



Spa & Wellness

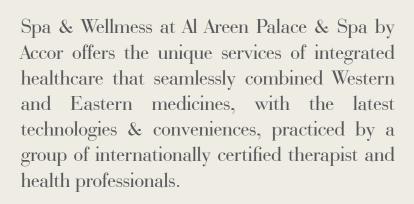
Al Areen Palace & Spa by Accor



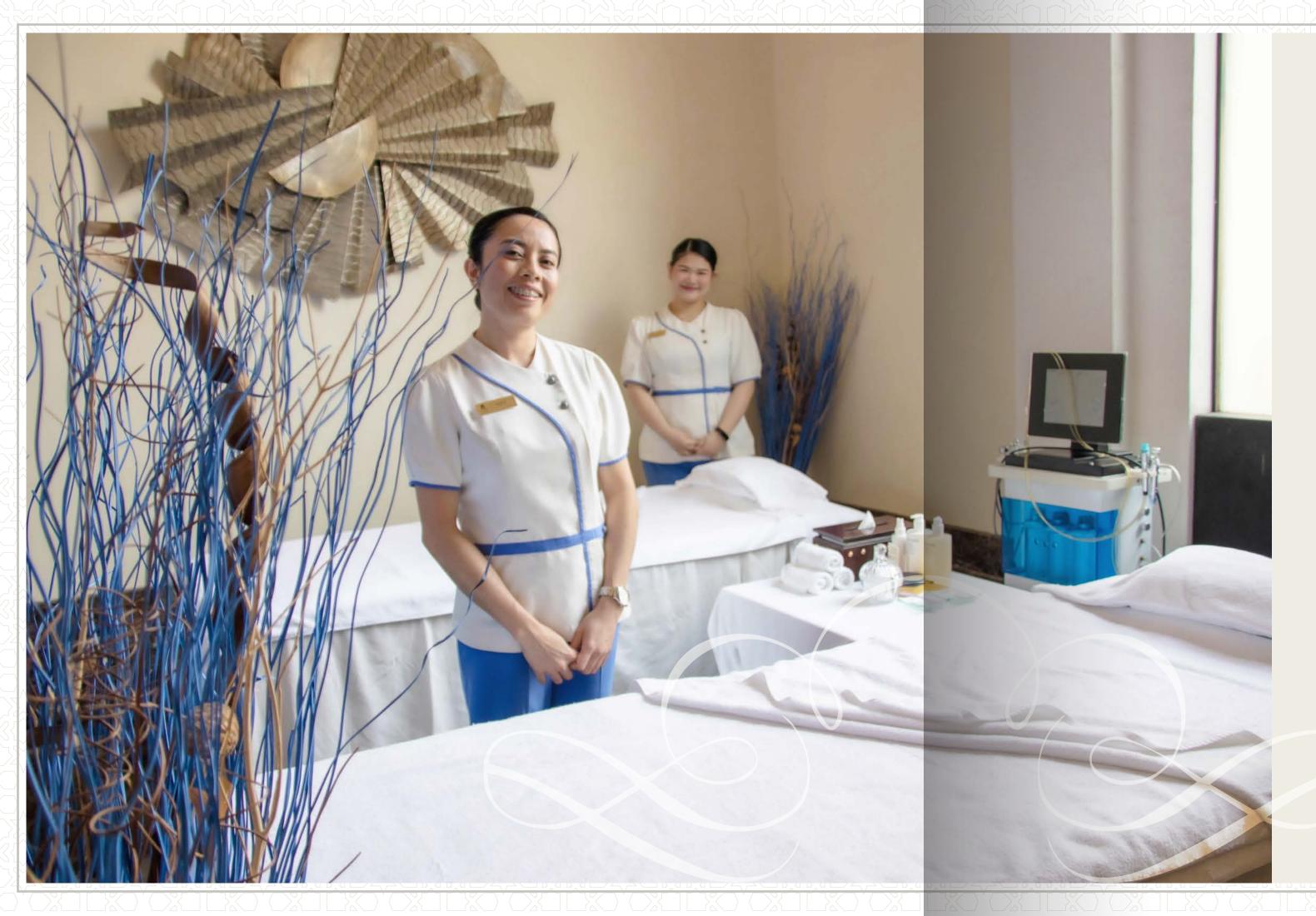


It's a good idea always to do something relaxing before making an important decision in your life.

Paulo Coelho







REMEDY MASSAGE & THERAPY

OFFICE SYNDROME

MIGRAINE RELIEF

MYOFASCIAL RELEASE

TRIGGER FINGER

PIRIFORMIS SYNDROME

BACK PAIN

MOTHER-TO-BE MASSAGE

60/90 Minutes

This tender touch massage with a warmed rice pouch dipped with jojoba oil is applied with palm strokes to provide soothing results for mature guests or expectant mothers.









FACIAL TREATMENT FOR SOLUTION

CORRECTIVE CONTROL ACNE

60 Minutes

Control acne collection treats acne and prevents future breakouts and gently with proven combination therapy.

CORRECTIVE CONTROL SIGN OF AGING

70 Minutes

Feel invigorated without using oil or cream. It uses passive stretching and gentle pressure along the body's energy line to increase flexibility, relieve muscle and joint tension.

ROYAL INDULGENCE

180 Minutes

Spa & Wellness signature treatment adopts a holistic approach to balance and rejuvenate your mind, body and soul.

- Steam/Rain Shower
- Exotic Lime and Ginger Salt Scrub
- A choice of 60-min Body Massage
- A choice of 60-min Facial Treatment
- Milk & Rose Bath
- Relaxation and Refreshments

RITUAL OF ROMANCE (COUPLE)

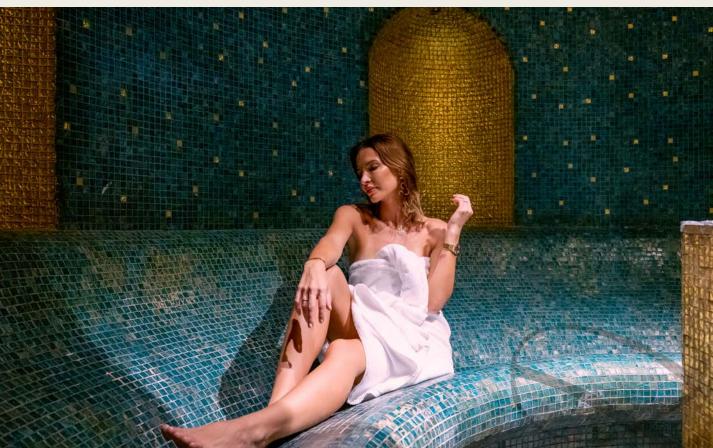
120 Minutes

Escape the limits of time and share the experience with a friend or loved one

- Rain Shower
- Rose Exfoliation Salt Scrub
- A choice of Body Massage
- Milk & Rose or Chocolate Bath Relaxation & Refreshments









BODY MASSAGE

HOT STONE THERAPY

90 Minutes

A natural therapy in which the armed stones are placed on the part of your body. The heated stones can be deeply relaxing and relieving for muscle tension and pain.

THAI YOGA MASSAGE

90 Minutes

Feel invigorated without using oil or cream. It uses passive stretching and gentle pressure along the body's energy line to increase flexibility, relieved muscle and joint tension.

HERBAL HOT COMPRESS

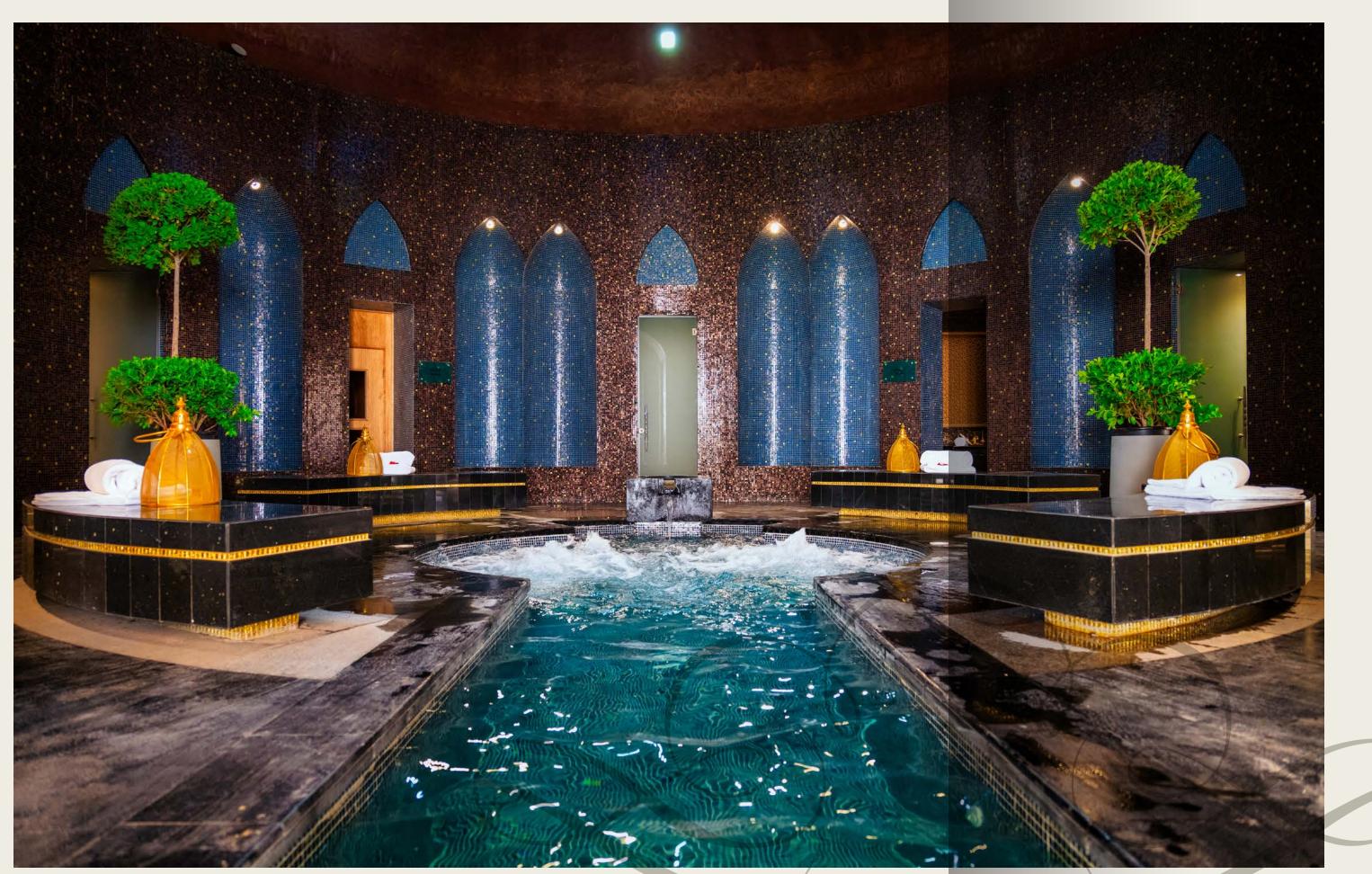
75 Minutes

Hot compress or "Poultices" filled with a selection of herbs or spices which are generally wet and steamed. A therapeutic hot compress is applied to muscles and joints to relieving soreness and pain while increasing blood circulation.

SIGNATURE MASSAGE

75 Minutes

Pamper yourself with this unique full body massage that stimulates blood circulations and soothes tension muscles. Long firm strokes, kneading and small circular will be applied.



BALINESE MASSAGE

60/90 Minutes

Medium to strong deep tissue massage with firm stroke of thumb and palm pressure to stimulate blood circulation, improves energy flow and disperses tension.

HAWAIIAN MASSAGE

60/90 Minutes

Originating deep revitalizing massage from Hawaii, full body technique applied with rhythmic grace using thumbs, palms and elbows to reduce tension, leaving the entire body relaxed and refreshed.

BODY SCRUB

EXOTIC LIME & GINGER SALT SCRUB

30 Minutes

Elemis Exotic Lime and Ginger Salt Glow deeply cleanses, polishes, and softens the skin to perfection.

MOROCCAN BATH

60 Minutes

An Arabian hammam experience, black soap, natural herbs and henna apply to purify and smoothen your skin.









BODY MASK

PINK/GREEN CLAY DETOX MASK

60 Minutes

One of the finest quality clays for natural skin from France works wonders on remove toxins through skin pores with firming and toning effects at the same time.

AROMATHERAPY BATH

MILK & ROSE BATH

30 Minutes

Indulge your skin like Queen Cleopatra, a wonderful combination of milk and rose petal softening and smoothing your skin.

MILKY CHOCOLATE BATH

30 Minutes

A delightful chocolate and milk bath leave you skin feeling soft and supple. The perfect combination ingredient provided this immediate benefit in your bathwater.

REMEDY MASSAGE & THERAPY

OFFICE SYNDROME

BD 100

MIGRAINE RELIEF

MYOFASCIAL RELEASE

TRIGGER FINGER

PIRIFORMIS SYNDROME

BACK PAIN

MOTHER-TO-BE MASSAGE

FACIAL TREATMENT FOR SOLUTION

CORRECTIVE CONTROL ACNE

CORRECTIVE CONTROL SIGN OF AGING

70 Minutes

BD 66

ROYAL INDULGENCE

180 Minutes

BD 165

RITUAL OF ROMANCE (COUPLE)

120 Minutes

BD 195

BODY MASSAGE HOT STONE THERAPY BD 81 90 Minutes BD 81 THAI YOGA MASSAGE 90 Minutes HERBAL HOT COMPRESS 75 Minutes BD 70 SIGNATURE MASSAGE BD 70 75 Minutes BALINESE MASSAGE BD 56 60 Minutes HAWAIIAN MASSAGE BD 81 90 Minutes **BODY SCRUB EXOTIC LIME & GINGER SALT SCRUB** 30 Minutes BD 36 BD 41 MOROCCAN BATH **BODY MASK** PINK/GREEN CLAY DETOX MASK **BD 46 AROMATHERAPY BATH** MILK & ROSE BATH BD 26 30 Minutes BD 36 MILKY CHOCOLATE BATH 30 Minutes















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