

Raffles Wellness Menu



RAFFLES

THE PALM DUBAI

رافلز النخلة دبي



UNLOCK WELLBEING
DISCOVER OUR WELLNESS EXPERIENCES
Rejuvenate. Innovation. Wellbeing.



Wellness Technology Meets Ancient Rituals

Spa and Wellness Journeys

Experience Menu



In partnership with ***Gharieni***, global luxury wellness technology leader. Inspired by the ancient healing traditions, the Gharieni Wellness Technology Journeys bring a 21st century experience to the wellness seeker. Combining the art of ancient healing with the science of well-being, the technologies can be experienced alone, or in combination with spa treatments to harmoniously elevate the wellness experience and take it to the next level.

Each wellness technology bed delivers ***Verified*** benefits, as informed by third party research studies - paving the way for the future of wellness.

Choose journeys from hands-on or touchless experiences to enhance chronic disease prevention, mental fitness, aesthetics and provide well-being optimization – harmoniously bringing together journey and destination.





The Gharieni Wellness Technologies

MLX Quartz Bed for Psammo Therapy



90 Minutes	AED 850
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60 Minutes	AED 650
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Allow yourself to be luxuriously immersed in alpha quartz sand while experiencing a touchless dynamic flow massage, inversion gravity, accented by the sound therapeutic benefits of singing bowls. The bed is inspired by the ancient practice of “Psammo Therapy” (Sand Bathing) re-imagined for the 21st century – delivering proven anti-inflammatory action, relief from chronic pain and deep relaxation – profound goodness for body, mind, and spirit.

Welnamis Bed for Vibration and Binaural Acoustics Therapy



30 Minutes	AED 350
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3 Sessions	AED 899
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Go on a journey to discover the potent benefits of combining vibration, light, and binaural acoustics. Welnamis means a “wave of wellness”, as the therapy provides an extraordinary mindfulness/power napping experience. Excellent for improving quality and quantity of sleep, and relieving anxiety, mood swings and combating the negative effects of chronic stress.





Celliss Bed for Body Contouring and Ultimate Aesthetics



30 Minutes

AED 550

6 Sessions

AED 2,999

Experience the revolution in ultimate aesthetics for your body that women everywhere are talking about. Introducing the total slimming treatment that helps you achieve your best silhouette, while decreasing the appearance of “orange peel” skin. This completely non-invasive technology is not just a pretty face - sensuous design and powerful technology – meet 21st century wellness beauty - while enhancing weight management routines.



Discover our *Wellness Technology Meets
Ancient Rituals* Journeys

*The Wellness Tech Purist - All Concept Beds
As Stand-alone Touchless Therapies*



Select a preferred wellness technology and experience unparalleled wellness. Repeat the treatment or combine with rituals to enhance the journey. Try different combinations. The journey is as important as the destination.

The Grand and Beautiful Relaxation



1 Day

AED 2,999

Experience the best of both worlds: beauty and goodness – in just half a day. Start your mini-immersion with the goodness of body contouring and slimming for a more beautiful silhouette; and combine with the anti-stress of Welnamis. Refuel your energy and reset your internal rhythm. Finish with a luxurious KOBIDO ritual. This journey is designed for body and mind, delivering one of the most important anti-aging ingredients for a more beautiful and youthful appearance - an anti-stress treatment with powerful aesthetics. Love your experience, the benefits are long-lasting when repeated.

- Promotes clearer and more radiant skin
- Uplifts and energizes your body
- Reduces stress and fatigue

What is Included

- 30 Minutes Celliss
- 90 Minutes KOBIDO ritual
- 30 Minutes Welnamis
- Nutritional consultation
- Healthy lunch



Imperial Beauty and Well-being



1 Day	AED 1,999
3 Days	AED 4,999

Luxuriate in a 90-minute signature experience and allow yourself to feel a sense of timelessness and deep relaxation of a quartz bed experience - it packs powerful and verified well-being benefits. The treatment combines the add-on of a therapist's touch, integrating flow with sound bowls and the skilled application of poultice to target healing in the body. Follow this with a 30-minutes luxurious KOBIDO ritual for a journey after-glow. This treatment experience delivers even more powerful benefits if can be repeated on three consecutive days while on week-long stays.

- Promotes a sense of deep relaxation
- Promotes a healthy skin
- Balance the mind, body and soul

What is Included

- 90 Minutes MLX Quartz
- 30 Minutes KOBIDO ritual
- Healthy lunch

The 8 Sleeping Beauties



1 Day	AED 899
8 Weeks Program	AED 6,499

Training your mental fitness is as important as your physical one. Experience the restorative power of Welnamis and go on a mindfulness journey into deep relaxation. The 30-minute treatment delivers similar benefits of a regenerative full-night's sleep.

Combine this with our 30 minutes Shirodhara Care ritual for maximum benefits, or as a stand-alone touchless experience. The journey can deliver power-napping or a full mindfulness experience. This treatment combination is designed for maximum proven benefits when repeated once a week for a series of 8 consecutive weeks.

- Recommended to people who struggle to sleep
- Experience anxiety, stress or fatigue
- Improves energy level

What is Included

- 30 Minutes Welnamis
- 45 Minutes Shirodhara



The Mini Detox Deluxe



1 Day	AED 2,999
4 Weeks Program	AED 10,999

Start your journey to modern detox of body, mind and spirit when you combine the goodness of body contouring and slimming of Celliss for a more beautiful silhouette; followed by the anti-stress and pain relief of the Quartz bed; and beautifully curated with our Udarabyanga Detox ritual. These combined treatments deliver maximum proven benefits when experienced once a week for a series of 4 consecutive weeks or more, and when accompanied with a nutrient-rich diet, and a regular physical movement routine. This includes a consultation with our in-house Nutritionist.

- Speeds up metabolism
- Promotes healthy habits and routines
- Boost the immune system

What is Included

- 30 Minutes Celliss
- 60 Minutes MLX Quartz
- 60 Minutes Udarabyanga Detox
- 60 Minutes personal training session
- Nutritional consultation
- Healthy lunch



The Slimming and Contouring Silk Road



1 Day	AED 1,999
4 Weeks Program	AED 12,999

Begin the journey to a new smoother and youthful body aesthetics by experiencing the body contouring and anti-cellulite revolution of Celliss Silkier and more radiant skin is awaiting when you combine with our Slimming & Detox treatment. These curated treatments deliver maximum proven benefits when repeated weekly for a series of 4 consecutive weeks or more.

- Promotes a healthy weight loss
- Boost metabolism
- Increased vitality

What is Included

- 30 Minutes Celliss
- 60 Minutes personal training session
- 60 Minutes Slimming & Detox treatment
- Nutritional consultation
- Healthy lunch



The Grand and Beautiful Relaxation II



1 Day	AED 2,599
4 Weeks Program	AED 9,999

This Grand Dame of an experience bridges the best of worlds: beauty, goodness and real benefits.

Start your journey with the goodness of body contouring and slimming for a more beautiful silhouette; and combine with the anti-stress and pain relief of the Quartz bed, while reaching a deep relaxation and allowing the stress in your body to melt away. Finish with a luxurious KOBIDO ritual.

This journey is designed for body, mind, and spirit delivering one of the most important anti-aging and well-being recipes to any modern lifestyle - feeling better and looking better. The results create beauty inside and out - delivering a more youthful skin you'll be happy to live in - while bringing much needed anti-stress, pain relief, and anti-inflammatory action for a journey you'll want to repeat. In order to receive maximum benefits, the treatment & rituals should be repeated once a week for a series of 4 consecutive weeks or more.

- Promotes a deep sense of relaxation
- Recommended for people that struggle with muscle pain and body fatigue
- Boosts skin brightness and elasticity

What is Included

- 30 Minutes Celliss
- 60 Minutes MLX Quartz
- 90 Minutes KOBIDO
- Nutritional consultation
- Healthy lunch



Bespoke Experiences



1 Day

Price on Request

Experienced wellness travellers and seekers, and who want to co-create their own experience, guided and supported by our expertise and your individual wisdom.

What is Included

- Non-invasive therapies
- Integrative Nutritionist consultations
- Wellness retreats
- Wellness group classes
- Specially crafted nutritive menus
- Body massages & treatments
- Grand treatment rituals

Wellness Additions

30 Minutes

AED 250

- Nano gold face mask
- Nano gold eye mask
- Diamond radiance face mask
- Diamond radiance eye mask
- Himalayan salt scrub
- Himalayan salt bath
- Himalayan salt stone massage



Integrative Nutritionist Consultation AED 650

Enhance your lifestyle with support of our nutritional experts who will guide you through the dietary plans designed to provide you a balanced nutritional lifestyle. Our holistic approach will ensure that healthy mind and body is nurtured through monitoring exercise levels, sleep, and food habits so that you restore and renew your aesthetic sense and physical well-being.

Meditation & Yoga

Mental well-being is part of holistic and blissful life. Awaken your true potential and improve your concentration skills with meditation and Yoga that will restore balance and harmonize your senses. For more enquiries, please visit meditation and Yoga group classes on our website.

Mindfulness

We encourage you to experience your own time and comfort and tap into your inner source of serenity and tranquility to encourage more bliss in life. Reawaken to your truest sense and calm both your mind and body by practicing mindfulness.

Wellness Screening

Wellness Screening is designed to promote overall wellness of your body. In a supportive culture of wellness, we assist you with bespoke multi-day program that contributes to your need.







Terms & Conditions

Our spa is a space dedicated to peace and relaxation. Please turn off your cell phone, respect the tranquil ambiance, and fully enjoy your experience.

To enhance your spa experience, we encourage you to arrive at least 30 minutes prior your treatment.

Children under the age of 16 are not allowed at the spa.

Your health and safety are our utmost priority. Please note that it is required to wear mask. We also keeping hygiene standard by sanitizing the room for 30 minutes post each treatment.

We provide luxurious towels, robes, slippers and all amenities required for use during your spa visit. Also, please bring your personal swim wear to fully enjoy the spa facilities and Indoor pool.

No shows or cancellations made within 24 hours of your scheduled appointment will be charged in full. Cancellations made 24 hours prior to the appointment time will not be charged.

Contact us
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cinq.mondes.thepalm@raffles.com

Opening Hours
Daily | 10 AM – 10 PM

