



SWISSÔTEL AL GHURAIR

DUBAI

SPA MENU

SWISSÔTEL
spa & sport



SWISSÔTEL SPA AND SPORT PHILOSOPHY

The SWISSÔTEL SPA AND SPORT philosophy is derived from the origin of wellbeing and use of nature's resources, such as stone, wood, water, flora, and pure, invigorating Alpine air reflecting the changing seasons of the Swiss mountains. Signature Spa treatments use essential oils organically produced in Switzerland, and work in symmetry with well-designed and modern sports training facilities, having both been created to invigorate and vitalize in rhythm with the seasons.



SWISSÔTEL SPA AND SPORT

Located in the heart of Dubai, Swissôtel spa and sport at Swissôtel Al Ghurair is the perfect oasis to revitalize and rejuvenate, offering a wide range of treatments to restore your physical and spiritual balance. The spa hosts eight treatment rooms each with a private shower, separate male and female luxurious changing rooms Jacuzzi, steam, sauna and relaxing lounge.

Recreational facilities include fully equipped gymnasium, complete with state-of-the-art fitness equipment and professional instructors available for those looking to pursue more serious exercise regimes, separate male and female changing rooms with steam and sauna and a temperature-controlled outdoor adult and kid's swimming pools. Tennis and squash courts are also available for guests looking for a quick and energizing workout.



OUR PRODUCT PHILOSOPHY

When choosing products for each of our spa and sport around the world, we passionately emphasize on the needs of our guests. With quality in mind, each brand chosen has proven performance delivering effective reliable treatment results. Environmental sustainability and Swissness is considered whenever and wherever possible reflecting our commitment to our brand. Our relationships with our products houses are important in ensuring we have the best spa products and training available for each and every experience.

SWISSÔTEL SPA AND SPORT PRODUCTS

Bath products are inspired by the Alpine seasons. Not surprisingly, their ingredients grow in a Swiss Alpine garden. Enjoy a shower with one of our shampoos, shower gels, conditioners, or soaps, which are created by mixing essential oils of various Swiss flowers and trees, and you'll see what we mean. Smell the scent of a mountain meadow and feel the water massage your soul.

From Switzerland, our bathroom amenities are packaged using recyclable materials and are shipped worldwide to all of our hotels as a gift for you. They're our way of saying thank you for staying with us.

ANNE SEMONIN

"Because each skin is unique", every Anne Semonin treatment is customized and starts with a personal consultation and a diagnosis of your skin. Your beauty therapist will create your own "beauty prescription", depending on the needs of your skin at that time, and your lifestyle.

The Anne Semonin treatment collection combines an ingenious blend of aromatic essential oils, trace elements and marine ingredients with the classic French touch and a holistic approach to treating the individual needs of your body and skin. Anne Semonin treatments are designed to be "tailor made" and will not only revitalize the skin, but energize and balance the mind and spirit, providing total relaxation.

After your spa experience, a simple Anne Semonin regime is carefully prescribed, in which the therapist will recommend how to customize products to create perfect blends for optimum efficiency. This can then be carried out at home on a daily basis.

NEOM

Neom is a wellbeing brand with true therapeutic benefits to relieve stress, aid sleep, boost your energy or lift your mood. 100% natural fragrances for the mind & body, made from ethically sourced, sustainable origins, only natural & organic ingredients, no petrochemical paraffin or mineral wax, no artificial perfume only pure essential oils and no harsh preservatives.

AROMATHERAPY ASSOCIATES

Experience the simple pursuit of sharing the true power of essential oils and the incredible effects they have on the body and mind. These blended essential oils with unique active botanicals have led to remarkable innovations in skincare resulting in beautiful, glowing, healthy skin free from harsh chemicals and unnecessary synthetics. Experience the benefits of Aromatherapy Associates products.



SWISSÔTEL SPA AND SPORT FACILITIES AND SERVICES

VITALITY

In Switzerland, we enjoy hiking the Alps, eating organic foods, and staying in shape on our own schedule. So wherever we go, we take our Vitality with us. Vitality is both a philosophy and a programme that focuses on your wellbeing and quality of life. With many possibilities for stimulating your physical and mental fitness in your own time and comfort zone, Vitality allows you to feel as good on the road as you do at home. We offer the following facilities and services:

- Memberships
- Personal training
- Swimming lesson
- Indoor and outdoor group fitness classes
- Fitness Center
- Temperature-controlled outdoor swimming pools
- Wet areas complete with sauna and steam room
- Relaxation areas
- Shower and locker areas

MEMBERSHIPS

Swissôtel spa and sport offers memberships to fit all your fitness and well-being needs. We have 6 ,3 ,1 and 12 months membership options to meet the different needs of our guests. For more information, contact our spa receptionists who would be happy to assist you.

PERSONAL TRAINING

Attain peak performances whilst achieving your desired fitness results. Combine workouts with one-to-one strength training, fitness coaching and lifestyle sessions. We are committed to creating a customized programme, aimed at achieving your overall fitness goals.

SWIMMING LESSON

Learn how to swim. It is a great workout. Swimming is a good all-round activity; it keeps your heart rate up and takes some of the stress off your body, builds endurance, muscle strength and cardiovascular fitness. Get your child involved. It is important that your child learns how to swim and be comfortable in and around water.

GROUP FITNESS CLASSES

Go social and have fun. The accountability and motivation of a group exercise dynamic may be just what you need to keep moving toward your fitness goals. Group exercise offers a variety of benefits you might miss out if you choose to work out on your own.

FITNESS CENTER

Our fitness centre is fully equipped with state-of-the-art strength training equipments and cardio machines.

The Fitness Center is open daily from 6:00 am to 11:00 pm.

TEMPERATURE-CONTROLLED OUTDOOR SWIMMING POOLS

Swissôtel spa and sport outdoor pools are surrounded by comfortable deck chairs and signature Swissôtel service. It is the perfect place to swim or relax.

The Adult Pool is open daily from 6:00 am to 11:00 pm

The Kids Pool is open daily from 6:00 am to 9:00 pm

RELAXATION LOUNGE

A clean and quiet relaxation rooms appointed with loungers, couches, dimmed lights, music and Swissôtel infused water to give a soothing and warm place to nestle down and relax. You can stay in the relaxation lounge to get into a calm frame of mind before a treatment or enjoy the soporific after effect of a great therapy. An ideal place to de-stress, find peace and re-connect with your inner self.

WET AREAS

STEAM ROOM VITALITY

Maintained at 45-42°C, the humid aromatic heat experience is highly beneficial for those that suffer from asthma and bronchitis, as it opens up the breathing passages and alleviates congestion. We recommend that a session last 15-10 minutes and that you keep your body well hydrated afterwards. Humid heats are especially beneficial before or after a massage treatment to increase circulation.

SAUNA VITALITY

Maintained between 110-85°C, this dry heat soothes and warms the muscles, relieving tension from your body and minimizing joint pain. This is especially beneficial for those who suffer from illnesses such as arthritis, painful migraines, and headaches, or as a way of warming the body after an intense workout or treating the common cold. Dry heat is recommended for 15-10 minutes daily and it is important to ensure that your body is kept well hydrated afterwards.

JACUZZI VITALITY

Maintained between 40-38°C, the warm water, or “hydro” therapy can promote relaxation, pain relief and improved sleeping habits as the heat, buoyancy and massage work together to clear your mind, reduce stress and soothe overworked muscles. Heat improves circulation and warms muscles and joints.





SWISSÔTEL SIGNATURE EXPERIENCES

THE SECRET OF THE DESSERT - 120 MINUTES

Discover the East's secret with a journey into Dubai's tranquil desert. Start your experience with 60 minutes Neom Sleep candle treatment, to immediately relax the mind, this purposeful combination of thoughtful touches will lift your spirit and leave you feeling like the best version of you. Complete your treatment with a 60 minutes advanced white star facial using the exclusive Anne Semonin brightening range to visibly enhance your complexion to shine like the stars of the desert night sky.

ROYALTY RITUALS - 150 MINUTES

Be treated like Royalty. Be the princess or the prince you know yourself to be or treat a loved one to a glamorous 30 minutes Vitality Mineral Body Polish followed by a blissful 90 minutes massage of your choice with 30 minutes sublime radiance facial and a Swissôtel vitality light lunch or dinner by the pool.

SWISSÔTEL VITALITY PACKAGES

FITNESS TO SPA -150 MINUTES

This treatment is a combination of fitness activity and spa treatment. Starts with 45 minutes one-on-one personal training, followed by 15 minutes assisted-static-stretching for faster and better result, This treatment has Anti-cellulite, firming and toning action. "Au revoir" dimpling and uneven skin. Inspired by cryotherapy techniques, an ultra cold treatment designed to shock the body into action by reviving up blood circulation and boosting the immune system. Followed by a specially designed detox massage using an active ingredients complex of brown and red algae and a firming body mask application on problematic areas. The result: your legs are left feeling refreshed, skin tone is visibly improved and the skin contour looks firmer and more even after just one treatment.

SWISSNESS SPA DAYCATION

Take your spa and fitness experience to the next level with our Swissness spa Daycation. Begin your day with a session at the gym, followed by a relaxing time at the spa where luxury meets comfort and affordability in the heart of old Dubai. You can enjoy the sauna, steam, Jacuzzi and relaxation lounge. To complete your spa daycation experience, allow yourself to be served with our Swissôtel spa & sport vitality light meal and drinks while relaxing at the pool.

MASSAGE EXPERIENCES

SWISSÔTEL MOUNTAIN STONE MASSAGE - 90 MINUTES

Inspired from the Swiss Mountain Stones this east meets west traditional therapy soothes muscle tension and encourages circulation. Using nourishing essential oils and warm volcanic stones to penetrate tired aching muscles combined with healing hands, this will allow you to unwind into a restful state of mind.

WEELEBEING MUSCLE RECOVERY MASSAGE - 60/90 MINUTES

This medium to deep pressure full body massage is designed to improve energy levels, sound sleep, and melt away muscle tension. A perfect massage for active people who need some muscle recovery. Awaken the senses with our essential oils combining a light combination of signature Swissôtel essential oils to act to warm the muscles, soothe aches and pains and invigorating the mind for a feeling of overall wellbeing and vitality.

REFRESHING RELAXATION MASSAGE - 60/90 MINUTES

This customized relaxation massage uses long, soothing strokes to relax muscles and aid both the lymphatic and circulatory systems. Calm yourself after a long journey and rest easy with our signature Swissôtel scents using essential oils. Fresh scents of lavender, clary sage and pine assist in calming your overactive mind and help bring you to a more restful state.

THAI TRADITIONAL MASSAGE - 60/90 MINUTES

The therapists use their hands, knees, legs and feet to move you into a series of stretches. This treatment will improve your posture, promote emotional balance and increase flexibility level. This is an invigorating and calming treatment.

HERBAL MASSAGE - 60/90 MINUTES

This treatment combines Eastern massage techniques with a light pressure patting, rolling, kneading and gentle yet deeply effective massage. The heat from the Herbal compresses carries the herbal essences and essential oil deep into the skin, tissues and organs. This treatment brings a deep sense of comfort and warmth stimulating the body to detoxify and heal itself.

NEOM CANDLE MASSAGE AND TREATMENT - 60/90 MINUTES

Masterminded by wellbeing experts and drawing together the most effective of six therapies - meditation, shiatsu, cranio, Thai massage, trigger point and reflexology. The four unique Neom treatments have been created to provide true therapeutic wellbeing benefits.

- Sleep candle massage
- De-stress candle massage
- Energize body treatment
- Happiness body treatment

NEOM PREGNANCY TREATMENT - 60 MINUTES

Allow us to scoop you up and cocoon your body and mind with the utterly calming and specially created Neom Pregnancy Treatment. This top to toe treatment begins with a pregnancy-specific 5 minute guided meditation, back exfoliation followed by massage and cranio scalp massage. Your therapist will also work on areas of the body which hold additional tension and weight, ensuring the deepest state of relaxation is achieved.



COUPLES EXPERIENCES

RELAXING COUPLE MASSAGE - 90/60 MINUTES

Enjoy all the benefits of being pampered with that someone special in your life to a relaxing massage. This is the best way to relax and spend quality time together. A sensual aromatic oil will be used to accentuate the atmosphere towards romantic journey.

ROMANTIC COUPLE EXPERIENCE

Customize your couple experience by choosing a selection of treatments from the menu to suit your needs of the day. Whether it is a gathering with friends or you want to impress that certain someone in your life, we can cater to all your needs. The couple suite is an exclusive private environment with enough space to relax for hours. You can also upgrade your experience with the following upgrades:

- Flowers and candlelight
- Balloons and celebrations
- Non alcoholic beverages
- Chocolates and strawberries
- Jacuzzi bath

BODY TREATMENTS

CRYO LIPOLISS CELLULITE TREATMENT - 60 MINUTES

This treatment has Anti-cellulite, firming and toning action. "Au revoir" dimpling and uneven skin.

Inspired by cryotherapy techniques, an ultra cold treatment designed to shock the body into action by reviving up blood circulation and boosting the immune system. Followed by a specially designed detox massage using an active ingredients complex of brown and red algae and a firming body mask application on problematic areas. The result: your legs are left feeling refreshed, skin tone is visibly improved and the skin contour looks firmer and more even after just one treatment. For the perfect and lost lasting result, a series of treatment is recommended.

SUMMER SKIN COOLER BODY WRAP - 45 MINUTES

Soothe and re-hydrate over-exposed skin with this cooling and refreshing treatment. The treatment combines the famous skin healing properties of lavender with cooling peppermint and regenerative rose to rescue distressed skin. Your skin left feeling cool, soothed and moisturized.

ENRICH BODY SCRUB AND WRAP - 60 MINUTES

This is a perfect treatment for dry and out-of-condition skin. Starting off with a body exfoliation, replenish skin with a serum and layered with a pure dry skin oil to nourish and soften the skin. Rich protective body butter is applied to deeply moisturize the skin.





FACIAL FOR WOMEN AND MEN

Encounter this unique collection of facial therapies that combine elegant French skincare with results driven made to measure techniques which transform and re-sculpt your face contour. Every facial includes an exclusive Anne Semonin lymphatic massage, designed to gently release toxins from the dermal tissues, increasing blood flow and resulting in radiant skin. The unique fusion of this specialist massage, the highest quality classic ingredients and a holistic approach mean each Anne Semonin facial is a tailored experience, just for you.

MADE TO MEASURE CLASSIC FACIAL COLLECTION

- **AGE DEFEND – 60 MINUTES**
Defy the ageing process with this quintessential regenerating facial therapy. Signs of ageing dissolve as essential oils and minerals are gently massaged into the skin improving tone and elasticity.
- **OLIGIO SKIN PROTECT – 60 MINUTES**
The ultimate in anti-oxidant defense, this treatment instantly hydrates and balances, boosting oxygenation to the skin cells.
- **SOOTHING SKIN SAVIOUR – 60 MINUTES**
The secret to soothing even the most delicate skin lies in the exquisite blending of minerals and essential essences.

MADE TO MEASURE ADVANCED FACIAL COLLECTION

- **CRYO TIME FREEZE – 60 MINUTES**
A flawless skin brightening experience. This facial uses the age defying effects of cryotherapy with the Anne Semonin 100% Active Serum to reinforce the skin's firmness at a cellular level. Complemented by a neurocosmetic containing Wild Indigo which stimulates the release of B-endorphins, flooding the body with a total sense of well-being.
- **WHITE STAR EVEN SKIN TONE FACIAL – 60 MINUTES**
Using the exclusive Anne Semonin Brightening Complex, this correcting treatment visibly lights up the complexion and reduces the appearance of sun spots and age spots to unveil a more even skin tone. Its detoxifying antioxidants neutralize damage from air pollutants while sea-sourced minerals and moisturizers keep your skin glowing.

- **MARINE MINERAL PURIFIER – 60 MINUTES**
The advanced Anne Semonin peel off mask, with the highest concentration of minerals and algae, leaves the skin instantly calmed, decongested and silky smooth.
- **ULTIMATE AGE PROTECT – 80 MINUTES**
A ritual that delivers an experience as individual as you. Bespoke blending of aromatic essences and trace elements combine with a tailored eye and face treatment to perfectly balance, hydrate and revitalize, while offering the ultimate in skin protection. Unsurpassed at revealing the skin's true radiant beauty, it is the complete treatment, designed to address your every need.

ULTIMATE RADIANCE FACIAL - 90 minutes

The Aroma Lift System works to stimulate the body's own natural bio-electric pulses through low level and gentle micro currents assisting to deliver active ingredients deeper into the skin and enabling the products to work more effectively. Combining three different energies including micro current, galvanic current and high frequency, the Aroma Lift System guarantees improved muscle tone, plumping of fine lines and skin hydration as well as antibacterial and healing benefits for truly radiant glowing skin.

ADDITIONAL TIME

For those who wish to upgrade any of our present treatments with additional time and services, or for those who don't have the time to stay and indulge, we have created mini treatments to suit all your skin care needs ensuring complete relaxation and rejuvenation. Choose from a variety of 30 minute mini treatments including:

- 30 minutes Energizing Back, Neck and Shoulder Massage
- 30 minutes Head and Scalp Massage
- 30 minutes Foot Massage
- 30 minutes Sublime Radiance Express Facial
- 30 minutes Mineral Body Polish
- 30 minutes Olive Body Scrub
- 30 minutes Exquisite Miracle Eye Treatment



SPA ETIQUETTE

SPA EXPERIENCE

Swissôtel spa and sport offers a variety of vibrant experiences using performance based spa products. Choose from a variety of massages, body treatments, and facials.

SPA ENVIRONMENT

Swissôtel spa and sport is the hub for Vitality offering the best in spa and sport facilities. To ensure you energize and feel your best, phones and other electronic devices are not permitted in the treatment and spa areas. If you would like to receive messages during your time with us, please let our staff know.

MAKING SPA APPOINTMENT

Phone +971 (0)4 293 3322

E-mail spa.alghurair@swissotel.com

Advanced reservations are recommended to ensure availability. Our spa receptionists will be delighted to guide you to select your spa experience.

FEES AND SERVICE CHARGE

All prices are in UAE Dirhams and inclusive of 10% municipality fee and 10% service. Additional gratuities are at your discretion.

SPA CANCELLATION POLICY

If you must reschedule or cancel any spa appointments or packages, please notify the spa 4 hours in advance. Missed appointments without proper notices are subject to a 100% charge for reserved services. The same applies for no shows.

SPA ARRIVAL AND ETIQUETTE

We recommend you arrive 30 minutes prior to your appointment time to enjoy the facilities and ensure your treatment starts on time. Late arrivals may result in a reduction of your treatment experience.

To make any changes to your booking, please contact spa reception at Phone +971 (0)4 293 3322

PERSONAL MATTERS

Please inform us of any health conditions at the time of booking. You will also be asked to complete a medical history form upon arrival, so we may better customize your experience to your needs.

SPA ATTIRE

You will receive a robe and slippers to wear between treatments and a locker for your personal belongings. We request that you please leave jewelry and valuables in your hotel room or the safe provided for you.

OPENING HOURS

Spa

Sunday to Wednesday 10:00 am to 10:00 pm

Thursday to Saturday 10:00 am to 11:00 pm

T: +971 (0)4 293 3322

E-mail: spa.alghurair@swissotel.com

Sport

Swissotel Al Ghurair Daily 6:00 am to 11:00 pm

Swissotel Living Al Ghurair Daily 8:00 am to 8:00 pm

Tel: +971 (0) 4 293 3321

Email: sport.alghurair@swissotel.com