

HOLISTIC SPA SERVICES

Wellbeings prides itself on offering a complete holistic spa experience. Following a thorough consultation our expertly trained therapists will uncover your needs and completely customise your massage, facial or body treatment. Choose from a mix of your favourite modalities or machines to restore, rest and relax.

Customized Massage Therapies

60 mins / 450 AED **90 mins** / 650 AED

Love some stretching with a mix of Thai Herbal Poultice, or deep pressure with aroma oils? Our team of industry experts is trained to perform an array of Therapies from all over the world.

Choose from:

- Thai
- Aromatherapy
- Bamboo
- Thai Herbal Poultice
- Balinese
- Deep Tissue / Sports Therapy
- Relaxing
- Element Stone Therapy
- Pre Natal Massage
- Lymphatic Drainage / Detoxifying Massage

*All Massages are available as an exclusive tailor made experience for couples

Customized Facial Therapies

60 mins / 520 AED **90 mins** / 750 AED

Our facials provide the perfect blend of the best hands, result driven organic products and the latest in cutting edge technology to deliver a treatment that will leave your skin feeling in awe*

Choose from:

- Deep Cleansing - Fire Purity - *Signature Facial 90 Minutes*
- Metal Longevity Facial
- Lymphatic Customized Facial
- Water Hydration Facial
- Earth Vitality Facial

*Upon request Facials can be booked with a state of the art 3D Skin analysis which will require advanced bookings and is priced at AED150

Customized Body Therapies

45 mins / 320 AED **60 mins** / 450 AED

At Wellbeings, we like to customise every step of your experience, so naturally we have a number of carefully curated body treatments for you to choose from.

Choose from:

- Aroma Body Polish
- Energising Coffee Scrub
- Brightening Exfoliating Peel

WELLBEINGS SIGNATURE ESSENTIALS

Couples Experience

150 mins / 1900 AED

This package here includes scrub, massage and facial in Couples room and access to separate dry and wet facilities.

Arabian 1001 Night Ritual

120 mins / 1200 AED

Immerse yourself in the eternal beauty of the Arabian desert in a true Wellbeing adventure. Revive your body with a refreshing desert sand scrub and indulge in a relaxing massage which uses the authentic 'oussada' cushion filled with coriander, and an energising 'khemoussa' pouch featuring three powerful Moroccan mint varieties. Then treat your face to a true Dubai inspired facial using specially treated camel milk and local date derivatives as a foundation for this boundless beauty treat.

Non Surgical Face Lift

120 mins / 1500 AED

Suitable for both men and women. Following a 3D skin analysis is a combination of Hydrafacial, Cryotherapy, Galvanic, lymphatic drainage and a sequence of manual applications that leaves your face with an intense beauty boost. Results are immediate and will last for up to two weeks.*

*Using the best pharmaceutical grade organic skincare

Chakra Balancing Wellbeings Ritual

90 mins / 750 AED

Rebalance your 7 Chakras in this beautiful Ritual using ancient healing techniques. Start with a singing bowl meditation and experience a therapeutic full body Massage focusing on the awakening of dormant Chakras. 7 different Emeralds will be placed on your bodies energy centers to open up blockages. Hot Stones and Reflexology as well as an array of stretching techniques will be used to get the energy flowing evenly again.

ESSENTIAL WELLBEINGS ADD ONS:

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|---------------------------|--------------------------|
| • Express Treatment | 30 mins / 300 AED |
| • Coconut oil upgrade | 100 AED |
| • Singing Bowl Experience | 200 AED |
| • Ear Candle Deep Cleanse | 250 AED |
| • Eye Lift Upgrade | 100 AED |
| • Choice of Hot Oil | 100 AED |
| • Hot Stone Melter | 100 AED |

WELLNESS THERAPIES

The world is in search of the answer to true inner wellbeing. Eastern Medicine and the power of traditional healing combined with modern technologies based on science. We have it all...

Holistic Healing

Consultation with our trained Wellbeings Alternative Practitioner
60 mins / 500 AED

- | | |
|----------------------------|-------------------|
| • NLP | • Crystal Healing |
| • Hypnotherapy | • Reiki |
| • Trauma Therapy | • Energy Healing |
| • Meditation & Mindfulness | |

*programs available upon request

Oxygen Therapy **30 mins** / 200 AED

Relax in our lounge whilst we help speed up the healing process by supporting additional oxygen flow to your body. This treatment can also be added to a treatment.

IV Vitamin/ Detox Drips (available upon request)

A method encompassing delivery of micronutrients in the forms of IV vitamins, vitamins, minerals, antioxidants, and amino acids into the body to help you not just to recover fast, but also enhance your metabolic status and sense of well-being.

Many health concerns are associated with digestive issues such as bloating, indigestion, and multiple food sensitivities. Those with such conditions have trouble absorbing nutrients that are much needed to return the body to good health.

By utilizing IV therapy, we bypass the gut so that we ensure that 100% of the constituents are absorbed and utilized by the body. IV therapy is now increasingly being used around the world to address issues of micronutrient deficiencies.

Benefits:

- | | |
|-----------------------|----------------------|
| • Energy enhancement | • Anti-aging |
| • Metabolic support | • Recovery |
| • Female balance | • Boosting cognition |
| • Gut health | • Detoxification |
| • Skin glow | • Weight loss |
| • Nutritional support | • Hangover |
| • Immunity support | • General wellness |
| • Male balance | |

Detoxification & Weight loss **60 min** / 1000 AED

Whether it is a detox program to recharge your energy levels or a plan to reboot your lifestyle, our team and our carefully selected array of services and products can help you achieve your objectives.

Try one of these result driven treatments:

- Detox Algae Body Wrap **75 mins** / 1000 AED
- Detox Escape **90 mins** / 1000 AED
- Detox Cleansing Ritual **60 mins** / 800 AED
- Slimming Body Scrub and Wrap **45 mins** / 400 AED

Complimentary Wellness all throughout your visit:

- Dyson Air filters throughout
- BLUE Water filters
- Halo Therapy and Air Ionization
- Sound therapy and Frequency Healing (all music tuned at 528hz Solfeggio Frequencies) in all treatment spaces
- Aroma Therapy blends chosen daily for optimal health
- Hand crafted Wellness Teas and beverages available in the wellness lounge
- Arts and Crafts

Please arrive 15 minutes before your appointment and enjoy our Spa Wet Area Facilities

Bathrobe, Slippers and Towels are provided for your convenience

Cancellation policy

Please provide 24 hours notice of cancellation to avoid a 100% charge.

Service charge and Municipality fee

All prices are in UAE Dirhams and are inclusive of 7% municipality fee, 10% service charge and 5% VAT



pullman
HOTELS AND RESORTS

DUBAI DOWNTOWN

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WELLBEINGS
HOLISTIC HEALING

Enter the World of Wellbeings

Relax. Unwind. Rejuvenate.
Experience an immersive journey into the heart of your Wellbeings.