

A L E R A

Treatment Menu

C H O O S E Y O U R
R H Y T H M

61st floor | +971 54 586 2760

SIGNATURE EXPERIENCES

Alera Reset

90 Minutes | 795

A deeply restorative full-body massage designed to release tension, calm the nervous system and restore balance.

In-Room Treatment Available

90 Minutes | 875

Alera Renewal Journey

120 Minutes | 995

A complete sensory ritual combining exfoliation and tailored massage to renew the body and restore harmony.

BODY THERAPIES

Signature Relaxation Massage

60 / 90 Minutes | 495 / 695

A calming massage using slow movements to ease tension and promote deep relaxation.

In-Room Treatment Available

60 / 90 Minutes | 545 / 765

Deep Relief Massage

60 / 90 Minutes | 525 / 745

A targeted treatment using focused pressure to release deep muscle tension.

In-Room Treatment Available

60 / 90 Minutes | 575 / 825

Tailored Massage

60 / 90 Minutes | 525 / 745

A personalized massage adapted to your individual needs.

Lymphatic Drainage Therapy

60 / 90 Minutes | 545 / 765

A gentle treatment stimulating lymphatic flow and detoxification.

Warm Stone Therapy

90 Minutes | 795

A relaxing experience using heated stones to release tension.

S K I N R I T U A L S

Alera Advanced Skin Ritual (Signature)

90 Minutes | 795

A results-driven facial designed to refine, hydrate, and enhance natural radiance.

In-Room Treatment Available

90 Minutes | 875

Alera Deep Hydration Facial

60 Minutes | 495

A moisture-restoring facial delivering hydration and glow.

Alera Skin Clarity Facial

60 Minutes | 475

A purifying facial for oily and congested skin.

Alera Radiance Peel Facial

60 Minutes | 525

A brightening treatment for uneven tone and dullness.

Alera Lift & Firm Facial

75 Minutes | 595

A firming facial designed to improve elasticity and tone.

M A R I N E S K I N R I T U A L S

Alera Marine Detox Facial

60 Minutes | 525

A detoxifying facial using marine minerals to restore vitality.

Alera Ocean Hydration Facial

60 Minutes | 525

A mineral-rich facial to deeply hydrate and refresh the skin.

A D V A N C E D S K I N T E C H N O L O G Y

HydraFacial Express Glow

45 Minutes | 495

Deep cleansing and hydration for instant radiance.

HydraFacial Deluxe

60 / 90 Minutes | 595 / 795

Advanced treatment with boosters for visible results.

SIGNATURE FACIAL JOURNEY

Alera Skin Renewal Journey

120 Minutes | 995

Signature facial combined with a relaxing back massage.

BODY RENEWAL

Alera Signature Body Polish (Comfort Zone)

45 Minutes | 475

A revitalizing exfoliation to smooth and renew the skin.

Alera Marine Body Scrub Ritual (Thalion)

60 Minutes | 525

A mineral-rich exfoliation to detoxify and relax the body.

BODY TREATMENTS

Alera Marine Detox Body Treatment (Thalion)

75 Minutes | 595

A detoxifying treatment improving circulation and vitality.

Alera Nourishing Body Wrap (Comfort Zone)

60 Minutes | 525

A hydrating wrap to restore moisture and comfort.

BODY JOURNEY

Alera Renewal Body Journey

120 Minutes | 895

A body polish and a relaxation massage.

Alera Detox & Recover

135 Minutes | 995

Detox treatment combined with a deep massage.

Alera Ultimate Body Reset

150 Minutes | 1,095

A full-body exfoliation and deep muscle-release massage.

T A R G E T E D T H E R A P I E S

Back Relief Therapy <i>In-Room Treatment Available</i>	45 Minutes 375 <i>45 Minutes 415</i>
Head, Neck and Shoulder Release	45 Minutes 355
Recovery Massage	45 Minutes 375

E N H A N C E M E N T S A N D A D D - O N S

Sole Harmony - Foot Reflexology	30 Minutes 195
Scalp & Mind Relaxation	30 Minutes 175
Targeted Back Add-On	30 Minutes 195
Hydration Boost Facial Add-On	30 Minutes 215

F I T N E S S A N D M O V E M E N T

Personal Training Session <i>In-Room Treatment Available</i>	60 Minutes 280 <i>60 Minutes 320</i>
Personal Training - Express <i>In-Room Treatment Available</i>	30 Minutes 180 <i>30 Minutes 200</i>
3 Session Package	750
5 Session Package	1,200
Mat-Based Pilates	60 Minutes 280
Circuit Training	45 Minutes 260
Guided Stretching <i>In-Room Treatment Available</i>	45 Minutes 240 <i>45 Minutes 275</i>
Technogym Body Composition Analysis	30 Minutes 250