



The Spa
AT
THE ADDRESS

Treatments for Ladies

ESPA *Signature Treatments*

RESTORE AT THE ADDRESS | 2 hours

Chakras are the seven subtle energy centres in the body which affect our equilibrium and inner harmony. Recognised in both Ayurvedic and Chinese philosophies, blocked and congested chakras can affect the body and mind both emotionally and physically. Natural energies are stifled and the zest for life is lost or subdued.

After a full body exfoliation, this holistic treatment continues with the placing of stones along the spine, at vital energy points on hands and feet and on chakras around the body. The body is massaged using individually tailored essential oils combined with the use of hot stones to release tension. Critical tension points are massaged around the eyes and ears, before an acupressure head massage is given. This full body treatment ends with gentle stretching to help release deep-seated tension around neck and shoulders and leave your body feeling soothed and your spirit calm.

REJUVENATE AT THE ADDRESS | 2 hours

This outstanding treatment is a needs specific, sophisticated and holistic. Your therapist will guide you towards the most suitable treatment choice whether purifying, stress reducing, tension releasing, energising or jet lag recovery.

During the foot cleansing ritual your therapist will conduct an in-depth consultation to identify your specific needs of the moment. A salt and oil body scrub follows before warmed ESPA oils are poured onto the body and used for an intensive massage. A heated body mask of either Oshadi Clay, Marine Algae or Mud are then smoothed on and the body cocooned. An acupressure facial massage helps renew and revitalise the skin and ultimate peace of mind is achieved with a luxurious head massage.

ESPA *Advanced Facial Treatments*

AGE DEFIER FACIAL | 1 hour 30 minutes

A totally luxurious regenerating facial treatment especially created to help combat the signs of ageing and sun damaged skin. Special facial massage techniques for those delicate areas around the eyes, neck, lips and jaw line are combined with the ESPA seriously effective moisturising products, rich in natural antioxidants, and scientifically advanced natural ingredients to hydrate and protect. The anti-ageing, rejuvenating benefits of this treatment visibly improve the appearance of the skin, helping to minimise lines and wrinkles, leaving the skin fresh, revitalised and nourished.

ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES | 2 hours

A powerful stress releasing treatment using hot stones to work on deep seated tension and restore balance to vital energy points.

The initial, deep cleansing back exfoliation is followed by the hot stone back massage with essential oils restoring equilibrium to mind and body. Hot stones are placed along spine, shoulders and neck to soothe, relax and remove tension. The facial includes massage with a deeply nourishing facial oil and the application of an intensive face treatment mask, tailored to your individual needs. Whilst the mask is taking effect, the Oriental head massage takes place to help clear the mind, calm the spirit and ease tension. The result is rehydrated, nourished and soothed skin combined with a sense of deep relaxation.

ESPA *Facial Treatments*

THE RE-HYDRATOR FACIAL | 1 hour

Ideal for dry, dehydrated, flaky and tired skin, this rehydrating facial is an excellent regenerating boost.

Gentle deep cleansing and exfoliation helps the skin to improve the absorption of nourishing and moisturising masks, facial oils, Botanical Rescue Balm and moisturisers, which are specifically chosen for their deeply re-hydrating benefits. This facial leaves the skin smooth, soft, supple and nourished.

THE OIL CONTROLLER FACIAL | 1 hour

Ideal for oily, congested, problematic skin or those suffering from hormonal imbalance.

This deep cleansing, oil-controlling facial helps to regulate oil secretions whilst refining open pores. After cleansing with a naturally foaming cleanser made with yucca, sugar beet and honey, this facial uses products with naturally decongesting and anti-inflammatory ingredients such as tea tree and white thyme to help soothe, calm, rebalance and encourage a clear complexion.

THE DE-SENSITISER FACIAL | 1 hour

A specifically gentle facial for truly sensitive, fragile skins which are prone to redness and irritation.

Soothing, de-sensitising natural plant extracts and aromatherapy oils such as chamomile and benzoin are used to gently cleanse, nourish and hydrate fragile skins helping to reduce sensitivity and to calm high colour, leaving the skin calmed, nourished and comfortable.

THE SKIN BRIGHTENER FACIAL | 1 hour

This rejuvenating facial is perfect for all skin conditions and particularly when environmental stress, business pressure, illness or lack of sleep can leave you with dull, lifeless, sallow skin.

This facial includes a special application of Skin Brightener, rich in natural AHAs and BHAs from Hawaiian algae and meadowsweet; plus other skin regenerating products rich in antioxidants, which are skin softening, smoothing and visibly improve the radiance, appearance and texture of the skin.

THE REGENERATING AND FIRMING EYE TREATMENT | 30 minutes

Perfect for those who are concerned with the first signs of ageing which appear around the eye area. This regenerating eye treatment is also a welcome treat for those suffering from eye-strain and computer headaches and contact lens wearers. A blissful firming and hydrating treatment using specific products rich in seaweed extract, green tea and vitamin C, which help to reduce the appearance of fine lines and protect against the environment.

ESPA *Essential Massages*

ESPA AROMATHERAPY MASSAGE |

50 minutes or 1 hour 20 minutes

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

BALINESE MASSAGE | 1 hour 20 minutes

Warm aromatherapy oils are poured onto the centre of the body and massaged into the skin using long, stretching sweeping movements for deep relaxation. A sophisticated, soothing and indulgent massage.

SWEDISH MASSAGE | 50 minutes

A truly traditional massage with regulated pressure, excellent for releasing knots and tensions in the body. Stimulating, strong movements effectively ease tired aching back and limbs.

REFLEXOLOGY | 50 minutes

A relaxing and therapeutic foot massage used to stimulate energy zones and pressure points in the feet that correspond to pressure points in the body. This gentle therapy encourages the body to naturally restore and maintain its own healthy balance.

ESPA *Absolute Body Wraps*

Not just a body wrap, but also a holistic experience which includes lymphatic skin brushing, body exfoliation before the complete enveloping body wrap. Ultimate tranquility is achieved with a mind calming Oriental head massage. The body wrap is designed to comfortably raise the temperature and induce perspiration to help eliminate toxins and increase the effect and absorption of the oils and the wrap.

This sophisticated menu of individual wraps uses a choice of warmed marine algae, marine mud or Oshadi clay. They are combined with essential oils and blended to meet your specific needs.

Choose from the following or allow your therapist to identify the most suitable treatment for you.

THE ESPA DETOXIFIER | 1 hour

The Detoxifier helps improve circulation, speeding up the elimination of toxins and excess fluid. It also helps improve the appearance of the skin, minimising the dimpled appearance of cellulite.

THE ESPA BODY TONER | 1 hour

The Body Toner is a luxurious way to help restore skin tonicity, ideal after weight loss or pregnancy; deeply nurturing and moisturising, this wrap leaves the skin smooth, toned and nourished.

THE ESPA SKIN HYDRATOR | 1 hour

The Skin Hydrator brings true re-hydration to dry, sensitive or flaky skin, leaving it plump, hydrated and soft. Pure luxury, excellent after a holiday and wonderful preparation for a special night out.

THE ESPA MUSCLE RELAXER | 1 hour

The Muscle Relaxer is soothing and warming and eases tension and tightness in the muscles helping to restore mobility and reduce aches and pains.

THE ESPA IMMUNE BOOSTER | 1 hour

Perfect to help combat the effects of environmental pollution, air travel, crowded trains and congested cities. An excellent system balancer before sleeping. Ideal when resistance is low.

THE ESPA STRESS RELIEVER | 1 hour

Stress comes in many forms, but comfort, warmth and a tension relieving wrap will restore equilibrium, peace of mind and bring deep relaxation to body and spirit.

THE ESPA ENERGY BOOSTER | 1 hour

The systemic cleansing of Marine Algae combines perfectly with the refreshing uplifting blends of essential oil to re-establish a sense of well-being and inspired energy.

THE ESPA JET LAG | 1 hour

When long haul travel leaves you not knowing what time of day it is, this wrap uses powerful aromatherapy oils to either soothe and relax you ready for sleep or revitalise and energise leaving the mind clear and fresh to enjoy the day.

ESPA *Speciality Treatments*

PRE AND POST NATAL TREATMENT | 1 hour 30 minutes

This total body treatment has been carefully designed for those who are expecting or have just had a baby. Taking account of all contra-indications, this treatment avoids the use of essential oils and is a luxurious treat using a Calendula infused oil, Pink Clay Mud and various nourishing creams with advanced massage techniques to safe areas. This treatment improves the tonicity and comfort of the skin and creates a sense of total relaxation.

ANTI CELLULITE HIP AND THIGH TREATMENT |

1 hour

A specialised ESPA treatment to stimulate the circulatory and lymphatic systems, concentrating on the areas of the body prone to cellulite, fluid retention and uneven skin tone. Following exfoliation with a special blend of seaweed, salt and oil, a deep, detoxifying massage and lymphatic drainage techniques using stimulating essential oils help to purify and cleanse the body. Relevant reflex zones and pressure points on the feet are then activated to leave you feeling totally revitalised.

A course of treatments is recommended to maximise the effects.

ESPA LIFESAVING BACK TREATMENT | 45 minutes

A stress-relieving back treatment with deep cleansing, body brushing and exfoliation to help stimulate circulation followed by a luxurious aromatherapy massage and body mask using individually chosen essential oils combined with warmed Marine Mud. Ideal for all skin types, including those with congested skin, this relaxing treatment will leave you refreshed and renewed.

SALT AND OIL SCRUB | 25 minutes

This exceptional skin softening body exfoliation combines sea salts, nourishing oils and essential oils to leave your skin moisturised, smooth and soft.

FINISHING *Touches*

NOURISHING HAND AND ARM TREATMENT WITH HOT STONES | 50 minutes

This holistic hand and arm treatment includes a gentle skin refiner and a therapeutic massage with the appropriate aromatherapy massage oil chosen for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation. Nail polish application is not included and needs to be booked separately.

NOURISHING FOOT AND LEG TREATMENT WITH HOT STONES | 1 hour 5 minutes

A holistic foot and leg treatment includes gentle exfoliation and a relaxing pressure point massage with the appropriate aromatherapy massage oil for your individual needs. Hot stone massage techniques are incorporated into the treatment to enhance relaxation. Nail polish application is not included and needs to be booked separately.

NAIL POLISH APPLICATION | 10 minutes

FRENCH NAIL POLISH APPLICATION | 20 minutes

WAXING

LUXURY FULL LEG WAX | 40 minutes

Skin brushing and exfoliation help to prepare the skin prior to waxing. The treatment is finished with an application of a light, moisturising balm to soothe the skin, leaving the legs luxuriously smooth and soft.

Full Leg and Bikini Wax | 1 hour

Half Leg Wax | 30 minutes

Bikini Wax | 20 minutes

Underarm Wax | 20 minutes

Lip or Chin Wax | 20 minutes

Eyebrow Shape | 20 minutes

LASHES AND BROWS*

Eyelash Tint | 20 minutes

Eyebrow Tint | 10 minutes

Eyelash and Eyebrow Tint | 25 minutes

*24 hour patch test required.

ESPA *Retreats*

ESPA Retreats at The Address are timeless, classic and distinctive. They include full use of the fitness studio, steam room, tranquil relaxation areas and refreshments. We would like to encourage you to arrive at least 60 minutes prior to your appointment time in order to make full use of the Spa facilities.

Each ESPA Retreat commences with a welcoming foot cleanse, rosehip exfoliation and consultation to prepare mind and body for the experience to follow.

RESTORE AND HYDRATE | 3 hours 15 minutes

This exquisite retreat has been designed to address the strains of a hectic lifestyle and offers a true haven of rejuvenation for all.

Restore at The Address

Restore balance and calm the mind and body with the sophisticated holistic hot stone massage involving advanced energy balancing techniques and ESPA oils to melt away tension and stress.

Rehydrator Facial

This rehydrating facial gives skin a regenerating boost to leave it feeling soft, smooth and nourished.

DETOX AND RENEW | 3 hours 15 minutes

A luxurious yet stimulating combination of treatments designed to cleanse, purify and detoxify mind and body. An excellent way to refresh and renew.

Detoxifier Body Wrap

A perfect way to begin a detox programme. The body wrap will help stimulate circulation and improve the appearance of the skin.

Detoxifying Massage

Kick start the body's systems with a citrus blend of essential oils to help eliminate toxins.

Skin Brightener Facial

A facial treatment designed to smooth and brighten skin that has lost its vibrancy.

ESCAPE AND REVITALISE | 2 hours 30 minutes

Renew the senses with this calming and soothing retreat which restores beauty, balance and leaves you with a healthy natural glow.

Salt Scrub

A blissful experience that will leave your body refreshed and cleansed with your skin feeling smooth and glowing.

Aromatherapy Massage

A tension releasing massage using essential oils to restore balance and calm the mind and body.

Intensive Facial

A unique tailored facial including specialised cleansing techniques, gentle exfoliation, acupressure facial massage and an intensive face mask.

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Menu of Services and Pricing

ESPA SIGNATURE TREATMENTS

RESTORE AT THE ADDRESS	AED 995
REJUVENATE AT THE ADDRESS	AED 995

ESPA ADVANCED FACIAL TREATMENTS

AGE DEFIER FACIAL	AED 715
ADVANCED BACK, FACE AND SCALP TREATMENT WITH HOT STONES	AED 950

ESPA FACIAL TREATMENTS

THE RE-HYDRATOR	AED 475
THE OIL CONTROLLER	AED 475
THE DE-SENSITISER	AED 475
THE SKIN BRIGHTENER	AED 475
THE REGENERATING AND FIRING EYE TREATMENT	AED 250

ESPA ESSENTIAL MASSAGES

AROMATHERAPY – 50 minutes	AED 475
AROMATHERAPY – 1 hour 20 minutes	AED 715
BALINESE	AED 715
SWEDISH	AED 475
REFLEXOLOGY	AED 475

ESPA ABSOLUTE BODY WRAPS

DETOXIFIER	AED 495
BODY TONER	AED 495
SKIN HYDRATOR	AED 495
MUSCLE RELAXER	AED 495
IMMUNE BOOSTER	AED 495
STRESS RELIEVER	AED 495
ENERGY BOOSTER	AED 495
JET LAG	AED 495

ESPA SPECIALITY TREATMENTS

PRE AND POST NATAL TREATMENT	AED 715
ANTI CELLULITE HIP AND THIGH	AED 475
ESPA LIFESAVING BACK TREATMENT	AED 375
SALT AND OIL SCRUB	AED 250

FINISHING TOUCHES

NOURISHING HAND AND ARM TREATMENT WITH HOT STONES	AED 350
NOURISHING FOOT AND LEG TREATMENT WITH HOT STONES	AED 375
NAIL POLISH APPLICATION	AED 150
FRENCH NAIL POLISH APPLICATION	AED 200

WAXING

LUXURY FULL LEG WAX	AED 350
FULL LEG AND BIKINI WAX	AED 500
HALF LEG WAX	AED 300
BIKINI WAX	AED 300
UNDERARM WAX	AED 150
LIP OR CHIN WAX	AED 150
EYEBROW SHAPE	AED 150

LASHES AND BROWS

EYELASH TINT	AED 150
EYEBROW TINT	AED 150
EYELASH AND EYEBROW TINT	AED 280

ESPA RETREATS

RESTORE AND HYDRATE	AED 1325
DETOX AND RENEW	AED 1300
ESCAPE AND REVITALISE	AED 1100

HOW TO *Spa*

OPENING HOURS

Daily from 8:30am to 9:30pm

Treatment times daily from 9:00am – 9:00pm

ARRIVAL TIME

You are encouraged to arrive a minimum of 30 minutes prior to your appointment to enjoy the serenity of The Spa at The Address. Please be advised that late arrivals may result in a reduction of their treatment time.

SPA TREATMENTS

All treatments include the use of the Relaxation Areas and are available to in-house guests of The Spa at The Address.

For non in-house guests, all treatments are available; however a minimum treatment booking time of one hour is required. Bookings must be secured with a credit card.

SCHEDULING AN APPOINTMENT

To schedule an appointment for the perfect treatment, please speak with our specialist Spa reception team who will guide you to the right choice. In-house guests can press the Spa button on their room telephone or use EXT 8751. From outside the hotel please call +971 4 436 8888 or email DBDSPA@THEADDRESS.COM

To ensure your preferred time and service is available we do advise booking in advance.

SPA ETIQUETTE

Our Spa environment is one of relaxation and tranquility. Please respect all Spa guests' right to privacy and serenity. In light of this the Spa is a mobile phone, pager and smoke-free zone.

We would like to invite residential guests to arrive at The Spa wearing the robe and slippers provided in their room.

The Spa will provide towels, slippers, shower caps and all amenities required for use during your visit.

The minimum age requirement for access and treatments in The Spa is 16 years.

GIFT VOUCHERS

Gift vouchers are available for one hour treatments, Day Spa Programmes and products and are an ideal present for someone special. Gift vouchers are non-refundable and must be presented at time of treatment or product purchase.

HEALTH CONDITIONS

When making your Spa reservation, kindly advise us of any health conditions, allergies or injuries which could affect your service.

CANCELLATION POLICY

A 50% cancellation charge will be incurred for any treatment or Spa Programme not cancelled at least 24 hours prior to appointment. Cancellation within 12 hours will incur a 100% charge.

PREGNANCY

We have specially designed treatments for expectant and nursing mothers. Please allow our Spa team to guide you in selecting which treatments are most suitable for you during this special time.

HEMOCARE

To continue your Spa regime and experience at home, all ESPA products used in the treatments are available from the Spa Reception.

PRICES

All prices are quoted in UAE Dirhams and include municipality fees and service charge.



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