



OBEROI SPA
MENU



The Oberoi
DUBAI



A Customised Experience

The Oberoi Spa offers a selection of holistic healing practices, modern rejuvenation and well-being treatments to restore the mind, body and spirit. Therapists well-versed in the art of imparting wellness, guide you through elevating experiences that result in reduced stress, skin revitalisation and relaxation. Choose from an array of Eastern and Western influenced treatments to restore the vital energies of the body, or select from our range of beauty treatments that impart nourishment and radiance.

Whatever your preference, your time at The Oberoi Spa will leave you refreshed, renewed and re-energised.

All you need to decide is the time you wish to spend at our spa, and then allow our team to deliver an experience that you will cherish forever.

45 mins – AED 400

60 mins – AED 450

75 mins – AED 525

90 mins – AED 600

120 mins – AED 850

**Applicable taxes extra.*

Oberoi Experiences

Our specially curated wellness and beauty spa rituals combine select treatments to rejuvenate and relax the body and being. Each Oberoi Experience caters to your specific needs, delivers holistic care and transports you to a state of peace and calm.

Revitalise

Duration: 2.5 hours (AED 990)

This treatment pulls you into instant relaxation, starting with a calming back massage to ease muscular knots, aches and tension. A nourishing facial treatment follows, clarifying your complexion. An intensive leg and foot therapy is administered to relieve stress and restore balance.

(Back Massage • Facial • Foot Therapy)

Relax

Duration: 2 hours (AED 850)

The experience commences with a gentle and thorough exfoliation of the body. A full body massage follows, with select herbal oils to nourish the skin and restore the body's natural balance. A gentle stream of our signature dhara is released on to the forehead, activating the third eye and easing deep-seated tensions.

(Body exfoliation • Oberoi Experience)

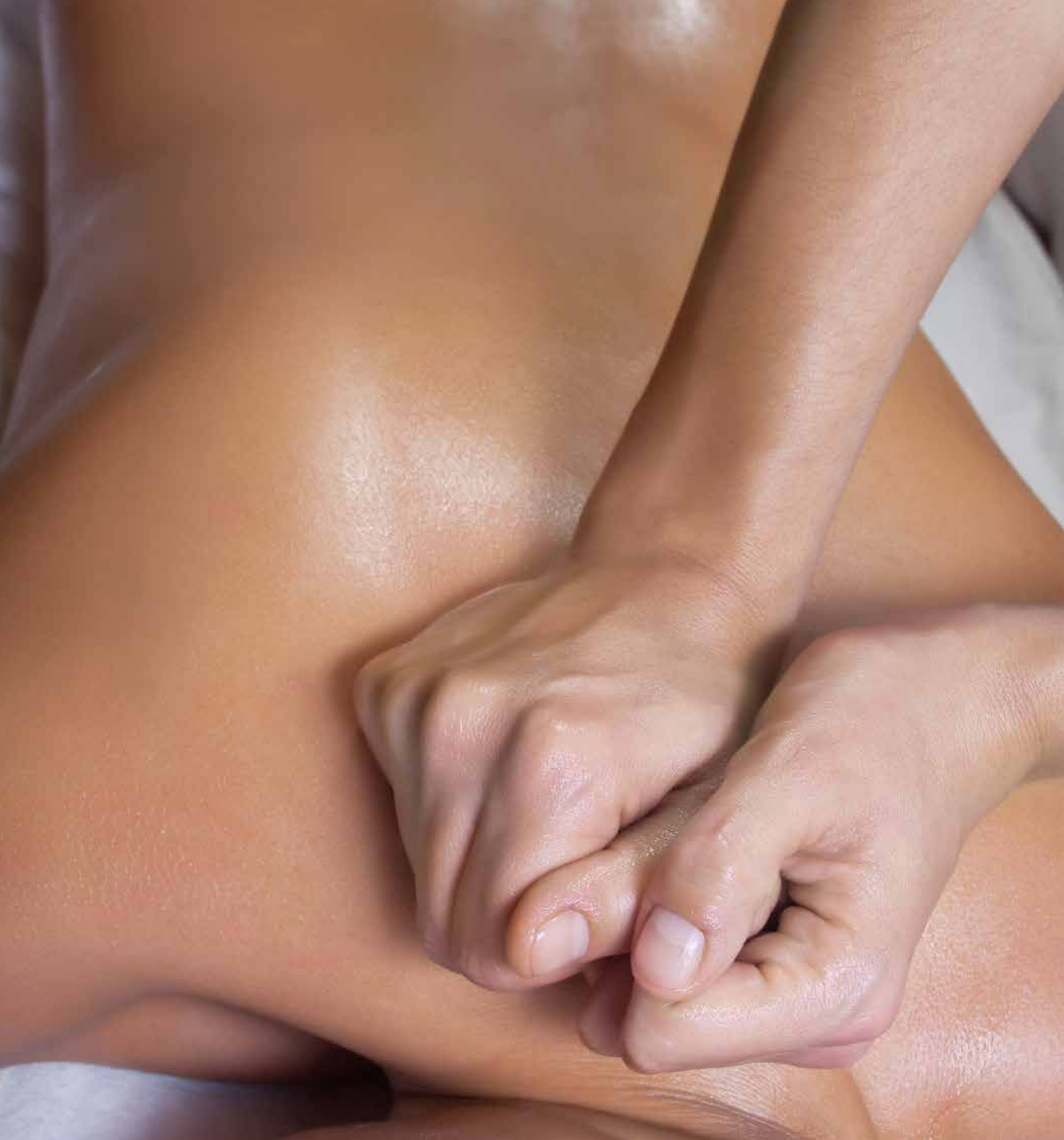
Togetherness

Duration: 1.5 hours (AED 1,100)

A massage suite filled with soothing music and blissful aromas is the perfect setting to share a spa experience with a friend or loved one. The experience includes a massage of your choice and an aromatic bathing ritual.

(Massage for 2 • Aromatic Bath)





Massage

From pain relief to deep relaxation, a skilfully delivered massage is excellent for your overall health and wellbeing. The Oberoi Spa offers the most effective Eastern and Western spa treatments that soothe the senses, vitality and revive the spirit.

Oberoi Signature

Duration: 75 minutes

Relax your mind, body and senses with our signature holistic massage. Your therapist provides you with a combination of rhythmic soothing strokes, excellent for releasing muscular tension, increasing circulation and relieving physical and mental stress. Customised to suit your specific needs.

Swedish

Duration: 60/90 minutes

The most widely practiced and best known Western technique, Swedish massage is designed to invigorate and renew. The healing hands of your therapist provide a classic combination of strokes and pressure techniques to improve micro-circulation, release muscular tension and relieve aches and pains. The experience leaves you refreshed and rejuvenated.

Balinese

Duration: 60/90 minutes

Developed on the island of Bali, this luxurious massage therapy combines the revitalising properties of aromatic oils with deep pressure techniques such as skin rolling, deep tissue manipulation and reflexology. A sense of calm and well-being envelops you as vital energy points are stimulated and muscle tension is eased. Highly recommended for aches and pains.

Aroma

Duration: 60/90 minutes

The blissful aroma of natural oils extracted from herbs and flowers will soothe your senses as your therapist delivers a massage that will infuse the body, mind and spirit.

Thai Foot

Duration: 45 minutes

Thai foot massage is an ancient technique in which the lower body is vigorously stimulated, so that healing may occur in other parts of the body. Thai massage relieves tired feet and enhances energy throughout the body.

Body Treatments by Sodashi

The treatment starts with a full body exfoliation to slough away dead skin cells. The application of a masque follows, and the body is cocooned in a heat-inducing wrap to facilitate natural detoxification, firming and nourishment.

Refining Body Toner Wrap

Duration: 75 minutes

This treatment begins with a vigorous body polish. You will then be cocooned in a nurturing full body wrap, whilst enjoying a scalp massage for total relaxation. A Refining Body Mask rich in French pink clay and herbal extracts will firm, tone and condition your skin. This rejuvenating therapy is extremely beneficial in renewing scar tissue and minimising stretch marks.

Guest may choose from the following scrubs:

- **Green Tea Salt Body Exfoliation**

The combination of organic green tea and Himalayan salt deeply cleanses and exfoliates your skin. Rich in anti-oxidants and vitamins C and E, it infuses the underlying muscles with soothing, relaxing properties and helps to repair everyday damage. Finally, the application of a richly scented moisturiser will leave your skin vibrant and replenished.

- **Vanilla Bliss Body Exfoliation**

This fragrant body exfoliation will soothe and calm the mind and body while revitalising and hydrating the skin. Containing the active ingredient of sandalwood powder, this treatment is the perfect tonic for tired, aching muscles. This experience will leave your skin infused with the gentle aromas of vanilla and coconut.





Indian Treatments

At The Oberoi Spa, our therapists offer nuanced ancient healing techniques, massage rituals and herbal mixtures to restore the energy balance of the body, fostering a palpable sense of calm and wellness.

Hot Poultice

Duration: 75 minutes

Carefully blended, spicy Indian herbs are soaked in a therapeutic herbal oil to create a warm fomentation. This is then applied to your body; the heat and herbs working to ease muscular stiffness. Your therapist delivers long gliding strokes and tapping techniques to relieve muscular tension, increase lymphatic drainage and soothe tired, aching joints.

Head Massage

Duration: 60 minutes

A classic Indian head massage using warm oil applied with gentle and vigorous brushing strokes to activate vital energy points and reduce fatigue. Marma points of the shoulders, neck, scalp and face are stimulated to balance your entire body.

Oil Massage

Duration: 60 minutes

This treatment involves a traditional Indian massage with warm herbal oils especially chosen to suit your body type. The circulatory and nervous systems are stimulated through symmetrical rhythmic strokes.

Foot Massage

Duration: 45 minutes

Using a heated kasa or bronze bowl, potent with natural healing energies, our therapists apply oil with long and circular strokes to the marma points of the lower legs and feet. This stimulates circulation, relieves muscular stiffness and releases tense knots.

Facial Treatments by Sodashi

Sodashi uses unadulterated natural ingredients that nourish the skin's needs on every level and take a holistic approach to beauty that transcends skincare. The result is an overall experience that nurtures the mind, body, spirit and emotions.

Thermal Infusing Facial

Duration: 90 minutes

Sodashi's exclusive Warm Infusing Mask maximises penetration of natural vitamins and minerals deep into the skin, giving it a healthy boost, purifying and deeply cleansing, or nourishing the skin, according to your needs, and leaving it hydrated and toned. Restoring forgotten elasticity and radiance, this is more than just a facial; it's nature's face lift.

Pure Radiance Facial

Duration: 60 minutes

Take your skin on a journey of total renewal. Relax and enjoy an aromatic warm facial compress that softens and exfoliates. A face mask, rich in herbal extracts, then purifies and hydrates the skin. This facial experience is enhanced with a facial massage and completely tailored to your skins needs, with natural plant essences that leave your skin revitalised and fresh.

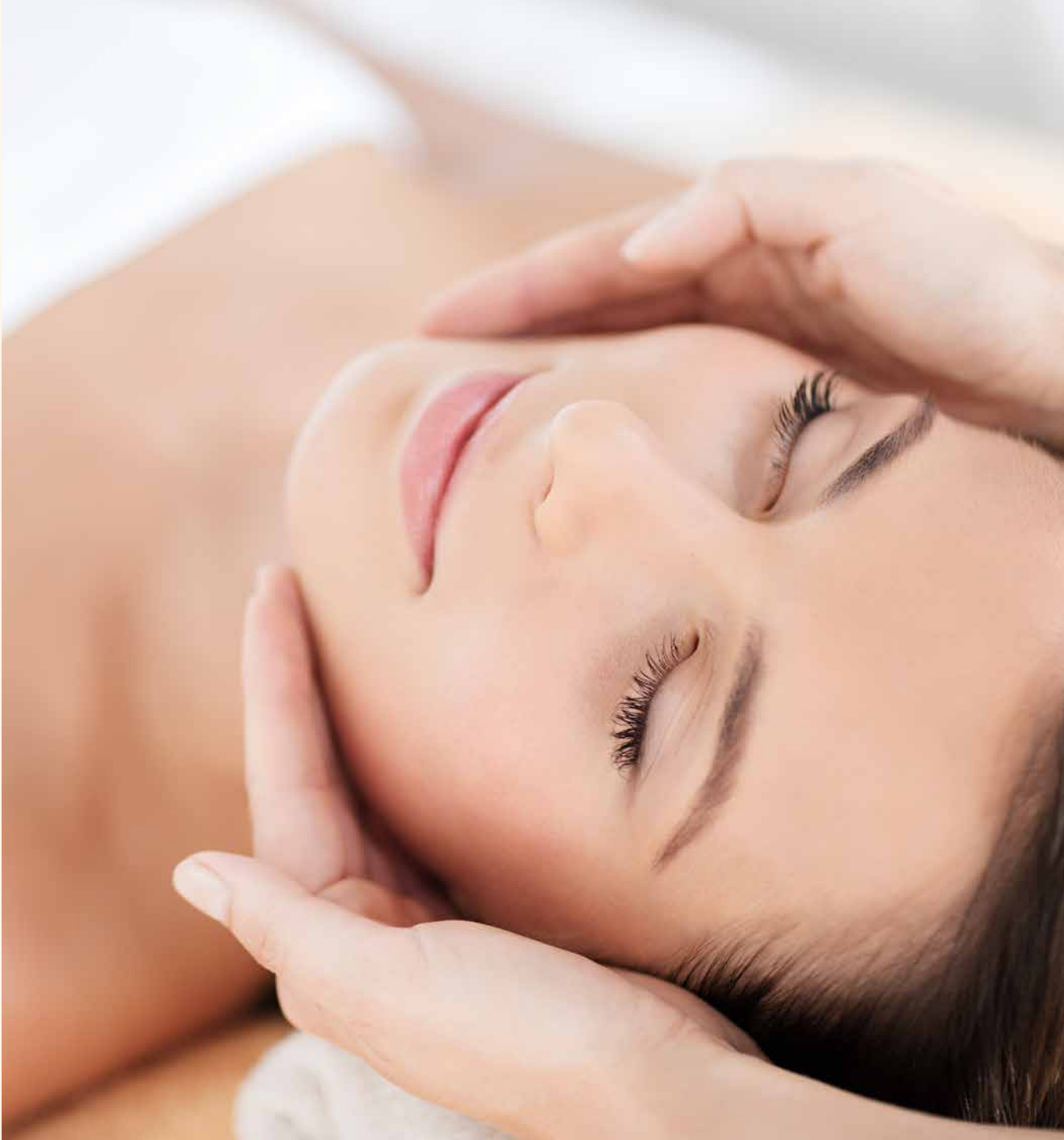
Mankind Facial

Duration: 60 minutes

A relaxing Sodashi Himalayan salt therapy back massage eases stress and reduces tension in the mind and body. This is followed by a deep cleansing and exfoliating facial that balances the skins natural oils.

Opening hours

- The Oberoi Spa is open daily from 9:00 am till 9:00 pm.
- The gymnasium is open daily, 24 hours.



For the Complete Spa Experience

To ensure your spa experience is relaxing we recommend the following:

- To help you fully relax, The Oberoi Spa is a mobile and WiFi free zone.
- Out of respect to all guests, we look to start and end your treatment on time.
- Gentlemen who are having a facial are advised to shave at least 3 hours prior.
- Guests with medical conditions and ladies who are pregnant should consult their doctor before scheduling an appointment.
- The spa is designed for guests 16 and above.
- Please leave all jewellery behind when visiting the spa.
- Spa robes & slippers are available at the spa.

Reservation and Cancellations

All spa therapies can be scheduled or cancelled at the spa. We understand that unavoidable circumstances may arise and cancelling your appointment might be necessary. If you find yourself unable to keep your appointment, please contact the spa at least 4 hours in advance to avoid incurring the full charge of your service.



