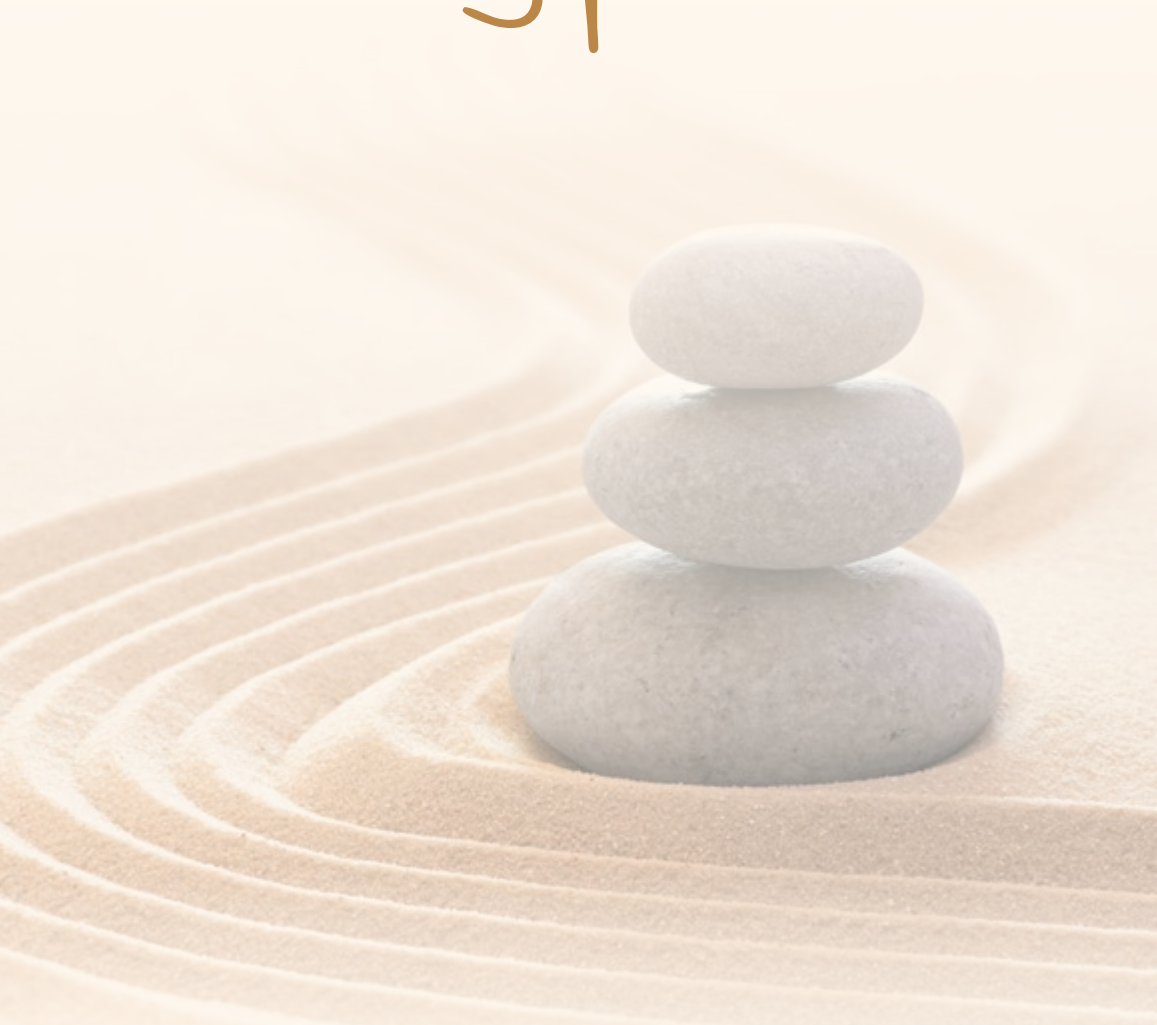


W
WALDORF ASTORIA
Spa



EXPERIENCES



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WELCOME

A haven of complete tranquility, the Waldorf Astoria Spa is a luxurious wellness escape just moments from the city. Encompassing one side of the hotel's infinity symbol design, the spa's elegant spherical shape represents the continual cycle and journey toward wellbeing. It's harmoniously reflected in the guest experience as a full journey guided by expert therapists meant to continue beyond the curved walls of the spa.

Inspired by local rituals and traditional practices from exotic places around the world, Waldorf Astoria Spa experiences are flawlessly combined with a superb range of premium luxury products. Each treatment is individualised to the guest's specific needs to deliver a unique and authentic spa journey.

Spanning over 3,200 square meters of palatial indoor space, the spa features an extensive array of hydrotherapy facilities and thermal relaxation rooms along with spacious spa suites complete with their own thermal bath, sauna and steam room for the ultimate privacy and relaxation.

Infinity awaits at Waldorf Astoria Spa.





SPA SUITE JOURNEYS BY AMRA

Indulge in precious moments shared together, alone or as a group, in your private spa suite, curated exclusively by Amra Skincare.

TIME TOGETHER | 180 minutes

An exclusive journey for two takes place in your very own spa suite starting with a Rhassoul body mask and some relaxation in the steam room. AMRA therapists will then proceed with a synchronized massage using warm AMRA oils; and finishing with a purifying pearl or 24 karat gold mini facial or 24 karat gold hand and foot ritual. Mini bites and two glasses of bubbles served in your suite are also included in this experience.

BLISSFUL COUPLE EXPERIENCE | 180 minutes

Unwind with an opulent bath laced with sumptuous AMRA aromas, followed by a gentle full body exfoliation. Your experience continues with a side by side couples' massage and concludes with the choice of either a mini facial or gold hand and foot ritual by AMRA.

PRECIOUS PEARL EXPERIENCE | 150 minutes

Start your purifying journey in your own private bath where your mind and body will experience total relaxation, followed by a delicate pearl body exfoliation leaving your skin smoother, softer and more youthful in appearance. The treatment concludes with a full body massage tailored to your needs by your AMRA Therapist.

A JOURNEY FOR THE SENSES | 150 minutes

Relax with an exclusive bath in the serenity of your private spa suite, followed by opulent 24 four karat gold or purifying pearl hot stone massage and indulge with a precious argan scalp treatment by AMRA. The journey concludes with a pearl foot ritual to help tired feet and melt away tension.

UNFORGETTABLE BRIDAL JOURNEY | 240 minutes

Prepare for your special day in the two private spa suites where you and your guests will be treated to a truly luxurious spa experience. The journey will start with a gentle body exfoliation using 24 karat gold rejuvenating body polish, followed by a full body massage. The experience continues with an opulent AMRA facial and concludes with 24 karat gold hand and foot ritual leaving you perfectly pampered and ready for your special day. The Bridal Journey also includes a selection of mini bites and bubbles for you and your guests to enjoy during the experience. Each spa suite can accommodate up to four guests each.

PEARL PURIFYING HAMMAM | 90 minutes

The pearl purifying hammam helps prevent premature ageing, whilst leaving the skin looking smooth and refined due to the detoxifying benefits of the black pearl. The hammam starts with a purifying pearl cleanse, before the body is perfectly polished to remove impurities from the skin. An application of Rhassoul mask draws out impurities, while the treatment finishes with an application of pearl shea butter. Wake with the essence of precious body spritz and be alluring with the scents of rose oud hair essence.



GOLD REJUVENATING HAMMAM | 90 minutes

Immerse your senses, body and mind with this truly luxurious hammam ritual. The ritual starts with a 24 karat gold cleanse, before the body is perfectly polished and an application of Rhassoul mask draws out impurities, finishing with an application of 24 karat gold shea butter. Wake with the essence of gold body spritz and the decadent aroma of gold hair essence.

AMRA PERSONALISED MASSAGE | 60 or 90 minutes

Allow your expert AMRA therapist to transport you on a journey of pure relaxation and well-being. Choose from a pearl purifying and detox massage, which enhances the elimination of toxins and impurities from the body or a gold deeply relaxing massage, which will help to soothe tired aching muscles and ease any tension leaving you relaxed and revived. All AMRA personalised massages include 30 minutes of relaxation time in your own private suite.





SPA JOURNEYS

HALF DAY PACKAGE | 180 minutes

Escape the city and experience a morning or afternoon pampering session at the Waldorf Astoria Spa. The Half Day Package is three hours of bliss in which you select and combine different spa treatments. Complete this luxurious experience with a delicious lunch at our chic poolside restaurant, Palm Avenue, or a delightful afternoon tea at legendary Peacock Alley with beautiful views of Palm Jumeirah.

FULL DAY PACKAGE | 240 minutes

Enjoy a day of luxury at the Waldorf Astoria spa with the Full Day Package. Choose from our extensive menu of treatments to create a personalised four-hour journey of relaxation and rejuvenation. The day will culminate with a laid back lunch at Palm Avenue or a relaxing afternoon tea at Peacock Alley. For an ultra-private experience, we invite you to upgrade to one of our all-inclusive spa suites.*

*Based on availability.





FACIAL THERAPIES

DIVINE ROSE OXYGEN FACIAL BY LING SKINCARE | 60 minutes

Rejuvenate tired, dull looking skin with this oxygenating facial. Following LING's customary triple cleansing practise and application of an intense skin hydrator, you will enjoy a therapeutic face, neck and shoulder massage to relax and soften the skin on preparation to receive the papaya enzyme peel, which will digest impurities, lighten skin tone and further soften skin. A bubbling and invigorating application of the divine Champagne Rose O₂ Mask to instantly boost skin radiance before a tailored combination of LING solve serums and oxygenating creams are applied.

SUPERFOODS IMMUNE BOOSTING DEEP CLEANSING FACIAL BY LING SKINCARE | 60 minutes

Harnessing the pure power of concentrated superfoods to help re-energise, detoxify and deep clean your skin to promote an amazing, natural glowing complexion. Thorough skin cleaning starting with a gentle almond exfoliation, followed by Double Enzymes Papaya and Pineapple Peel to digest dirt and impurities. Kale & Lemon Vegan Detox Mask provides a unique combination of soft absorbent clays, skin-tightening bio-sugars and energising and detoxifying plants to revitalise skin. Customised solve serums and nutri day creams complete this super immune boosting facial.

SIGNATURE COLLAGEN INFUSION FACIAL BY LING SKINCARE | 60 or 90 minutes

This holistic anti-aging and rejuvenating facial begins with a thorough triple cleansing process with natural exfoliators and enzymes. Swiss apple stem cells are applied along with hyaluronic acids for a deep action moisture surge. A firming and toning massage is performed using a luxurious elastin collagen to lift the contours of the face before pure panax ginseng, aloe and vital nutrition's are infused into the skin. The advanced DNA anti-aging treatment moisturiser application completes this luxurious facial.

90 min add -on options

- Application of LING Collagen sheet mask in which key ingredients, such as panax ginseng to revive and tone, collagen to firm and hyaluronic acid to smooth and hydrate, are saturated in to a luxurious cotton mask to infuse into the skin for immediate benefits. The mask is paired with a Tiger Eye Gemstone massage roller to reduce inflammation, induce calmness and reduce sensitivity, while improving self-confidence and inner joy.
- Includes the LING Energy lift Wellness Therapy which utilises various healing methods such as FIR energy, heat therapy and acupuncture without needles to energise the skin, balance chi and induce collagen formulation while harnessing the wellness power of the Tourmaline gemstone.



ENHANCEMENTS

Upgrade your treatments by choosing one or more of our carefully created service enhancements. These are incorporated into facial, body and massage services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

FACE ENHANCEMENTS

SIGNATURE GINSENG COLLAGEN INFUSION MASK BY LING SKINCARE

Formulated with panax ginseng to revive and tone, collagen to firm and hyaluronic acid to smooth and hydrate.

CHAMPANGE AND ROSE OXYGEN MASK BY LING SKINCARE

A stimulating, bubbling oxygen mask to rejuvenate skin tone.

GEMSTONE ROLLER FACE MASSAGE BY LING SKINCARE

Besides balancing the Qi, the polished smooth stone gives a cool soothing effect that helps to tone and de-puff skin and increase blood circulation.

BODY ENHANCEMENTS

HOT STONES MELTER

Smooth basalt stones radiate heat deep into the muscles of key areas to loosen and relieve deep-seated tension and stress.

FIRMING AND LIFTING BODY GEL

Combine the sublime benefits of a firming and lifting body gel with your body massage oil for rich melting hydration to refine skin texture, soften and restore suppleness

HAND OR FOOT RESCUE

Reveal smoother skin with this exfoliating and nourishing treatment that will leave hands or feet smooth, soft and bright.

ARGAN OIL HAIR TREATMENT

Using strengthening properties of rose argan hair oil with a deeply relaxing scalp massage to reduce tension and leave you with beautifully healthy hair.

A WELLNESS MOMENT

The Energy lift is a unique treatment that promotes complete body wellness. Key vital points in the body are targeted along with facial points in order to have a synergetic and long-lasting effect.



MEN'S THERAPY

THE GENTLEMEN'S ANTI-AGING FACIAL BY LING SKINCARE | 60 minutes

This anti-aging treatment starts with a triple exfoliation to prepare the skin. A mask then deploys hyaluronic acid to plump and nourish the skin while customised solve serums are applied to strengthen the skin. Finally an anti-aging facial massage lifts and firms the skin and a scalp and a shoulder massage relieves tension and stress.

THE GENTLEMEN'S DEEP CLEANSING FACIAL BY LING SKINCARE | 60 minutes

Thorough skin cleaning starting with a gentle almond exfoliation, followed by Double Enzymes Papaya and Pineapple Peel to digest dirt and impurities. Kale & Lemon Vegan Detox Mask provides a unique combination of soft absorbent clays, skin-tightening bio-sugars and energising and detoxifying plants to revitalise skin. Finally, a scalp and shoulder massage relieves tension and stress.

THE GENTLEMEN'S DE-STRESS MASSAGE BY LING SKINCARE | 60 minutes

Experience a de-stress massage focusing on the neck and shoulder area. This simple and safe massage will loosen knots and release tension carried in the surrounding muscles that support the head and neck.

BODY THERAPIES

LUXURY BODY POLISH BY LING SKINCARE | 30 minutes

This luxurious treatment includes an organic rice body scrub to nourish the skin followed by a massage application of nourishing organic body lotion to leave your skin silky soft and deeply nourished.

ORGANIC CLAY DETOX BODY EXPERIENCE BY LING SKINCARE | 90 minutes

More than an ordinary wrap treatment, this experience begins with a vigorous yet gentle brushing of the body and a detoxifying exfoliation. Whilst a deep cleansing mud mask cleanses the body, and a scalp massage relieves tension and stress.

MOOD BOOSTING BODY EXPERIENCE BY NEOM | 60 or 90 minutes

Surrounded with a complex blend of 7 essential oils this treatment begins with a guided meditation, reflexology and breathing exercises. Your skin will be lightly buffed head-to-toe using NEOM Body Scrub with invigorating oils of wild mint and mandarin. By applying techniques of shiatsu, cranio, Thai massage and trigger point touch, we work to decrease stress levels and release endorphins.



MASSAGE THERAPIES

HEALING STONE MASSAGE | 90 minutes

A therapeutic and rejuvenating massage using warm volcanic stones and a moderate to deep pressure to intensely soothe tired, aching muscles and aid in relaxation.

MUM TO BE MASSAGE | 60 minutes

Masterminded by the Neom Wellbeing Board, our safe, supportive and incredibly effective pre-natal massage uses our hand-picked blend of 100% natural Neom essential oils, which deliver additional comfort and warmth. This top to toe treatment begins with a pregnancy-specific 5 minutes guided meditation and includes a wonderful back exfoliation where you will experience the exceptional mood enhancing results of the Neom Great Day Body Scrub, which blends wild mint and mandarin to help naturally lift your mood, as well as a 'Mothers-to-be' massage.

FOOT MASSAGE | 30 or 60 minutes

A treatment purely focused on making tired and aching feet feel better by combining pressure points and therapeutic techniques to alleviate aches and stimulate the immune system.

WALDORF ASTORIA SIGNATURE MASSAGE BY LING SKINCARE | 60 or 90 minutes

Experience a blend of aromatic essential oils and a holistic approach to treating the individual needs of your body and skin. Guests may select a relaxing, detoxifying or deep tissue experience.

THAI MASSAGE | 60 or 90 minutes

A traditional Thai massage combining stretches and deep pressure, focusing on the energy pathways of the body. This treatment is ideal for relaxing tense, strained muscles and will assist with flexibility and posture.

ORIENTAL HERBAL COMPRESS | 75 or 90 minutes

This massage technique is an ancient traditional Oriental healing practice. Healing herbs such as prai, kaffir lime, ginger, turmeric and lemon grass from the poultice provide aromatherapy, thermal therapy and herbal therapy. It induces deep relaxation, relieves stress and fatigue, boosts both emotional and physical well-being, assists alignment and postural integrity of the body, improves circulation of blood and lymph.

SLEEP CANDLE MASSAGE BY NEOM | 60 or 90 minutes

An extraordinary blend of 29 essential oils, including English lavender, sweet basil and jasmine blended with one purpose: to induce deep sleep. After a peaceful guided meditation, reflexology and breathing techniques, key stress relieving points on the head, face, neck and back will be focused on by using the very best techniques of shiatsu, cranio, Thai massage and trigger point work.

DE-STRESS CANDLE MASSAGE BY NEOM | 60 or 90 minutes

The complex blend of 24 essential oils creates a de-stressing environment, with a peaceful guided meditation, reflexology and breathing techniques. We drizzle the NEOM Intensive Skin Treatment Candle oil over the skin, and then provide specialist massage to the key stress relieving points, harnessing the very best techniques of shiatsu, cranio, Thai massage and trigger point work.



SPA INFORMATION

OPERATING HOURS

The Waldorf Astoria Spa operating hours are from 10:00 AM - 8:00 PM daily. Services out of operational hours is subject to availability and out-of-hour charges.

SCHEDULING AN APPOINTMENT

Contact our Spa Reception to assist you in selecting your ideal treatment. Hotel guests may contact the Spa by the Spa button option from the guest room phone. External guests please call: 04 818 2245. To ensure your preferred time and service is available we recommend advanced bookings.

CANCELLATION POLICY

If you must cancel or reschedule your appointment we request four hours advanced notice allowing us to offer the time to other guests. Cancellations made under four hours or who fail to arrive for scheduled appointments will be charged the full service fee. The Spa reserves the right to refuse bookings for guests who repeatedly fail to arrive for appointments scheduled.

SPA ARRIVAL

Please arrive for your treatment at least 30 minutes prior to the scheduled appointment time, allowing time to change and enjoy the benefits of the hydrotherapy facilities before your treatment. Arriving late will shorten the time of your treatment, reducing its effectiveness and your enjoyment. Your treatment will end on time and the full value of the service will be charged for the reserved time.

HEALTH MATTERS

When making your reservation, please notify our reception team of any medical conditions, allergies or physical ailments in order for us to give you the best possible experience. If you are pregnant or think you may be pregnant, we have specially designed treatments which provide maximum benefits for expectant mothers. Due to the changes occurring inside the body, we do not perform full body massage or body treatments on expectant mothers within their first or final trimesters and some treatments should be avoided throughout.

SPA ETIQUETTE

To ensure that our Spa provides for relaxation and tranquillity, mobile phones and other electronic devices must be switched off or switched to silent mode. Guests are requested to use swim wear within the facilities.

AGE POLICY

The Spa welcomes all guests age 16 and above.

THE GIFT OF GIVING

Gift Vouchers are available for purchase and are valid for all treatments and retail home care products. Spa gift vouchers can be purchased in the Spa and online at www.waldorfastoria.com/dubai.



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