

A woman with dark hair tied back is lying on her stomach on a massage table, covered with a white towel. She has her eyes closed and a peaceful expression. In the foreground, there are several spa-related items: a wooden bowl filled with dried lavender, a small white dish, a bunch of fresh lavender, a slice of orange, a whole orange, and two small amber glass bottles of essential oils. In the background, a potted plant with blue flowers sits on a white surface, and a window with white blinds is visible.

# HIDDEN SPA

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## SELECT SIGNATURE THERAPIES

The Hidden Spa invites you into an indulgent personalized journey of rejuvenation, restoration and transformation. Offering ultimate experience with a unique approach combining ancient Asian and Arabic traditional healing practices.

The restorative power of nature and ancient healing techniques deliver pure luxurious indulgence. We offer unique experiences designed for invigorating and detoxification through amazing services. Personal consultation by our well-trained therapist specializing in programming to suit according to your needs.

Please choose from our Select Signature Therapies which help revive by embracing holistic approaches to transform and awaken your senses.

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## BODY REJUVENATING TREATMENTS

Using varying techniques to work into the skin, muscle, tendons and connective tissue involves a well-trained therapist that designs to help you unwind and de-stress, with the massage pressure from light to strong depending on the type of massage you choose.

### BALINESE MASSAGE

Ancient Balinese healing therapy combines rhythmic stroke gentle stretch acupressure and essential oils to stimulate blood and energy flow.

60 MINUTES	AED 400
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90 MINUTES	AED 500
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### SWEDISH MASSAGE

Detoxifying massage reduces toxins in the muscle. The technique is very versatile light to firm combination of long strokes petrissage and tapotement help loosen joint stiffness and increasing oxygen flow.

60 MINUTES	AED 400
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90 MINUTES	AED 500
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### DEEP TISSUE MASSAGE

Experience body awakening targeted in to deeper layer of the muscle and connective tissue designed to alleviate stress level, with deep manipulation relieve aches and muscle discomfort improve muscle recovery increase mobility.

60 MINUTES	AED 450
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90 MINUTES	AED 550
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### THAI MASSAGE

An ancient healing practice that originated in India based on Ayurvedic principles, assisted stretches and yoga postures techniques improve flexibility relax and soothes muscle aches and pains.

60 MINUTES	AED 500
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90 MINUTES	AED 600
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### BACK RELIEF MASSAGE

Deep muscle massage techniques reduces soreness strengthens muscle in the neck shoulder and back area and increases flexibility.

30 MINUTES	AED 200
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60 MINUTES	AED 400
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### FOOT REFLEXOLOGY MASSAGE

Work on reflex points correspond to every part of the body unblocks energy flow and promotes healing property and restores overall wellbeing.

60 MINUTES	AED 400
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## SPA ETIQUETTE

Spa Operating hours from 10:00am – 19:00pm

### RESERVATIONS

Please dial (0) from your Units or WhatsApp +971 28948830 for further assistance. We recommend you book your treatment a minimum of 3 hours in advance, our team will advise the best availability according to your desirable treatment.

### ARRIVAL

Please arrive 15 minutes prior to your scheduled appointment to ensure you enjoy the full benefits of your treatment and complete registration process. Late arrivals may result in a reduction of your treatment duration. You will receive the best experience within the remaining time to accommodate the next appointment full cost will apply.

### CANCELLATION

If you need to reschedule or cancel your appointment, please notify the spa at least 6 hours before your scheduled appointment to avoid 50% service fee. No shows will incur full payment.

### ATTIRE

During your treatment robes and disposable underwear and other bathroom amenities are provided.

### ATMOSPHERE

Please help us maintain the healthy and serene environment by turning off your cell phone that may cause disturbance for other guests.

### VALUABLES

We recommend you arrive without your valuables. We will not take any responsibility for any loss or damage.

### TREATMENT IN PRIVACY OF ACCOMMODATION

Personalize your treatments and enjoy them in the privacy of your Accommodation; an extra charge of 30% will apply on top of the prices.

### HEALTH CONDITION

Our Spa Consultant will advise you regarding any health-related issues or allergies. This allows us to assist you to select the best spa experience according to your need.

### GIFT CERTIFICATE

Purchase spa gift certificate for special occasion to gift an indulgent spa experience. Please inquire at the reception to select from menu available.