



Spa & Wellness

Al Areen Palace & Spa by Accor



www.all.accor.com



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

Paulo Coelho



Spa & Wellmess at Al Areen Palace & Spa by
Accor offers the unique services of integrated
healthcare that seamlessly combined Western
and Eastern medicines, with the latest
technologies & conveniences, practiced by a
group of internationally certified therapist and
health professionals.

REMEDY MASSAGE & THERAPY

Are you suffering pain from several parts of the body? Back Pain, Office Syndrome, Frozen Shoulder? Got migraine headache? If yes, let our professional therapist at Spa & Wellmess at Al Areen Palace & Spa by Accor provide an alternative solution to relieve from your symptoms.

Consult with our professional therapist to get the best alternative solution to recover from these symptoms.





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				BD 61
				60 Minutes
OFFICE SYNDROME				
				BD 100
				120 Minutes
MIGRAINE RELIEF				
MYOFASCIAL RELEASE				
TRIGGER FINGER				
PIRIFORMIS SYNDROME				
BACK PAIN				
MOTHER-TO-BE MASSAGE				
FACIAL TREATMENT FOR SOLUTION				
CORRECTIVE CONTROL ACNE				BD 66
				60 Minutes
CORRECTIVE CONTROL SIGN OF AGING				BD 66
				70 Minutes
ROYAL INDULGENCE				BD 165
				180 Minutes
RITUAL OF ROMANCE (COUPLE)				BD 195
				120 Minutes
BODY MASSAGE				
HOT STONE THERAPY				BD 81
				90 Minutes
THAI YOGA MASSAGE				BD 81
				90 Minutes
HERBAL HOT COMPRESS				BD 70
				75 Minutes
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				BD 36
				30 Minutes
MOROCCAN BATH				BD 41
				60 Minutes
BODY MASK				
PINK/GREEN CLAY DETOX MASK				BD 46
				60 Minutes
AROMATHERAPY BATH				
MILK & ROSE BATH				BD 26
				30 Minutes
MILKY CHOCOLATE BATH				BD 36
				30 Minutes



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