



Escape to our Mediterranean wellness sanctuary, indulge in Provencal-inspired treatments, pamper the body and the face with Shea butter from Burkina Faso and Immortelle from Corsica, indulge in the ritual of a Turkish bath, enjoy wellbeing soaking ceremonies in hot or cold plunge, feel refreshed in a Finnish sauna after a revitalizing signature massage, spend soulful moments in the couples' suite facing the ocean, and host an intimate spa soiree with your friends.

Live O Spa by L'Occitane.



O Spa by L'Occitane

At O Spa by L'Occitane, besides our indulgent therapies and spa treatments, there's a multitude of holistic experiences, the true essence of wellness. Embark on a journey of wellness guided by our team of wellbeing experts, yoga teachers and highly skilled therapists, bringing you our signature spa programs, tailor-made for individual health goals.

An outcome of years of research, O Spa's programs have been carefully designed by our specialists to give you the gift of a healthy and nurturing lifestyle.

Sit back and revitalize your body, mind and soul at O Spa by L'Occitane.

WELLNESS EXPERIENCES

These signature, all-inclusive packages are tailor-made for individual health goals. O Spa's experiences follow a Mediterranean wellness approach towards achieving the best results in a safe, nurturing atmosphere expertly guided by our team of health advisors, skilled therapists, and yogis.

Relaxing Experience

3 nights: AED 4,500 5 nights: AED 7,350

O Spa relaxing experience focuses primarily on assisting you to implement mind and body techniques based on the concepts and philosophies of Mediterranean wellness, yoga, meditation, and holistic therapies. The experience aims at creating positive change, reducing and managing stress and enhancing synergy in your life through a balanced approach.

Revitalising Experience

3 nights: AED 4,500 5 nights: AED 7,350

O Spa revitalizing experience is a specially curated treatment to re-energise and uplift your being. The Mediterranean approach with holistic treatments takes you on a journey of invigoration. It draws experience from the Provencal roots of L'OCCITANE and leaves you nourished and restored.



WELLNESS PROGRAMMES

Research by our holistic, yoga and international wellness experts have enabled a unique, integrated focus on the core physical and mental aspects with the most impact. The results are sophisticated programmes that work to create a sustainable journey towards a healthier, enriched lifestyle.

Detox Programme

5 nights: AED 7,950 7 nights: AED 11,250

The detox programme has been carefully designed to detox not only the body, but also the mind. This personalized package includes stimulating and purifying Mediterranean and holistic therapies, yoga, meditation to help to detox, reduce stress and improve health.

Rejuvenate Programme

5 nights: AED 7,950 7 nights: AED 11,250

This package provides a safe and effective way to revive and rejuvenate the body and mind combined with Mediterranean and holistic rejuvenating processes. Gentle scrubs help bring elasticity back to the skin and soothe sensitive skin. Massages focused on lymphatic drainage, acupressure and meridian work restore the nervous system and stimulate a free flow of energy within the body. The treatments work to remove blockages and stimulate the flow of energy along the pathways of the face, while restoring beautiful and glowing skin.

Reshape Programme

7 nights: AED 11,250

The reshaping programme addresses the physical and emotional challenges associated with weight maintenance. Based on the best of both Mediterranean and holistic treatments, the program is a safe and effective way in which to lose those extra inches. O Spa provides the ideal atmosphere and complete privacy where you can learn how to gain control and balance in your life, which are the basic ingredients for healthy weight management.



An exceptional destination where Arabian hospitality meets luxury, InterContinental Fujairah Resort is situated on the shoreline of Al Aqah Beach and beneath the spectacular backdrop of the Hajar Mountains.

Make the most of your wellness stay in Fujairah with this unbeatable special offer and enjoy the following benefits:

- Classic room with ocean-view terrace
- Spa treatments for two based on purchased package
- Complimentary buffet breakfast for two in Nama Restaurant
- Complimentary high-speed Internet
- Opportunity to upgrade to Club InterContinental at a daily rate of AED 300

TERMS AND CONDITIONS

- Rates inclusive of 10% service charge and 10% municipality fee
- Rates inclusive of 5% VAT
- Offer valid for bookings made until 30th December 2018
- Offer subject to availability
- Prior reservation required

