, working in the direction of the muscular fibers, rendering the body toned and slender. Kneading, friction and smoothing pressures provide deep action on each area. With a groundbreaking combination of state-of-the-art ingredients that work in synergy against the phenomena responsible for dimpling and cellulite, this treatment is ideal to treat all types of cellulite and to reshape the body contour.

VITALITY ANTI-AGING TREATMENT 50 min  AED 450
An anti-aging body treatment.
The skin recovers all its beauty with this intense energizing treatment that feeds the skin with much needed nutrients. Soothing massage techniques will relax and knead away stresses and strains from the body to leave your skin toned, nourished, and your mind and body at ease.

HAMMAM TRADITIONS 50 min  AED 450
A hammam body scrub to purify and soften the skin.
The Hammam Traditions treatment follows a sequence of cleansing rituals to purify and revive both mind and body. Following the steps of an orange quince steam, mint cleanse, olive and coffee body scrub, the body releases impurities from the skin. A foaming massage is next to relax and cleanse before being enveloped in an application of rich fig and tangerine body cream.

CHERRY BLOSSOM BODY BUFF 50 min  AED 450
A gentle body scrub suitable for sensitive skin.
Treasured as one of the world’s most gentle exfoliates, the cherry blossom body buff will gently remove unwanted dryness. A nutritive blend of organic rice bran, vitamin E and amino fatty acids enhanced with the heavenly scent of cherry blossom will tone and hydrate. Your delicate skin will be left soft and supple to the touch before being enveloped with a natural warming silk oil that protects the skin and leaves a radiant glow. Ideal for sensitive skin or those experiencing a body treatment for the first time.

GOLDEN BODY 50 min  AED 450
A body scrub enriched with gold particles.
Dazzling as it is, gold is a mineral with proven anti-inflammatory properties; it helps to repair and strengthen the skin. This treatment involves an invigorating exfoliation with a golden sugar scrub and a soothing massage with fragrant oils enriched with gold particles. This treatment is guaranteed to leave the body replenished, radiant and shimmering.

Body Therapy

LUXURY BODY POLISH 30 min  AED 325
An organic body scrub to nourish the skin.
A full body organic sugar based scrub blended with pure lavender, jasmine and Brazilian rosewood aromatics. A massage application of nourishing organic body lotion will leave your skin silky soft and deeply nourished.

HAMMAM DETOXIFYING MUD WRAP 80 min  AED 625
A detoxifying body wrap.
An enriching Middle Eastern healing tradition that will delight the senses. A quince steam session starts this experience followed by a mint body cleanse. Pores will then be deeply cleaned and skin polished with a traditional kese glove polish. A foam massage takes place next; before a white jasmine mud wrap is applied. Whilst the mud goes to work drawing out impurities and softening the skin, your scalp will be treated with a soothing massage. A fig butter application finishes this decadent experience, leaving the skin cleansed, detoxified and heavenly scented.

TONING JAPANESE BAMBOO POLISH 50 min  AED 450
A bamboo body polish to invigorate the body and revitalize the skin.
An invigorating treatment that promotes lymphatic flow and minimizes cellulite. Commencing with a dry body brush to stimulate the skin, it then continues with a crushed bamboo and ginger body polish to remove dry skin and encourage cell renewal. A foaming massage cleanses the body, before a plum blossom body cream is applied leaving the skin soft, fragrant and radiant.

ARCTIC HYDRATING BODY WRAP 50 min  AED 450
A body wrap to deeply nourish dry or sunburnt skin.
Replenish your skin as your lymphatic system is stimulated with a phyto-nutrient hydrating body wrap. Whilst enveloped in the wrap you will be treated to a hydrating rose facial cleanse and massage, to relieve facial muscle tension and bring a glow to the skin. An ion boosting vita mist and artic berry cloud cream application completes this experience, replenishing the skin after sun exposure and locking in much needed moisture and nutrients.
Local Ingredients

What makes each Waldorf Astoria Spa truly unique is the way that we introduce local influences to your Spa journey, connecting each experience to the heritage of its local culture.

DUBAI: Traditional Attar

The word ‘Attar’ originates from the Arabic language and means ‘scent’ or ‘perfume’. Waldorf Astoria Spa Dubai Palm Jumeirah embraces the local culture of a traditional Attar perfumery by recreating the ‘Attar’ experience with a selection of the finest perfumes, rich in woody aromatics and spices from the East and feminine floral from the West.

Our signature ‘Bespoke Massage’ treatment allows you to complete a sensory test from the perfumery collection to select the ideal aroma for your journey ahead.

Each perfume has been selected to ignite a sensory journey transporting you to another place and time.
Massage

BESPOKE

50 min  AED 450
A tailormade treatment with aromatic oils.

The Bespoke Massage starts with a consultation and sensory test to select the ideal aroma from our French perfumery collection for your journey ahead. Our highly skilled therapists will then tailor the ideal treatment according to your needs, concerns and everyday lifestyle. Each bespoke experience is individually designed to transport you to a state of bliss and wellbeing.

SOOTHING BAMBOO

80 min  AED 625
A soothing massage to alleviate stubborn muscle tension and remove negative ions from the body.

This treatment combines the natural healing bio-energetic benefits of warm bamboo with flowing lomi lomi techniques to release deep seated tension, negative ions and energy from the body. Ideal for those seeking a medium to deep pressure massage to alleviate muscle tension and increase mobility and energy.

ORIENTAL HEALING

50 min  AED 450
A relaxing massage to reduce stress and restore energy in the body.

The Oriental Healing Massage combines the best healing practices and techniques from across the Orient to restore energy levels and rejuvenate both the mind and body. Warm volcanic and jade stones will gently stimulate the flow of energy and increase circulation. Energy healing techniques follow the pathways of the body (meridians), restoring the central energy levels of the body.

SHIATSU

50 min  AED 450
A pressure point massage that restores the flow of energy throughout the body.

Release your body’s natural energy and introduce a new life force throughout the body by utilizing compressions, stretches, and Shiatsu Inspired massage techniques perfected in Japan. This massage is enhanced with the energizing and softening blend of kinmoxei extracts, wild lime, bergamot and monoi oil. This treatment will increase circulation and warmth throughout the body, leaving you uplifted and glowing.

Massage

DEEP TISSUE

50 min  AED 450
A therapeutic massage to improve deep seated muscle tension from the body.

Unwind sore muscles with this intense deep tissue massage, created to restore and heal over-used muscles. Using sandalwood and amber oils, combined with therapeutic techniques to unleash tension and stress from the body, this treatment restores a full range of movement and leaves your body at ease.

COMPLETE BODY RESTORE

50 min  AED 450
A relaxing massage that will envelop the senses.

A personalized body treatment to enhance your wellbeing and lift your mood. Following a full consultation and sensory test, your therapist will recommend a sensory experience based on your current needs or concerns. Experience the finest aromatic candles, inhale organic massage oils and experience intuitive massages techniques that completely restore mind and body.

INDIAN THIRD EYE RITUAL

40 min  AED 425
A unique treatment to induce sleep and a stress free mind.

Commencing with a consultation, a selection of warm aromatic oil infusions are gently and continuously poured onto the third eye, forehead and scalp. The continual flow of oil relaxes the mind, inducing a hypnotic relaxed state. The scalp is then massaged with nourishing oil to strengthen and nourish the hair. This treatment is ideal for pure relaxation, relieving headaches, and easing sleeping patterns.

MUM TO BE

50 min  AED 450
A pre-natal treatment.

This treatment is ideal for pregnancy from three months onwards. An organic treatment designed for soon-to-be mothers, the focus is on the key pressure areas. Sit back and relax with a foot soak and massage before a soothing oil blended with lavender, sweet basil and jasmine is applied to nourish the skin, helping to decrease any stretch marks. Tension is relieved during a calming back massage, eliminating any unwanted stress from the body.

REFLEX ZONE

25 min  AED 275
A pressure point foot massage to improve wellbeing.

A treatment purely focused on making tired and aching feet feel better. The Reflex Zone treatment combines pressure points, hot stones, and therapeutic techniques to alleviate aches and stimulate the immune system. This treatment will enhance your wellbeing and leave you feeling as light as air.
Hand & Foot Therapy

The Waldorf Astoria Spa offers first class sole therapy with a difference - fusing health and beauty and providing outstanding care that visibly transform the feet. Our Spa features the renowned and award winning products and treatments of celebrity foot expert Margaret Dabbs.

**THE MARGARET DABBS SUPREME MANICURE** 60 min AED 170
An exceptional manicure which includes the indulgence of finishing with a hand soak and hand massage.

**THE MARGARET DABBS TOTAL MANICURE** 40 min AED 125
A thorough manicure utilizing the amazing award winning range of Margaret Dabbs products.

**MARGARET DABBS MANICURE SHAPE & POLISH** 20 min AED 70

**MALE MANICURE** 30 min AED 90

**THE MARGARET DABBS SUPREME PEDICURE** 60 min AED 210
An exceptional pedicure which includes the indulgence of a foot bath and foot massage.

**THE MARGARET DABBS TOTAL PEDICURE** 40 min AED160
A thorough pedicure utilizing the amazing award winning range of Margaret Dabbs products.

**MARGARET DABBS PEDICURE SHAPE & POLISH** 20 min AED 80

**MALE PEDICURE** 40 min AED 140

**FOOT DETOX BATH** 20min  AED 70
Pure sole stimulation; the perfect way to rid toxins from the body and sole. Our lavender/grapefruit detox baths have been designed to relax and rejuvenate, as well as to help to cleanse everyday toxins that are a result of our high pressured lives. Designed to stimulate the senses, our 20 minute foot bath allows you to relax and enjoy this refreshing sole stimulation.

**FOOT MASSAGE** 15 min  AED150
Foot pampering guaranteed to relieve and relax the body. A foot massage can be added on to any hand and foot therapy.

Men’s Therapy

**EXECUTIVE FACIAL** 50 min  AED 650
A tailored facial to leave the skin clear and refreshed. Mixed to oily skin types require particular care and attention. Purifying the oily spots without drying the already alipidic areas, whilst continuing to treat the signs of aging, is the focus of this treatment. The Executive Facial is more than a simple skin cleanse as it acts in a targeted manner on the facial areas which are unbalanced. It gently rebalances, cleanses and purifies the skin. An unprecedented purifying facial, this experience will deliver results with a clear and refreshed complexion.

**THAI MASSAGE** 50 min  AED 450
A dry massage that incorporates stretching and pressure point techniques to reduce muscle tension.

**THE MARGARET DABBS SUPREME MANICURE** 60 min  AED 170
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**Authentic Moments**

Waldorf Astoria luxury Spas reflect our worldwide reputation for consistent standards of excellence on which you can rely. Our Spa creates its own individual sense of place, one that reflects the character and culture of its unique location on the shores of the Palm Jumeirah.

Each Spa experience will be as memorable as it is truly exceptional, and each memory will be forever linked to the time and place where you enjoyed it.

Waldorf Astoria Dubai Palm Jumeirah, where the story begins...

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**Spa Information**

**OPERATING HOURS**
The Waldorf Astoria Spa operating hours are from 10am to 9pm daily.

**SCHEDULING AN APPOINTMENT**
Contact our Spa Reception to assist you in selecting your ideal treatment. Hotel guests can contact the Spa by the Spa button option from the guest room phone. External guests please call: 04 818 2245. To ensure your preferred time and service is available we recommend advanced bookings.

**SPA ARRIVAL**
Please arrive for your treatment at least 20 minutes prior to the scheduled appointment time, allowing time to change and enjoy the benefits of the hydrotherapy facilities before your treatment. Late arrivals will limit your treatment time.

**CANCELLATION POLICY**
To cancel or reschedule your Spa appointment please do so at least 24 hours prior to your scheduled treatment time. Rescheduled appointments are subject to availability. Cancellations within 24 hours incur a 50% charge. Cancellations within 12 hours incur a 100% charge.

**HEALTH**
Prior to your treatment you will be asked to complete a confidential questionnaire to assess your suitability for any treatment.

**PREGNANCY**
Our team will guide you on the most suitable treatment options.

**SPA ETIQUETTE**
To ensure that our Spa provides for relaxation and tranquility, mobile phones and other electronic devices must be switched off or switched to silent mode. The Spa welcomes all guests age 16 and above.

**THE GIFT OF GIVING**
Gift Vouchers are available for purchase and are valid for all treatments and retail home care products. Spa gift vouchers can be purchased in the Spa and online at www.waldorfastoria.com.

**PRICING**
All treatments are in UAE Dirhams and are inclusive of 10% Municipality fees and 10% service charge.